



# A Taste of Vitality

Nutrient-Dense Cooking

*By Mark Foy*

(Food Photographs by Mark Foy)

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# oo-+ Introduction +

Makes one serving.

Preparation Time:  
0 minutes



## Nutrition Facts

Servings Per Recipe 1

Amount Per Serving	
Calories	0
Calories from fat	0
<b>% Daily Value*</b>	
Total Fat 0.0g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 0mg	<b>0%</b>
Carbohydrate 0.0g	<b>0%</b>
Dietary Fiber 0.0g	<b>0%</b>
Protein 0.0g	<b>0%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>0.0%</b>
Iron	<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

\*\*\* A Taste of Vitality: Nutrient-Dense Cooking \*\*\*

\*\* Recipes from the Vitalita Culinary Group Kitchen \*\*

This cookbook comes from the Vitalita Culinary Group (VCG) and contains exclusively vegan-whole food-nutritionally dense recipes. The focus of this book is creating wonderful vegan food without gluten (i.e., the protein in many grains such as wheat).

This cookbook (and others by the VCG such as "Desserts of Vitality" which includes many more desserts) can be found on the internet at:  
<http://www.vitalita.com/>

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This cookbook is a work in progress. To assist in making this cookbook better, please send any suggestions or errors to Mark Foy at:  
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Because this cookbook is continually being updated and reposted to the web site, you might like to keep up-to-date on the changes by downloading a new version of this cookbook every few months (at <http://www.vitalita.com/>).

The Vitalita Culinary Group is a vegan cooking company which offers personal chef service (including baked goods service), catering, and vegan food consulting in Berkeley, California, USA.

This cookbook is made publicly available in the spirit of a "freeware" cookbook, but if you enjoy this cookbook, you might consider sending a \$10 contribution to show your appreciation. As all proceeds from this cookbook are donated to Vegan Outreach (a non-profit vegan promoting/education group), please send all contributions directly to Vegan Outreach at:

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e-mail: [matt@veganoutreach.org](mailto:matt@veganoutreach.org)  
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Some of the recipes in this cookbook were prepared at a cooking demonstration in 1999, and this demonstration is available on video. This video is offered by the organization that ran the conference where this cooking

demonstration was presented. To order a video cassette of the "Decadent Gluten-Free Desserts" cooking demonstration by Mark Foy, send \$12 to: American Vegan Society; P.O. Box 369; Malaga, NJ 08328. Specify that you want the video #B-10 from the 1999 AVS Convention in Boulder, Colorado which contains the cooking demonstration "Decadent Gluten-Free Desserts" by Mark Foy. Specify if you want the US format (regular VHS) or the PAL format (oversees format).

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Per serving: o Calories; og Fat (o% calories from fat); og Protein; og Carbohydrate; omg Cholesterol; omg Sodium

# oo-\*Chapter Listing\*

Makes one serving.

Preparation Time:  
0 minutes



## Nutrition Facts

Servings Per Recipe 1

Amount Per Serving	
Calories	0
Calories from fat	0
<b>% Daily Value*</b>	
Total Fat 0.0g	0%
Saturated Fat 0.0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Carbohydrate 0.0g	0%
Dietary Fiber 0.0g	0%
Protein 0.0g	0%
Vitamin A	0.0%
Vitamin C	0.0%
Calcium	0.0%
Iron	0.0%

\* Percent Daily Values are based on a 2,000 calorie diet.

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## A Taste of Vitality: Nutrient-Dense Cooking

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- 15-Sauces and Dressings
- 16-Beverages
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---

Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

# 01- \*\*\*\*\* NOTES/GLOSSARIES \*\*\*\*\*

Makes one serving.

Preparation Time:  
0 minutes



## Nutrition Facts

Servings Per Recipe 1

Amount Per Serving	
Calories	0
Calories from fat	0
<b>% Daily Value*</b>	
Total Fat 0.0g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 0mg	<b>0%</b>
Carbohydrate 0.0g	<b>0%</b>
Dietary Fiber 0.0g	<b>0%</b>
Protein 0.0g	<b>0%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>0.0%</b>
Iron	<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

This chapter contains:

- some general vegan cooking/vegan nutrition notes,
- overview of some of the cooking terms/processes that are used in the book (e.g., washing grains and steaming tempeh), and
- a glossary to some of the ingredients that are used throughout the cookbook.

Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

# 01-+ General Notes - 1 \*

Makes one serving.

Preparation Time:  
0 minutes



## Nutrition Facts

Servings Per Recipe 1

### Amount Per Serving

Calories		0
Calories from fat		0
<b>% Daily Value*</b>		
Total Fat	0.0g	<b>0%</b>
Saturated Fat	0.0g	<b>0%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	0mg	<b>0%</b>
Carbohydrate	0.0g	<b>0%</b>
Dietary Fiber	0.0g	<b>0%</b>
Protein	0.0g	<b>0%</b>
Vitamin A		<b>0.0%</b>
Vitamin C		<b>0.0%</b>
Calcium		<b>0.0%</b>
Iron		<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

## General Notes - 1:

### NUTRITION

- This cookbook is titled "A Taste of Vitality" because the focus of the book is on foods which provide the body fuel for creating and maintaining an active life style. By focusing on "strong" foods, your body is provided with the needed protein, carbohydrates, fats, nutrients, vitamins, mineral, phytochemicals, isoflavones, essential fatty acids, and anti-oxidants it needs to be energetic (especially energy-enhancing vitamins and mineral such as magnesium, zinc, and vitamin B6). Pure water is also important. "Weak" foods and foods to which a person is allergic can drain energy. "Weak" foods are discussed below. The most common food allergies are citrus, wheat, corn, milk, soy, dairy products, yeast, and eggs.

"Strong" foods include (examples in parentheses):

- + unrefined non-gluten grains (brown rice, quinoa);
- + nutrient dense vegetables including:
  - \* cruciferous vegetables (broccoli, cauliflower, Brussels sprouts);
  - \* sea vegetables (nori, arame);
  - \* leafy greens (kale, collards);
  - \* yellow and orange vegetables (sweet potatoes, carrots, winter squash);
  - \* other (snow peas);
- + beans (adzuki, black, lentil);
- + minimally processed soy products (tempeh, miso);
- + whole fruit (apples, citrus, plums);

"Weak" foods included:

- + refined foods including:
  - \* refined grains - especially glutinous grains like wheat (most common form is white flour, often called wheat flour since it is made of wheat berries, albeit very refined wheat berries);
  - \* refined sweeteners such as white sugar and confectioner's sugar (most candies and sodas contain refined sweeteners);
- + caffeine from coffee, tea, cola and chocolate;
- + nutrient poor vegetables including:
  - \* mushrooms;
  - \* eggplant;
  - \* celery, fennel;
  - \* cucumber;
  - \* summer squash (zucchini, yellow summer squash);
  - \* pale greens (iceberg lettuce);

The "weak" foods simply take space in a diet, do not provide necessary nutrients, and only crowd out good, nutritionally dense foods (the "strong" foods above).

- Therefore, to promote a active/vital/energetic lifestyle, the emphasis of this cookbook is on cooking with foods

that are:

- + vegan (i.e., free of all animal products, including free of honey);
- + whole and unprocessed (e.g., whole grains such as quinoa and whole-unrefined bean products such as tempeh - not refined/processed foods like white rice and white/wheat flour);
- + nutritionally dense (high in vitamins and minerals) (e.g., leafy greens, broccoli, carrots, and Brussels sprouts - not eggplant, cucumber, and summer squash);
- + non-glutinous (e.g., grains like quinoa, millet, amaranth, rice - not wheat, barley, rye, or corn).

These foods are life-sustaining, providing the body with essential vitamins, minerals, phytochemicals, anti-oxidants, and fiber which are important for maintaining an active lifestyle. The recipes will occasionally call for "weak" foods (i.e., foods with little or no nutrition) such as mushrooms and celery, but these are used with the understanding that they are not the main part of a dish (i.e., used in small amounts) and are primarily used for flavor. Also, many of the desserts call for flour (which is processed due to the grinding), but I do this to create the best desserts, and the recipes call for exclusively whole-grain flours. Additionally, in the desserts, I almost always use non-glutinous grain flours (like brown rice, millet, amaranth, and teff flour). This also makes the recipes perfect for people with a gluten intolerance where grains with gliadin should be avoided. Often, to provide extra binding due to the lack of glutinous grains, the recipes will call for the addition of finely ground tapioca (tapioca flour - see "Glossary of Ingredients" for more information) and/or ground nuts or seeds such as flax seed, sesame seeds, or almond meal. This gives the dessert a more diverse/complete nutritional profile, which provides more energy to the body, while maintaining a traditional form, taste, and texture.

#### RECIPES WITH GLUTEN

In general, unless otherwise noted, all the recipes in this cookbook are gluten-free. Only in special cases will a recipe have the first alternative of the ingredient be one with gluten (e.g., whole-grain wheat pastry flour or spelt flour), and only when no other alternative was available (e.g., making yeasted pastry dough is difficult without a glutinous flour). Recipes that contain gluten will be noted as such so people who are strict about needing or wanting to avoid gluten can skip these recipes.

Often, recipes will give an alternative to the non-gluten flour(s) for cooks who do not want to have to buy these non-gluten flours. For example, in the cake and cookie recipes, I often offer spelt flour as an alternative to brown rice flour, millet flour, amaranth flour, or teff flour. In general, any glutinous flour can be used in place of a non-gluten flour with good results. The only adjustment that maybe required is in the amount of water/liquid. This is because different flours contain different amounts of moisture. Use your best judgment with the amount of water/liquid used.

---

Per serving: o Calories; og Fat (o% calories from fat); og Protein; og Carbohydrate; omg Cholesterol; omg Sodium

## 01-+ General Notes - 2 +

Makes one serving.

Preparation Time:  
0 minutes



### Nutrition Facts

Servings Per Recipe 1

Amount Per Serving	
Calories	0
Calories from fat	0
<b>% Daily Value*</b>	
Total Fat 0.0g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 0mg	<b>0%</b>
Carbohydrate 0.0g	<b>0%</b>
Dietary Fiber 0.0g	<b>0%</b>
Protein 0.0g	<b>0%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>0.0%</b>
Iron	<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### General Notes - 2:

#### NUTRITIONAL ANALYSIS OF RECIPES

All recipes in this book are analyzed for nutritional content. Depending on the version of the cookbook you have, the percentage of daily values for nutrients such as vitamin A and calcium will be shown (not shown in the ASCII text version). These values are helpful for determining the nutritional content of the recipe. There are some problems with this analysis though. First, the nutrients shown are only a fraction of the important nutrients (e.g., magnesium is not shown). Second, some of the ingredients listed in the recipes are not included in the ingredient "dictionary" that was used to calculate these numbers (the USDA handbook) (e.g., flax seeds), so the analysis of the recipes is not always exactly correct. Third, these "percent of daily values" have been calculated off the US RDA (Recommended Dietary Allowance) that are (according to the National Research Council committee that developed the RDAs) set too high for most people. The levels were set high as a built in "safety factor" according to the 1989 report. For example, the committee has set the current RDA for calcium at 1000 mg per day. That does not mean that you must have 1000 mg per day; it means that if you are among the population whose bodies are least able to absorb calcium consumed, you may require that much calcium to absorb the amount your body needs. Nutrition experts usually say that 75 percent (750 mg) of the RDA for calcium is acceptable. Additionally, experts say that vegetarians tend to absorb nutrients more efficiently than meat-eaters, and they tend to need less of some nutrients because they generally eat less protein. (A high protein intake increases the body's excretion of certain nutrients, especially calcium.) Therefore, these "percentage of daily values" are useful and interesting, but should not be taken as a gold standard. (Reference: Vegetarian Times, September 1997, p. 82)

#### NUTRITIONAL ANALYSIS OF RECIPES WITH RESPECT TO VARIATIONS/OPTIONS

When a choice of ingredients is given, the analysis reflects the first ingredient listed (i.e., not the alternative ingredients). Optional ingredients listed in the main ingredient list ARE figured into the analysis. Options given in the VARIATIONS section are not figured into the analysis. Recipe declarations such as low-fat or non-gluten only apply to the original ingredient list (first ingredient listed) without optional ingredients, and not necessarily to any of the other options or variations.

#### CREATIVITY

As a general rule, I support individual creativity in cooking, therefore, I urge you, the reader, to alter recipes to suit your needs/wants. For example, I often substitute ingredients or just leave things out if I do not like them or do not have them on hand. Additionally, people have different tastes for saltiness, sweetness, and richness, so feel free to change ingredient quantities to fit your tastes. Lastly, if you have an allergy or sensitivity to one of the ingredients called for in a recipe, try to think of a replacement (or just leave the ingredient out) to make the recipe fit your needs.

#### SERVING SIZES

Some of the recipes in this cookbook serve more than 8 people (up to 24 servings for some of the appetizer type dishes). If you want to have fewer serving, simply divide the recipe to meet your needs. In the recipes included here, this causes no problems. I personally like to cook in large amounts so the food will last for a number of days. Additionally, some items I will store in the freezer for later use. I find that the following items freeze well: bean dishes (including dips and pates), stews, some vegetable dishes, cookies, and cakes, whereas the following do not

freeze well: grain dishes and pies.

#### ORGANIC PRODUCE

I recommend the use of organically grown ingredients (i.e., food grown without chemical fertilizers or pesticides) when ever possible as I have found organic produce and staples to have substantially more flavor than conventionally grown items. Additionally, there are studies which have shown that organically grown food has more nutrients than conventionally grown food.

#### VEGETABLE QUANTITIES

In all the recipes in this book, I try to call for the use of entire vegetables. For example, with onions, if at all possible, I call for the use of whole numbers of onions, instead of halves of onions. I have found this to be the best way to use vegetables so that leftover cut pieces do not sit around getting old (exposed to the air, losing nutrients) before they are used in some other dish.

#### VEGAN DIET COMPONENTS

I believe that a balanced vegan diet should include 5 components:

- 1) Vegetables
- 2) Whole Grains (primarily non-glutinous grains such as brown rice and quinoa, but also glutinous grain all alright in moderation, such as whole spelt, if a person is not gluten intolerant/sensitive)
- 3) Concentrated Vegetable Protein (tempeh, beans, tofu, and some seitan is alright in moderation if a person is not gluten intolerant/sensitive)
- 4) Leafy Greens (kale, collards, ...)
- 5) Fruit

The menus listed at the end of this cookbook are composed to represent all of these important dietary components (with the exception of fruit, which is often eaten on its own, rather than with a meal). See the discussion on "Menu Composition" in the Menu chapter for more about composing meals.

#### NOTE TO THE READER

The contents of "A Taste of Vitality" are not intended to provide personal medical advice. Medical advice should be obtained from a qualified health professional.

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Per serving: o Calories; og Fat (o% calories from fat); og Protein; og Carbohydrate; omg Cholesterol; omg Sodium



# 01-+ Glossary of Cooking Terms +

Makes one serving.

Preparation Time:  
0 minutes



## Nutrition Facts

Servings Per Recipe 1

Amount Per Serving	
Calories	0
Calories from fat	0
<b>% Daily Value*</b>	
Total Fat 0.0g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 0mg	<b>0%</b>
Carbohydrate 0.0g	<b>0%</b>
Dietary Fiber 0.0g	<b>0%</b>
Protein 0.0g	<b>0%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>0.0%</b>
Iron	<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

## Glossary of Cooking Terms:

### + Cooking Beans

Beans should never be cooked with salt (or any salty ingredient) or anything acidic (like tomatoes, vinegar, or lemon juice) because these substances make the outer coating of the bean tough, so the bean will never get soft because the water can not penetrate the coating around the bean. Before soaking or cooking, all beans should be sorted (to remove large foreign particles like stones) and washed (to remove fine dirt and dust). See "Washing Grains and Beans" below for further information. For time savings, and to ensure properly cooked beans, I prefer a pressure cooker, although this is not necessary to get properly cooked beans. For long and medium term cooking beans (such as garbanzo beans and navy beans), soak for about 12 hours before cooking. Short term cooking beans (such as lentils and adzuki beans) do not require soaking. Cook beans with water in a 1:3 ratio (1 cup dried beans to 3 cups water), and cook until they are soft, but not so mushy that they lose their structure. Cooking beans with a small piece (about 2 inches) of kombu (a sea vegetable) will help the beans be more digestible. After the beans are fully cooked is the time to add salt (and also acidic ingredients if desired).

### + Cooking with a simmer plate (sometimes called a "flamer tamer")

A simmer plate is a metal disk (with about the same diameter as a large pot) which is placed between a stove top burner and a pot. The simmer plate absorbs the heat put off by the burner flame or burner coil, and distributes it evenly over the entire simmer plate thus avoiding hot spots on the bottom of a pot. Because it distributes the heat move evenly over the entire area of a pot/sauce pan bottom, it helps avoid burning foods. This particularly applies to cooking grains (such as rice, millet, and quinoa) where you want to cook the grain at a low temperature for a long period and all the liquid will be absorbed. This can also be helpful for cooking beans.

### + Sealing (vegetables)

Saute in a little oil (as directed), so that the oil lightly glazes all the items (vegetables), under a medium to medium-high heat. The word seal refers to the effect that the oil and heat have on the vegetable; it is "sealed" by having a light coating of oil cooked around it, sealing in the flavors and juices. A sealed vegetable usually takes on a brownish tinge (it is partially "roasted"). Usually, items (vegetable) are sealed by adding one at a time in succession, starting with the longer cooking vegetables which do not readily absorb oil. Therefore, oil is the first ingredient into the pan after which the first ingredient (vegetable) is added, and mixed to distribute oil evenly over all pieces. These pieces should be sauteed/sealed for a few minutes before the next vegetable is added, thereby allowing the pieces to develop a rich flavor, and have these flavors sealed in. When the next ingredient is added, it should be gently mixed to allow the oil on the first ingredients to spread on to and cover this new ingredient. Items should not be added too quickly in succession or the pan can get over loaded with raw ingredients, and the flavor of each ingredient will not develop as richly as possible.

### + Steaming Tempeh

Most of the recipes in this cookbook that use tempeh will call for steaming the tempeh before using in the recipe. Tempeh can have a slightly bitter taste, and this reduces that taste, and ensure the tempeh is fully cooked. There

are recipes that leave out this step; usually those recipes have the tempeh cooked quite a long time in a strongly favored sauce, so the steaming is not necessary because it gets so well cooked in the course of the recipe.

#### + Toasting (and Glazing) Nuts and Seeds

Toast nuts or seeds on baking sheet in a 300 degrees F (150 degrees C) oven for about 15 minutes. Mix nuts on sheet, and continue to bake, watching to make sure they do not burn. The total amount of time needed depends on the type of nut (pine nuts toast very quickly, whereas almonds take longer), and on how toasted you want the nuts. I toast them on a low temperature because most nuts, when they are near done, go quickly from light golden brown to burnt. A lower temperature slows down the process, reducing the chances of ending up with burned nuts.

If seasoning the nuts with a salty liquid like tamari soy sauce or ume vinegar (see "Glossary of Ingredients" for more information about these ingredients), splash this over the nuts near the end of toasting, mix thoroughly to coat all nuts, and then if needed, bake a few more minutes to dry the nuts out again.

If glazing the nuts with a sweetener (such maple syrup and/or sucanat) (which is obviously best for desserts) and/or with a liqueur (like Sambuca), follow the same directions as for a salty liquid, but do not expect them to become as dry in the oven if using significant quantities of liquid sweetener (in drier climates, they will dry out completely when they sit outside the oven for a while). If the nuts are very sticky, and the glaze will not "dry", you can place the nuts in the refrigerator (on a parchment paper covered baking sheet) to "dry"/"freeze" the glaze onto the nuts.

Another option for toasting and glazing is described in the recipe "14-Frangelico-Glazed Toasted Hazelnuts".

#### + Washing Grains and Beans

Whole grains and beans (which have not been processed; that is, not made into flour or rolled) should be washed before cooking to remove all dust and foreign particles. If not washed, the flavor of the dish could be negatively effected (possibly a dusty flavor). To wash, place grain or beans in a large bowl, add water to cover generously, and massage grains or beans between hands to remove all dust. Drain, and repeat 2 more times (or until water poured off is clear). Certain grains and beans should be washed more gently, and more quickly than this; these include: buckwheat, red lentils, and split peas; when pouring off washing water from these foods, the water will never be clear, so just stop after 2 or 3 quick washings.

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Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

# 01-+ Glossary of Ingredients (A-E) +

Makes one serving.

Preparation Time:  
0 minutes

## Nutrition Facts

Servings Per Recipe 1

### Amount Per Serving

Calories		0
Calories from fat		0
<b>% Daily Value*</b>		
Total Fat	0.0g	0%
Saturated Fat	0.0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Carbohydrate	0.0g	0%
Dietary Fiber	0.0g	0%
Protein	0.0g	0%

Vitamin A		0.0%
Vitamin C		0.0%
Calcium		0.0%
Iron		0.0%

\* Percent Daily Values are based on a 2,000 calorie diet.

## Glossary of Ingredients (A-E):

### + Adzuki Beans

Adzuki beans (also azuki or aduki) are small oval-shaped beans with a deep reddish burgundy color used commonly in Japanese cooking. These beans accommodate salty and sweet flavors. They are short to medium-term cooking beans, taking about 1 to 1.5 hours to cook. Like all beans, it should be carefully washed/rinsed before cooking (see "Glossary of Cooking Terms" for more information).

### + Agar Flakes (Agar or Agar Agar)

Agar agar (Kanten) is a vegetable gel used as a vegetarian replacement for gelatin. It is made by boiling sea vegetables, pressing it into a gel, and then drying it into flakes. Agar comes in bar form, flake form, and powder form. The flake form is the most common, and the recommend form for the recipes in this cookbook. If you use powder, and the recipe calls for flakes, use a smaller amount; e.g., if the recipe calls for 3 teaspoons of agar flakes, use 2 teaspoons (or a little less) of the agar powder.

Agar flakes dissolve in hot liquids and thicken as they cool to room temperature or below.

General preparation to gel a liquid goes as follows: Add 4 tablespoons of flakes to 4 cups or fruit juice or other liquid and let the agar sit on the top of the liquid for 5 or more minutes. Then bring to a boil, reduce heat and simmer 5 minutes or until dissolved. Cool until firm.

### + Agave Nectar (Light Agave Nectar Syrup)

This natural sweetener is extracted from the pineapple-shaped core of the blue agave (a cactus-like plant native to Mexico best known for its use in making tequila). A 93% fruit sugar content allows agave nectar to absorb slowly into the body, decreasing the highs and lows associated with sugar intake. Also, because fruit sugars are 25% sweeter than sugar, you use less. It has a very neutral taste. If an agave syrup is called light, it is referring to its color. There are both darker colored agave nectars (medium brown color), and lighter colored agave nectars (soft yellow color similar to honey). Maple syrup can often work in place of light agave nectar syrup; two considerations that will change the final dish: 1) color - maple syrup is darker than light agave syrup, so the final dish will be darker in color which may not be the desired outcome (e.g., the "Pink Grapefruit Sorbet" specifically calls for light agave nectar syrup instead of maple syrup because we wanted to keep the final sorbet a lighter color); 2) sweetness - cup for cup, agave nectar syrup is slightly sweeter than maple syrup - for small amounts this should not make a big difference. One of the producers of Agave nectar has some interesting information about agave on their web site: <http://www.madhavahoney.com/agave.htm>

### + Arame

A sea vegetable - the most mildly flavored of sea vegetables. A good introduction sea vegetable since it only has a mild sea/fish flavor. As with all sea vegetables, it is a nutritionally dense food that is high in mineral and trace elements.

### + Barley Malt Syrup

This natural sweetener which is made from sprouted whole barley, and made basically the same way as brown rice syrup (see below). Barley malt syrup does have more of a flavor than brown rice syrup: barley malt syrup has a flavor more like molasses, while brown rice syrup has a flavor more like agave nectar or honey, but with a slightly bitter edge (similar to butterscotch). You can substitute one sweetener in place of the other keeping this flavor difference in mind. The caramel-flavored syrup is about half as sweet as sugar or honey. It is high in carbohydrates, and is generally the least expensive natural sweetener. GLUTEN NOTE: Barley malt syrup contains gluten, so if you are avoiding all gluten, simply replace barley malt syrup with brown rice syrup.

#### + Birch Sugar

(This information was gathered from various sources, including bottles of birch sugar and marketing materials distributed by birch sugar distributors)

Pure birch sugar is derived from birch bark, and it is also known as Xylitol. One producer of pure birch sugar in the U.S. is The Ultimate Life (see "Mail Order Companies" at the end of this book for more information). Birch sugar has only half the calories of sugar, but is used as a replacement for granulated sugar 1:1. It does not promote tooth decay. It is metabolized very slowly, so it helps prevent sugar "highs" and "lows", and can be suitable for people with diabetes, hypoglycemia, chronic fatigue syndrome, and candida (yeast infection).

#### + Broccoli Rabe

This vegetable is more leafy than regular heads of broccoli, and is high in calcium.

#### + Brown Rice Syrup

A natural sweetener similar to barley malt syrup. Brown rice syrup contains complex sugars that are not hard on the body/blood sugar levels. It is my absolute favorite sweetener because it has the mildest flavor (not as strong as barley malt syrup), and its pH is closer to our bodies' pH than any of the other sweeteners, making it the most gentle on the system. It is about half as sweet as maple syrup and granulated sugar. Often times I "balance" brown rice syrup with maple syrup in a recipe because brown rice syrup all by itself has a slightly bitter butterscotch flavor, so I like to round out that flavor with the straight sweet flavor of maple syrup. It is not suitable for use in cakes because it causes the cake to become too dense and sticky.

#### + Cashews, Raw

Raw cashews are one of the few nuts that work wonderfully in vegan ice creams. They provide a wonderful richness, smooth consistency (with very little grit), and a very light color (like milk which is what people are used to seeing). Most of the ice cream recipes in this cookbook now call for raw cashews because I am not able to find my old favorite very often: neutral tasting pine nuts. Most of the pine nuts I come across these days have a very pronounced smoky flavor, which make them unsuitable for most desserts (including most ice creams). See the glossary entry for pine nuts for more information.

#### + Coconut Oil, Unrefined

Coconut oil is a saturated fat, but the unrefined version (which is rarely found in commercial baked goods - they use the refined type) can be part of a balance diet. It does not contain any trans fatty acids (TFAs) like hydrogenated oils do. It is a source of Medium Chain Triglycerides (MCTs), which are especially valuable to people who have trouble digesting fat. MCTs enable the body to metabolize fat efficiently and convert it to energy rather than storing it as fat. Additionally, almost 50% of coconut oil's fatty acid content is lauric acid, a disease fighting fatty acid not commonly found in plant sources.

Coconut oil is particularly good in desserts that traditionally use butter (also a saturated fat) such as cookies and pie crusts. It gives the cookies a wonderful texture with less oil than if you used an unsaturated oil (like high oleic sunflower oil). See "Mail Order Companies" at the end of the cookbook for sources of unrefined coconut oil (some of which are also organic). Generally, vegetable shortening (in its non-hydrogenated state) (see below) can be used in place of coconut oil. Additionally, you could use high oleic sunflower oil (or other oil as suggested in the "Dessert Notes" section under "Oils") as a substitute, but the result will not be quite the same since it will not provide that saturated fat quality.

#### + Collard Greens

Used traditionally in African and African-American cooking, I find this strong green best when quick cooked (e.g., sauteed) rather than boiled. A slightly stronger flavor than kale. It can be used in place of kale. This green beats all other vegetables on nutrition.

#### + Egg Replacer Powder

A starch based powder (similar to the look and texture of corn starch) which is used as a binder/leavening ingredient. It is a unique egg replacement item since it contains no animal products (whereas most contain egg whites), and one box (costing a few dollars) makes about 150 "eggs". Approximate replacements for egg replacer powder is arrowroot powder or cornstarch, but these mainly only provide the binding effect, not the leavening effect. The egg replacer powder I know of is made by "ENER-G Foods", and you can find more information about this company at the end of this cookbook under "Mail Order Companies".

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Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

# 01-+ Glossary of Ingredients (F-M) +

Makes one serving.

Preparation Time:  
0 minutes

## Nutrition Facts

Servings Per Recipe 1

### Amount Per Serving

Calories 0  
Calories from fat 0

### % Daily Value\*

Total Fat	0.0g	0%
Saturated Fat	0.0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Carbohydrate	0.0g	0%
Dietary Fiber	0.0g	0%
Protein	0.0g	0%

Vitamin A	0.0%
Vitamin C	0.0%
Calcium	0.0%
Iron	0.0%

\* Percent Daily Values are based on a 2,000 calorie diet.

## Glossary of Ingredients (F-M):

### + Filo (or Phyllo)

A thin paper-like dough used for savory dishes (see "Greek Spinach Pie") and desserts (see "Orange Custard in Filo Cup"). It is low in fat, and can be used to enhance the presentation of dishes, particularly by making filo sheets into cups. These cups can be filled with any number of foods like: "Gingered Fruit Compote", any type of bean dip (like "Adzuki Bean Dip"), side salads (like "Asian Sweet Potato Salad"), side vegetables (like "Spiced Butternut Squash Puree"), pie fillings (like "Hazelnut Pie"), or custards, puddings, or mousses (like chocolate mousse - see "Chocolate Cream Pie").

The first way to make filo cups involves the use of a muffin tin. Fold one sheet of dough so that it covers one cup on the muffin tin (approximately a square), with about 1 inch to spare on all sides. Lay folded sheet into muffin cup, pressing down so the center of the sheet is touching the bottom of the cup (the overall effect is to create a cup shape with the dough). Repeat for as many cups as needed, and bake in the muffin tin for about 5 minutes at 350 degrees F (175 degrees C) or until cups are crisp and lightly browned. The second way to make filo cups does not require a muffin tin, but a baking sheet. This method is best done when the filling to be put into the cups can be heated, as cups are best made around the filling, and then briefly baked. As before, fold a filo sheet (or multiple filo sheets if you want to create a more substantial cup that will hold more or heavier fillings). Lay folded sheet on a baking sheet, and place some filling into the center. Then fold the outer filo up to make a wall around the filling. Repeat for as many cups as needed, and bake for about 5 minutes at 350 degrees F (175 degrees C) or until cups are crisp and lightly browned.

GLUTEN NOTE: Filo is made from wheat flour, so it does contain gluten, so if you are avoiding gluten, do not use this ingredient.

### + Ginger Juice (Fresh)

To make fresh ginger juice, take fresh whole ginger root pieces and grate them. (Asian groceries often sell purpose-made ginger graters; you can also find microplane graters specifically for ginger; a regular fine grater can also be used.) Then press the juice out of the pulp (a fine strainer works well for this). Alternatively, run ginger root through a juicer (as you would carrots). If ginger juice is to be stored for more than 5 days, add some lemon juice to the ginger juice to help it keep. Place it in a sealed bottle in the refrigerator. It should keep about 5 days without lemon juice, and about 10 days with lemon juice (or something acidic). A half cup of fresh whole ginger root pieces makes about 3-4 tablespoons of ginger juice. A teaspoon of dried, powdered ginger can be used in place of a tablespoon of fresh ginger juice, but the flavor will not be the same.

### + Goji Berries

Goji berries are small red dried fruits about the same size as raisins. They have flavor somewhere between a cranberry and a cherry. Many of these berries come from Tibet. They are good in dishes the same way as raisins, dried cranberries, dried currants, etc.

Wolfberries are similar to goji berries, and can be used interchangeably. I have also sometimes seen goji berries called gogi berries or lycium berries.

### + High Oleic Sunflower Oil (also sometimes called High Heat Sunflower Oil)

High oleic sunflower oil is a slightly different variety of sunflower plant that produces a seed with a higher proportion of monounsaturated fat to polyunsaturated fat. Sunflower oil of the high oleic variety is very similar in fatty acid profile to extra virgin olive oil. The high oleic variety of sunflower oil is my favorite oil for baking (along with coconut oil) because it is high in monounsaturated fats (healthier than polyunsaturated fat and stands up better to heat), not a heavy oil, and has very little flavor, allowing the flavor of the dessert to shine through. See the "Dessert Notes" under Oils for more information and other oils that can be used in place of high oleic sunflower oil.

The high oleic sunflower oil I use is from Omega Nutrition (see "Mail Order Companies" at the end of this book) and combines unrefined high oleic sunflower oil, palm oil and unrefined sesame oil (they call it High-O Sunflower Oil Blend). The palm and sesame oil are included to facilitate the handling of higher cooking temperatures.

+ Kale

This winter green is related to cabbage, and may be the oldest known green. Similar to collard greens, which can be used in its place. I prefer it quick cooked and it is nutritionally superior to most all other vegetables.

+ Kombu

This variety of seaweed is most commonly used as a flavoring (as in soup stock). It has a mild flavor compared to most seaweed. Kombu often is used in cooking beans and seitan, since it improves the flavor and digestibility of those products. Generally an optional ingredient.

+ Light Agave Nectar Syrup

See Agave Nectar.

+ Mesquite Meal (sometimes called Misquite Flour)

Mesquite meal is a high protein, high-fiber meal that is milled from the sun-ripened seed pod of the mesquite tree. Ripe mesquite bean pods are gathered, washed, dried, and ground to a medium texture similar to corn meal. There are two types of mesquite meal: classic sonoran and sweet Peruvian. Classic sonoran imparts a mellow taste that's sweet and slightly nutty. Sweet Peruvian carries a subtle coffee and chocolate flavor, with a hint of cinnamon (particularly good in desserts). Mesquite meal is used as both a flour and a spice. As a spice, it can be sprinkled on a wide variety of foods, added to soups, stir-fries, or vegetable dishes. As a flour, substitute mesquite meal for about one third of the flour in your recipes; if added in significant quantity, it will make a denser baked good. See "Mail Order Companies" in the Epilogue for information about finding mesquite meal.

+ Millet

Millet is a small, yellow, bead-like grain which has a mild, nutty flavor and fluffy texture. The earliest mention of millet comes from China, dating back to about 2800 B.C., and referred to as a "holy plant". It grows with very little water and poor soil.

Millet cooks similarly to rice, but likes more water, with a 3 part liquid to 1 part millet ratio. It cooks in 40 minutes on the stove top, and 20 minutes in a pressure cooker. Like all grains, it should be carefully washed/rinsed before cooking (see "Glossary of Cooking Terms" for more information). It can be used as rice and in stuffings, soups, and puddings, as a topping for salads, or as hot breakfast porridge. It can be ground in flour and used in baked goods.

+ Miso

A fermented paste made from beans and/or grains and salt. It is a remarkable digestive aid. It is used mainly as a flavoring agent in soups and sauces. Tamari Soy Sauce can be used in its place, but the flavor will not be as deep, and rich. GLUTEN NOTE: If you are avoiding gluten, be sure to select misos that do not contain wheat or barley.

Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

# 01-<sup>+</sup> Glossary of Ingredients (N-P) <sup>+</sup>

Makes one serving.

Preparation Time:  
0 minutes

## Nutrition Facts

Servings Per Recipe 1

### Amount Per Serving

Calories		0
Calories from fat		0
<b>% Daily Value*</b>		
Total Fat	0.0g	<b>0%</b>
Saturated Fat	0.0g	<b>0%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	0mg	<b>0%</b>
Carbohydrate	0.0g	<b>0%</b>
Dietary Fiber	0.0g	<b>0%</b>
Protein	0.0g	<b>0%</b>
Vitamin A		<b>0.0%</b>
Vitamin C		<b>0.0%</b>
Calcium		<b>0.0%</b>
Iron		<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

## Glossary of Ingredients (N-P):

### + Nutritional Yeast

Nutritional yeast is a flavorful "cheesy" tasting powder or flakes which is grown as a food and food supplement. It is concentrated in amino acids and B vitamin complex. It is not a by-product like "brewer's yeast" (from the beer industry).

### + Oats (Rolled Oats, etc.)

GLUTEN NOTE: In the past, oats (all types) have been thought to contain a type of gluten that was not healthy for people allergic to gluten (e.g., people with celiac disease). Current studies have shown that this may not be the case, and now the general feeling is that oats are OK for people avoiding gluten. (You can find more information about celiac disease, and foods that contain gluten, at <http://www.celiac.com/>.) I have marked all recipes in this cookbook that contain oats with a warning about gluten for people who do want to be extra safe and avoid oats.

### + Pine Nuts

Pine nuts are small tear-drop-shaped nuts with significant amounts of vitamin A, thiamin, riboflavin, and niacin. They puree well in water to make a very creamy milk or cream. Pine nuts are one of the best nuts (if not the best nut) for making rich vegan ice creams because they have a wonderful richness, puree very smooth with very little grit, and do not have a dark color.

NOTE: The down side is that some batches of pine nuts can be rather smoky, and this smoky flavor is not desirable in most desserts including ice cream (especially ones with subtle flavors such as vanilla or peach). I have been able to successfully use smoky pine nuts in ice creams that contain other strong flavors (e.g., in an amaretto ice cream or cherry-chocolate chunk ice cream). I am not sure if the smokiness comes from the processing of the pine nuts, or is just a characteristic of some pine nuts, but in any case, I advise cooks to check their pine nuts, and if they are too smoky, I would be hesitant about using them to make most desserts.

- For desserts where the pine nuts are to get blended (such as with ice creams or sauces or custards), I would go ahead and use raw cashews instead. In this case, raw cashews are a very good replacement because they provide a light color, richness, and smoothness (minimal grit) like pine nuts do. Because I am finding so many smoky batches of pine nuts these days, most of the recipes in this cookbook now call for raw cashews. Other types of nuts such as almond butter or pecans could be used in blended desserts, but depending on the quantity required, they may not provide the same properties especially because other nuts may make a cream with more grit, or with a different color.

- For desserts where the pine nuts are used whole, and you decided that your pine nuts are too smoky to use in this particular dessert, choose another nut (maybe chopped) as you see appropriate.

- In general, smoky pine nuts work wonderfully in savory dishes such as "03-Creamy Mushroom-Sweet Potato Soup" or "02-Sweet White Bean Dip".

Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

## 01-<sup>+</sup> Glossary of Ingredients (Q-S) <sup>+</sup>

Makes one serving.

Preparation Time:  
0 minutes



### Nutrition Facts

Servings Per Recipe 1

#### Amount Per Serving

Calories		0
Calories from fat		0
<b>% Daily Value*</b>		
Total Fat	0.0g	<b>0%</b>
Saturated Fat	0.0g	<b>0%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	0mg	<b>0%</b>
Carbohydrate	0.0g	<b>0%</b>
Dietary Fiber	0.0g	<b>0%</b>
Protein	0.0g	<b>0%</b>

Vitamin A		<b>0.0%</b>
Vitamin C		<b>0.0%</b>
Calcium		<b>0.0%</b>
Iron		<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### Glossary of Ingredients (Q-S):

#### + Quinoa

Quinoa, pronounced keen-wa, is a small pseudo-cereal (350 grains weigh 1 gram). It has a mild, nutty flavor and is gluten-free. The National Academy of Sciences has called Quinoa the best source of protein in the vegetable kingdom because it is a complete protein, containing high amounts of all the essential amino acids. Quinoa cooks similarly to rice with a 2 part liquid to 1 part Quinoa ratio. It cooks in only 15 minutes. Like all grains, it needs to be washed before cooking, but it is especially important to wash quinoa because it has a bitter tasting substance coating the grain (saponins) and this is best washed away to obtain a good flavor. It can be used as a side dish (like rice often is) and in stuffings, soups, and puddings, as a topping for salads, or as a hot breakfast porridge.

#### + Ribbon Cane Syrup

Ribbon Cane Syrup is a liquid sweetener made from ribbon cane. It is a bit similar to molasses, but with a lighter taste. It is still sold today, but was more popular in the 1800s and early 1900s. It is made by taking the stalks of the ribbon cane plant and feeding them into the cane mill which squeezes the juice out of the stalks. When the cane juice has been squeezed from the stalk of the ribbon cane plant it is cooked down. After the juice has been properly cooked down you have the thick sweet taste of ribbon cane syrup. One web site that sells ribbon cane syrup: <http://www.shopmississippi.com/>.

A mixture of half maple syrup and half whole granulated sugar (e.g., Sucanat or Rapadura) can be used as a replacement for ribbon cane syrup. For example, if a recipe calls for 1/2 cup ribbon cane syrup, you could use 1/4 cup maple syrup and 1/4 cup whole granulated sugar.

#### + Roasted Garlic and Roasted Garlic Paste

There are at least two different methods of making roasted garlic:

(1) Take garlic cloves out of the papery skin. Place garlic cloves in bowl, and drizzle with olive oil. Toss and add a little salt; toss again. Place on a baking sheet and bake at 350 degrees F (175 degrees C) for about 15 minutes mixing on the sheet once during the baking. Watch them late in the baking so they don't get over browned/burned. If they are not soft, continue to bake. Remove from oven.

(2) Take an entire head of garlic and cut off the tips of garlic cloves (about 1/6 of the top of the head). Drizzle 1/2 teaspoon of oil on cut top, and coat the oil around as much as possible. Wrap head in foil, and bake at 350 degrees F (175 degrees C) for about 45 minutes (until garlic cloves are soft). (I like to bake more than one while I am at it.) Squeeze soft garlic cloves out of the papery skin.

- If you are making roasted garlic paste, puree the baked cloves in a food processor.



- The flavor of the garlic is significantly mellowed by this roasting process, although it is still very flavorful. This paste is delicious added to sauces, soups, pates, or sautes. It is also good as a spread directly on rice cakes or crackers.

Equivalents: 40 cloves of roasted garlic = 1/2 cup of whole garlic cloves = 6 Tablespoons of roasted garlic paste.

#### + Seitan

Seitan, also known as "wheat meat," is a fat-free food that is high in protein and a good meat substitute (including in place of poultry). It has a delicious flavor, a meaty texture, and is very filling. It is usually made exclusively from wheat gluten (the high protein part of the wheat berry), so for this reason, I recommend it in limited amounts in the diet since gluten is often energy dampening. GLUTEN NOTE: People sensitive or allergic to wheat should avoid seitan altogether.

#### + Silken Tofu

See Tofu.

#### + Spelt Berries (Spelt Flour)

Spelt is a primitive form of grain that is related to wheat. The berries can be cooked (kernels have a sweet, nutty taste and rice-like texture) or ground into flour and used in place of wheat flour. GLUTEN NOTE: Spelt does have as much gluten as wheat, so if you are avoiding gluten, you should be avoiding spelt. Some people who have wheat sensitivities or allergies can tolerate spelt, but spelt still has high amounts of gluten.

+ Stevia (both Blended Stevia and White Stevia Powder) - White Stevia Powder is more concentrated than Blended Stevia - see below for more information

(This information was gathered from various sources, including stevia packaging and marketing materials offered by stevia distributors.)

Stevia is a herb native to South America. What makes it unique, is that a very small amount of it is very sweet, and it has no sugar (carbohydrates) or calories. For cooking, it is used as a sweetener. White stevia powder is very concentrated, 200-300 times sweeter than sugar. Stevia is not widely used in the U.S. due to political reasons. Because it has no sugar, stevia is recommended by the governments of Brazil, China, and Japan for use by hypoglycemics and diabetics. Stevia is also anti-fungal, making it ideal for individuals with yeast conditions (candidiasis); this natural sweet-tasting herb satisfies the desire for a sweet treat without feeding the yeast. Stevia can be difficult to use because it does not have the same effects as other sweeteners (such as, sugar (e.g., sucanat), maple syrup, or agave). Other sweeteners make cakes moist and light, and stevia will not. Other sweeteners add crispness to cookies, and stevia will not. Other sweeteners will add a kind of "caramel" type flavor and color when they are baked/cooked, but stevia will not. Therefore, if stevia is used in a dish, and some of these qualities are needed in the dish, other ingredients will have to provide them (e.g., baking powder for rising, fruit purees for moisture, extracts/flavoring for flavor, etc.).

Stevia is sometimes blended with a filler to reduce its concentrated sweetness. Different extractions of stevia vary as to their sweetness, but roughly 3 teaspoons of blended stevia (that is, blended with a filler such as erythritol, a natural crystal granulated filler from fruits and grains), or 3/8 teaspoon of white stevia powder (pure steviosides, not blended with a filler), is equal to 1/4 cup of sugar. The one down side to stevia is that it has a slightly bitter edge to it, so it is not well suited to all dishes.

- For beverages and non-dessert dishes (or dishes which do not need to rely on a sweetener to be very sweet), it can be put to good use since only using a little will only cause a little bitterness;

- It can also work in desserts where a bitter edge/flavor will not adversely effect the dessert;

- It can also be used in small proportions in other desserts where the goal is to reduce the amount of other sweeteners; for example, for a dessert that called for sweeteners in the total amount of 1 cup, you may try using 3/4 of the regular sweeteners, and then use stevia for the replacement amount (see above for quantities);

- It can work well with fruits where the fruits are providing a significant amount of the sweetness, and the stevia is just to enhance it slightly.

Overall, I have found stevia best matched with acidic fruits and bitter foods like chocolate or coffee (or coffee substitute) where the bitter edge of the stevia can work with the other flavors.

Equivalence summary: 1/4 cup of sugar = 3 teaspoons of blended stevia = 3/8 teaspoon of white stevia powder.

#### + Sucanat (Sucanat sugar)

Sucanat (Sugar Cane Natural) is a replacement for white sugar. It is a dry granulated sugar. It is made from evaporated cane juice and molasses, and has a brown color. It has a variety of vitamins and minerals not contained in white sugar. It comes in two forms: granulated and as a syrup (sugar cane syrup). Not to be confused with "Sugar In The Raw" or "Turbinado Sugar" which are basically just white sugars. It equivalent to granulated sugar or brown sugar, and can be used in the exact same proportions (1:1). It is similar to Whole Sugar (see glossary entry below), but sucanat has molasses added back, whereas whole sugar does not. Sucanat and Whole Sugar can be used interchangeably without any difficulty.

#### + Sunflower Oil

See High Oleic Sunflower Oil.

#### + Sweet Brown Rice Flour

Sweet brown rice flour can be made by grinding sweet brown rice or purchased as a flour. When sweet brown rice flour is added to a baked goods, it makes the baked good (such as brownies) denser and more gooey. I don't like it in cakes because it makes them too dense, but for brownies, I have found that using around 10% sweet brown rice flour and 90% of other flours/powders/dry ingredients adds a good amount of denseness and gooeyness. For example, if the recipe calls for 4 cups of flour (maybe a combination of brown rice flour, sorghum flour, and amaranth flour), and you want to make the baked good more gooey and dense, you could try and use 1/2 cup of sweet brown rice flour, and 3-1/2 cups of the other flours. This can work particularly well in brownies since gooey can be very desirable, and non-gluten brownies can be a little crumbly.

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Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

## 01-+ Glossary of Ingredients (T-U) +

Makes one serving.

Preparation Time:  
0 minutes



### Nutrition Facts

Servings Per Recipe 1

#### Amount Per Serving

Calories		0
Calories from fat		0
<b>% Daily Value*</b>		
Total Fat	0.0g	<b>0%</b>
Saturated Fat	0.0g	<b>0%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	0mg	<b>0%</b>
Carbohydrate	0.0g	<b>0%</b>
Dietary Fiber	0.0g	<b>0%</b>
Protein	0.0g	<b>0%</b>
Vitamin A		<b>0.0%</b>
Vitamin C		<b>0.0%</b>
Calcium		<b>0.0%</b>
Iron		<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### Glossary of Ingredients (T-U):

#### + Tamari Soy Sauce

A version of soy sauce that is made without wheat. It has a rich flavor. Any type of soy sauce can be used in its place if you are not worried about the gluten content. It is wonderful for seasoning toasted nuts and seeds (see the "Glossary of Cooking Terms" for more information on how to use this on toasted nuts and seeds).

#### + Tapioca Flour (also called Tapioca Starch or Tapioca Powder) (Finely Ground Old Fashioned Pearl Tapioca)

Tapioca Flour (also called tapioca starch or tapioca powder) is a common ingredient in non-gluten baked goods. Tapioca Flour is a starch extracted from the root of the tropical cassava plant (also called manihot or manioc or yucca). Tapioca Flour can be purchased in its powdered state or it can be ground. If you don't want to purchase it in powdered state, you can grind it from Pearl Tapioca, but just be sure to use Old Fashion Pearl Tapioca (any size) and not Minute (or Quick) Tapioca since Minute Tapioca has been pre-cooked, and will probably not act the same way in baked goods. The best way to grind the pearls is in small amounts in a coffee grinder. Get it as fine as you can, but it does not need to be as fine as white flour. One of the companies that sells Tapioca Flour is Bob's Red Mill (you can see the product via this URL=[https://www.bobsredmill.com/catalog/index.php?action=showdetails&product\\_ID=384](https://www.bobsredmill.com/catalog/index.php?action=showdetails&product_ID=384)) (more information about Bob's Red Mill is in the Epilogue at the end of this book).

#### + Tempeh

Tempeh is a fermented soybean product, native to Indonesia (dating back more than 2000 years), and is rich in protein. It is more of a whole food than tofu since tempeh is made from whole soybeans. It is made by soaking whole soybeans overnight and then briefly cooking them until they are softened. A dry powder of the mold *Rhizopus oryzae* is added to the beans, the beans are formed into cakes, and they then sit for about 24 hours. The cakes form very solidly with a chewy, meat-like texture, and have a slightly nutty, smoky flavor reminiscent of mushrooms.

To reduce the slightly bitter taste of tempeh, it is a good idea to steam it before using in most dishes; I place it in a steamer basket over boiling water and let steam for about 20 minutes. I have found that this steaming step is not as important when the tempeh is going to be baked in a marinade since this long "baking in marinade" process is a bit similar to steaming.

#### + Tofu (including Silken Tofu)

##### %% General Tofu Notes:

+ There are a number of different types of tofu: "Regular" in soft, medium, firm, and extra firm, and "Silken" in soft, medium, firm, and extra firm. Regular tofu keeps its shape better during cooking, and is not as smooth (it has more consistency); it is best for use in stir frying and sauteing where you want the tofu to have some texture and hold its shape during cooking. Silken tofu is very smooth and does not hold its shape well during cooking (e.g., it would be very difficult to stir fry); it is best used for dips, sauces, dressings, puddings, custards, and icings where it needs to blend up very smooth.

##### %% Pressing tofu to remove water:

+ Place tofu on a plate. Place another plate on top of the tofu. Find a heavy object (such as a cutting board or

blender or food processor) (if it is an appliance make sure it is un-plugged). Place object on top of the top plate to squeeze the block of tofu. Make sure the object is secured so it will not fall off the plate. Let press for about 20-25 minutes. Remove object and top plate, and drain extracted water off. It is then ready to use in the recipe.

%% Notes about the use of silken tofu:

+ Most of the recipes in this cookbook that use silken tofu specify the extra firm variety. This is because other varieties have too much water, and when pureed do not come out thick enough (especially the medium and soft; sometimes the firm silken tofu will be thick enough to work in the recipe). This is especially important in the icing recipes since the icing needs to come out thick enough to spread on a cake (including the sides of the cake without sliding down). If you are willing to do some experimentation, a softer silken tofu can be used in place of extra-firm, but if you want to have a thick consistency (as would be needed for an icing or a pudding/cream pie filing), then you may have to add another ingredient to thicken the final product (such as a nut butter, tahini, coconut butter, or powdered sugar).

+ All of the references above are to silken tofu packed in aseptic cartons (the type of carton that most soy milks are packaged in; this type of packaging does not require refrigeration). All recipes in this cookbook have been tested with aseptically-packed silken tofu. Silken tofu is also sold packed in water and refrigerated (sometimes called fresh silken tofu), but it is softer in general, and more difficult to achieve a thick final product (e.g., a thick icing). It is possible to experiment with fresh silken tofu but, as above with soft and medium aseptically-packed tofu, fresh tofu has more water, and therefore the resulting product will not be as thick. If you do decide to use a fresh silken tofu in a recipes where a thick final product is desired, press it first (for about 25 minutes as described above) to remove as much water as possible.

+ Notes that some recipes just call for silken tofu not stating what type; in these cases, any type of silken tofu from soft to extra firm (and either aseptically-packed or water-packed) should work fine.

+ Ume Vinegar (Umeboshi Plum Vinegar)

Technically not a vinegar since it contains salt, ume (or umeboshi) vinegar comes from the pickling of umeboshi plums. It has a pink color and is very salty (like tamari soy sauce), so generally it can not be used in place of a normal vinegar; if it ever is used in place of other vinegars, it should be used carefully or the resulting product could be too salty. It is wonderful for seasoning toasted nuts and seeds (see the "Glossary of Cooking Terms" for more information on how to use this on toasted nuts and seeds).

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Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

# 01-+ Glossary of Ingredients (V-Z) \*

Makes one serving.

Preparation Time:  
0 minutes

## Nutrition Facts

Servings Per Recipe 1

### Amount Per Serving

Calories		0
Calories from fat		0
<b>% Daily Value*</b>		
Total Fat	0.0g	<b>0%</b>
Saturated Fat	0.0g	<b>0%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	0mg	<b>0%</b>
Carbohydrate	0.0g	<b>0%</b>
Dietary Fiber	0.0g	<b>0%</b>
Protein	0.0g	<b>0%</b>

Vitamin A		<b>0.0%</b>
Vitamin C		<b>0.0%</b>
Calcium		<b>0.0%</b>
Iron		<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

## Glossary of Ingredients (V-Z):

### + Vegetable Oil Spread, Non-Hydrogenated

The non-hydrogenated vegetable oil spreads that I have used (one made by Spectrum Naturals, and another made by Earth Balance) are trans fat free, and are stored in the refrigerator. They may contain some saturated fats, but are primarily polyunsaturated fat and monounsaturated fat. Some are solid like butter whereas others are softer (like thick pudding). The solid ones are similar to margarine (but trans fat free), and can be used in the same way as butter and margarine. These solid ones make much better pie crusts than using liquid oils (e.g., high oleic sunflower oil). The softer ones can also be used in pie crusts, but are really more suited to cookie recipes. Similar to margarine, a non-hydrogenated vegetable oil spread is particularly good in cookies that traditionally use butter. It gives the cookies a nice texture with less oil than if you used liquid oil. You could use high oleic sunflower oil (or other comparable liquid oil as described in the "Dessert Notes" section under "Oils") as a substitute for non-hydrogenated vegetable oil spread, but the result will not be quite the same.

### + Vegetable Shortening, Non-Hydrogenated

Some non-hydrogenated vegetable shortenings are made of palm oil and are naturally solid at room temperature without hydrogenation, and do not require refrigeration. Spectrum Naturals makes one of these shortenings, and it is also organic. Palm oil is not the same as palm kernel oil - palm kernel oil is 86% saturated fat, whereas palm oil is 50% saturated (and very low in polyunsaturated fats which is good) - palm oil is extracted from the palm's fruit, not its kernel. Palm oil is also lower in saturated fat than butter. While this type of non-hydrogenated vegetable shortening (made of palm oil) does get half of its fat grams from saturated fat, it is not hydrogenated (most standard brands of shortening are hydrogenated) and is trans fatty acid (TFA) free. It is a good alternative to standard shortening. This fat makes much better pie crusts than using liquid oils such as high oleic sunflower oil.

Similar to coconut oil, a non-hydrogenated vegetable shortening is particularly good in desserts that traditionally use butter (also a saturated fat) such as cookies and pie crusts. It gives the cookies a wonderful texture with less oil than if you used an unsaturated fat (like canola oil). Generally, coconut oil (refer to the coconut oil entry in this Glossary) can be used in place of vegetable shortening. Additionally, you could use high oleic sunflower oil (or other comparable liquid oil as described in the "Dessert Notes" section under "Oils") as a substitute, but the result will not be quite the same since it will not provide that saturated fat quality.

### + Walnut Oil, Refined

Refined walnut oil is a good baking oil, and works well in cakes. The reason it is not often called for in this cookbook is that it has a high polyunsaturated fat content, with less monounsaturated fats, making it less healthy and not as stable at higher temperatures. It has a mild nutty flavor. This oil is rich in omega-3 (vitamin F2) essential fatty acids (as is flax, pumpkin, canola, and soy oil). Refined walnut oil can be used for medium-high heat cooking. Store in a dark, cool environment away from light and heat. Spectrum Naturals makes a refined walnut oil. High oleic sunflower oil can be used in place of walnut oil. For other replacement possibilities, see the "Dessert Notes" section of this book under "Oils".

Unrefined walnut oil is much more expensive and flavorful than refined walnut oil and is best used for drizzling on vegetables, in dressings, and for dipping rather than for baking due to its cost and strong flavor.

### + Whole Sugar (e.g., Rapadura or Moscovado)

Whole sugar refers to whole, unrefined, unbleached, evaporated sugar cane juice. It is a dry granulated sugar. The sugar is just squeezed, dried, and ground. When whole natural juice of sugar cane is dried, it retains most of its essential nutrients, vitamins, and minerals. This is a bit different from Sucanat (see Sucanat above in this glossary) as molasses is not added, but instead retains a natural hint of molasses flavor because it never had the "molasses" taken out of it. It has a very pleasing maple/molasses-type flavor and tan color. It will add a brown-tint to a dish,

so if you are looking for a very white coconut ice cream for example, it would not be the best choice. It is very well suited to items such as apple crisp or gingersnap cookies. Rapadura and moscovado (or moscavado) are examples of whole sugars.

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Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

## 02- \*\*\*\*\* APPETIZERS \*\*\*\*\*

Makes one serving.

Preparation Time:  
0 minutes



### Nutrition Facts

Servings Per Recipe 1

Amount Per Serving	
Calories	0
Calories from fat	0
<b>% Daily Value*</b>	
Total Fat 0.0g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 0mg	<b>0%</b>
Carbohydrate 0.0g	<b>0%</b>
Dietary Fiber 0.0g	<b>0%</b>
Protein 0.0g	<b>0%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>0.0%</b>
Iron	<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

I especially like bean based appetizers because they are packed with nutrition. They help provide a nutritional balance to meals that don't contain a concentrated vegetable protein in later courses. Additionally, people who don't normally (or don't normally care to) eat beans usually don't notice they are eating beans when they are pureed into a dip or pate with other flavors.

Other items in this cookbook which can be made into good appetizers include some of the grain recipes in the "Grains" and "Compilation Dishes" chapters. For example, the grain-vegetable mixture from the "08-Thai Vegetable-Rice Burgers" recipe can be formed into smaller bite sized servings (instead of the current patty sized servings), and then baked to create an easy to serve and easy to eat appetizer.

My favorite recipes in this chapter include:

- Roasted Portabella Mushroom Pate
- Stuffed Mushrooms
- Quinoa Croquettes

Some of the easier recipes in this chapter include:

- Creamy Horseradish Dip with Raw Vegetables
- Sweet Potato "Fries"
- Hummus

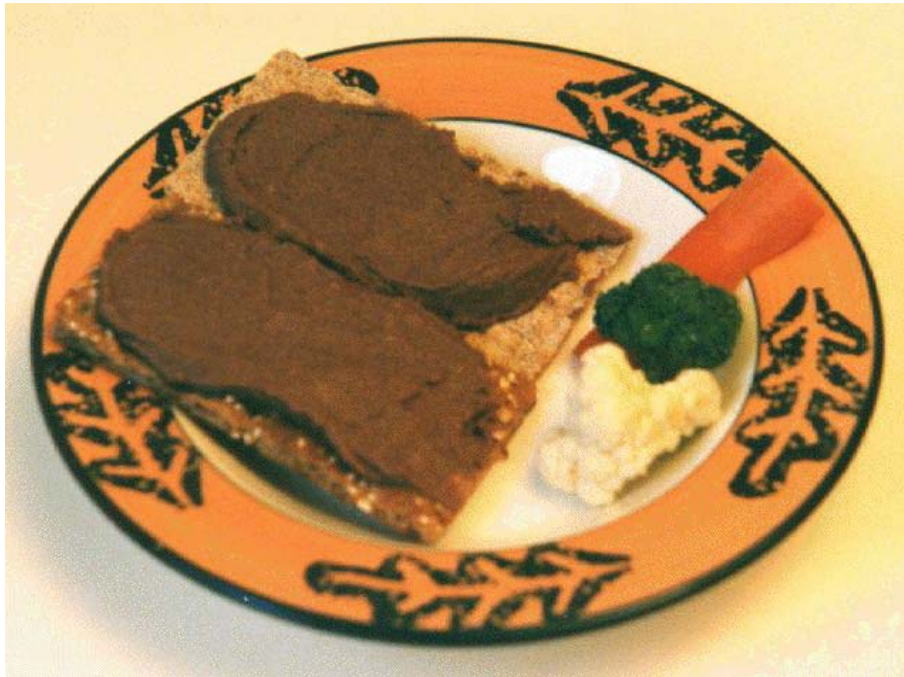
Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

## 02-Adzuki Bean Dip

Makes 18 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Spread on rice  
cakes or crackers.



### Nutrition Facts

Servings Per Recipe 18

Amount Per Serving	
Calories	99
Calories from fat	37
<b>% Daily Value*</b>	
Total Fat 4.3g	<b>7%</b>
Saturated Fat 0.4g	<b>2%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 91mg	<b>4%</b>
Carbohydrate 12.1g	<b>4%</b>
Dietary Fiber 0.5g	<b>2%</b>
Protein 4.0g	<b>8%</b>
Vitamin A	<b>0.1%</b>
Vitamin C	<b>1.9%</b>
Calcium	<b>4.9%</b>
Iron	<b>8.5%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This dip is easy to prepare ahead of time, and will keep in the refrigerator, providing nutritious snacks and appetizers, for a week (if it lasts that long). As with most bean dips/pates, this also freezes well so I like to make large batches for use over one or more months.
- Even with the use of Tahini, this dip is still low in fat because small red beans like adzuki beans are often very low in fat (as opposed to garbanzo beans which have 20 times more fat than adzuki beans).
- The serving size shown applies when this dish is being served as an appetizer. If this is served as a greater part of a meal, it may not make as many servings.

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1 small onion	1 tablespoon lemon juice
4 garlic cloves	1/4 cup tahini
3 cups adzuki beans, cooked, drained (see "Glossary of Cooking Terms" for more information about cooking beans)	2 1/2 tablespoons white miso
	3 tablespoons flax oil, (optional) (do not use if this dip is to be baked)

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Add all ingredients to a food processor (or blender) and blend until smooth.

Serve immediately, or refrigerate and serve, or to integrate flavors completely, pour mixture into a earthenware casserole dish (with cover), and bake at 250 degrees F (120 degrees C) for 1 to 2 hours, then refrigerate and serve.

Note: For every 3 cups of cooked adzuki beans, you could eliminate the flax oil and reduce the tahini to 2 tablespoons, and in this case, the result would have less than 15% of its calories from fat.

1 Serving = 3 Tablespoons.

#### VARIATIONS:

- Use any type of bean.
- Use any type of nut or seed butter in place of the tahini.
- Use different types of seasonings such as: spices, herbs, mustard, vinegar.
- For a more elegant presentation, serve the dip in filo cups (see "Glossary of Ingredients" for instructions - note that filo contains gluten, so if you are avoiding gluten, use another presentation method). These can either be made small for individual servings, or large for including on a buffet table.
- Serve with rice cakes for a gluten-free alternative to whole grain crackers.

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Per serving: 99 Calories; 4g Fat (38% calories from fat); 4g Protein; 12g Carbohydrate; 0mg Cholesterol; 91mg Sodium



## 02-Creamy Horseradish Dip with Raw Vegetables

Makes 24 servings.

Preparation Time:  
20 minutes



### Nutrition Facts

Servings Per Recipe 24

#### Amount Per Serving

Calories		21
Calories from fat		2
		<b>% Daily Value*</b>
Total Fat	0.2g	<b>0%</b>
Saturated Fat	0.0g	<b>0%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	71mg	<b>3%</b>
Carbohydrate	3.2g	<b>1%</b>
Dietary Fiber	1.3g	<b>5%</b>
Protein	1.9g	<b>4%</b>
Vitamin A		<b>64.5%</b>
Vitamin C		<b>29.0%</b>
Calcium		<b>2.6%</b>
Iron		<b>2.5%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This dip is very low in fat. If you wanted it to have a richer mouth feel, add more mayonnaise.
- The serving size shown applies when this dish is being served as an appetizer. If this is served as a greater part of a meal, it may not make as many servings.

#### DIP

12 1/3 ounces tofu, low-fat silken  
(see the "Glossary of Ingredients" for more information about silken tofu)  
4 tablespoons horseradish, blended/jarred  
1 teaspoon mayonnaise vegi dressing  
(or other vegan mayonnaise)  
1/2 teaspoon sea salt

1/4 cup green onions, chopped fine

(about 2 stalks)

#### DIPPERS

2 cups cauliflower florets  
(about 1/2 head)  
2 cups broccoli florets  
1 cup broccoli stalks, peeled  
(from 1 bunch of broccoli)  
6 celery stalks  
4 carrots

#### DIP

Blend together the tofu, horseradish, vegan mayonnaise, and salt. Fold in green onions. Chill dip.

#### DIPPERS

Cut dipping vegetables into dipping-size pieces.

Serve vegetables with dip.

1 Serving = 1.5 Tablespoons.

Per serving: 21 Calories; less than one gram Fat (9% calories from fat); 2g Protein; 3g Carbohydrate; 0mg Cholesterol; 71mg Sodium

## 02-Hummus

Makes 18 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Spread on rice  
cakes or crackers.



### Nutrition Facts

Servings Per Recipe 18

Amount Per Serving	
Calories	86
Calories from fat	36
<b>% Daily Value*</b>	
Total Fat 4.2g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 64mg	<b>3%</b>
Carbohydrate 9.5g	<b>3%</b>
Dietary Fiber 1.3g	<b>5%</b>
Protein 3.6g	<b>7%</b>
Vitamin A	<b>0.2%</b>
Vitamin C	<b>2.3%</b>
Calcium	<b>6.7%</b>
Iron	<b>10.3%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This dip is easy to prepare ahead of time, and will keep in the refrigerator, providing nutritious snacks and appetizers, for a week (if it lasts that long). As with most bean dips/pates, this also freezes well so I like to make large batches for use over one or more months.
- The serving size shown applies when this dish is being served as an appetizer. If this is served as a greater part of a meal, it may not make as many servings.

4 garlic cloves	2 tablespoons lemon juice
3 cups garbanzo beans, cooked, drained (see "Glossary of Cooking Terms" for more information about cooking beans)	6 tablespoons tahini
1 tablespoon olive oil, (optional)	1 tablespoon white miso
	1/4 teaspoon sea salt

Add all ingredients to a food processor (or blender) and blend until smooth.

Note: If you wanted the lower the fat of your hummus, for every 3 cups of cooked garbanzo beans, you could lower the tahini to 3 tablespoons and bring the calories from fat to about 29%.

1 Serving = 3 Tablespoons.

#### VARIATIONS:

- Use any type of bean.
- Use any type of nut or seed butter in place of the tahini.
- Use different types of seasonings such as: spices, herbs, mustard, vinegar.
- For a more elegant presentation, serve the dip in filo cups (see "Glossary of Ingredients" for instructions - note that filo contains gluten, so if you are avoiding gluten, use another presentation method). These can either be made small for individual servings, or large for including on a buffet table.
- Serve with rice cakes for a gluten-free alternative to whole grain crackers.

Per serving: 86 Calories; 4g Fat (42% calories from fat); 4g Protein; 9g Carbohydrate; 0mg Cholesterol; 64mg Sodium

## 02-Pecan-Pinto Bean Dip

Makes 16 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Spread on rice  
cakes or crackers.



### Nutrition Facts

Servings Per Recipe 16

#### Amount Per Serving

Calories		155
Calories from fat		51
<b>% Daily Value*</b>		
Total Fat	6.0g	<b>9%</b>
Saturated Fat	0.5g	<b>2%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	277mg	<b>12%</b>
Carbohydrate	21.7g	<b>7%</b>
Dietary Fiber	6.0g	<b>24%</b>
Protein	5.7g	<b>11%</b>

Vitamin A		<b>2.3%</b>
Vitamin C		<b>53.0%</b>
Calcium		<b>4.5%</b>
Iron		<b>10.4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This dip is easy to prepare ahead of time, and will keep in the refrigerator, providing nutritious snacks and appetizers, for a week (if it lasts that long). As with most bean dips/pates, this also freezes well so I like to make large batches for use over one or more months.
- The serving size shown applies when this dish is being served as an appetizer. If this is served as a greater part of a meal, it may not make as many servings.

6 large chipotle peppers, seeds removed	information about cooking beans)
6 medium dried figs	3/4 cup ground toasted pecans
	1/4 cup white miso
10 garlic cloves	1 teaspoon sea salt
2 teaspoons ground coriander	1/4 cup hemp oil, (optional)
5 cups pinto beans, cooked, drained	(or flax oil)
(see "Glossary of Cooking Terms" for more	(do not use if this dip is to be baked)

Soak chili peppers and figs in some warm water until softened. Drain, and reserve soaking liquid for possible use later.

Add drained peppers and figs and all remaining ingredients to a food processor (or blender) and blend until smooth. Use the soaking liquid from above (or water) to change consistency if desired. Note that the dip does become quite a bit thicker when refrigerated.

Serve immediately, or refrigerate and serve. Or to integrate flavors completely, pour mixture into a earthenware casserole dish (with cover), and bake at 250 degrees F (120 degrees C) for 1 to 2 hours, then refrigerate and serve.

#### VARIATIONS:

- Use any type of bean.
- Use any type of nut or seed (either ground or in a butter form) in place of the ground pecans.
- Use any type of chili peppers: either dried, roasted, or fresh.
- Use roasted red bell peppers (with skin removed) in place of chili peppers for a less spicy dip.
- Use different types of seasonings such as: spices, herbs, mustard, vinegar.
- For a more elegant presentation, serve the dip in filo cups (see "Glossary of Ingredients" for instructions - note that filo contains gluten, so if you are avoiding gluten, use another presentation method). These can either be made small for individual servings, or large for including on a buffet table.
- Serve with rice cakes for a gluten-free alternative to whole grain crackers.

Per serving: 155 Calories; 6g Fat (33% calories from fat); 6g Protein; 22g Carbohydrate; 0mg Cholesterol; 277mg Sodium

# 02-Quinoa Croquettes

Makes 14 servings.

Preparation Time:  
1 hour, 10 minutes

Serving Ideas:  
Serve with  
"Cilantro Sauce"  
(see recipe) for  
dipping.

- The serving size shown applies when this dish is being served as an appetizer. If this is served as a greater part of a meal, it may not make as many servings.

## Nutrition Facts

Servings Per Recipe 14

### Amount Per Serving

Calories		94
Calories from fat		10
	<b>% Daily Value*</b>	
Total Fat	1.3g	<b>2%</b>
Saturated Fat	0.2g	<b>4%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	144mg	<b>6%</b>
Carbohydrate	21.3g	<b>7%</b>
Dietary Fiber	3.0g	<b>12%</b>
Protein	4.7g	<b>9%</b>
Vitamin A		<b>13.1%</b>
Vitamin C		<b>5.6%</b>
Calcium		<b>2.2%</b>
Iron		<b>10.2%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### QUINOA

1 cup quinoa, washed  
2 cups no-salt-added vegetable broth, (or water)  
6 garlic cloves, minced  
1/2 teaspoon sea salt  
1/8 teaspoon cayenne

2 cups corn, frozen

(10 ounces of frozen corn kernels)  
1 cup black beans, cooked, rinsed, drained  
(see "Glossary of Cooking Terms" for more information about cooking beans)

1/4 cup green onions, chopped  
(about 2 green onions; green and white parts)

### FINISHING

1 tablespoon ground flax seed, (optional)  
1/2 teaspoon sea salt

1/4 cup ground pumpkin seeds, (optional)

### QUINOA

Be sure to wash quinoa well. Place quinoa in sauce pan with broth, garlic, sea salt, and cayenne. Cover and bring to a boil. Once boiling, simmer for 15 to 20 minutes.

(Note: If you have leftover quinoa, you can use 2 1/2 cups of that instead of cooking more - just add the garlic and cayenne to the quinoa)

### FINISHING

To the quinoa, stir in ground flax seed, salt, corn, cooked black beans, green onions, and ground pumpkin seeds (if using).

Mixture could be refrigerated at this point (for up to 4 days), and the croquettes could be made later.

### BAKING

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Croquettes can even stick a little to a non-stick baking sheet which messes up the croquettes, so I greatly prefer parchment paper because it always makes for very easy removal.

Let quinoa mixture cool just enough so the mixture can be handled without burning your hands (this should happen quickly since the frozen corn will lower the temperature). Using your hands, take about 2 tablespoons of mixture, shape it into a log shaped piece, and place it on a the baking sheet. If the mixture seems a little dry or crumbly, and it is difficult to form the croquettes, add some water until it gets a little mushy so that the croquettes can be easily formed, and so they stay together. If the mixture seems a little too wet, add some brown rice flour. Repeat making croquettes using all mixture. You should end up with about 28 small croquettes.

If desired, spray a little oil on each croquette (this will make them brown nicely and give them a lightly crisp crust).

Bake in a 400 degree F (200 degree C) oven (no need to preheat oven) for 35 minutes, or until they are light golden brown and have crispy edges.

1 Serving = 2 croquettes.

### VARIATIONS:

- Add more cayenne for a spicier croquette.
- Add finely chopped, pan sauted, and seasoned tempeh instead of black beans.
- Make larger croquettes, and serve as an entree.

Per serving: 94 Calories; 1g Fat (10% calories from fat); 5g Protein; 21g Carbohydrate; 0mg Cholesterol; 144mg Sodium

# 02-Roasted Portabella Mushroom Pate

Makes 16 servings.

Preparation Time:  
1 hour, 5 minutes

Serving Ideas:  
Spread on rice  
cakes or crackers.



## Nutrition Facts

Servings Per Recipe 16

### Amount Per Serving

Calories 263  
Calories from fat 46

### % Daily Value\*

Total Fat	5.4g	8%
Saturated Fat	0.5g	2%
Cholesterol	0mg	0%
Sodium	230mg	10%
Carbohydrate	48.1g	16%
Dietary Fiber	8.7g	35%
Protein	9.7g	19%

Vitamin A		0.6%
Vitamin C		3.6%
Calcium		3.7%
Iron		15.8%

\* Percent Daily Values are based on a 2,000 calorie diet.

- This dip is easy to prepare ahead of time, and will keep in the refrigerator, providing nutritious snacks and appetizers, for a week (if it lasts that long). As with most bean dips/pates, this also freezes well so I like to make large batches for use over one or more months.
- The serving size shown applies when this dish is being served as an appetizer. If this is served as a greater part of a meal, it may not make as many servings.

### MUSHROOMS

1 1/2 pounds portabella mushrooms  
(weight with the stems)  
(about 3 medium-sized mushrooms)  
2 teaspoons olive oil  
1 teaspoon sea salt

### BEANS

1/2 teaspoon olive oil  
1 medium onion  
1 3/4 cups mung beans, washed and drained  
(see "Glossary of Cooking Terms" for more

information about washing beans)  
3 1/2 cups water

### FINISHING

3/4 cup walnuts  
7 garlic cloves  
1/4 teaspoon ground black pepper  
1/4 teaspoon sea salt, (or more to taste)  
2 tablespoons dark miso  
1/4 cup flax oil, (optional)  
(do not use if this dip is to be baked)

### MUSHROOMS

Take the stems out of the portobella mushrooms. Brush dirt from mushroom caps. Gently wash the caps, but minimize the amount of time the mushroom is in contact with water, and use as little water as possible. Wash stems. Slice the caps into 1/2-inch pieces and chop the stem. Toss cap pieces and chopped stems with olive oil and then with the 1 teaspoon of salt.

Place mushrooms on baking sheet (it should not need to be oiled since the mushrooms are oiled). Roast in a 450 degree F (230 degree C) oven (no need to preheat oven) for about 25 minutes, or until the are well done, but not completely dried out.

### BEANS

Heat an uncovered pressure cooker over medium-high heat and add oil. Add the onion and saute until it starts to brown just slightly. Add the washed mung beans and water. Seal cover on pressure cooker and bring up to pressure. Begin timing at this point and adjust heat to maintain pressure (use a simmer plate/"flame tamer" so beans does burn to the bottom of the cooker). Cook for 20 minutes.

Remove pot from heat; release pressure on cooker and open.

### FINISHING

Grind walnuts in a food processor. Add mushrooms and beans and remaining ingredients to the walnuts in the food processor and blend until smooth. Use a little broth (or water) to change consistency if desired. It is a fairly thick pate, and will become a bit thicker when refrigerated.

Serve immediately, or refrigerate and serve, or to integrate flavors completely, pour mixture into a earthenware casserole dish (with cover), and bake at 250 degrees F (120 degrees C) for 1 to 2 hours, then refrigerate and serve.

VARIATIONS:

- Use shiitake mushrooms instead of portabella mushrooms.
  - Use other types of beans.
  - Use any type of nut or seed (either ground or in a butter form) in place of the ground walnuts.
  - Toast the walnuts before grinding for a different flavor.
  - Add roasted garlic gloves to the pate mixture.
  - Use 14 ounces of canned black olives in place of the mushrooms.
  - Use different types of seasonings such as: spices, herbs, mustard, vinegar.
  - For a more elegant presentation, serve the dip in filo cups (see "Glossary of Ingredients" for instructions - note that filo contains gluten, so if you are avoiding gluten, use another presentation method). These can either be made small for individual servings, or large for including on a buffet table.
  - Serve with rice cakes for a gluten-free alternative to whole grain crackers.
- 

Per serving: 263 Calories; 5g Fat (17% calories from fat); 10g Protein; 48g Carbohydrate; 0mg Cholesterol; 230mg Sodium

## 02-Savory Black Bean Dip

Makes 16 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Spread on rice  
cakes or crackers.



### Nutrition Facts

Servings Per Recipe 16

Amount Per Serving	
Calories	174
Calories from fat	75
<b>% Daily Value*</b>	
Total Fat 8.7g	<b>13%</b>
Saturated Fat 3.3g	<b>17%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 140mg	<b>6%</b>
Carbohydrate 18.5g	<b>6%</b>
Dietary Fiber 3.7g	<b>15%</b>
Protein 7.4g	<b>15%</b>
Vitamin A	<b>0.4%</b>
Vitamin C	<b>1.5%</b>
Calcium	<b>5.0%</b>
Iron	<b>11.7%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This dip is easy to prepare ahead of time, and will keep in the refrigerator, providing nutritious snacks and appetizers, for a week (if it lasts that long). As with most bean dips/pates, this also freezes well so I like to make large batches for use over one or more months.
- Even with the use of almonds, this dip is still low in fat because black beans are fairly low in fat (as opposed to garbanzo beans) (although not quite as low in fat as red beans such as adzuki).
- The serving size shown applies when this dish is being served as an appetizer. If this is served as a greater part of a meal, it may not make as many servings.

10 garlic cloves, minced	1/2 cup almond butter
6 cups black beans, cooked, drained (see "Glossary of Cooking Terms" for more information about cooking beans)	(or ground almonds but that will make the the dip less smooth)
1/2 tablespoon dried oregano	2 tablespoons dark miso
1/2 tablespoon ground cumin	1/2 teaspoon sea salt
1 teaspoon ground black pepper	1/4 cup flax oil, (optional)
1 tablespoon brown rice vinegar	(do not use if this dip is to be baked)

For a slightly chunky dip, mash all ingredients together in a large bowl. For a smoother dip, add all ingredients to a food processor (or blender) and blend until smooth. Use the bean cooking liquid (or broth) to change consistency if desired. Note that the dip does become quite a bit thicker when refrigerated.

Serve immediately, or refrigerate and serve, or to integrate flavors completely, pour mixture into a earthenware casserole dish (with cover), and bake at 250 degrees F (120 degrees C) for 1 to 2 hours, then refrigerate and serve.

#### VARIATIONS:

- Use any type of bean.
- Use any type of nut or seed (either ground or in a butter form) in place of the ground almonds.
- Toast the almonds before grinding for a different flavor.
- Add roasted red bell peppers to the dip.
- Use different types of seasonings such as: spices, herbs, mustard, vinegar.
- For a more elegant presentation, serve the dip in filo cups (see "Glossary of Ingredients" for instructions - note that filo contains gluten, so if you are avoiding gluten, use another presentation method). These can either be made small for individual servings, or large for including on a buffet table.
- Serve with rice cakes for a gluten-free alternative to whole grain crackers.

Per serving: 174 Calories; 9g Fat (43% calories from fat); 7g Protein; 19g Carbohydrate; 0mg Cholesterol; 140mg Sodium

## 02-Shiitake Mushroom-White Bean Dip

Makes 16 servings.

Preparation Time:  
30 minutes

Serving Ideas:  
Spread on rice  
cakes or crackers.



### Nutrition Facts

Servings Per Recipe 16

#### Amount Per Serving

Calories 244  
Calories from fat 42

#### % Daily Value\*

Total Fat	4.9g	8%
Saturated Fat	0.6g	3%
Cholesterol	0mg	0%
Sodium	239mg	10%
Carbohydrate	45.5g	15%
Dietary Fiber	7.3g	29%
Protein	8.3g	17%

Vitamin A	0.1%
Vitamin C	1.9%
Calcium	4.3%
Iron	15.6%

\* Percent Daily Values are based on a 2,000 calorie diet.

- This dip is easy to prepare ahead of time, and will keep in the refrigerator, providing nutritious snacks and appetizers, for a week (if it lasts that long). As with most bean dips/pates, this also freezes well so I like to make large batches for use over one or more months.
- The serving size shown applies when this dish is being served as an appetizer. If this is served as a greater part of a meal, it may not make as many servings.

1 ounce dried shiitake mushrooms	3 1/2 cups white beans, cooked, drained (see "Glossary of Cooking Terms" for more information about cooking beans)
2 cups water	1/2 cup pecans
2 tablespoons truffle oil, (or olive oil)	3 tablespoons white miso
1 1/2 pounds fresh shiitake mushrooms, coarsely chopped	1 teaspoon sea salt
1 medium onion, chopped	2 tablespoons truffle oil, (or olive oil)
	8 garlic cloves

In a bowl, soak dried mushrooms in water until mushrooms are soft.

Heat a skillet over medium-high heat and add oil. Saute chopped fresh mushrooms for about 20 minutes until all the moisture evaporates. Add onions, and continue to cook until onions are soft.

To a food processor (or blender), add drained, soaked mushroom, cooked mushrooms and onion, and all remaining ingredients, and blend until smooth. Add water or broth to change the consistency of the dip if desired. Note that the dip does become quite a bit thicker when refrigerated.

Serve immediately, or refrigerate and serve, or to integrate flavors completely, pour mixture into a earthenware casserole dish (with cover), and bake at 250 degrees F (120 degrees C) for 1 to 2 hours, then refrigerate and serve.

#### VARIATIONS:

- Use any type of bean.
- Use any type of nut or seed (either ground or in a butter form) in place of the pecans.
- Use different types of seasonings such as: spices, herbs, mustard, vinegar.
- For a more elegant presentation, serve the dip in filo cups (see "Glossary of Ingredients" for instructions - note that filo contains gluten, so if you are avoiding gluten, use another presentation method). These can either be made small for individual servings, or large for including on a buffet table.
- Serve with rice cakes for a gluten-free alternative to whole grain crackers.

Per serving: 244 Calories; 5g Fat (17% calories from fat); 8g Protein; 46g Carbohydrate; 0mg Cholesterol; 239mg Sodium



## 02-Spicy Black Bean Dip

Makes 16 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Spread on rice  
cakes or crackers.



### Nutrition Facts

Servings Per Recipe 16

#### Amount Per Serving

Calories		157
Calories from fat		39
	<b>% Daily Value*</b>	
Total Fat	4.5g	<b>7%</b>
Saturated Fat	0.4g	<b>2%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	198mg	<b>8%</b>
Carbohydrate	23.4g	<b>8%</b>
Dietary Fiber	4.4g	<b>18%</b>
Protein	7.3g	<b>15%</b>
Vitamin A		<b>4.7%</b>
Vitamin C		<b>68.9%</b>
Calcium		<b>3.2%</b>
Iron		<b>10.4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This dip is easy to prepare ahead of time, and will keep in the refrigerator, providing nutritious snacks and appetizers, for a week (if it lasts that long). As with most bean dips/pates, this also freezes well so I like to make large batches for use over one or more months.
- Even with the use of ground pumpkin seeds, this dip is still low in fat because black beans are fairly low in fat (as opposed to garbanzo beans) (although not quite as low in fat as red beans such as adzuki).
- The serving size shown applies when this dish is being served as an appetizer. If this is served as a greater part of a meal, it may not make as many servings.

6 large dried ancho chilies, seeds removed  
1/2 cup dried prunes, pits removed

1 small onion  
12 garlic cloves  
1/4 teaspoon cayenne, or to taste  
6 cups black beans, cooked, drained

(see "Glossary of Cooking Terms" for more information about cooking beans)

6 tablespoons ground pumpkin seeds, (or ground almonds)  
5 tablespoons dark miso  
1/4 cup flax oil, (optional)  
(do not use if this dip is to be baked)

Soak chili peppers and prunes in some warm water until softened.

Add all ingredients to a food processor (or blender) and blend until smooth. Use the pepper soaking water (or water) to change consistency if desired. Note that the dip does become quite a bit thicker when refrigerated.

Serve immediately, or refrigerate and serve, or to integrate flavors completely, pour mixture into a earthenware casserole dish (with cover), and bake at 250 degrees F (120 degrees C) for 1 to 2 hours, then refrigerate and serve.

#### VARIATIONS:

- Use any type of bean.
- Use any type of nut or seed (either ground or in a butter form) in place of the ground pumpkin seeds.
- Toast the pumpkin seeds before grinding for a different flavor.
- Use any type of chili peppers: either dried, roasted, or fresh.
- Use roasted red bell peppers (with skin removed) in place of chili peppers for a less spicy dip.
- Use different types of seasonings such as: spices, herbs, mustard, vinegar.
- For a more elegant presentation, serve the dip in filo cups (see "Glossary of Ingredients" for instructions - note that filo contains gluten, so if you are avoiding gluten, use another presentation method). These can either be made small for individual servings, or large for including on a buffet table.
- Serve with rice cakes for a gluten-free alternative to whole grain crackers.

Per serving: 157 Calories; 5g Fat (25% calories from fat); 7g Protein; 23g Carbohydrate; 0mg Cholesterol; 198mg Sodium

## 02-Split Pea Dip

Makes 18 servings.

Preparation Time:  
1 hour, 10 minutes

Serving Ideas:  
Spread on rice  
cakes or crackers.



### Nutrition Facts

Servings Per Recipe 18

Amount Per Serving	
Calories	59
Calories from fat	14
<b>% Daily Value*</b>	
Total Fat 1.6g	<b>2%</b>
Saturated Fat 0.2g	<b>4%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 57mg	<b>2%</b>
Carbohydrate 8.4g	<b>3%</b>
Dietary Fiber 3.3g	<b>13%</b>
Protein 3.2g	<b>6%</b>
Vitamin A	<b>20.9%</b>
Vitamin C	<b>2.6%</b>
Calcium	<b>1.3%</b>
Iron	<b>4.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This dip is easy to prepare ahead of time, and will keep in the refrigerator, providing nutritious snacks and appetizers, for a week (if it lasts that long). As with most bean dips/pates, this also freezes well so I like to make large batches for use over one or more months.  
- The serving size shown applies when this dish is being served as an appetizer. If this is served as a greater part of a meal, it may not make as many servings.

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2 1/2 teaspoons olive oil	(a 2" piece)
1 onion, chopped	1 bay leaf
1 carrot, sliced	
3 garlic cloves, minced	2 tablespoons nutritional yeast
	1/2 teaspoon sea salt
1 cup split peas, washed	1 pinch ground nutmeg
(see "Glossary of Cooking Terms" for more information about washing beans)	
1 3/4 cups water	1 tablespoon flax oil
2 grams seaweed, kombu, (optional)	2 garlic cloves, minced

---

For this recipe, you can either use a regular pot with a tight fitting lid, or a pressure cooker. A pressure cooker reduces the cooking time, and ensures a cooked split pea with a softer texture, but a regular pot can work just as well.

Heat a pressure cooker (or pot) over medium high heat and add oil. Add onion and saute for 6 minutes. Add carrots and continue to cook for 7 minutes. Add garlic and cook another 4 minutes. (Note: the oil helps reducing foaming later when the peas are cooking.)

Add the split peas, water, kombu, and bay leaf to the vegetables. For a pressure cooker, lock lid in place, and bring to pressure. Cook for about 12 minutes. For a regular pot add an additional 1/4 cup water, cover tightly and bring to a boil. Simmer until the peas are very soft (at least 35 minutes, but this could vary depending on the age of the split peas). The mixture should be cooked until there is very little, if any, liquid left. If all the water evaporates or absorbs into the peas, but the peas are not done, another 1/4 of hot water and continue to cook.

Once split peas are cooked, remove the bay leaf.

Add the nutritional yeast, salt, and nutmeg. Simmer slowly and stir for another 5 minutes (being careful not to burn it on the bottom of the pot).

Use an electric hand blender (immersion blender) to blend dip right in the pot (this makes for the easiest clean up), or pour the mixture into a food processor and blend until smooth. Add the flax oil and last portion of garlic to the mixture, and blend again.

The dip will thicken substantially once it has been refrigerated for a while.

Pour mixture into an attractive serving dish, and refrigerate.

**VARIATIONS:**

- For a more elegant presentation, serve the dip in filo cups (see "Glossary of Ingredients" for instructions - note that filo contains gluten, so if you are avoiding gluten, use another presentation method). These can either be made small for individual servings, or large for including on a buffet table.
  - Serve with rice cakes for a gluten-free alternative to whole grain crackers.
- 

Per serving: 59 Calories; 2g Fat (23% calories from fat); 3g Protein; 8g Carbohydrate; 0mg Cholesterol; 57mg Sodium

## 02-Stuffed Mushrooms

Makes 30 servings.

Preparation Time:  
1 hour, 20 minutes



### Nutrition Facts

Servings Per Recipe 30

#### Amount Per Serving

Calories		24
Calories from fat		11
<b>% Daily Value*</b>		
Total Fat	1.4g	<b>2%</b>
Saturated Fat	0.2g	<b>4%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	109mg	<b>5%</b>
Carbohydrate	2.1g	<b>4%</b>
Dietary Fiber	0.6g	<b>3%</b>
Protein	1.6g	<b>3%</b>

Vitamin A		<b>0.4%</b>
Vitamin C		<b>3.9%</b>
Calcium		<b>1.3%</b>
Iron		<b>3.2%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

#### MUSHROOMS

2 pounds mushrooms, whole  
(about 60 large button mushrooms)

#### FILLING

1 tablespoon olive oil  
1 large onion, chopped fine  
1 1/3 cups chopped celery, chopped fine  
(from about 3-4 stalks)  
1/2 teaspoon ground sage

1 teaspoon ground thyme  
12 1/3 ounces tofu, low-fat silken, blended  
(see the "Glossary of Ingredients" for  
more information about silken tofu)  
1 teaspoon sea salt

#### FINISHING

1 1/2 tablespoons olive oil  
1/2 teaspoon sea salt

#### MUSHROOMS

Wash and stem mushrooms. Set aside mushroom caps (for use below in FINISHING). Finely chop the mushroom stems.

#### FILLING

For filling, heat a pot over medium-high heat and add oil. Add onion and saute for a few minutes. Add mushroom stems, and cook until most of the liquid is driven off from the mushroom stems. Add celery and cook another few minutes. This should take about 20 minutes total to cook these ingredients. Mix in sage and thyme. Remove from heat, and fold in blended (smooth) tofu and sea salt.

#### FINISHING

In large bowl, toss mushroom caps with oil and sea salt.

Press spoonfuls of vegetable-tofu filling into each mushroom cap (mounding the filling) (do not overfill since mushrooms shrink when they are cooked), and place on a baking sheet (it should not need to be oiled since the mushroom caps are oiled).

Bake in a 400 degree F (200 degree C) oven (no need to preheat the oven) for 30-40 minutes until browned.

1 Serving Size = 2 mushrooms as an appetizer.

Per serving: 24 Calories; 1g Fat (45% calories from fat); 2g Protein; 2g Carbohydrate; 0mg Cholesterol; 109mg Sodium

# 02-Sweet Potato "Fries"

Makes 24 servings.

Preparation Time:  
40 minutes

- These baked style fries have much less fat than conventional fries, and using sweet potatoes dramatically increases the nutritional content compared to normal potatoes (especially vitamin A).

## Nutrition Facts

Servings Per Recipe 24

Amount Per Serving	
Calories	62
Calories from fat	9
<b>% Daily Value*</b>	
Total Fat 1.0g	<b>2%</b>
Saturated Fat 0.2g	<b>4%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 46mg	<b>2%</b>
Carbohydrate 12.7g	<b>4%</b>
Dietary Fiber 1.4g	<b>6%</b>
Protein 0.8g	<b>2%</b>
Vitamin A	<b>191.3%</b>
Vitamin C	<b>17.9%</b>
Calcium	<b>1.4%</b>
Iron	<b>2.1%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

**SWEET POTATOES**  
3 1/2 pounds sweet potatoes  
(about 4 large sweet potatoes)  
(cut like thick fries into about 2 inch  
long and 1/2 inch wide sticks)  
1 1/2 tablespoons extra virgin olive oil

1 teaspoon ground cinnamon  
1/2 teaspoon sea salt

**FINISHING**  
2 tablespoons maple syrup

**SWEET POTATOES**  
Toss cut sweet potatoes, oil, cinnamon, and salt in a bowl.

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). The sweet potatoes can even stick a little to a non-stick baking sheet which messes up the "fries", so I greatly prefer parchment paper because it always makes for very easy removal.

Transfer sweet potatoes to the baking sheet.

Bake (roast) in a 450 degree F (230 degree C) oven (no need to preheat the oven) for about 50 minutes, or until the vegetables are not hard, and have lightly-browned. During the last 30 minutes of roasting, toss vegetables every 10 minutes to ensure they do not burn on any one side.

**FINISHING**  
At the end of baking, drizzle with maple syrup and toss.

1 Serving = 1/3 cup.

**VARIATIONS:**  
- Use different types of herbs or spices in place of cinnamon (such as garam masala for an Indian flavor).

Per serving: 62 Calories; 1g Fat (14% calories from fat); 1g Protein; 13g Carbohydrate; 0mg Cholesterol; 46mg Sodium

## 02-Sweet White Bean Dip

Makes 16 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Spread on rice  
cakes or crackers.



### Nutrition Facts

Servings Per Recipe 16

#### Amount Per Serving

Calories		177
Calories from fat		53
	<b>% Daily Value*</b>	
Total Fat	6.3g	<b>10%</b>
Saturated Fat	0.7g	<b>3%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	281mg	<b>12%</b>
Carbohydrate	25.4g	<b>8%</b>
Dietary Fiber	4.8g	<b>19%</b>
Protein	7.5g	<b>15%</b>
Vitamin A		<b>17.7%</b>
Vitamin C		<b>3.4%</b>
Calcium		<b>6.5%</b>
Iron		<b>17.6%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This dip is easy to prepare ahead of time, and will keep in the refrigerator, providing nutritious snacks and appetizers, for a week (if it lasts that long). As with most bean dips/pates, this also freezes well so I like to make large batches for use over one or more months.
- The serving size shown applies when this dish is being served as an appetizer. If this is served as a greater part of a meal, it may not make as many servings.

1 1/2 cups dried apricot halves  
2 cups water

1 teaspoon olive oil  
1 medium onion, chopped  
1 medium parsnip, chopped

5 cups white beans, cooked, drained

(see "Glossary of Cooking Terms" for more information about cooking beans)

1/2 cup pine nuts  
1/4 cup white miso  
1 teaspoon sea salt  
1/4 cup flax oil, (optional)  
(or hemp oil)

(do not use if this dip is to be baked)

In a small sauce pan, simmer dried apricots in water until apricots are very soft. Add additional water as needed to keep some water in the pan.

Heat a skillet over medium-high heat and add oil. Add the onion and saute for about 5 minutes, add parsnips, and continue to cook until parsnips are soft.

To a food processor (or blender), add cooked apricots, cooked onion and parsnip, and all remaining ingredients, and blend until smooth. Use the apricot cooking liquid (or broth or water) to change the consistency of the dip if desired. Note that the dip does become quite a bit thicker when refrigerated.

Serve immediately, or refrigerate and serve, or to integrate flavors completely, pour mixture into a earthenware casserole dish (with cover), and bake at 250 degrees F (120 degrees C) for 1 to 2 hours, then refrigerate and serve.

#### VARIATIONS:

- Use any type of bean.
- Use any type of nut or seed (either ground or in a butter form) in place of the pine nuts.
- Use different types of seasonings such as: spices, herbs, mustard, vinegar.
- For a more elegant presentation, serve the dip in filo cups (see "Glossary of Ingredients" for instructions - note that filo contains gluten, so if you are avoiding gluten, use another presentation method). These can either be made small for individual servings, or large for including on a buffet table.
- Serve with rice cakes for a gluten-free alternative to whole grain crackers.

Per serving: 177 Calories; 6g Fat (30% calories from fat); 7g Protein; 25g Carbohydrate; 0mg Cholesterol; 281mg Sodium

## 03- \*\*\*\*\* SOUPS AND STEWS \*\*\*\*\*

Makes one serving.

Preparation Time:  
0 minutes

### Nutrition Facts

Servings Per Recipe 1

Amount Per Serving	
Calories	0
Calories from fat	0
% Daily Value*	
Total Fat 0.0g	0%
Saturated Fat 0.0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Carbohydrate 0.0g	0%
Dietary Fiber 0.0g	0%
Protein 0.0g	0%
Vitamin A	0.0%
Vitamin C	0.0%
Calcium	0.0%
Iron	0.0%

\* Percent Daily Values are based on a 2,000 calorie diet.

- Soups and stews can not only be eaten alone, but I also sometime like to use them as a "sauce" or "topping" on rice, other grains, potatoes, spaghetti squash, etc.

My favorite recipes in this chapter include:

- Chana Dal with Collards
- Hot and Sour Soup
- Collard-Garbanzo Soup

Some of the easier recipes in this chapter include:

- Creamy Cauliflower Soup
- Roasted Garlic-Vegetable Soup

Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium



## 03-Black Bean and Vegetable Stew

Makes 8 servings.

Preparation Time:  
45 minutes



### Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	187
Calories from fat	15
<b>% Daily Value*</b>	
Total Fat 2.0g	<b>3%</b>
Saturated Fat 0.2g	<b>4%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 293mg	<b>12%</b>
Carbohydrate 34.2g	<b>11%</b>
Dietary Fiber 7.5g	<b>30%</b>
Protein 16.0g	<b>32%</b>
Vitamin A	<b>263.5%</b>
Vitamin C	<b>72.6%</b>
Calcium	<b>12.2%</b>
Iron	<b>46.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- GLUTEN NOTE: This is one of the few recipes in this cookbook that contains gluten (from the seitan). If you want make this dish without gluten, leave the seitan out or use tempeh instead since seitan is pure gluten. The reason I go ahead and call for seitan is because it has a mouth feel very much like red meat, and people have liked that in this stew, but it is by no means necessary. If you are not worried about gluten, and decide to use the seitan, there are many manufacturers that make refrigerated seitan; White Wave is one of those manufacturers.

- This can either be the start of a meal (see the "American Vegan Menu"), or the center of a meal when paired with some type of grain and leafy greens.

### STEW

1 1/2 teaspoons olive oil  
2 large onions, diced  
5 carrots, diced  
1 cup chopped celery  
(from about 3 stalks)  
1 large red bell pepper, diced  
4 garlic cloves, minced  
2 tablespoons cumin powder  
2 teaspoons dried oregano  
1/4 teaspoon cayenne, (or more to taste)  
3/4 teaspoon ground fennel seeds  
2 tablespoons dried basil  
2 cups black beans, cooked, drained  
(see "Glossary of Cooking Terms" for more

information about cooking beans)

1 cup corn, frozen  
14 ounces tomatoes, low sodium  
8 ounces prepared seitan, cubed (optional)  
(do not use seitan if want the dish to be gluten free)  
1 1/2 cups no-salt-added vegetable broth, (or water)  
1/4 teaspoon sea salt  
  
1 tablespoon tamari soy sauce

### GARNISH

3 tablespoons cilantro, chopped fine  
3/4 cup green onions, chopped fine  
(about 6 stalks)

Heat a large pot over medium-high heat and add oil. Add onion and saute for a few minutes. Add carrots and cook another few minutes. Add celery and continue to cook for a couple minutes. Add red bell pepper and saute another few minutes. Total time for cooking these vegetables should be about 30 minutes (sealing each vegetable is important for developing a good flavor). Add garlic and cook another 2 minutes. Add the cumin powder, oregano, cayenne, fennel seeds, and basil and cook 2 more minutes. Add the beans, corn, tomatoes, seitan (including the liquid from the package), broth, and salt and simmer for 10+ minutes.

Before serving, stir in tamari. Garnish each bowl with cilantro and green onions.

1 Serving Size = 3/4 cup.

### VARIATIONS:

- Use less black beans and/or seitan if you don't want this dish to be so high in protein.

- Substitute tempeh for the seitan (this eliminates the gluten from the dish - see GLUTEN NOTE above).
  - May consider adding chopped up collard greens to this dish near the end of cooking.
  - Could use chili powder in place of the cumin, oregano, and cayenne, but I prefer to avoid it since chili powder has salt added and I would rather use my own salt.
- 

Per serving: 187 Calories; 2g Fat (8% calories from fat); 16g Protein; 34g Carbohydrate; 0mg Cholesterol; 293mg Sodium

## 03-Chana Dal with Collards

Makes 6 servings.

Preparation Time:  
55 minutes



### Nutrition Facts

Servings Per Recipe 6

Amount Per Serving	
Calories	173
Calories from fat	35
<b>% Daily Value*</b>	
Total Fat 4.1g	<b>6%</b>
Saturated Fat 0.5g	<b>2%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 256mg	<b>11%</b>
Carbohydrate 25.3g	<b>8%</b>
Dietary Fiber 12.5g	<b>50%</b>
Protein 11.2g	<b>22%</b>
Vitamin A	<b>44.2%</b>
Vitamin C	<b>41.8%</b>
Calcium	<b>12.2%</b>
Iron	<b>22.7%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Collards add a different twist to this soup.
- Yellow split peas are called Chana Dal in India.

#### DAL

1 cup chana dal (yellow split peas), washed (see "Glossary of Cooking Terms" for more information about washing beans)  
1 teaspoon olive oil  
4 cups water

#### SPICE AND COLLARD MIXTURE

1 tablespoon olive oil  
1 teaspoon whole black mustard seeds  
2 teaspoons cumin seeds  
1/8 teaspoon hing  
2 teaspoons turmeric

3 teaspoons ground coriander  
1/8 teaspoon cayenne, (or more to taste)  
5 garlic cloves, minced  
1 large onion, chopped  
3/4 pound collard greens, chopped (thick stems removed) (no long stringy pieces) (about 12 leaves) (or use spinach (fresh or frozen))

#### FINISHING

3/4 teaspoon sea salt

#### DAL

In pressure cooker, combine chana dal, 1 teaspoon olive oil (to keep the foaming down), and water. Cover and bring to pressure and cook for 30 minutes. Alternatively, use a regular pot, cover, bring to boil, and cook about one hour, until soft.

#### SPICE AND COLLARD MIXTURE

In the meantime, heat a pot over medium-high heat and add one tablespoon of olive oil. Add mustard seeds, cumin seeds, hing, turmeric, ground coriander, and cayenne. Sauté briefly. Add garlic and onion and cook for about 10 minutes. Add collard greens, and cook another 2 minutes.

#### FINISHING

When dal is cooked, add the salt and the cooked spice and collard mixture to the dal. Gently simmer together for 5+ minutes. Add more water if the soup is too thick.

#### VARIATIONS:

- Use other types of legumes like red lentils or mung beans.
- Use other types of greens like kale or spinach (spinach would be the most common green used in India).

Per serving: 173 Calories; 4g Fat (20% calories from fat); 11g Protein; 25g Carbohydrate; 0mg Cholesterol; 256mg Sodium

## 03-Collard-Garbanzo Soup

Makes 6 servings.

Preparation Time:  
55 minutes



### Nutrition Facts

Servings Per Recipe 6

Amount Per Serving	
Calories	271
Calories from fat	38
<b>% Daily Value*</b>	
Total Fat 5.9g	<b>9%</b>
Saturated Fat 0.6g	<b>3%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 462mg	<b>19%</b>
Carbohydrate 62.4g	<b>21%</b>
Dietary Fiber 13.2g	<b>53%</b>
Protein 17.8g	<b>36%</b>
Vitamin A	<b>195.0%</b>
Vitamin C	<b>116.9%</b>
Calcium	<b>32.8%</b>
Iron	<b>28.5%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- **GLUTEN NOTE:** This is one of the few recipes in this cookbook that contains oats (which may contain gluten - see "Glossary of Ingredients"). I have included this recipe with oats because it does provide a nice creamy low-fat soup. If you wanted to avoid any possibility of gluten (and therefore the oats), you could use other rolled grains (such as rolled rice or even just brown rice flour) in place of the rolled oats.

1 tablespoon olive oil	(see "Glossary of Cooking Terms" for more information about cooking beans)
2 medium onions, chopped	4 1/2 cups no-salt-added vegetable broth, (or water)
5 garlic cloves, minced	
1/2 teaspoon ground black pepper	
2 tablespoons ground coriander	2 1/4 pounds collard greens, chopped (thick stems removed)
1 cup rolled oats	(no long stringy pieces)
1 1/4 teaspoons sea salt	(about 36 leaves)
2 1/2 cups garbanzo beans, cooked, drained	

Heat a pot over medium-high heat and add the olive oil. Add onion and garlic and cook for about 10 minutes. Add pepper and coriander, and cook another 2 minutes. Add rolled oats and salt, and cook an additional 2 minutes. Add beans and broth and bring to a slow simmer. Simmer for 5 minutes to cook oats.

Add the collard greens and cook gently until they are wilted and bright green (about 3 minutes).

Optional: Finish by blending part of the soup. (Try using an electric hand blender (immersion blender) where you can blend just part of the soup right in the pot; this makes for very easy cleanup; if you don't have an electric hand blender, take out part of the soup and blend using a blender or food processor.)

#### VARIATIONS:

- Use other types of legumes such as pinto beans, red lentils, or mung beans.
- Use other types of greens such as kale or spinach.

Per serving: 271 Calories; 6g Fat (14% calories from fat); 18g Protein; 62g Carbohydrate; 0mg Cholesterol; 462mg Sodium

# 03-Creamy Cauliflower Soup

Makes 6 servings.

Preparation Time:  
45 minutes

- A simple, quick, creamy non-dairy soup.

## Nutrition Facts

Servings Per Recipe 6

Amount Per Serving	
Calories	71
Calories from fat	14
<b>% Daily Value*</b>	
Total Fat 3.0g	<b>5%</b>
Saturated Fat 0.3g	<b>1%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 347mg	<b>14%</b>
Carbohydrate 23.1g	<b>8%</b>
Dietary Fiber 4.1g	<b>17%</b>
Protein 5.8g	<b>12%</b>
Vitamin A	<b>50.9%</b>
Vitamin C	<b>39.4%</b>
Calcium	<b>6.6%</b>
Iron	<b>11.2%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

1/2 teaspoon olive oil  
2 medium onions, quartered  
3 cups cauliflower, chopped  
(about 1 head - florets + core chopped)  
3/4 teaspoon rosemary  
3 1/2 cups no-salt-added vegetable broth, (or water)  
1 teaspoon sea salt  
1/2 cup almonds

(blanched almonds are recommended for the smoothest soup)

### GARNISH

2 tablespoons cilantro, chopped fine  
3/4 cup green onions, chopped fine  
(about 6 stalks)

Heat an uncovered pressure cooker over medium-high heat and add oil. Add the onion and saute for about 8 minutes. Add cauliflower and continue to cook until they start to brown a little bit (about 9 more minutes). Tie the rosemary in a cheese cloth very tightly, and add it with the broth, salt, and almonds to the pressure cooker.

Lock lid of pressure cooker and bring it up to pressure. Begin timing at this point and adjust heat to maintain pressure (use a simmer plate/"flame tamer" to keep the bottom from burning). Cook for 10 minutes. Remove pot from heat; release pressure before opening.

**IMPORTANT:** Remove the rosemary wrapped in cheese cloth from the soup.

Finish by blending soup. (Try using an electric hand blender (immersion blender) where you can blend the soup right in the pressure cooker; this makes for very easy cleanup; if this does not make the soup smooth enough (the almonds can be a problem), use a blender or food processor.)

Garnish each serving with a bit of cilantro and green onions.

### VARIATIONS:

- Use eggplant in place of cauliflower.
- To reduce fat, use rolled oats instead of almonds; this will result in a slightly different creaminess due to the reduced fat content.
- For a richer soup, use twice as many nuts and an additional cup of broth.

Per serving: 71 Calories; 3g Fat (19% calories from fat); 6g Protein; 23g Carbohydrate; 0mg Cholesterol; 347mg Sodium

# 03-Creamy Mushroom-Sweet Potato Soup

Makes 8 servings.

Preparation Time:  
50 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	293
Calories from fat	84
<b>% Daily Value*</b>	
Total Fat 11.5g	<b>18%</b>
Saturated Fat 1.8g	<b>9%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 337mg	<b>14%</b>
Carbohydrate 54.1g	<b>18%</b>
Dietary Fiber 7.9g	<b>32%</b>
Protein 9.8g	<b>20%</b>
Vitamin A	<b>319.0%</b>
Vitamin C	<b>33.6%</b>
Calcium	<b>4.3%</b>
Iron	<b>19.3%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This is a pretty rich soup due to the pine nut cream.

### SWEET POTATOES

1 3/4 pounds sweet potatoes, cut in 1/2" cubes  
(about 2 large sweet potatoes)  
1 tablespoon sesame oil  
1/4 teaspoon sea salt

(about 3 cups when sliced)

2 large onions, chopped  
3 cups no-salt-added mushroom broth  
4 servings 04-Pine Nut Cream  
(find this recipe elsewhere in this book)  
(this is about 4 cups)  
1/2 teaspoon ground white pepper  
1 teaspoon sea salt

### SOUP

1 tablespoon sesame oil  
1/2 pound shiitake mushrooms, sliced

### SWEET POTATOES

Toss cut sweet potatoes, oil, and salt in a bowl.

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). The sweet potatoes can even stick a little to a non-stick baking sheet which messes up the potatoes, so I greatly prefer parchment paper because it always makes for very easy removal.

Transfer sweet potatoes to the baking sheet.

Bake (roast) in a 450 degree F (230 degree C) oven (no need to preheat the oven) for about 35 minutes (because they are cut in small dice, they cook faster than if they were in large pieces), or until the potatoes are not hard, and have browned. During the last 10 minutes of roasting, toss vegetables every 5 minutes to ensure they do not burn on any one side.

(It is also possible to use left over roasted sweet potatoes; simply cut them in cubes and use as directed later in the recipe.)

### SOUP

While potatoes are roasting, heat a soup pot over medium-high heat, and when hot, add oil. Add mushrooms and cook until the mushrooms give off their liquid, and that liquid is cooked away. You want the mushrooms to brown just a bit. Then add the onions and brown the onions. Add the broth, pine nut cream, pepper, and sea salt. Bring to a simmer, and cook for about 15 minutes until the cream thickens a bit.

### VARIATIONS:

- Use portabella mushrooms in place of the shiitake mushrooms.
- Add roasted garlic puree after the onions are browned.

Per serving: 293 Calories; 11g Fat (29% calories from fat); 10g Protein; 54g Carbohydrate; 0mg Cholesterol; 337mg Sodium

# 03-Ginger-Miso Soup with Stuffed Tofu Dumplings

Makes 4 servings.

Preparation Time:  
1 hour, 10 minutes

- See the "Glossary of Ingredients" for information about making ginger juice.

## Nutrition Facts

Servings Per Recipe 4

### Amount Per Serving

Calories		279
Calories from fat		129
	<b>% Daily Value*</b>	
Total Fat	15.5g	<b>24%</b>
Saturated Fat	2.2g	<b>1%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	1347mg	<b>56%</b>
Carbohydrate	18.5g	<b>6%</b>
Dietary Fiber	3.5g	<b>14%</b>
Protein	22.0g	<b>44%</b>
Vitamin A		<b>50.9%</b>
Vitamin C		<b>49.0%</b>
Calcium		<b>28.7%</b>
Iron		<b>78.5%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

## TOFU

16 ounces firm tofu  
(pressed to remove as much water as possible)

## FILLING

2 tablespoons arame  
1/4 cup mashed sweet potatoes  
1 cup spinach leaves, chopped  
1 tablespoon ground walnuts  
1/8 teaspoon sea salt

## FINISHING THE TOFU DUMPLINGS

1 tablespoon hot pepper sesame oil  
(or other type of chili oil)  
1/2 teaspoon sea salt

## SOUP

1 teaspoon sesame oil  
1/4 pound snow peas, cut in half

8 cups water

1 tablespoon ginger juice, fresh  
(squeezed from fresh, grated ginger root)  
2 tablespoons chopped hot chilies  
1/4 teaspoon sea salt  
2 teaspoons whole sugar (e.g., Rapadura)  
(or Sucanat sugar or granulated sugar)  
2 tablespoons tamari soy sauce  
2 tablespoons brown rice vinegar

2 tablespoons dark miso

## GARNISH

4 tablespoons sprouts  
(many different types of sprouts will work: bean, snow pea, or daikon)  
2 tablespoons nori, cut in thin strips  
(from about 1 sheet of nori)

## TOFU

First, press the tofu to remove as much water as possible. (I often put the tofu cube between 2 plates, and put a heavy appliance on top of the top plate; the top plate can shift as the water is pressed out, so be sure the appliance can not fall from the top plate; it generally takes about 20 minutes to press the water out of firm tofu.)

## FILLING

While the tofu is pressing, make the filling.

Wash arame 3 times, draining between each washing. Soak arame in warm water for 10 minutes. Wash arame one last time, and drain completely. Chop arame.

Combine chopped arame and remaining filling ingredients in a sauce pan. Gently heat for about 6 minutes to wilt spinach and cook salt into the filling ingredients.

## MAKING THE TOFU DUMPLINGS

After the tofu is pressed, place the tofu on a board. Cut the tofu in half twice so you have 4 equal sized cubes of tofu. Take each tofu cube and make a slit in the side so you can gently remove part of the center of the tofu cube using a small melon baller. Place filling into the empty chamber in the middle of the tofu cube. Repeat for all tofu cubes. Rub tofu cubes with the chili oil and then salt, and place cubes on a small baking sheet. Bake in a 375 degree F (190 degree C) oven (no need to preheat oven) for 40 minutes.

## SOUP

While stuffed tofu dumplings are baking, make the soup.

Heat a large pot over medium-high heat and add oil. Add snow peas and saute for a couple minutes. Set snow peas aside, and add remaining soup ingredients, except the miso, to the pot. Heat on medium heat until simmering, and then lower heat. Simmer for 10 minutes.

#### SERVING

Take one cup of the soup out of the pot and put in a bowl. Add the miso to this one cup of soup making sure that all the miso dissolves. Add this one cup back to the soup and stir in.

Place one hot baked stuffed tofu dumpling into each bowl. Divide snow peas between each bowl. Add soup broth to each bowl. Garnish each bowl with sprouts and nori strips. Serve.

#### VARIATIONS:

- Stuff tofu with other filling ingredients such as finely chopped and sauted mushrooms, onions, and garlic.

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Per serving: 279 Calories; 15g Fat (46% calories from fat); 22g Protein; 19g Carbohydrate; 0mg Cholesterol; 1347mg Sodium



# 03-Hot and Sour Soup

Makes 8 servings.

Preparation Time:  
1 hour, 10 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving		
Calories		222
Calories from fat		47
	<b>% Daily Value*</b>	
Total Fat	8.1g	<b>12%</b>
Saturated Fat	1.1g	<b>6%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	114.4mg	<b>48%</b>
Carbohydrate	48.7g	<b>16%</b>
Dietary Fiber	7.7g	<b>31%</b>
Protein	18.9g	<b>38%</b>
Vitamin A		<b>247.5%</b>
Vitamin C		<b>93.7%</b>
Calcium		<b>32.6%</b>
Iron		<b>56.3%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- See the "Glossary of Ingredients" for information about making ginger juice.

### SOUP

- 1 tablespoon dark (toasted) sesame oil
- 1/4 pound mushrooms, thinly sliced (shiitake mushrooms are good, but button mushrooms also work) (about 2 cups when cut)
- 2 medium onions, chopped fine
- 3 medium carrots, cut into matchsticks
- 1 medium red bell pepper, cut into matchsticks
- 1/2 pound baby bok choy (white part cut into matchsticks and green part shredded very thin for use later in the recipe)
- 4 garlic cloves, minced
- 7 cups no-salt-added vegetable broth, (or water)
- 2 stalks fresh lemon grass (cut in half and then into 4 inch pieces, and tied together very tightly in a cheese cloth)
- 14 ounces canned tomatoes, pureed
- 1/8 teaspoon cayenne pepper, (or to taste)
- 1 tablespoon dehydrated lily flowers, chopped

- (may also be called dried tiger lily buds)
- 2 1/2 cups fresh pineapple, cubed (about half of one whole pineapple)
- 6 kaffir lime leaves
- 16 ounces firm tofu (pressed to remove as much water as possible)
- 1/2 teaspoon sea salt

- 1 tablespoon ginger juice, fresh (squeezed from fresh, grated ginger root)
- 6 tablespoons white miso
- 1 teaspoon ground black pepper
- 2 tablespoons whole sugar (e.g., Rapadura) (or Sucanat sugar or granulated sugar)
- 3 tablespoons tamari soy sauce
- 4 tablespoons brown rice vinegar
- 1/4 cup fresh basil, chopped fine

### GARNISH

- 1/4 cup fresh basil, chopped
- 3/4 cup green onions, chopped fine (about 6 stalks)

Heat a large pot over medium-high heat and add oil. Add mushrooms and saute for a few minutes. Add onions and continue to cook for about 5 minutes. Add carrots and cook for a couple minutes. Add red bell pepper and continue to saute for 2 minutes. Add white part of baby bok choy and garlic, and cook all these vegetables for 2 more minutes.

Add the broth, lemon grass (be sure it is tied together well; it is best to have it wrapped in cheese cloth because if the stalks are just tied together it may come apart in the soup; if it comes apart, you may like to go through the soup and take out all the lemon grass since it is kind of woody), pureed tomatoes, cayenne pepper, lily flowers, pineapple, kaffir lime leaves, tofu (cut in cubes), and salt to the soup. Bring to a boil, lower heat, and simmer for about 25 minutes.

When it is done cooking, remove lemon grass and kaffir lime leaves and stir in the green part of the baby bok choy (from the bok choy called for earlier in the recipe; the green part of the bok choy should be finely shredded).

Take one cup of the soup out of the pot and put in a bowl. Add the remaining soup ingredients (from ginger to basil) to this one cup of soup making sure that all the miso dissolves. Add this one cup back to the soup and stir in. Garnish each bowl with basil and green onions.

**VARIATIONS:**

- "Mango Hot and Sour Soup" - traditionally made with pineapple due to its acidic and sweet flavor, you could replace the pineapple with cubed mango for a different effect.

---

Per serving: 222 Calories; 8g Fat (21% calories from fat); 19g Protein; 49g Carbohydrate; 0mg Cholesterol; 1144mg Sodium

# 03-Potato-Kale Soup

Makes 6 servings.

Preparation Time:  
55 minutes



## Nutrition Facts

Servings Per Recipe 6

Amount Per Serving	
Calories	196
Calories from fat	29
<b>% Daily Value*</b>	
Total Fat 5.4g	<b>8%</b>
Saturated Fat 0.7g	<b>4%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 545mg	<b>23%</b>
Carbohydrate 57.0g	<b>19%</b>
Dietary Fiber 6.5g	<b>26%</b>
Protein 11.8g	<b>24%</b>
Vitamin A	<b>167.5%</b>
Vitamin C	<b>134.0%</b>
Calcium	<b>11.9%</b>
Iron	<b>23.9%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- 
- |  |   |
|--|---|
| 1 tablespoon olive oil                           | 1 serving 04-Pine Nut Cream                           |
| 2 large onions, chopped                          | (1 serving is equal to 1 cups)                        |
| 2 pounds potato, cut in 1/2" cubes               | 1 pound dinosaur kale (or other kale), finely chopped |
| (2 pounds is about 5 medium potatoes)            | (stems removed)                                       |
| 6 cups no-salt-added vegetable broth, (or water) | (no long stringy pieces)                              |
| 1 1/2 teaspoons sea salt                         | (1 pound is about 2 bunches)                          |
| 1 teaspoon ground black pepper                   |   |
- 

Heat a soup pot over medium-high heat, and when hot, add olive oil. Add onions and seal for about 10 minutes until onions start to brown. Add potatoes and cook on a slightly lower heat stirring frequently to keep potatoes from sticking to the bottom of the pot. After about 10 minutes, or when you have a hard time keeping the potatoes from sticking to the bottom of the pan, add the broth, sea salt, and pepper. Bring to a simmer, and cook for about 20 minutes until potatoes are soft.

Add the pine nut cream and chopped kale. Cook for about 5 minutes.

Puree half of the soup using an electric hand blender (immersion blender) (easier clean up) or a food processor. (Or blend to your preference, maybe just a quarter of the soup, or maybe all of the soup; it is up to you and what consistency is desired.)

With all of the soup back in the soup pot, heat soup through and serve.

### VARIATIONS:

- Use other types of greens like collards or spinach.
  - Leave out the pine nut cream; makes the dish a little less rich.
- 

Per serving: 196 Calories; 5g Fat (15% calories from fat); 12g Protein; 57g Carbohydrate; 0mg Cholesterol; 545mg Sodium

# 03-Roasted Garlic-Vegetable Soup

Makes 6 servings.

Preparation Time:  
55 minutes



## Nutrition Facts

Servings Per Recipe 6

### Amount Per Serving

Calories		200
Calories from fat		16
<b>% Daily Value*</b>		
Total Fat	2.6g	4%
Saturated Fat	0.3g	2%
Cholesterol	0mg	0%
Sodium	231mg	10%
Carbohydrate	56.2g	19%
Dietary Fiber	6.2g	25%
Protein	9.3g	19%

Vitamin A		58.3%
Vitamin C		74.0%
Calcium		10.3%
Iron		16.7%

\* Percent Daily Values are based on a 2,000 calorie diet.

1 tablespoon olive oil  
2 large onions, chopped  
2 medium leeks, chopped  
3 large potatoes, cut in sticks  
2 cups chopped celery  
(from about 6 stalks)

4 cups no-salt-added vegetable broth, (or water)  
1/2 teaspoon sea salt  
  
40 roasted garlic cloves  
(about 1/2 cup)  
(see the "Glossary of Ingredients")

Heat a soup pot over medium-high heat, and when hot, add olive oil. Add onions and saute for 7 minutes. Add leeks to cook for 3 minutes. Add the potatoes and saute for another 10 more minutes (lower heat a little if the potatoes begin to stick, and continue to stir frequently). Add celery and cook all these vegetables for 5 minutes (sealing is important for developing a good flavor). Add the broth and sea salt. Bring to a simmer, and cook for about 15 minutes until potatoes are soft.

Puree half of the soup with the roasted garlic cloves (leaving the rest of the soup with the chunks of vegetables). You can either use an electric hand blender (immersion blender) to puree (this can make for an easier clean up) or a food processor for the pureeing.

With all of the soup back in the soup pot, cook another 1 minute stirring frequently to integrate the flavor of the garlic throughout the soup.

### VARIATIONS:

- Use other light or green colored vegetables such as turnips or zucchini in place of some of the other vegetables (such as the potatoes or celery).

Per serving: 200 Calories; 3g Fat (8% calories from fat); 9g Protein; 56g Carbohydrate; 0mg Cholesterol; 231mg Sodium

# 03-Roasted Vegetable Soup

Makes 8 servings.

Preparation Time:  
50 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	201
Calories from fat	79
<b>% Daily Value*</b>	
Total Fat 11.3g	<b>17%</b>
Saturated Fat 1.7g	<b>8%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 365mg	<b>15%</b>
Carbohydrate 31.4g	<b>10%</b>
Dietary Fiber 4.8g	<b>19%</b>
Protein 8.3g	<b>17%</b>
Vitamin A	<b>122.8%</b>
Vitamin C	<b>39.6%</b>
Calcium	<b>5.2%</b>
Iron	<b>16.3%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This is a fairly rich soup due to the pine nut cream.

### ROASTED VEGETABLES

2 medium carrots  
(sliced lengthwise, and then into 1/4" pieces)  
2 medium potatoes, cut in 1/2" cubes  
2 stalks celery stalks  
(sliced lengthwise, and then into 1/4" pieces)  
1 medium turnip, cut in 1/2" cubes  
1 tablespoon olive oil  
1/2 teaspoon sea salt

### SOUP

1 tablespoon olive oil  
2 large onions, chopped  
6 garlic cloves, minced  
1 small celery root, peeled and diced  
3 cups no-salt-added vegetable broth  
4 servings 04-Pine Nut Cream  
(find this recipe elsewhere in this book)  
(this is about 4 cups)  
3/4 teaspoon sea salt

### ROASTED VEGETABLES

Toss cut vegetables, oil, and salt in a bowl.

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). The vegetables can even stick a little to a non-stick baking sheet which messes up the vegetables, so I greatly prefer parchment paper because it always makes for very easy removal.

Transfer vegetables to the baking sheet.

Bake (roast) in a 450 degree F (230 degree C) oven (no need to preheat the oven) for about 45 minutes (because they are cut in small dice, they cook faster than if they were in large pieces), or until the vegetables are not hard, and have browned. During the last 20 minutes of roasting, toss vegetables every 5 minutes to ensure they do not burn on any one side.

(It is also possible to use left over roasted vegetables; simply cut them in cubes and use as directed later in the recipe.)

### SOUP

While vegetables are roasting, heat a soup pot over medium-high heat, and when hot, add oil. Add onion and cook for about 15 minutes. Add garlic and celery root, and continue to cook another 10 minutes. Add the broth, pine nut cream, and sea salt. Bring to a simmer, and cook for about 15 minutes until the cream thickens a bit.

Add the roasted vegetables when they are ready.

If desired, blend part of the soup to make it more creamy.

VARIATIONS:

- Use other vegetables in the roasted vegetable mixture.

---

Per serving: 201 Calories; 11g Fat (39% calories from fat); 8g Protein; 31g Carbohydrate; 0mg Cholesterol; 365mg Sodium

## 03-Swiss Chard-Leek Soup

Makes 6 servings.

Preparation Time:  
55 minutes



### Nutrition Facts

Servings Per Recipe 6

Amount Per Serving	
Calories	119
Calories from fat	12
<b>% Daily Value*</b>	
Total Fat 2.6g	<b>4%</b>
Saturated Fat 0.3g	<b>2%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 308mg	<b>13%</b>
Carbohydrate 45.0g	<b>15%</b>
Dietary Fiber 6.3g	<b>25%</b>
Protein 9.0g	<b>18%</b>
Vitamin A	<b>123.3%</b>
Vitamin C	<b>62.3%</b>
Calcium	<b>9.4%</b>
Iron	<b>22.6%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

1 tablespoon olive oil  
2 large onions, chopped  
3 medium leeks, chopped  
1 large potato, cubed  
6 cups no-salt-added vegetable broth, (or water)  
1/2 teaspoon sea salt  
1/4 teaspoon ground black pepper  
1 bunch fresh dill

(washed, and tied together very tightly in a cheese cloth)

3/4 pound Swiss chard leaves, chopped (stems removed)  
(no long stringy pieces)  
(about 12 leaves)

Heat a soup pot over medium-high heat, and when hot, add olive oil. Add onions and saute for 7 minutes. Add leeks and cook for 3 minutes. Add potato and cook for about 10 minutes (sealing is important for developing a good flavor) (about 20 minutes total). Add the broth, sea salt, pepper, and the bunch of fresh dill (be sure it is tied together well; it is best to have it wrapped in cheese cloth because if the stems are just tied together it may come apart in the soup; if it comes apart, you may like to go through the soup and take out all the dill stems since they can be kind of stringy). Bring to a simmer, and cook for about 15 minutes until potato is soft. Remove the dill (it will have imparted its flavor into the soup).

Puree half of the soup using an electric hand blender (immersion blender) (easier clean up) or a food processor.

With all of the soup back in the soup pot, add the chopped green Swiss chard, and cook another 1 minute stirring frequently.

#### VARIATIONS:

- Use other types of greens like kale or spinach.

Per serving: 119 Calories; 3g Fat (10% calories from fat); 9g Protein; 45g Carbohydrate; 0mg Cholesterol; 308mg Sodium

# 03-Tempeh Bourguignon

Makes 6 servings.

Preparation Time:  
40 minutes

Serving Ideas:  
Serve over brown  
rice or brown rice  
fettucini.



## Nutrition Facts

Servings Per Recipe 6

Amount Per Serving	
Calories	395
Calories from fat	113
<b>% Daily Value*</b>	
Total Fat 12.1g	<b>19%</b>
Saturated Fat 1.7g	<b>8%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 634mg	<b>26%</b>
Carbohydrate 47.7g	<b>16%</b>
Dietary Fiber 5.2g	<b>21%</b>
Protein 20.4g	<b>41%</b>
Vitamin A	<b>337.1%</b>
Vitamin C	<b>35.3%</b>
Calcium	<b>14.5%</b>
Iron	<b>23.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This comes from my friend Jackie Shane who lives in Albuquerque, New Mexico.
- Use a decent red wine (one you would drink) for the best flavor.
- This version is much quicker than the original "Boeuf Bourguignonne" because tempeh does not have to cook a long time in the sauce to become tender and well permeated with flavor.

### TEMPEH

16 ounces tempeh, defrosted

1 1/2 cups red wine  
2 tablespoons olive oil  
2 tablespoons sucanat sugar  
(or granulated sugar)  
4 garlic cloves, crushed  
1/2 teaspoon sea salt  
1 tablespoon dark miso

### MAIN DISH

1 1/2 teaspoons olive oil  
2 large onions, diced  
5 carrots, diced  
8 garlic cloves, minced

1/2 teaspoon ground thyme  
1/4 cup brown rice flour, (or spelt flour)  
1 cup peas, frozen  
1 cup red wine  
1 1/2 cups no-salt-added vegetable broth, (or water)  
1 bay leaf  
1/4 teaspoon sea salt  
1/4 teaspoon ground black pepper  
  
1 tablespoon Tamari soy sauce

### GARNISH

3/4 cup green onions, chopped fine  
(about 6 stalks)

### TEMPEH

The first step of this recipe is to get the tempeh ready. For this step, I have developed two different options: The first option is the longer option, and requires you to bake the tempeh (this is the one that includes the ingredients described in the above ingredient list):

(1) Cut the tempeh in cubes and place in a 9x9 baking pan. Mix together other tempeh ingredients (wine through miso), and heat this mixture in a sauce pan on the stove top. Once it simmers, pour this over the tempeh in the baking pan, and place the tempeh in the oven to bake at 450 degree F (230 degree C) (no need to preheat oven) until all liquid is absorbed (about 35 minutes).

The second option is shorter, and does not permeate as much flavor throughout the tempeh:

(2) Steam tempeh for 20 minutes. Cut the tempeh in cubes. Dab a little bit of olive oil on all sides of all the tempeh cubes, then heat a pan over medium-high heat and add the tempeh. Seal on all sides. When finished, turn off heat, let sit 3 minutes, and then splash with a tablespoon of tamari evenly on all pieces all around the pan. Set tempeh aside.

### MAIN DISH

While tempeh is cooking, heat a large pot over medium-high heat and add oil. Add onion and saute for 7 minutes.



Add carrots and cook for 6 minutes. Add garlic and continue for 2 minutes (sealing each ingredient is important for developing a good flavor).

After onion, carrot, and garlic are sealed, add the thyme and flour to the vegetables (add the flour slowly so it does not clump) and cook 2 more minutes. Add the prepared tempeh, peas, wine, broth, bay leaf, salt, and black pepper and simmer for 10+ minutes, or until it has thickened to a sauce consistency.

#### GARNISH

Before serving, remove bay leaf and stir in tamari. Serve over brown rice or a wide brown rice pasta (such as fettucini). Garnish each plate with green onions.

1 Serving Size = 3/4 cup.

#### VARIATIONS:

- Use whole pearl onions in place of the regular onions. Cook them long and slow at the beginning to develop their sweet flavor.

---

Per serving: 395 Calories; 12g Fat (29% calories from fat); 20g Protein; 48g Carbohydrate; 0mg Cholesterol; 634mg Sodium

## 03-Thai Basil Coconut Soup

Makes 8 servings.

Preparation Time:  
1 hour, 10 minutes



### Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	151
Calories from fat	103
<b>% Daily Value*</b>	
Total Fat 12.4g	<b>19%</b>
Saturated Fat 10.5g	<b>53%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 220mg	<b>9%</b>
Carbohydrate 10.2g	<b>3%</b>
Dietary Fiber 2.0g	<b>8%</b>
Protein 3.0g	<b>6%</b>
Vitamin A	<b>147.2%</b>
Vitamin C	<b>55.9%</b>
Calcium	<b>4.6%</b>
Iron	<b>11.3%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### SOUP

1/4 teaspoon dark (toasted) sesame oil  
1/2 pound mushrooms, quartered  
(about 2 cups when cut)  
1 small leek, sliced thin  
3 medium carrots, sliced thin  
1 medium red bell pepper, cubed  
4 garlic cloves, minced  
1 stalk fresh lemon grass, finely minced  
(white part only - use rest for the broth)

---

2 1/4 cups kombu-ginger broth

(see NOTES)

14 ounces coconut milk  
1/2 teaspoon sea salt

1 tablespoon white miso  
1/4 cup fresh basil, chopped

### GARNISH

4 tablespoons cilantro, chopped fine  
3/4 cup green onions, chopped fine  
(about 6 stalks)

Heat a large pot over medium-high heat and add oil. Add mushrooms and saute. Cook until mushrooms have given off their water, and have started to dry out. Add leeks and saute for 6 minutes. Add carrots and cook for 6 minutes. Add red bell pepper and continue to cook for 5 minutes. Add garlic and white part of lemon grass, and cook for about 3 minutes.

Add the broth, coconut milk, and salt to the soup and simmer for 5+ minutes.

Before serving, stir in miso (making sure it all dissolves) and basil. Garnish each bowl with cilantro and green onions.

### NOTES:

- To make Kombu-Ginger Broth, simmer a 1/2 inch piece of kombu, a 1/4 inch piece of fresh ginger (sliced), and the part of the lemon grass stem not used in the stew, in 3 cups water for 20 minutes. Strain.

### VARIATIONS:

- To reduce the fat in this recipe, use water in place of the coconut milk, and then add coconut extract to taste after the soup has finished cooking (to obtain some coconut flavor).  
- Add some cooked quinoa near the end.  
- Add some tofu (either pan sauted, or unprepared).

Per serving: 151 Calories; 12g Fat (68% calories from fat); 3g Protein; 10g Carbohydrate; 0mg Cholesterol; 220mg Sodium

# o3-Thai Stew

Makes 8 servings.

Preparation Time:  
1 hour, 10 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	306
Calories from fat	156
<b>% Daily Value*</b>	
Total Fat 18.6g	<b>29%</b>
Saturated Fat 11.5g	<b>57%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 213mg	<b>9%</b>
Carbohydrate 29.4g	<b>10%</b>
Dietary Fiber 5.7g	<b>23%</b>
Protein 10.6g	<b>21%</b>
Vitamin A	<b>242.8%</b>
Vitamin C	<b>63.6%</b>
Calcium	<b>10.1%</b>
Iron	<b>20.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This stew can easily be the center of a meal (see the "Thai Menu").

### STEW

1 tablespoon dark (toasted) sesame oil  
1/2 pound mushrooms, quartered  
(about 2 cups when cut)  
1 large onion, diced  
1 large leek, chopped  
5 medium carrots, owl-cut  
1 medium red bell pepper, cubed  
3 celery stalks, owl-cut  
2 medium yellow squash, owl-cut  
4 garlic cloves, minced

1 tablespoon dark (toasted) sesame oil  
8 ounces tempeh, defrosted  
1 tablespoon ume vinegar

1 1/2 tablespoons Green Curry Paste-Thai Kitchen-Fat Free  
14 ounces coconut milk  
1 tablespoon Sucanat sugar, or granulated sugar  
1/2 cup amaranth, washed  
2 1/2 cups kombu-ginger-lemon grass broth (see NOTES)  
1/2 teaspoon sea salt  
(use less salt if salted broth is used)  
1/4 cup fresh basil, chopped fine

### GARNISH

1 tablespoon cilantro, chopped fine  
3/4 cup green onions, chopped fine  
(about 6 stalks)

Heat a large pot over medium-high heat and add oil. Add mushrooms and saute for 10 minutes. Add onions and cook for another 5 minutes. Add leeks and cook for 3 minutes. Add carrots and cook for 5 minutes. Add red bell pepper and continue saute for 4 minutes. Add celery, yellow squash, and garlic and cook for about another 3 minutes (sealing is important for developing a good flavor).

During this process, prepare tempeh. First, steam tempeh for 20 minutes. Cut tempeh into about 40 cubes. Dab the oil on all sides of all the tempeh cubes, then heat a pan over medium-high heat and add the tempeh. Seal on all sides. When finished, turn off heat, let sit 3 minutes, and then splash the ume vinegar evenly on all pieces all around the pan.

After all the vegetables have been sealed, add the prepared tempeh, curry paste, coconut milk, sugar, amaranth, broth, and salt to the stew and simmer for 30+ minutes. Before serving, stir in basil. Garnish each bowl with a bit of cilantro and green onions.

1 Serving Size = 3/4 cup.

### NOTES:

- To make Kombu-Ginger-Lemon Grass Broth: simmer a 1 inch piece of kombu, a 1/2 inch piece of fresh ginger (sliced), and one stalk of fresh lemon grass cut into large sticks, in 3 cups water for 20 minutes. Strain.

### VARIATIONS:

- Use 1 cup water and 1/2 tsp coconut extract (or to taste) in place of coconut milk to dramatically cut the fat.
  - Use quinoa in place of the amaranth.
- 

Per serving: 306 Calories; 19g Fat (51% calories from fat); 11g Protein; 29g Carbohydrate; 0mg Cholesterol; 213mg Sodium

# 03-Tibetan Pumpkin Garlic Soup

Makes 6 servings.

Preparation Time:  
55 minutes

- See the "Glossary of Ingredients" for information about making ginger juice.

## Nutrition Facts

Servings Per Recipe 6

Amount Per Serving		
Calories		135
Calories from fat		18
	<b>% Daily Value*</b>	
Total Fat	3.1g	5%
Saturated Fat	0.6g	3%
Cholesterol	0mg	0%
Sodium	448mg	19%
Carbohydrate	38.1g	13%
Dietary Fiber	8.5g	34%
Protein	6.9g	14%
Vitamin A		856.4%
Vitamin C		88.8%
Calcium		11.2%
Iron		25.0%

\* Percent Daily Values are based on a 2,000 calorie diet.

<b>DRIED CHILIES</b> 2 large dried chilies, seeds removed (use any type of dried chili such as ancho, chipotle or cascabel)	18 garlic cloves, cut in quarters
<b>PUMPKIN</b> 4 1/2 cups pumpkin puree (from about 4.5 pounds of pumpkin, baked) (or about 45oz of canned pumpkin) (other types of baked and pureed winter squash such as butternut squash or acorn squash also work well in this recipe)	2 medium onions, chopped 1 1/3 cups chopped celery (from about 4 stalks) 1 teaspoon ground cumin 1/4 teaspoon turmeric pinch cayenne, (or more to taste) 1 1/4 teaspoons sea salt
<b>SOUP</b> 1 tablespoon olive oil	3 cups no-salt-added vegetable broth, (or water) 1 tablespoon ginger juice, fresh (squeezed from fresh, grated ginger root)

**DRIED CHILIES**  
Soak the dried chilies in hot water.

**PUMPKIN**  
If starting with a whole pumpkin (I think fresh pumpkin has a better flavor than canned), bake the pumpkin (e.g., at 350 degree F (190 degree C) on a baking sheet) until soft while continuing with the recipe. After the pumpkin is baked, use just the flesh (not the seeds or the skin) to make the pumpkin puree.

**SOUP**  
Heat a pot over medium-high heat and add the olive oil. Add the garlic and saute (stirring frequently) until lightly browned. Add 1/4 teaspoon salt and mix to coat the garlic chunks. Remove garlic chunks from pot and set aside. Add onion to pot and saute for about 10 minutes (stirring frequently so onions do not stick to the bottom of the pan). Add celery, and cook another 10 minutes. Add cumin, turmeric, cayenne, and salt, and cook another 2 minutes. Finely chop the soaked chilies (or puree them with the pumpkin), and add them to the soup with the remaining ingredients and the reserved pumpkin puree. Cook another 10 minutes until fully heated. Stir in the garlic chunks.

Per serving: 135 Calories; 3g Fat (13% calories from fat); 7g Protein; 38g Carbohydrate; 0mg Cholesterol; 448mg Sodium

# 03-Tomato-Lentil Soup with Polenta Balls

Makes 8 servings.

Preparation Time:  
1 hour, 30 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	362
Calories from fat	19
<b>% Daily Value*</b>	
Total Fat 2.7g	<b>4%</b>
Saturated Fat 0.4g	<b>2%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 515mg	<b>21%</b>
Carbohydrate 85.5g	<b>28%</b>
Dietary Fiber 26.2g	<b>105%</b>
Protein 23.8g	<b>48%</b>
Vitamin A	<b>271.3%</b>
Vitamin C	<b>68.7%</b>
Calcium	<b>16.7%</b>
Iron	<b>51.8%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- I created this recipe during the 3 year period I lived in Trento, Italy.
- In Italy, this soup might be called "Zuppa di Pomodoro , Lenticchie con Palle di Polenta".
- A hearty soup that makes a complete meal.
- Polenta balls add color and texture to this soup. Polenta balls can also be made from leftover polenta.
- The polenta can be made in advance of serving the soup, but if the polenta is cold, either warm the balls in a covered dish in the microwave, or drop balls into the soup a few minutes before serving to warm them up.

### SOUP

1 teaspoon olive oil  
2 medium onions, finely chopped  
3 large carrots, diced  
1 large fennel bulbs, diced  
4 garlic cloves, minced  
  
2 cups lentils, washed  
(see "Glossary of Cooking Terms" for more information about washing beans)  
6 cups no-salt-added vegetable broth, (or water)  
(it is important that the broth have no salt as salt may prevent the lentils from getting soft)  
1 bay leaf  
1 tablespoon dried basil

1 teaspoon ground rosemary  
  
28 ounces tomatoes, low sodium, chopped  
1 pound spinach, chopped  
(no long stringy pieces)  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper  
1 tablespoon Pernod liqueur, (optional)  
(or another fennel/anise flavored liqueur such as Richard or Sambuca or Anisette)

### POLENTA

5 cups water  
1 teaspoon salt  
2 cups polenta cornmeal

Place the oil in a large soup pot over medium-high heat. Add the onions and saute for 6 minutes. Add the carrot and cook for 5 minutes. Add fennel and garlic and continue to cook for 3 more minutes.

Add the lentils, broth (or water if you do not have any salt-free broth; don't use a salted broth because salt can toughen the lentils making them very difficult to fully cook properly), the bay leaf, basil, and rosemary.

Bring to a boil, reduce heat to medium-low and cover and simmer for 45 minutes, or until the lentils are tender and the soup is thick.

Remove the bay leaf. Add the tomatoes, chopped spinach, salt, and black pepper, and cook another 2 minutes. If desired, stir in the Pernod.

To make polenta balls, heat water and sea salt in a large sauce pan until boiling. Lower heat, and slowly add polenta cornmeal mixing continuously (if lumps form, add corn meal more slowly). Mixture will become very thick. Once all the cornmeal is added, cook for 2 more minutes stirring continuously, then remove from heat and

let cool for 30 minutes.

Use a spoon to create polenta balls which are about 1-inch (3 cm) in diameter.

Place 3 polenta balls in each bowl and ladle soup on top.

---

Per serving: 362 Calories; 3g Fat (5% calories from fat); 24g Protein; 85g Carbohydrate; 0mg Cholesterol; 515mg Sodium

# 03-White Bean-Asparagus Stew with Preserved Lemon

Makes 8 servings.

Preparation Time:  
45 minutes



## Nutrition Facts

Servings Per Recipe 8

### Amount Per Serving

Calories		210
Calories from fat		11
<b>% Daily Value*</b>		
Total Fat	1.4g	<b>2%</b>
Saturated Fat	0.3g	<b>1%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	172mg	<b>7%</b>
Carbohydrate	48.6g	<b>16%</b>
Dietary Fiber	9.3g	<b>37%</b>
Protein	10.4g	<b>21%</b>

Vitamin A		<b>25.8%</b>
Vitamin C		<b>51.1%</b>
Calcium		<b>13.3%</b>
Iron		<b>22.8%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This can either be the start of a meal, or the center of a meal when paired with some type of grain and leafy greens.

1 pound asparagus

### STEW

1 1/2 teaspoons olive oil  
2 large onions, diced  
5 parsnips, sliced  
4 garlic cloves, minced

1/4 teaspoon ground fennel seeds  
1/4 teaspoon ground white pepper  
3 cups white beans, cooked, drained  
(see "Glossary of Cooking Terms" for more information about cooking beans)  
1 serving 04-Preserved Lemons, chopped  
(one quarter of a lemon)  
(use the whole lemon, pulp, peel and all, but without seeds)  
(this is another recipe in this cookbook)

1 cup preserved lemon soaking liquid  
(the liquid that was used to preserve the above lemons; you may want to use less depending how salty your liquid is - see directions)  
1/8 teaspoon sea salt  
(or maybe a little more depending on the salt level in the preserved lemon soaking liquid - see directions)  
2 cups no-salt-added vegetable broth, (or water)

### GARNISH

3/4 cup green onions, chopped fine  
(about 6 stalks)  
1 serving 04-Preserved Lemons, sliced in 8 slivers  
(one quarter of a lemon)  
(this is another recipe in this cookbook)

Cut off the tips of the asparagus so you have pieces about 1 inch long. Set the tips aside. With the remaining stalks, slide them into 1 inch pieces (these will be used earlier in the recipe than the tips).

### STEW

Heat a large pot over medium-high heat and add oil. Add the onion and saute until they begin to brown slightly (about 5-8 minutes). Add the parsnips and cook for about 10 minutes. Add the garlic and the sliced asparagus stalks, and cook for 2 minutes.

Add the remaining ingredients and the reserved asparagus tips, and simmer for 10+ minutes. (Note: the preserved lemons and the preserved lemon soaking liquid can be very salty, so use less soaking liquid and salt if you want the overall dish to be less salty; the amount of preserved lemon soaking liquid called for in this recipe is based on a soaking liquid from the "04-Preserved Lemons" recipe in this book; if you use a different preserved lemon recipe, the soaking liquid may end up to be more or less salty, so adjust as needed.)

Garnish each bowl with green onions and a sliver of preserved lemon.



1 Serving Size = 3/4 cup.

VARIATIONS:

- Use less broth, and puree the bean-vegetable mixture to make a sauce.

---

Per serving: 210 Calories; 1g Fat (5% calories from fat); 10g Protein; 49g Carbohydrate; 0mg Cholesterol; 172mg Sodium

## 04- \*\*\*\*\* MISCELLANEOUS \*\*\*\*\*

Makes one serving.

Preparation Time:  
0 minutes



### Nutrition Facts

Servings Per Recipe 1

Amount Per Serving	
Calories	0
Calories from fat	0
<b>% Daily Value*</b>	
Total Fat 0.0g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 0mg	<b>0%</b>
Carbohydrate 0.0g	<b>0%</b>
Dietary Fiber 0.0g	<b>0%</b>
Protein 0.0g	<b>0%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>0.0%</b>
Iron	<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

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- Recipes that do not fit in the other chapters such as preserved lemons.

---

Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

# 04-Pine Nut Cream

Makes 4 servings.

Preparation Time:  
10 minutes



## Nutrition Facts

Servings Per Recipe 4

Amount Per Serving	
Calories	160
Calories from fat	120
<b>% Daily Value*</b>	
Total Fat 15.6g	<b>24%</b>
Saturated Fat 2.4g	<b>12%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 36mg	<b>1%</b>
Carbohydrate 4.4g	<b>1%</b>
Dietary Fiber 1.6g	<b>6%</b>
Protein 7.2g	<b>14%</b>
Vitamin A	<b>0.2%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>1.2%</b>
Iron	<b>15.6%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Pine nut cream can be used as a replacement for cream in many different recipes including as the cream for a soup (e.g., to make a cream of mushroom soup), or in desserts that call for cream such as a pudding or custard (e.g., a rich chocolate custard).
- This cream thickens when it is heated.

---

1 cup pine nuts, raw  
3 1/2 cups water

1 pinch sea salt

---

Blend all ingredients at a very high speed until nuts are completely pureed (not gritty) and mixture is smooth (about 7 minutes for high speeds or longer for blenders that blend at lower speeds).

Use in cooking or refrigerate and use later (can be used in baked goods, soups, etc.).

Makes about 4 cups.

### VARIATIONS:

- Use more nuts for a richer, thicker cream.
- 

Per serving: 160 Calories; 16g Fat (75% calories from fat); 7g Protein; 4g Carbohydrate; 0mg Cholesterol; 36mg Sodium

## 04-Preserved Lemons

Makes 16 servings.

Preparation Time:  
30 minutes

Serving Ideas: Use  
in recipe "12-Pan  
Fried Tofu with  
Preserved Lemon"



### Nutrition Facts

Servings Per Recipe 16

#### Amount Per Serving

Calories		51
Calories from fat		1
<b>% Daily Value*</b>		
Total Fat	0.2g	<b>0%</b>
Saturated Fat	0.0g	<b>0%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	472mg	<b>20%</b>
Carbohydrate	13.2g	<b>4%</b>
Dietary Fiber	0.8g	<b>3%</b>
Protein	0.4g	<b>1%</b>
Vitamin A		<b>1.1%</b>
Vitamin C		<b>37.9%</b>
Calcium		<b>2.2%</b>
Iron		<b>3.8%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Prepare these ahead of time so you have them ready to use in recipes when you want them.
- An extremely low-fat, tasty addition to a meal.
- This is a quick method of making preserved lemons where they will be ready to use in about 3 days. This quick method is a little more labor intensive, but makes it so you can use the lemons in cooking faster.

4 whole lemons

1 tablespoon coarse sea salt  
(e.g., kosher salt or a sea salt such as  
a coarse ground Celtic sea salt)

1 tablespoon organic light granulated sugar

#### SOAKING LIQUID

3/4 cup organic light granulated sugar

1 teaspoon coarse sea salt

(e.g., kosher salt or a sea salt such as

a coarse ground Celtic sea salt)

1/4 cup white wine

1 1/2 cups water

1/4 teaspoon red peppercorns

1/4 teaspoon white peppercorns

1/4 teaspoon green peppercorns

1/4 teaspoon black peppercorns

1 star anise

3 small chili peppers

1 cinnamon stick

1 tablespoon sliced ginger root

Cut lemons in quarters, but not all the way through the stem end so the lemon stays together.

Mix together salt and sugar in a small bowl. Sprinkle this salt/sugar mixture between the sliced lemons (equally between each lemon).

Let lemons sit in a bowl for 12 hours.

After lemons have sat for 12 hours, rinse them.

In a sauce pan, combine the remaining ingredients and bring to boil. Lower heat, bring it down to a simmer, and add lemons. Simmer for 20 minutes.

Remove from heat and let lemons sit in "soaking liquid" for 24 hours at a cool room temperature.

After 24 hours of "soaking", put liquid back into the sauce pan and bring to a boil. Lower heat, bring it down to a simmer, and add lemons. Simmer for 20 minutes.

Repeat cycle of "sitting out for 24 hours and boiling" one more time, and then do the final sitting out for 24 hours.

After this last 24 hours, they are ready to be used. At this point, you can place the lemons (in their soaking liquid) in the refrigerator. They will keep in the refrigerator for 3 weeks and can be used at any time.

See the recipes "12-Pan Fried Tofu with Preserved Lemon" and "15-Preserved Lemon Dressing" for ideas about how

to use preserved lemon in dishes.

If you want to keep them longer than 3 weeks, store them in oil by draining off all the of the soaking liquid, and then covering them with oil (can use any type of oil such as olive or sesame). This will also produce an oil with a nice flavor that can be used in dishes where you would like a little lemon flavor.

Ideas of what to do with the left-over soaking liquid: 1) it can be diluted a bit, heated, and then make into a sorbet; 2) it can be diluted if necessary, blended with pine nuts to make an ice cream/sherbet (see some of the frozen dessert recipes in the cookbook "Desserts for Vitality"); 3) it can be used in cooking grain dishes or making sauces.

Per serving: 51 Calories; less than one gram Fat (2% calories from fat); 0g Protein; 13g Carbohydrate; 0mg Cholesterol; 472mg Sodium

## 05- \*\*\*\*\* SALADS \*\*\*\*\*

Makes one serving.

Preparation Time:  
0 minutes



### Nutrition Facts

Servings Per Recipe 1

Amount Per Serving	
Calories	0
Calories from fat	0
<b>% Daily Value*</b>	
Total Fat 0.0g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 0mg	<b>0%</b>
Carbohydrate 0.0g	<b>0%</b>
Dietary Fiber 0.0g	<b>0%</b>
Protein 0.0g	<b>0%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>0.0%</b>
Iron	<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

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- For salad dressings, see the "Sauces and Dressings" chapter later in this book.
  - For fruit salads, see the "Breakfast" chapter in this book.

My favorite recipes in this chapter include:

- Asian Sweet Potato Salad
- Tempeh "Tuna" Salad (also a nice way to introduce tempeh to someone who has not tried it before)

Some of the easier recipes in this chapter include:

- Jicama Salad
- Tempeh "Tuna" Salad

---

Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

# 05-Asian Sweet Potato Salad

Makes 8 servings.

Preparation Time:  
1 hour

Serving Ideas:  
Serve on a bed of  
salad greens.



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	206
Calories from fat	32
<b>% Daily Value*</b>	
Total Fat	3.6g <b>6%</b>
Saturated Fat	0.6g <b>3%</b>
Cholesterol	0mg <b>0%</b>
Sodium	381mg <b>16%</b>
Carbohydrate	41.8g <b>14%</b>
Dietary Fiber	5.0g <b>20%</b>
Protein	2.6g <b>5%</b>
Vitamin A	<b>573.8%</b>
Vitamin C	<b>71.5%</b>
Calcium	<b>5.2%</b>
Iron	<b>6.6%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- It is best to bake the sweet potatoes a day ahead since they are very difficult to handle when they are hot, and refrigerating overnight helps them firm up making them easier to slice for the salad.
- The bitterness of the daikon garnish is a nice juxtaposed to the sweetness of the sweet potato salad.
- See the "Glossary of Ingredients" for information about making ginger juice.

### DAIKON GARNISH

1 pound daikon, shredded  
(one large daikon is about one pound)  
1/2 teaspoon sea salt

### BAKED SWEET POTATOES

3 1/2 pounds sweet potatoes  
(about 4 large sweet potatoes)  
1 teaspoon dark (toasted) sesame oil  
1/4 teaspoon sea salt

### MARINADE

1 1/2 tablespoons dark (toasted) sesame oil  
3 tablespoons maple syrup  
1 teaspoon lime zest, chopped  
1 tablespoon lime juice  
(zest and juice from one lime)  
3/4 teaspoon sea salt  
1 tablespoon ginger juice, fresh  
(squeezed from fresh, grated ginger root)

### DAIKON GARNISH

In a bowl, mix shredded daikon and salt, press together a bit, and then let sit (either at cool room temperature or in the refrigerator). When ready to serve, drain liquid from daikon.

### BAKED SWEET POTATOES

Rub washed sweet potatoes with oil, and then with salt. Bake whole potatoes on a baking sheet in a 350 degrees F (175 degrees C) oven (no need to preheat the oven) for 40-50 minutes until soft, but not mushy. (You want them just a tad underdone because they will continue to bake once taken out of the oven due to their internal heat, and because you want the sweet potatoes to hold up (and not turn to mush) in the salad.)

Cool and place in refrigerator overnight. When thoroughly chilled, remove peel, and slice (use your discretion on the size of the slices, but I like slices approx. 1/4-inch thick which are about 1-inch by 1-inch). Place sliced potatoes in a large bowl.

### MARINADE

Mix all marinade ingredients together in a small bowl.

### FINISHING

Pour marinade over sweet potatoes, and gently mix/toss to coat. They are best when marinade in refrigerator for at least 2 hours.

When serving, garnish a little shredded daikon on top of the salad.

---

Per serving: 206 Calories; 4g Fat (16% calories from fat); 3g Protein; 42g Carbohydrate; 0mg Cholesterol; 381mg Sodium



# 05-Italian-Roasted Vegetable-Rice Salad

Makes 4 servings.

Preparation Time:  
1 hour, 30 minutes

Serving Ideas:  
Serve on top of  
fresh field greens  
with rice cakes.



## Nutrition Facts

Servings Per Recipe 4

Amount Per Serving	
Calories	500
Calories from fat	85
<b>% Daily Value*</b>	
Total Fat 11.3g	<b>17%</b>
Saturated Fat 1.7g	<b>8%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 804mg	<b>33%</b>
Carbohydrate 100.5g	<b>33%</b>
Dietary Fiber 14.5g	<b>58%</b>
Protein 23.0g	<b>46%</b>
Vitamin A	<b>125.8%</b>
Vitamin C	<b>290.7%</b>
Calcium	<b>21.6%</b>
Iron	<b>74.2%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This salad is a complete meal by itself.
- For a meal on the run, wrap this salad in a Chapati or tortilla.

### BEAN

1 1/2 cups white beans, cooked, rinsed, drained  
(see "Glossary of Cooking Terms" for more information about cooking beans)

### GRAIN

1 1/4 cups brown basmati rice, washed  
2 1/2 cups no-salt-added vegetable broth, (or water)  
3/4 teaspoon sea salt

### ROASTED VEGETABLES

1 medium onion, slivered  
1 large red bell pepper, cut into 1" pieces  
4 celery stalks, sliced 1/4" thick  
1/2 pound button mushroom caps  
(about 3 cups)  
2 small yellow squash, sliced 1/4" thick

1 tablespoon olive oil  
1/4 teaspoon sea salt

1 cup broccoli stalks, peeled, sliced  
4 cups broccoli florets  
(florets and stalks from 2 bunches)  
1 tablespoon olive oil  
1/4 teaspoon sea salt

### MARINADE

1/2 tablespoon olive oil  
4 tablespoons balsamic vinegar  
1/4 teaspoon sea salt  
4 garlic cloves, minced  
1/2 cup fresh basil, chopped

### BEAN

If cooking dried beans (rather than using canned beans), start cooking the beans. For more information about cooking beans, see the "Glossary of Cooking Terms" in the front of this book.

### GRAIN

In a pot (appropriate for cooking rice on the stove top) add rice, broth, and sea salt. Cover and bring to a boil. When boiling, turn heat to low and simmer for 55 minutes (use a simmer plate/"flame tamer" if available so rice does not burn to the bottom of the pot).

### ROASTED VEGETABLES

While rice is cooking, combine onion, pepper, celery, mushroom, and squash in a large bowl, and add oil. Toss gently with hands to coat all vegetables with oil. Add salt, and toss gently again. Place on a large baking sheet (it should not need to be oiled since the vegetables are oiled), and broil in an oven (no need to preheat the oven) until roasted (browned). As needed, mix vegetables on the pan so all sides of the vegetables get evenly browned/roasted (and not burnt).

Near the end of roasting, add the broccoli stalks and florets to the bowl and toss with the second portion of oil and salt. Add this to the sheet with the other vegetables, and roast a little while longer until the florets are just slightly browned.

### MARINADE

For the marinade, while vegetables are roasting, whisk olive oil, balsamic vinegar, and sea salt together in a large bowl. Stir in garlic and basil.

When vegetables and rice are done, add the beans to the oil/vinegar mixture, turning gently to coat all beans with the marinade. Then add the rice and do the same. Lastly, add the vegetables and finish by gently turning the vegetables into the mixture. Serve immediately or refrigerate and serve. Keeps in the refrigerator for up to a week.

VARIATIONS:

- Use other grains such as quinoa or mixed varieties of rice.
  - Use other beans or tempeh for the concentrated vegetable protein component.
  - "Asian-Roasted Vegetable-Rice Salad" - For the marinade, use ginger (ginger juice pressed from fresh ginger root is best), brown rice vinegar (in place of balsamic vinegar), tamari soy sauce, mirin, and dark sesame oil (in place of olive oil).
- 

Per serving: 500 Calories; 11g Fat (17% calories from fat); 23g Protein; 100g Carbohydrate; 0mg Cholesterol; 804mg Sodium

# 05-Jicama Salad

Makes 8 servings.

Preparation Time:  
15 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	142
Calories from fat	72
<b>% Daily Value*</b>	
Total Fat 8.2g	<b>13%</b>
Saturated Fat 0.3g	<b>2%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 345mg	<b>14%</b>
Carbohydrate 15.7g	<b>5%</b>
Dietary Fiber 2.2g	<b>9%</b>
Protein 2.5g	<b>5%</b>
Vitamin A	<b>93.4%</b>
Vitamin C	<b>39.7%</b>
Calcium	<b>6.1%</b>
Iron	<b>7.7%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### SALAD

- 1 small jicama, shredded
- 1/2 medium purple cabbage, shredded
- 2 large carrots, shredded
- 1/4 cup pine nuts, toasted

1/4 cup green onion, chopped  
(about 2 stalks)

### DRESSING

8 servings 15-Creamy-Lime Dressing

Combine all salad ingredients.

Dress with dressing right before serving.

### VARIATIONS:

- Use toasted chopped almonds in place of the pine nuts.

Per serving: 142 Calories; 8g Fat (50% calories from fat); 2g Protein; 16g Carbohydrate; 0mg Cholesterol; 345mg Sodium

# 05-Raspberry-Beet Salad

Makes 8 servings.

Preparation Time:  
20 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	98
Calories from fat	62
<b>% Daily Value*</b>	
Total Fat 7.2g	<b>14%</b>
Saturated Fat 0.5g	<b>1%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 127mg	<b>5%</b>
Carbohydrate 8.2g	<b>3%</b>
Dietary Fiber 1.7g	<b>7%</b>
Protein 1.0g	<b>2%</b>
Vitamin A	<b>0.5%</b>
Vitamin C	<b>5.9%</b>
Calcium	<b>1.1%</b>
Iron	<b>2.7%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

5 medium beets, trim off greens

4 servings 15-Raspberry-Vinaigrette Dressing

Wash beets and place in a metal tray that fits in the bottom of a pressure cooker. Add some water to the pressure cooker, and place metal tray with beets into the pressure cooker (water should not come up through the tray). Bring up to pressure, and cook beets for about 10 minutes. Let pressure in the pressure cooker come down and then check beets.

If beets are not tender, bring up to pressure again and cook a few more minutes.

Once beets are tender, let cool, and then remove the skins of the beets with your fingers (they should slip off easily) (your fingers will get quite red). Slice beets and place in a bowl. Add prepared "Raspberry-Vinaigrette Dressing" (see recipe in this book) and mix gently.

Refrigerate.

### VARIATIONS:

- Add a small amount of shredded beet greens or red Swiss chard to the salad.
- Add a small amount of slivered raw onion to the salad.

Per serving: 98 Calories; 7g Fat (64% calories from fat); 1g Protein; 8g Carbohydrate; 0mg Cholesterol; 127mg Sodium

# 05-Tempeh "Tuna" Salad

Makes 6 servings.

Preparation Time:  
25 minutes

Serving Ideas:  
Serve as a filling  
for sandwiches.



## Nutrition Facts

Servings Per Recipe 6

Amount Per Serving	
Calories	264
Calories from fat	126
<b>% Daily Value*</b>	
Total Fat 14.2g	<b>22%</b>
Saturated Fat 0.9g	<b>4%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 517mg	<b>22%</b>
Carbohydrate 19.4g	<b>6%</b>
Dietary Fiber 1.1g	<b>4%</b>
Protein 15.7g	<b>31%</b>
Vitamin A	<b>104.3%</b>
Vitamin C	<b>6.1%</b>
Calcium	<b>9.9%</b>
Iron	<b>13.3%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This vegetarian "tuna" salad goes nicely either on sandwiches, on green salads, or can even be used as a very hearty dip for chips or raw vegetable pieces.
- The powdered dulse (a sea vegetable which can be ground in a coffee bean grinder) gives this a slightly "from the ocean" flavor.

### TEMPEH

16 ounces tempeh, thawed

### DRESSING

1 tablespoon white miso  
1 tablespoon prepared mustard  
1 garlic clove, crushed  
1/4 teaspoon sea salt  
1/2 teaspoon powdered dulse  
1/2 teaspoon ground black pepper  
1 cup Nayoanise vegi dressing

1 teaspoon dried dill

### VEGETABLES

3/4 cup celery, finely chopped  
(about 3 medium stalks of celery)  
1/3 cup green onion, finely chopped  
(about 2 stalks of green onions; white part and most of the green part)  
1 cup carrots, finely chopped  
(about 2 medium carrots)

### TEMPEH

Steam tempeh for 20 minutes.

### DRESSING

While tempeh is steaming, mix dressing ingredients together in a bowl.

Once tempeh is done steaming, and has cooled a bit, finely chop the tempeh and add it to the bowl with the dressing.

### VEGETABLES

Mix the very finely chopped vegetables into the tempeh "tuna" salad.

Refrigerate and serve.

Per serving: 264 Calories; 14g Fat (48% calories from fat); 16g Protein; 19g Carbohydrate; 0mg Cholesterol; 517mg Sodium

## 06- \*\*\*\*\* MUFFINS \*\*\*\*\*

Makes one serving.

Preparation Time:  
0 minutes



### Nutrition Facts

Servings Per Recipe 1

Amount Per Serving	
Calories	0
Calories from fat	0
<b>% Daily Value*</b>	
Total Fat 0.0g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 0mg	<b>0%</b>
Carbohydrate 0.0g	<b>0%</b>
Dietary Fiber 0.0g	<b>0%</b>
Protein 0.0g	<b>0%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>0.0%</b>
Iron	<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Since muffins and scones are somewhat similar to cakes, refer to the "Cake Notes" at the front of the dessert chapter for information about making cakes (including the methods that can be used to make a cake more "decadent" (which can be applied to muffins and scones), and other methods to make a cake lower in fat (which can also be applied to muffins).

My favorite recipes in this chapter include:

- Apricot-Hazelnut Scones
- Blueberry Muffins

Some of the easier recipes in this chapter include:

- Blue Cornbread
- Apricot Muffin Tops

Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

# 06-Apricot Muffin Tops

Makes 12 servings.

Preparation Time:  
35 minutes

- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

## Nutrition Facts

Servings Per Recipe 12

### Amount Per Serving

Calories 168  
Calories from fat 50

### % Daily Value\*

Total Fat	5.9g	9%
Saturated Fat	4.1g	20%
Cholesterol	0mg	0%
Sodium	197mg	8%
Carbohydrate	28.9g	10%
Dietary Fiber	2.4g	10%
Protein	2.3g	5%

Vitamin A		4.2%
Vitamin C		1.1%
Calcium		15.8%
Iron		6.8%

\* Percent Daily Values are based on a 2,000 calorie diet.

## MUFFINS

1/2 cup brown rice flour, (or spelt flour)  
3/4 cup sorghum flour, (or spelt flour)  
2 tablespoons tapioca flour  
1/4 teaspoon sea salt  
2 teaspoons baking powder, (double acting)  
1/4 cup Sucanat sugar  
(or granulated sugar)

4 tablespoons unrefined coconut oil  
(or non-hydrogenated veg. shortening)  
(or high oleic sunflower oil)

1/4 cup dried apricots  
(cut into chocolate chip sized pieces)

1 tablespoon egg replacer powder  
1/4 cup water

2 tablespoons maple syrup, (or agave nectar)  
1/2 cup water  
1 tablespoon vanilla extract

## GARNISH

4 tablespoons apricot preserves  
2 tablespoons sliced almonds

Pre-heat oven to 400 degrees F (205 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). The muffin tops can even stick a little to a non-stick baking sheet which messes up the tops, so I greatly prefer parchment paper because it always makes for very easy removal.

## MUFFINS

Combine dry ingredients in a large bowl. Cut coconut oil into flour mixture (using a fork and a knife). Stir in the chopped dried apricots.

Prepare the egg replacer as described on the box (for the equivalent of 2 eggs) (this will probably be 1/4 cup of water and 1 tablespoon of egg replacer powder whipped together).

In a bowl, combine maple syrup, water, and vanilla. Add to dry ingredients, and mix just a bit. Add the prepared egg replacer, and mix just until dry ingredients are moistened.

Using a 1/4 cup measure, scoop batter into mounds on the baking sheet. Should make about 12 muffin tops.

## GARNISH

Make a little wells in each muffin top, and add 1 teaspoon of apricot preserves into each slit. Sprinkle sliced almonds over muffin tops, and gently press into preserve and batter.

## BAKE

Bake for about 20 to 25 minutes or until edges are slightly golden.

Remove from oven and place baking sheet on a wire rack to cool. Transfer muffin tops to a wire rack once they have cooled some.

## VARIATIONS:

- "Blueberry Muffin Tops" - Replace dried apricots with dried blueberries, and replace apricot preserves with blueberries preserves.

Per serving: 168 Calories; 6g Fat (30% calories from fat); 2g Protein; 29g Carbohydrate; 0mg Cholesterol; 197mg Sodium

## o6-Apricot-Hazelnut Scones

Makes 12 servings.

Preparation Time:  
35 minutes



### Nutrition Facts

Servings Per Recipe 12

Amount Per Serving	
Calories	211
Calories from fat	59
<b>% Daily Value*</b>	
Total Fat 7.0g	<b>11%</b>
Saturated Fat 2.7g	<b>14%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 197mg	<b>8%</b>
Carbohydrate 36.8g	<b>12%</b>
Dietary Fiber 3.2g	<b>13%</b>
Protein 3.4g	<b>7%</b>
Vitamin A	<b>1.7%</b>
Vitamin C	<b>1.5%</b>
Calcium	<b>15.0%</b>
Iron	<b>9.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

### SCONES

1 cup brown rice flour, (or spelt flour)  
1 cup sorghum flour, (or spelt flour)  
2 tablespoons potato flour, (or spelt flour)  
2 tablespoons soy flour, (or spelt flour)  
4 tablespoons tapioca flour  
1/4 teaspoon sea salt  
2 teaspoons baking powder, (double acting)  
1/4 cup light granulated sugar

5 tablespoons vegetable shortening, non-hydrogenated, (or coconut oil)  
(or high oleic sunflower oil)

1 tablespoon egg replacer powder  
1/4 cup water

2 tablespoons maple syrup, (or agave nectar)  
1/2 cup water  
1 tablespoon vanilla extract

### GARNISH

1/4 cup fresh apricots, sliced  
(about 1 small apricot sliced into 12 pieces)  
1/2 tablespoon light granulated sugar  
2 tablespoons apricot preserves  
2 tablespoons hazelnuts, chopped

Pre-heat oven to 400 degrees F (205 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). The scones can even stick a little to a non-stick baking sheet which messes up the scones, so I greatly prefer parchment paper because it always makes for very easy removal.

### SCONES

Combine dry ingredients in a large bowl. Cut shortening (or oil) into flour mixture (using a fork and a knife).

Prepare the egg replacer as described on the box (for the equivalent of 2 eggs) (this will probably be 1/4 cup of water and 1 tablespoon of egg replacer powder whipped together).

In a bowl, combine maple syrup, water, and vanilla. Add to dry ingredients, and mix just a bit. Add the prepared egg replacer, and mix just until dry ingredients are moistened. If needed due to the fact that the mixture is a bit dry (as it probably will be), gently knead dough so the liquids and flours become integrated. Do not overwork dough.

Move dough to the baking sheet, and pat into an 8-inch circle. Cut dough into 12 wedges, and gently separate the wedges apart on the sheet so they have room to expand.

### GARNISH

Toss fresh apricot slices with sugar. Make a slit in each scone wedge, and add 1/2 teaspoon of apricot preserves



into each slit. Then put a slice of fresh apricot on top of the jam. Sprinkle chopped nuts over scones, and gently press into dough.

#### BAKE

Bake for about 20 to 25 minutes or until edges are slightly golden.

Remove from oven and place baking sheet on a wire rack to cool. Transfer scones from pan to a wire rack once the scones have cooled some.

#### VARIATIONS:

- Replace apricot jam and sliced apricots with peach jam and sliced peaches, or another fruit.

---

Per serving: 211 Calories; 7g Fat (28% calories from fat); 3g Protein; 37g Carbohydrate; 0mg Cholesterol; 197mg Sodium

## 06-Banana-Nut-Ginger Bread

Makes 12 servings.

Preparation Time:  
45 minutes

Serving Ideas:  
Frost/ice the loaf  
after it has cooled.



### Nutrition Facts

Servings Per Recipe 12

#### Amount Per Serving

Calories		312
Calories from fat		103
<b>% Daily Value*</b>		
Total Fat	11.9g	<b>18%</b>
Saturated Fat	1.3g	<b>6%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	228mg	<b>10%</b>
Carbohydrate	49.1g	<b>16%</b>
Dietary Fiber	4.6g	<b>18%</b>
Protein	5.5g	<b>11%</b>

Vitamin A		<b>0.7%</b>
Vitamin C		<b>3.1%</b>
Calcium		<b>10.3%</b>
Iron		<b>10.9%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- An easy way to grind flax seeds is in a coffee grinder.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- See the "Glossary of Ingredients" for information about making ginger juice.

---

1 cup sorghum flour, (or spelt flour)	3 medium very ripe bananas
1/2 cup soy flour	1/4 cup vegetable oil spread, non-hydrogenated
1 1/4 cups brown rice flour, (or spelt flour)	1/4 cup high oleic sunflower oil
4 tablespoons tapioca flour	(or other oil high in monounsaturated fat)
1/4 cup ground flax seed	3/4 cup maple syrup
1/4 teaspoon sea salt	1/2 cup water
2 teaspoons baking powder, (double acting)	1 tablespoon sucanat sugar
1 teaspoon baking soda	1 tablespoon vanilla extract
1 teaspoon cinnamon	1 tablespoon banana liqueur
1/2 teaspoon nutmeg	1 tablespoon ginger juice, fresh
1 cup walnuts, toasted, chopped	(squeezed from fresh, grated ginger root)

---

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two small loaf pans. I prefer using smaller loaf pans around 4"x8" because I find it makes for a more evenly baked bread, which is less dense/heavy.

Sift dry ingredients together, and stir in toasted walnuts. Mash together remaining ingredients, then stir into the flour mixture.

Pour into the loaf pans. Bake for 35 minutes or until toothpick inserted in the middle of the loaf comes out clean.

Remove from oven to cool on racks.

#### VARIATIONS:

- For a lower fat bread, replace some of the oil with applesauce or prune puree.
  - See the "Cake Notes" in the Dessert chapter for more variation ideas.
  - Could ice with "Lemon-Ginger Icing" (see recipe).
  - Use toasted and chopped pecans in place of walnuts.
- 

Per serving: 312 Calories; 12g Fat (33% calories from fat); 6g Protein; 49g Carbohydrate; 0mg Cholesterol; 228mg Sodium

# o6-Blue Cornbread

Makes 8 servings.

Preparation Time:  
45 minutes

Serving Ideas:  
Serve with "o3-  
Black Bean and  
Vegetable Stew"



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	236
Calories from fat	61
<b>% Daily Value*</b>	
Total Fat 7.1g	<b>11%</b>
Saturated Fat 0.9g	<b>5%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 215mg	<b>9%</b>
Carbohydrate 40.8g	<b>14%</b>
Dietary Fiber 5.6g	<b>23%</b>
Protein 5.2g	<b>10%</b>
Vitamin A	<b>1.7%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>11.0%</b>
Iron	<b>12.9%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This is a fluffy and light (but still moist) cornbread with a nice "buttery" flavor due to the vegetable oil spread/olive oil combination.
- An easy way to grind flax seeds is in a coffee grinder.

---

1 cup blue cornmeal	3 tablespoons extra virgin olive oil
1 cup sorghum flour, (or spelt flour)	(or vegetable oil spread, non-hydrogenated)
1/2 teaspoon sea salt	1/4 cup maple syrup
2 teaspoons baking powder, (double acting)	3/4 cup soy milk, (or water)
2 tablespoons ground flax seed	1 tablespoon sucanat sugar
1/4 cup water	

---

Pre-heat oven to 350 degree F (175 degree C). Oil and flour a 9" by 9" baking pan.

Mix dry ingredients together.

Whip together the water and the ground flax seed.

Blend together the remaining ingredients, and then add the water/flax mixture to these wet ingredients.

Add the wet ingredients to the dry ingredients, and mix gently. Do not overmix.

Pour into the baking pan. Bake for 25 minutes or until toothpick inserted in the middle of the bread comes out clean.

Remove from oven to cool on a rack.

### VARIATIONS:

- If you want more corn flavor, use a larger proportion of cornmeal to sorghum flour (e.g., 1 1/2 cups of cornmeal with 1/2 cup of sorghum flour).
- Add a 1/4 cup of fresh corn to the batter after mixing the dry and wet ingredients.

---

Per serving: 236 Calories; 7g Fat (26% calories from fat); 5g Protein; 41g Carbohydrate; 0mg Cholesterol; 215mg Sodium

# o6-Blueberry Muffins

Makes 12 servings.

Preparation Time:  
40 minutes

Serving Ideas:  
Frost/ice the  
muffins after they  
have cooled.



## Nutrition Facts

Servings Per Recipe 12

### Amount Per Serving

Calories 308  
Calories from fat 97

### % Daily Value\*

Total Fat	11.0g	17%
Saturated Fat	1.2g	6%
Cholesterol	0mg	0%
Sodium	176mg	7%
Carbohydrate	50.5g	17%
Dietary Fiber	2.6g	10%
Protein	3.0g	6%

Vitamin A	0.6%
Vitamin C	1.6%
Calcium	12.4%
Iron	7.7%

\* Percent Daily Values are based on a  
2,000 calorie diet.

- These muffins have about 17% calories from fat.
- An easy way to grind flax seeds is in a coffee grinder.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

2 1/2 cups brown rice flour, (or spelt flour)  
4 tablespoons tapioca flour  
1/4 cup ground flax seed  
1/2 teaspoon sea salt  
3 teaspoons baking powder, (double acting)  
1 teaspoon ground cinnamon  
2 cups frozen blueberries

1/2 cup high oleic sunflower oil  
(or other oil high in monounsaturated fat)

2 tablespoons applesauce, unsweetened  
3/4 cup maple syrup  
1/4 cup whole sugar (e.g., Rapadura)  
(or Sucanat sugar or granulated sugar)  
2 tablespoons vanilla extract  
1/2 cup water  
(or coconut milk for a richer texture)  
1 teaspoon lemon zest, chopped  
(from one fresh lemon)

Pre-heat oven to 400 degrees F (205 degrees C). Oil and flour a 12-muffin pan.

Sift dry ingredients together, and stir in frozen blueberries. Combine remaining ingredients (liquids and lemon zest), then stir into the flour mixture.

Spoon into the muffin pan. Bake for 20 minutes.

Remove from oven to cool on racks.

### VARIATIONS:

- "Blueberry-Ginger Muffins" - Add a tablespoon of ginger juice squeezed from fresh, grated ginger root.
- For a lower fat muffin, replace some or all of the oil with applesauce.
- Could use prune puree in place of all or some of the applesauce for a different fat replacer.
- See the "Cake Notes" in the Dessert chapter for more variation ideas.
- Could ice with "Lemon-Ginger Icing" (see recipe).

Per serving: 308 Calories; 11g Fat (32% calories from fat); 3g Protein; 50g Carbohydrate; 0mg Cholesterol; 176mg Sodium

## o6-Blueberry-Almond Scones

Makes 12 servings.

Preparation Time:  
35 minutes



### Nutrition Facts

Servings Per Recipe 12

#### Amount Per Serving

Calories 206  
Calories from fat 63

#### % Daily Value\*

Total Fat	7.5g	14%
Saturated Fat	2.8g	56%
Cholesterol	0mg	0%
Sodium	196mg	39%
Carbohydrate	34.7g	69%
Dietary Fiber	3.3g	7%
Protein	3.7g	7%

Vitamin A		0.1%
Vitamin C		2.0%
Calcium		16.3%
Iron		10.1%

\* Percent Daily Values are based on a 2,000 calorie diet.

- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

#### SCONES

1 cup brown rice flour, (or spelt flour)  
3/4 cup sorghum flour, (or spelt flour)  
1/4 cup whole-grain amaranth flour, (or spelt flour)  
2 tablespoons potato flour, (or spelt flour)  
2 tablespoons soy flour, (or spelt flour)  
2 tablespoons tapioca flour  
1/4 teaspoon sea salt  
2 teaspoons baking powder, (double acting)  
1/4 cup birch sugar  
(or organic light granulated sugar)

5 tablespoons vegetable shortening, non-hydrogenated, (or coconut oil)

(or high oleic sunflower oil)

1/4 cup dried blueberries  
1 tablespoon egg replacer powder  
1/4 cup water  
2 tablespoons maple syrup, (or agave nectar)  
1/2 cup water  
1 tablespoon vanilla extract

#### GARNISH

2 tablespoons blueberry jam  
2 tablespoons sliced almonds

Pre-heat oven to 400 degrees F (205 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). The scones can even stick a little to a non-stick baking sheet which messes up the scones, so I greatly prefer parchment paper because it always makes for very easy removal.

#### SCONES

Combine dry ingredients in a large bowl. Cut shortening (or oil) into flour mixture (using a fork and a knife). Stir in the dried blueberries.

Prepare the egg replacer as described on the box (for the equivalent of 2 eggs) (this will probably be 1/4 cup of water and 1 tablespoon of egg replacer powder whipped together).

In a bowl, combine maple syrup, water, and vanilla. Add to dry ingredients, and mix just a bit. Add the prepared egg replacer, and mix just until dry ingredients are moistened. If needed due to the fact that the mixture is a bit dry (as it probably will be), gently knead dough so the liquids and flours become integrated. Do not overwork dough.

Move dough to the baking sheet, and pat into an 8-inch circle. Cut dough into 12 wedges, and gently separate the wedges apart on the sheet so they have room to expand.

#### GARNISH

Make a slit in each scone wedge, and add 1/2 teaspoon of blueberry preserves into each slit. Sprinkle sliced almonds over scones, and gently press into dough.

#### BAKE

Bake for about 20 to 25 minutes or until edges are slightly golden.

Remove from oven and place baking sheet on a wire rack to cool. Transfer scones from pan to a wire rack once the scones have cooled some.

#### VARIATIONS:

- Replace dried blueberries with dried raspberries, and replace blueberry jam with raspberry jam.

---

Per serving: 206 Calories; 7g Fat (30% calories from fat); 4g Protein; 35g Carbohydrate; 0mg Cholesterol; 196mg Sodium

## 06-Coconut-Ginger Muffins

Makes 12 servings.

Preparation Time:  
40 minutes

Serving Ideas:  
Frost/ice the  
muffins after they  
have cooled.



### Nutrition Facts

Servings Per Recipe 12

#### Amount Per Serving

Calories	308
Calories from fat	133
<b>% Daily Value*</b>	
Total Fat 15.1g	<b>23%</b>
Saturated Fat 5.1g	<b>25%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 151mg	<b>6%</b>
Carbohydrate 41.5g	<b>14%</b>
Dietary Fiber 2.9g	<b>1%</b>
Protein 3.2g	<b>6%</b>

Vitamin A	<b>0.2%</b>
Vitamin C	<b>0.6%</b>
Calcium	<b>11.8%</b>
Iron	<b>8.6%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- An easy way to grind flax seeds is in a coffee grinder.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- See the "Glossary of Ingredients" for information about making ginger juice.

---

1 1/2 cups brown rice flour, (or spelt flour)	1/2 cup high oleic sunflower oil (or other oil high in monounsaturated fat)
1/2 cup sorghum flour, (or spelt flour)	3/4 cup maple syrup
1/2 cup mesquite meal, (or spelt flour)	1 tablespoon ginger juice, fresh (squeezed from fresh, grated ginger root)
4 tablespoons tapioca flour	1 tablespoon vanilla extract
1/4 cup ground flax seed	1/2 tablespoon coconut extract/flavoring
1/4 teaspoon sea salt	1/2 cup coconut milk (or water)
3 teaspoons baking powder, (double acting)	
3/4 cup coconut shreds	

---

Pre-heat oven to 400 degrees F (205 degrees C). Oil and flour a 12-muffin pan.

Sift dry ingredients together, and stir in coconut. Combine remaining ingredients (liquids), then stir into the flour mixture.

Spoon into the muffin pan. Bake for 20 minutes.

Remove from oven to cool on racks.

#### VARIATIONS:

- For a lower fat muffin, replace some or all of the oil with applesauce.
- Could use prune puree in place of all or some of the applesauce for a different fat replacer.
- Use Amaretto in place of the Grand Marnier.
- See the "Cake Notes" in the Dessert chapter for more variation ideas.
- Could ice with "Orange Icing" (see recipe).

---

Per serving (excluding unknown items): 308 Calories; 15g Fat (43% calories from fat); 3g Protein; 42g Carbohydrate; 0mg Cholesterol; 151mg Sodium

# o6-Cornbread

Makes 8 servings.

Preparation Time:  
45 minutes

Serving Ideas:  
Serve with "o3-  
Black Bean and  
Vegetable Stew"

- This is a fluffy and light (but still moist) cornbread with a nice "buttery" flavor due to the vegetable oil spread/olive oil combination.
- An easy way to grind flax seeds is in a coffee grinder.

## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	237
Calories from fat	76
<b>% Daily Value*</b>	
Total Fat 8.6g	<b>13%</b>
Saturated Fat 0.9g	<b>5%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 311mg	<b>13%</b>
Carbohydrate 36.4g	<b>12%</b>
Dietary Fiber 4.8g	<b>19%</b>
Protein 5.2g	<b>10%</b>
Vitamin A	<b>3.8%</b>
Vitamin C	<b>27.3%</b>
Calcium	<b>9.9%</b>
Iron	<b>16.9%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

---

1 1/2 cups soy milk	
1 1/2 tablespoons vinegar	1 tablespoon maple syrup
	2 tablespoons molasses, blackstrap
1 1/3 cups cornmeal	1/4 cup high oleic sunflower oil, (or olive oil)
2/3 cup sorghum flour, (or spelt flour)	(or other oil high in monounsaturated fat
3/4 teaspoon sea salt	as listed in "Dessert Notes" under "Oils")
1 teaspoon baking powder, (double acting)	4 ounces green chiles, diced, canned
1/2 teaspoon baking soda	

---

Pre-heat oven to 425 degree F (218 degree C). Oil and flour a 9" by 9" baking pan.

Mix together soy milk and vinegar.

Mix dry ingredients together.

Add remaining ingredients to the soy milk mixture.

Add the wet ingredients to the dry ingredients, and mix gently. Do not overmix.

Pour into the baking pan. Bake for 20-25 minutes or until toothpick inserted in the middle of the bread comes out clean.

Remove from oven to cool on a rack.

### VARIATIONS:

- If you want more corn flavor, use a larger proportion of cornmeal to sorghum flour (e.g., 1 1/2 cups of cornmeal with 1/2 cup of sorghum flour).
  - Add a 1/4 cup of fresh corn to the batter after mixing the dry and wet ingredients.
- 

Per serving: 237 Calories; 9g Fat (32% calories from fat); 5g Protein; 36g Carbohydrate; 0mg Cholesterol; 311mg Sodium



# 06-Lemon-Marzipan Scones with Goji Berries

Makes 12 servings.

Preparation Time:  
35 minutes



## Nutrition Facts

Servings Per Recipe 12

### Amount Per Serving

Calories		244
Calories from fat		87
<b>% Daily Value*</b>		
Total Fat	10.5g	<b>16%</b>
Saturated Fat	4.9g	<b>25%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	198mg	<b>8%</b>
Carbohydrate	38.6g	<b>13%</b>
Dietary Fiber	3.2g	<b>13%</b>
Protein	3.9g	<b>8%</b>

Vitamin A		<b>0.1%</b>
Vitamin C		<b>626.3%</b>
Calcium		<b>16.5%</b>
Iron		<b>11.6%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

### MARZIPAN

1/4 cup blanched almonds  
1/4 cup light granulated sugar  
1 teaspoon almond extract  
2 teaspoons light agave nectar syrup

(or high oleic sunflower oil)

1/4 cup goji berries, (or currants)  
(see "Glossary of Ingredients")

### SCONES

1 cup brown rice flour, (or spelt flour)  
1 cup sorghum flour, (or spelt flour)  
4 tablespoons tapioca flour  
2 tablespoons soy flour, (or spelt flour)  
1/4 teaspoon sea salt  
2 teaspoons baking powder, (double acting)  
1/4 cup light granulated sugar

1 tablespoon egg replacer powder  
1/4 cup water

2 tablespoons light agave nectar syrup, (or water)  
1/2 cup coconut milk, (or soy milk)  
1/2 teaspoon lemon extract  
1 teaspoon lemon zest, chopped

5 tablespoons vegetable shortening, non-hydrogenated, (or coconut oil)

### GARNISH

1 teaspoon lemon zest, chopped

Pre-heat oven to 400 degrees F (205 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). The scones can even stick a little to a non-stick baking sheet which messes up the scones, so I greatly prefer parchment paper because it always makes for very easy removal.

### MARZIPAN

Grind together the almonds and sugar. Add almond extract and agave and combine again to form a paste. Set aside for later in the recipe.

### SCONES

Combine dry ingredients in a large bowl. Cut shortening (or oil) into flour mixture (using a fork and a knife). Mix in wolfberries.

Prepare the egg replacer as described on the box (for the equivalent of 2 eggs) (this will probably be 1/4 cup of water and 1 tablespoon of egg replacer powder whipped together).

In a bowl, combine agave, coconut milk, lemon extract, and lemon zest. Add to dry ingredients, and mix just a bit. Add the prepared egg replacer, and mix just until dry ingredients are moistened. If needed due to the fact that the mixture is a bit dry (as it probably will be), gently knead dough so the liquids and flours become integrated. Do not overwork dough.

Move dough to the baking sheet, and pat into an 8-inch circle. Cut dough into 12 wedges, and gently separate the wedges apart on the sheet so they have room to expand.

#### GARNISH

Make a slit in each wedge, and add one teaspoon of marzipan to each slit. Sprinkle lemon zest over scones, and gently press into dough.

#### BAKE

Bake for about 20 to 25 minutes or until edges are slightly golden.

Remove from oven and place baking sheet on a wire rack to cool. Transfer scones from pan to a wire rack once the scones have cooled some.

#### VARIATIONS:

- Use other types of "sweet ground nut pastes" in place of the marzipan, such as walnuts blended with sugar and agave.

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Per serving: 244 Calories; 10g Fat (36% calories from fat); 4g Protein; 39g Carbohydrate; 0mg Cholesterol; 198mg Sodium

## 06-Orange-Pecan Muffins

Makes 12 servings.

Preparation Time:  
40 minutes

Serving Ideas:  
Frost/ice the  
muffins after they  
have cooled.



### Nutrition Facts

Servings Per Recipe 12

#### Amount Per Serving

Calories		322
Calories from fat		119
<b>% Daily Value*</b>		
Total Fat	13.2g	<b>20%</b>
Saturated Fat	1.4g	<b>7%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	136mg	<b>6%</b>
Carbohydrate	47.7g	<b>16%</b>
Dietary Fiber	2.3g	<b>9%</b>
Protein	3.2g	<b>6%</b>

Vitamin A		<b>0.3%</b>
Vitamin C		<b>1.4%</b>
Calcium		<b>12.2%</b>
Iron		<b>7.7%</b>

\* Percent Daily Values are based on a  
2,000 calorie diet.

- An easy way to grind flax seeds is in a coffee grinder.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

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2 1/2 cups brown rice flour, (or spelt flour)	2 tablespoons applesauce, unsweetened
4 tablespoons tapioca flour	3/4 cup maple syrup
1/4 cup ground flax seed	3 tablespoons sucanat sugar
1/4 teaspoon sea salt	2 tablespoons vanilla extract
3 teaspoons baking powder, (double acting)	1 1/2 tablespoons Grand Marnier
1 teaspoon cinnamon	1/2 cup water
1/2 teaspoon nutmeg	(or coconut milk for a richer texture)
3/4 cup pecans, toasted	1 tablespoon orange zest, chopped
	(either candied or from one or two fresh oranges)
1/2 cup high oleic sunflower oil (or other oil high in monounsaturated fat)	

---

Pre-heat oven to 400 degrees F (205 degrees C). Oil and flour a 12-muffin pan.

Sift dry ingredients together, and stir in toasted pecans. Combine remaining ingredients (liquids and orange zest), then stir into the flour mixture.

Spoon into the muffin pan. Bake for 20 minutes.

Remove from oven to cool on racks.

#### VARIATIONS:

- For a lower fat muffin, replace some or all of the oil with applesauce.
- Could use prune puree in place of all or some of the applesauce for a different fat replacer.
- Use Amaretto in place of the Grand Marnier.
- See the "Cake Notes" in the Dessert chapter for more variation ideas.
- Could ice with "Orange Icing" (see recipe).

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Per serving: 322 Calories; 13g Fat (37% calories from fat); 3g Protein; 48g Carbohydrate; 0mg Cholesterol; 136mg Sodium

# o6-Pina Colada Scones

Makes 12 servings.

Preparation Time:  
35 minutes



## Nutrition Facts

Servings Per Recipe 12

### Amount Per Serving

Calories		210
Calories from fat		77
		<b>% Daily Value*</b>
Total Fat	9.3g	<b>14%</b>
Saturated Fat	7.2g	<b>36%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	194mg	<b>8%</b>
Carbohydrate	32.8g	<b>11%</b>
Dietary Fiber	3.0g	<b>12%</b>
Protein	3.1g	<b>6%</b>
Vitamin A		<b>0.0%</b>
Vitamin C		<b>1.4%</b>
Calcium		<b>15.0%</b>
Iron		<b>7.9%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

## SCONES

1 cup brown rice flour, (or spelt flour)  
1 cup sorghum flour, (or spelt flour)  
4 tablespoons tapioca flour  
1/4 teaspoon sea salt  
2 teaspoons baking powder, (double acting)  
1/4 cup birch sugar  
(or organic light granulated sugar)

5 tablespoons unrefined coconut oil  
(or non-hydrogenated veg. shortening)  
(or high oleic sunflower oil)

1 tablespoon egg replacer powder  
1/4 cup water  
  
2 tablespoons light agave nectar syrup, (or water)  
1/2 cup coconut milk, (or soy milk)  
1 tablespoon coconut extract/flavoring

## GARNISH

1/2 cup fresh pineapple, cut in small chunks  
2 tablespoons macadamia nuts, chopped

Pre-heat oven to 400 degrees F (205 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). The scones can even stick a little to a non-stick baking sheet which messes up the scones, so I greatly prefer parchment paper because it always makes for very easy removal.

## SCONES

Combine dry ingredients in a large bowl. Cut coconut oil (or shortening or oil) into flour mixture (using a fork and a knife).

Prepare the egg replacer as described on the box (for the equivalent of 2 eggs) (this will probably be 1/4 cup of water and 1 tablespoon of egg replacer powder whipped together).

In a bowl, combine agave, coconut milk, and coconut extract/flavoring. Add to dry ingredients, and mix just a bit. Add the prepared egg replacer, and mix just until dry ingredients are moistened. If needed due to the fact that the mixture is a bit dry (as it probably will be), gently knead dough so the liquids and flours become integrated. Do not overwork dough.

Move dough to the baking sheet, and pat into an 8-inch circle. Cut dough into 12 wedges, and gently separate the wedges apart on the sheet so they have room to expand.

## GARNISH

Make a slit in each wedge, and add a few small pineapple chunks to each slit. Sprinkle chopped nuts over scones, and gently press into dough.

## BAKE

Bake for about 20 to 25 minutes or until edges are slightly golden.

Remove from oven and place baking sheet on a wire rack to cool. Transfer scones from pan to a wire rack once the scones have cooled some.

VARIATIONS:

- Replace fresh pineapple with a 1/4 cup of preserves such as raspberry.

---

Per serving: 210 Calories; 9g Fat (37% calories from fat); 3g Protein; 33g Carbohydrate; 0mg Cholesterol; 194mg Sodium

## 07- \*\*\*\*\* BREAKFAST \*\*\*\*\*

Makes one serving.

Preparation Time:  
0 minutes



### Nutrition Facts

Servings Per Recipe 1

Amount Per Serving	
Calories	0
Calories from fat	0
<b>% Daily Value*</b>	
Total Fat 0.0g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 0mg	<b>0%</b>
Carbohydrate 0.0g	<b>0%</b>
Dietary Fiber 0.0g	<b>0%</b>
Protein 0.0g	<b>0%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>0.0%</b>
Iron	<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This section has recipes for pancakes and some fruit recipes (such as fruit compote and fruit salads). For scones and muffins, see the "Muffin" chapter.

- For brunches, I like to serve some of these breakfast items listed in this section as well as savory items such as "11-Vegetable Strudel" or "11-Broccoli Quiche" (see recipes).

My favorite recipes in this chapter include:

- Cranberry-Corn Pancakes
- Tofu Scramble

Some of the easier recipes in this chapter include:

- Orange-Nut Pancakes
- Fresh Cranberry Salad

Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

# 07-Cranberry-Corn Pancakes

Makes 8 servings.

Preparation Time:  
40 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	346
Calories from fat	117
<b>% Daily Value*</b>	
Total Fat 13.8g	<b>21%</b>
Saturated Fat 1.7g	<b>8%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 217mg	<b>9%</b>
Carbohydrate 49.1g	<b>16%</b>
Dietary Fiber 10.0g	<b>40%</b>
Protein 11.7g	<b>23%</b>
Vitamin A	<b>2.9%</b>
Vitamin C	<b>1.0%</b>
Calcium	<b>18.0%</b>
Iron	<b>20.2%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- An easy way to grind hemp seeds is in a coffee grinder.
- Mesquite meal adds an interesting (sweet/nutty-like) flavor to these pancakes. It is not a common ingredient, so if you don't want to use it, this recipe works great just using cornmeal (or sorghum flour) in its place. See the "Glossary of Ingredients" for more information about mesquite meal.

1 1/4 cups cornmeal, whole-grain	1/4 cup pistachio nuts, chopped and toasted
1/4 cup mesquite meal, (or spelt flour) (or can use cornmeal)	1/4 cup dried cranberries, chopped
1 cup sorghum flour, (or spelt flour)	2 tablespoons high oleic sunflower oil, (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
1 cup soy flour, (or spelt flour)	2 tablespoons extra virgin olive oil
2 tablespoons ground hemp seeds (or half ground flax seeds and half ground sesame seeds)	3 cups soy milk
1/4 teaspoon sea salt	1/4 cup maple syrup
1 tablespoon baking powder, (double acting)	

Pre-heat a flat griddle.

Mix dry ingredients together, and stir in toasted pistachio nuts and dried cranberries. Combine remaining ingredients (liquids), then stir into the flour mixture.

Cook pancakes on a preheated oiled griddle. (Note: Sometimes the pancakes stick to the griddle during the first couple batches (and therefore the pancakes are not the best for eating), but if I continue to oil the griddle between each batch of pancakes, eventually the pancakes stop sticking.)

Serve with maple syrup or a cooked down and strained cranberry-orange juice-maple syrup sauce.

Makes about 32 - 3-inch pancakes.

### VARIATIONS:

- Use other types of nuts such as almonds, walnuts, macadamia nuts, or pecans.
- Use different dried fruit.

Per serving: 346 Calories; 14g Fat (34% calories from fat); 12g Protein; 49g Carbohydrate; 0mg Cholesterol; 217mg Sodium

# 07-Fresh Cranberry Salad

Makes 4 servings.

Preparation Time:  
15 minutes

- A nice mixture of fresh fruits which is high in enzymes.

## Nutrition Facts

Servings Per Recipe 4

### Amount Per Serving

Calories 121  
Calories from fat 3

### % Daily Value\*

Total Fat	0.4g	1%
Saturated Fat	0.0g	0%
Cholesterol	0mg	0%
Sodium	3mg	0%
Carbohydrate	32.1g	11%
Dietary Fiber	5.4g	22%
Protein	0.9g	2%

Vitamin A	13.8%
Vitamin C	42.6%
Calcium	2.1%
Iron	3.4%

\* Percent Daily Values are based on a 2,000 calorie diet.

12 ounces fresh cranberries, sorted and washed

1 medium orange, seeded and sliced

1/4 cup dried apricots, sliced

1 medium apples, cored and diced

3 tablespoons brown rice syrup, (or more to taste)

Finely chop/grind washed cranberries in a food processor about 30 seconds (want them all chopped up, but not into a paste).

Transfer cranberries to another bowl and add remaining ingredients; mix and serve.

### VARIATIONS:

- Add 2 tablespoons of coconut shreds.

- For a more elegant presentation, spoon the salad in filo cups (see "Glossary of Ingredients" for instructions - note that filo contains gluten, so if you are avoiding gluten, use another presentation method). Since the salad is quite wet, it is best to put salad in cups right before serving so cups do not get soggy.

Per serving: 121 Calories; less than one gram Fat (2% calories from fat); 1g Protein; 32g Carbohydrate; 0mg Cholesterol; 3mg Sodium



# 07-Gingered Fruit Compote

Makes 8 servings.

Preparation Time:  
45 minutes

Serving Ideas:  
Serve warm.

- A nice way to serve fruit on a cold day.
- See the "Glossary of Ingredients" for information about making ginger juice.

## Nutrition Facts

Servings Per Recipe 8

### Amount Per Serving

Calories		202
Calories from fat		30
	<b>% Daily Value*</b>	
Total Fat	3.6g	<b>6%</b>
Saturated Fat	2.6g	<b>13%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	23mg	<b>1%</b>
Carbohydrate	46.0g	<b>15%</b>
Dietary Fiber	6.6g	<b>26%</b>
Protein	1.1g	<b>2%</b>
Vitamin A		<b>5.6%</b>
Vitamin C		<b>23.6%</b>
Calcium		<b>2.4%</b>
Iron		<b>4.2%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

1/2 cup apple juice, (or water)  
1/2 cup raisins  
12 medium apples, cored and diced  
4 medium peaches, diced  
(or cored and diced pears)  
2/3 cup coconut shreds

1 cup water, (may need more)  
1 tablespoon lemon zest, finely chopped  
(from one fresh lemon)  
4 tablespoons ginger juice, fresh  
(squeezed from fresh, grated ginger root)

Add apple juice to large pot and bring to a boil. Add raisins and soften. Add apple and peaches (pears are also good). Cook for a few minutes.

Add coconut shreds and water as needed to make the desired compote consistency. Add lemon zest. Cook a few more minutes to soften the dried coconut. Turn off heat, let cool slightly and then add the ginger juice.

### VARIATIONS:

- Use less raisins if you don't want it so sweet.
- Use little or no coconut to lower the fat content/percentage of calories from fat.
- Experiment with different combinations of fruit (such as pears, oranges, and/or quince), different dried fruits (such as dried cranberries, apricots, figs, or prunes), different spices (such as cinnamon and nutmeg), and other citrus zests in place of the lemon zest.
- For a more elegant presentation, spoon the compote in filo cups (see "Glossary of Ingredients" for instructions - note that filo contains gluten, so if you are avoiding gluten, use another presentation method). Since the compote is quite wet, it is best to put compote in cups right before serving so cups do not get soggy.

Per serving: 202 Calories; 4g Fat (15% calories from fat); 1g Protein; 46g Carbohydrate; 0mg Cholesterol; 23mg Sodium

# 07-Glazed Fruit Salad

Makes 8 servings.

Preparation Time:  
20 minutes

Serving Ideas: I like this best served at breakfast or brunch.



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving		
Calories		80
Calories from fat		11
		<b>% Daily Value*</b>
Total Fat	1.3g	<b>2%</b>
Saturated Fat	1.0g	<b>5%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	9mg	<b>0%</b>
Carbohydrate	18.9g	<b>6%</b>
Dietary Fiber	2.7g	<b>11%</b>
Protein	0.6g	<b>1%</b>
Vitamin A		<b>9.4%</b>
Vitamin C		<b>26.0%</b>
Calcium		<b>1.1%</b>
Iron		<b>2.2%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Try to make this salad as close to serving time as possible because the salad can become "mushy" if it sits to long. Therefore, it is best to start with cold fruit so that it does not need to be refrigerated for a long time to get it cool.

### DRIED FRUIT/GLAZE

- 1/4 cup coconut shreds
- 1/4 cup dried apricots, halved
- 1/4 cup water, (may need more)
- 2 tablespoons brown rice syrup

- 3 medium peaches, diced (or cored and diced pears)
- 1 kiwi fruit, peeled and diced

### FRESH FRUIT

- 3 medium apples, cored and diced

- 2 tablespoons lime juice
- 1 tablespoon lime zest, finely chopped (juice and zest from one fresh lime)

Add coconut, apricots, water, and brown rice syrup to a sauce pan, and cook for about 5 minutes to soften fruit. Let cool.

Add cut up fresh fruit to a large bowl, sprinkling with lime juice periodically so that fruit does not discolor. Add hard fruits first (such as apples), and soft fruits later (such as ripe pears and peaches) so the soft fruits have a better chance of keeping their shape.

Add remaining lime juice (if there is any) and the lime zest to the fruit. Add dried fruit/glaze mixture from sauce pan to the fresh fruit, and mix gently.

Keep refrigerated until serving. The sooner it is served, the fresher it will taste.

### VARIATIONS:

- Use little or no coconut to lower the fat content/percentage of calories from fat.
- Experiment with different combinations of fruit (such as pears, oranges, and/or various berries), different dried fruits (such as dried cranberries or dried figs), and other citrus zests and juice in place of the lime zest and juice.
- For a more elegant presentation, spoon the salad in filo cups (see "Glossary of Ingredients" for instructions - note that filo contains gluten, so if you are avoiding gluten, use another presentation method). Since the salad is quite wet, it is best to put salad in cups right before serving so cups do not get soggy.

Per serving: 80 Calories; 1g Fat (13% calories from fat); 1g Protein; 19g Carbohydrate; 0mg Cholesterol; 9mg Sodium

# 07-Orange-Nut Pancakes

Makes 8 servings.

Preparation Time:  
40 minutes

## Nutrition Facts

Servings Per Recipe 8

### Amount Per Serving

Calories		350
Calories from fat		126
<b>% Daily Value*</b>		
Total Fat	14.6g	<b>23%</b>
Saturated Fat	2.1g	<b>10%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	211mg	<b>9%</b>
Carbohydrate	47.2g	<b>16%</b>
Dietary Fiber	5.6g	<b>22%</b>
Protein	11.0g	<b>22%</b>
Vitamin A		<b>1.0%</b>
Vitamin C		<b>5.2%</b>
Calcium		<b>18.6%</b>
Iron		<b>16.3%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

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1 1/2 cups brown rice flour, (or spelt flour)	
1 cup whole-grain teff flour, (or spelt flour)	1/4 cup high oleic sunflower oil, (or olive oil)
1 cup soy flour, (or spelt flour)	3 cups soy milk
1/4 teaspoon sea salt	1/4 cup maple syrup
3 teaspoons baking powder, (double acting)	3 tablespoons orange zest, minced
1 teaspoon cinnamon	(either candied or from 3 fresh oranges)
1/2 cup brazil nuts, chopped and toasted	

---

Pre-heat a flat griddle.

Mix dry ingredients together, and stir in toasted brazil nuts. Combine remaining ingredients (liquids and orange zest), then stir into the flour mixture.

Cook pancakes on a preheated griddle.

Serve with maple syrup or a cooked down orange juice-maple syrup sauce.

Makes about 32 - 3-inch pancakes.

### VARIATIONS:

- Use other types of nuts such as almonds, walnuts, macadamia nuts, or pecans.
  - Add blueberries or dried figs (which have been soaked) to the batter.
- 

Per serving: 350 Calories; 15g Fat (36% calories from fat); 11g Protein; 47g Carbohydrate; 0mg Cholesterol; 211mg Sodium

# 07-Tofu Scramble

Makes 3 servings.

Preparation Time:  
40 minutes



## Nutrition Facts

Servings Per Recipe 3

Amount Per Serving	
Calories	505
Calories from fat	257
<b>% Daily Value*</b>	
Total Fat 31.1g	<b>48%</b>
Saturated Fat 4.5g	<b>22%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 674mg	<b>28%</b>
Carbohydrate 18.9g	<b>6%</b>
Dietary Fiber 4.8g	<b>19%</b>
Protein 48.6g	<b>97%</b>
Vitamin A	<b>39.5%</b>
Vitamin C	<b>86.5%</b>
Calcium	<b>65.1%</b>
Iron	<b>182.2%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

2 pounds tofu, firm  
(pressed to remove as much water as possible)

1 tablespoon olive oil  
1 medium leek, finely chopped  
(or one onion)  
3 garlic cloves, finely chopped  
(or 3/8 teaspoon granulated garlic)

1 medium red bell pepper, finely chopped  
(or another vegetable such as green beans)

1 teaspoon turmeric  
1/4 teaspoon ground black pepper  
1 teaspoon dried basil  
1 teaspoon sea salt

First, press the tofu to remove as much water as possible from the tofu. This is an important step because if this is not done, the resulting tofu scramble will be watery. Press the block of tofu between two plates, with a heavy weight on the top plate. Leave to press for about 30 minutes (the water will form a pool on the bottom plate which can be poured off).

Heat a skillet over medium-high heat and add oil. Saute leeks for about 10 minutes until they start to brown. Add the garlic and red bell pepper and continue to cook until the red bell pepper is soft.

Drain the pressed tofu, and crumble/mash it with your hands as you put the tofu in with the vegetables. Cook for about 3 minutes and then add the remaining ingredients. Cook another 3 minutes and serve.

### VARIATIONS:

- Add some chopped spinach to the mixture with the tofu.
- Could serve it topped with "03-Black Bean and Vegetable Stew" and "15-Tofu Sour Cream".

Per serving: 505 Calories; 31g Fat (51% calories from fat); 49g Protein; 19g Carbohydrate; 0mg Cholesterol; 674mg Sodium

## 08- \*\*\*\*\* GRAINS \*\*\*\*\*

Makes one serving.

Preparation Time:  
0 minutes



### Nutrition Facts

Servings Per Recipe 1

Amount Per Serving	
Calories	0
Calories from fat	0
<b>% Daily Value*</b>	
Total Fat 0.0g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 0mg	<b>0%</b>
Carbohydrate 0.0g	<b>0%</b>
Dietary Fiber 0.0g	<b>0%</b>
Protein 0.0g	<b>0%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>0.0%</b>
Iron	<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

My favorite recipes in this chapter include:

- Thai Vegetable-Rice Burgers
- Asparagus Quinoa Risotto

Some of the easier recipes in this chapter include:

- Savory Mushroom Quinoa
- Spanish Rice

Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

# o8-Asparagus Quinoa Risotto

Makes 8 servings.

Preparation Time:  
50 minutes



## Nutrition Facts

Servings Per Recipe 8

### Amount Per Serving

Calories	405
Calories from fat	74
<b>% Daily Value*</b>	
Total Fat 9.7g	<b>15%</b>
Saturated Fat 1.3g	<b>6%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 499mg	<b>21%</b>
Carbohydrate 83.1g	<b>28%</b>
Dietary Fiber 11.7g	<b>47%</b>
Protein 15.0g	<b>30%</b>

Vitamin A	<b>43.9%</b>
Vitamin C	<b>19.7%</b>
Calcium	<b>15.7%</b>
Iron	<b>45.8%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### QUINOA

1 1/2 cups quinoa, washed  
3 cups no-salt-added mushroom broth, (or water)  
1 teaspoon olive oil  
1/2 teaspoon sea salt

### VEGETABLES

1 tablespoon olive oil  
1 pound shiitake mushrooms, sliced  
2 medium leeks, chopped  
(using both the white and green parts)  
2 pounds asparagus, in 1/2" long pieces

1/2 teaspoon sea salt

### FINISHING

1/3 cup tahini  
1/3 cup no-salt-added mushroom broth, (or water)  
1 teaspoon sea salt  
1/2 teaspoon Espelette powder, (optional)  
(a Basque red pepper powder that is not as spicy as cayenne pepper)  
(could use a lesser amount of cayenne pepper as a replacement)

### QUINOA

Once quinoa is washed, place it in a sauce pan with broth, oil, and sea salt, cover, and bring to a boil. Once boiling, turn to low, and simmer for 15 to 20 minutes.

### VEGETABLES

Heat a pan over medium-high heat and add oil. Saute mushrooms until all the moisture is cooked off, and the mushrooms start to brown a little. Add the leeks and cook about 5 minutes. Add sliced asparagus, and cook until barely tender. Add the sea salt and cook for 1 more minute.

### FINISHING

Combine the remaining ingredients in a little bowl, and add to the cooked vegetable mixture. Stir to combine. Add the cooked vegetable mixture to the quinoa and mix.

Serve.

### VARIATIONS:

- "Risotto Cakes" - Form the resulting mixture into cakes/patties, and bake them until lightly crisp on the outside.
- This mixture can also be formed into small bite sized servings, baked, and served as an appetizer (very suitable finger food).
- "Green Bean Quinoa Risotto" - Use green beans in place of the asparagus.

Per serving: 405 Calories; 10g Fat (18% calories from fat); 15g Protein; 83g Carbohydrate; 0mg Cholesterol; 499mg Sodium

# o8-Garlicky Quinoa Patties

Makes 8 servings.

Preparation Time:  
1 hour, 20 minutes

Serving Ideas:  
Serve topped with  
"Tofu Sour Cream"  
(see recipe).



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	142
Calories from fat	24
<b>% Daily Value*</b>	
Total Fat 3.4g	<b>5%</b>
Saturated Fat 0.5g	<b>2%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 193mg	<b>8%</b>
Carbohydrate 30.5g	<b>10%</b>
Dietary Fiber 4.1g	<b>16%</b>
Protein 6.5g	<b>13%</b>
Vitamin A	<b>21.9%</b>
Vitamin C	<b>6.3%</b>
Calcium	<b>3.0%</b>
Iron	<b>18.8%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Serve with a hot nut sauce or a not-too-thick bean or flour sauce.

### QUINOA

1 cup quinoa, washed  
2 cups no-salt-added vegetable broth, (or water)  
1/2 teaspoon sea salt

### PINE NUTS

3 tablespoons pine nuts  
1 teaspoon ume vinegar

### FINISHING

6 garlic cloves, minced  
1/4 teaspoon sea salt  
1/3 cup pumpkin seeds, roasted, ground (optional)  
1 cup corn, frozen  
2 tablespoons potato flour  
(or brown rice flour or other flour)  
  
1/4 cup water  
1 tablespoon ume vinegar

### QUINOA

Once quinoa is washed, place in sauce pan with broth and sea salt, cover and bring to a boil. Once boiling, turn to low, and simmer for 15 to 20 minutes. At this point, you could refrigerate it and make the patties later.

### PINE NUTS

At any time, prepare the pine nuts:

Toast pine nuts on baking sheet in a 300 degree F (150 degree C) oven for about 15 minutes. Mix nuts on sheet, and continue to bake, watching to make sure they do not burn. This should not take more than an additional 15 minutes. When done, splash with ume vinegar and toast again briefly to dry. See the instructions in the "Glossary of Cooking Terms" for more information about toasting nuts.

### FINISHING

To make the patties:

Combine the cooled cooked quinoa with the pine nuts, garlic, sea salt, ground pumpkin seeds (if desired), corn, and potato flour.

Add water and ume vinegar to the quinoa/corn mixture (this helps it bind together), and mix well. If it seems a little dry or crumbly, add more water until it gets a little mushy so that patties can be formed. If it seems too wet, add some potato flour or brown rice flour.

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Patties can even stick a little to a non-stick baking sheet which messes up the patties, so I greatly prefer parchment paper because it always makes for very easy removal.

Shape mixture into patties (it should make about 16 patties), and place on the baking sheet.

If desired, spray a little oil on each patty (this will make them brown nicely and give them a lightly crisp crust).

Bake in a 350 degree F (175 degree C) oven (no need to preheat oven) for 40-45 minutes, or until they are golden

brown and have crispy edges.

VARIATIONS:

- For richer patties, use more pine nuts and/or pumpkin seeds.
  - Use 2 ounces of ground up corn chips in place of the sea salt when making the patties. This is a good use of the left over broken up chips in the bottom of corn chip bags. Note: this will add more fat to the dish.
  - This mixture can also be formed into small bite sized servings, and served as an appetizer (very suitable finger food).
- 

Per serving: 142 Calories; 3g Fat (17% calories from fat); 6g Protein; 30g Carbohydrate; 0mg Cholesterol; 193mg Sodium



# o8-Green Rice Patties

Makes 8 servings.

Preparation Time:  
1 hour, 40 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	319
Calories from fat	81
<b>% Daily Value*</b>	
Total Fat 10.6g	<b>16%</b>
Saturated Fat 2.7g	<b>13%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 544mg	<b>23%</b>
Carbohydrate 53.2g	<b>18%</b>
Dietary Fiber 5.8g	<b>23%</b>
Protein 16.8g	<b>34%</b>
Vitamin A	<b>125.9%</b>
Vitamin C	<b>99.2%</b>
Calcium	<b>20.4%</b>
Iron	<b>47.2%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This dish requires that the "13-Creamed Kale" recipe also be prepared.
- Serve with a hot nut sauce or a not-too-thick bean or flour sauce.

### RICE

1 1/2 cups brown basmati rice, washed  
3 cups no-salt-added vegetable broth, (or water)  
1/2 teaspoon sea salt

### TOFU

1 1/2 tablespoons olive oil  
12 ounces extra firm tofu  
(pressed to remove as much water as possible)

1/2 teaspoon sea salt

### FINISHING

4 servings 13-Creamed Kale  
1/2 teaspoon sea salt  
1/4 cup pumpkin seeds, roasted, ground (optional)  
1/4 cup potato flour  
(or brown rice flour or other flour)  
1/4 cup nutritional yeast

### RICE

Once rice is washed, place in sauce pan with broth and sea salt, stir, cover and bring to a boil. Once boiling, turn to low, and simmer for 45 minutes.

### TOFU

Cut pressed tofu into small cubes (about 1/4-inch square). Heat a large skillet (preferably non-stick) over medium heat, and add olive oil. Immediately add cubed tofu. Brown tofu, flipping as needed so tofu does not stick and does not get over browned on any one side. When tofu is nicely browned, add the 1/2 teaspoon of sea salt, cook another minute stirring gently and turn off heat.

### FINISHING

To make the patties:

Combine the cooked rice with the remaining ingredients. If the mixture seems a little dry or crumbly, and it is difficult to form the patties, add some water or broth until it gets a little mushy so that the patties can be easily formed, and so they stay together. If the mixture seems too wet, add some potato flour or brown rice flour.

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Patties can even stick a little to a non-stick baking sheet which messes up the patties, so I greatly prefer parchment paper because it always makes for very easy removal.

Shape mixture into patties (it should make about 16 2-inch round patties), and place on the baking sheet.

If desired, spray a little oil on each patty (this will make them brown nicely and give them a lightly crisp crust).

Bake in a 350 degree F (175 degree C) oven (no need to preheat oven) for 40-45 minutes, or until they are golden brown and have crispy edges.

### VARIATIONS:

- For richer patties, use more pumpkin seeds.
  - Add some minced garlic along with the pumpkin seeds.
  - This mixture can also be formed into small bite sized servings, and served as an appetizer (very suitable finger food).
- 

Per serving: 319 Calories; 11g Fat (25% calories from fat); 17g Protein; 53g Carbohydrate; 0mg Cholesterol; 544mg Sodium

# o8-Indonesian-Vegetable Fried Rice

Makes 8 servings.

Preparation Time:  
1 hour, 10 minutes

## Nutrition Facts

Servings Per Recipe 8

### Amount Per Serving

Calories	316
Calories from fat	63
<b>% Daily Value*</b>	
Total Fat 7.4g	<b>14%</b>
Saturated Fat 2.3g	<b>46%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 796mg	<b>33%</b>
Carbohydrate 50.8g	<b>17%</b>
Dietary Fiber 2.9g	<b>12%</b>
Protein 16.2g	<b>32%</b>

Vitamin A	<b>23.8%</b>
Vitamin C	<b>63.7%</b>
Calcium	<b>11.1%</b>
Iron	<b>17.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### TEMPEH MARINADE

2 tablespoons ume vinegar  
1 tablespoon light agave nectar syrup  
(or brown rice syrup)  
1/2 cup water  
16 ounces tempeh

### RICE

1 1/2 cups brown jasmine rice, washed  
1 teaspoon coconut oil, (or olive oil)  
3 cups water  
1 teaspoon sea salt

### VEGETABLES

2 teaspoons coconut oil, (or olive oil)  
12 garlic cloves, minced  
2 small red bell peppers, diced  
4 cups cabbage, cut in 1/2" squares  
1 1/2 cups green beans, cut in 1/2" pieces  
6 ounces tomato paste  
2 tablespoons brown rice syrup  
3 tablespoons tamari soy sauce

### TEMPEH MARINADE

In a bowl (preferably with a tight fitting lid), mix together the ume vinegar, agave syrup, and water. Dice tempeh into 1/2" inch cubes. Add tempeh cubes to the marinade. Cover bowl and invert a few times to cover all tempeh cubes with some marinade.

This could marinated for a few hours in the refrigerator; otherwise, quick marinate for 15 minutes and use as directed below.

### RICE

Once the rice is washed and drained, heat a pot (with a thick bottom) over medium high heat. Once pan is hot, add oil, and then add the drained rice. Saute rice for about 10 minutes to lightly brown and toast it. Add water and sea salt. Bring to a boil. Once boiling, turn to low, and simmer for 45 to 50 minutes.

### STEAM TEMPEH

Drain tempeh from marinade (save for use later in the recipe); steam tempeh for 20 minutes (this helps reduce the tempeh's slight bitter flavor). While tempeh is steaming, prepare vegetables.

### VEGETABLES

Heat a large pan over medium-high heat and add oil. Saute garlic and red bell pepper for about 3 minutes. Add tempeh cubes and continue to saute for another 6 minutes. Add cabbage and green beans and cook for 6 minutes.

In a small bowl, combine together remaining tempeh marinade, tomato paste, brown rice syrup, and tamari. Add to vegetables and mix in. Add cooked rice and mix gently to integrate.

### VARIATIONS:

- This mixture can also be formed into small bite sized servings, baked in an oven until lightly browned, and served as an appetizer (suitable finger food).

Per serving: 316 Calories; 7g Fat (20% calories from fat); 16g Protein; 51g Carbohydrate; 0mg Cholesterol; 796mg Sodium

# o8-Lemon Pepper-Tofu Pilaf

Makes 8 servings.

Preparation Time:  
40 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	247
Calories from fat	56
<b>% Daily Value*</b>	
Total Fat 7.9g	<b>12%</b>
Saturated Fat 1.0g	<b>5%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 270mg	<b>19%</b>
Carbohydrate 45.5g	<b>15%</b>
Dietary Fiber 4.8g	<b>19%</b>
Protein 15.4g	<b>31%</b>
Vitamin A	<b>44.1%</b>
Vitamin C	<b>12.3%</b>
Calcium	<b>13.3%</b>
Iron	<b>52.3%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Serve with a hot nut sauce or a not-too-thick bean or flour sauce.

- |  |   |
|--|---|
| 1 tablespoon olive oil   | (from about 1 or 2 lemons)                        |
| 12 ounces extra firm tofu, cut in small cubes<br>(pressed to remove as much water as possible) | 1/4 cup lemon juice<br>(need about 1 or 2 lemons) |
| 1 tablespoon ume vinegar   | 3/4 teaspoon ground white pepper                  |
|  | 4 cups no-salt-added mushroom broth, (or water)   |
|  | 1 teaspoon sea salt                               |
| 2 cups quinoa, washed  |   |
| 4 teaspoons lemon zest, chopped  |   |

Heat a pot (preferably non-stick) (one suitable for cooking quinoa) over medium heat, and add olive oil. Immediately add tofu (cut in small cubes). Brown tofu, flipping as needed so tofu does not stick and does not get over browned on any one side. If you are not using a non-stick pan, you may need to add a little more oil to keep the tofu from sticking.

When tofu is nicely browned, add the ume vinegar and cook for 1 minute. Add the quinoa, and cook quinoa for about 8 minutes to "toast" quinoa. Add remaining ingredients and stir.

Cover and bring to a boil. When boiling, turn heat to low and simmer for 25 minutes.

### VARIATIONS:

- Use lime zest and lime juice in place of lemon.
- Use the zest of preserved lemon in place of lemon zest, and use preserved lemon soaking liquid in place of lemon juice.

Per serving: 247 Calories; 8g Fat (23% calories from fat); 15g Protein; 46g Carbohydrate; 0mg Cholesterol; 270mg Sodium

# o8-Millet Mash

Makes 8 servings.

Preparation Time:  
45 minutes

- The basic outline for this recipe comes from Joanne Saltzman who is the director of the School of Natural Cookery in Boulder, Colorado and the author of "Amazing Grains" and "Romancing the Bean".
- Serve with a hot nut sauce or a hot not-too-thick bean sauce.

## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	111
Calories from fat	8
<b>% Daily Value*</b>	
Total Fat 1.5g	<b>2%</b>
Saturated Fat 0.2g	<b>4%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 234mg	<b>10%</b>
Carbohydrate 34.9g	<b>12%</b>
Dietary Fiber 5.5g	<b>22%</b>
Protein 6.6g	<b>13%</b>
Vitamin A	<b>139.3%</b>
Vitamin C	<b>30.4%</b>
Calcium	<b>7.0%</b>
Iron	<b>11.8%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

---

1 1/4 teaspoons sesame oil	
2 large onions, diced	1 1/2 cups millet, raw, washed
2 medium fennel bulbs, diced, fine	
3 cups cauliflower, chopped	4 1/2 cups no-salt-added vegetable broth, (or water)
(about 1 head - florets + core chopped)	3/4 teaspoon sea salt
2 medium carrots, diced	
1 1/2 tablespoons whole fennel seeds	

---

Heat an uncovered pressure cooker over medium-high heat and add oil. Add onion and saute for 10 minutes. Add fennel and cook for 5 minutes. Add cauliflower and cook for another 10 minutes. Add carrot and saute with other vegetables for about another 5 minutes. Add the fennel seeds and millet and cook (stirring frequently) for 2 minutes.

Add broth and sea salt. Seal cover on pressure cooker and bring up to pressure. Begin timing at this point and adjust heat to maintain pressure (use a simmer plate/"flame tamer" so millet does burn to the bottom of the cooker). Cook for 20 minutes.

Remove pot from heat; release pressure on cooker and open.

### VARIATIONS:

- Can use an orange winter squash (such as butternut) in place of the cauliflower.
  - Peas could be used as a decorative vegetable added at the end.
- 

Per serving: 111 Calories; 2g Fat (8% calories from fat); 7g Protein; 35g Carbohydrate; 0mg Cholesterol; 234mg Sodium

# o8-Mushroom-Garlic Rice Noodles

Makes 4 servings.

Preparation Time:  
15 minutes

## Nutrition Facts

Servings Per Recipe 4

Amount Per Serving	
Calories	513
Calories from fat	90
<b>% Daily Value*</b>	
Total Fat 10.6g	<b>16%</b>
Saturated Fat 1.5g	<b>7%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 386mg	<b>16%</b>
Carbohydrate 99.5g	<b>33%</b>
Dietary Fiber 8.7g	<b>35%</b>
Protein 13.0g	<b>26%</b>
Vitamin A	<b>16.2%</b>
Vitamin C	<b>29.8%</b>
Calcium	<b>8.9%</b>
Iron	<b>23.2%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

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8 ounces rice vermicelli noodles	1/4 teaspoon sea salt
3 tablespoons sesame oil	2 green onion, cut into 2" shreds
1/2 pound fresh shiitake mushrooms, chopped	1 tablespoon Tamari soy sauce
15 garlic cloves, minced	1 tablespoon sweet sherry, (or mirin)
	1/2 cup no-salt-added mushroom broth, (or water)

---

Soak rice vermicelli noodles in hot water for 15 minutes. Drain.

While noodles are soaking, heat a large skillet or pot over medium-high heat and add oil. Add mushrooms and saute until mushrooms have released all their water, water has evaporated, and they have started to brown slightly. Add garlic and cook another 3 minutes.

To the mushrooms, add remaining ingredients and the drained noodles. Bring the liquid to a boil, lower heat, and cook until the liquid is gone. Stir to mix mushrooms into the noodles.

### VARIATIONS:

- Use other types of mushrooms such as oyster or button.

---

Per serving: 513 Calories; 11g Fat (18% calories from fat); 13g Protein; 99g Carbohydrate; 0mg Cholesterol; 386mg Sodium

# o8-Savory Mushroom Quinoa

Makes 8 servings.

Preparation Time:  
50 minutes

Serving Ideas:  
Serve with "Miso-Tahini Sauce" (see recipe).

- Serve with a hot nut sauce or a not-too-thick bean or flour sauce.

## Nutrition Facts

Servings Per Recipe 8

### Amount Per Serving

Calories		137
Calories from fat		17
<b>% Daily Value*</b>		
Total Fat	2.4g	<b>4%</b>
Saturated Fat	0.2g	<b>4%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	224mg	<b>9%</b>
Carbohydrate	32.7g	<b>11%</b>
Dietary Fiber	3.9g	<b>16%</b>
Protein	7.0g	<b>14%</b>
Vitamin A		<b>28.1%</b>
Vitamin C		<b>23.9%</b>
Calcium		<b>6.1%</b>
Iron		<b>23.8%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

---

1 teaspoon olive oil	
1/2 pound mushrooms, quartered (about 2 cups)	2 1/2 teaspoons thyme, crushed
1 large onion, diced	1 teaspoon rosemary, crushed
1 medium fennel bulb, diced	1 1/4 cups quinoa, washed
3 cups cauliflower, chopped (about 1 head - florets + core chopped)	2 1/2 cups no-salt-added mushroom broth, (or water)
3 celery stalks, chopped	3/4 teaspoon sea salt

---

Heat a Dutch oven (or other pan that has a tight fitting cover and that is appropriate for the stove top and the oven) over medium-high heat and add oil. Add mushrooms and saute about 10 minutes. Add onion and cook for 6 minutes. Add diced fennel bulb and cook 4 minutes. Add cauliflower and celery, and cook for about another 10 minutes. Add the thyme, rosemary, and quinoa and cook (stirring frequently) for 2 minutes.

Preheat oven to 350 degrees F (175 degrees C).

Add water and sea salt to Dutch oven and mix. Cover and bring to a boil on the stove top. When boiling, turn heat to low.

When oven is pre-heated, place entire Dutch oven (with cover) in the oven. Bake for 25 minutes.

### VARIATIONS:

- "Italian Mushroom Quinoa" - instead of thyme and rosemary, add basil, oregano, and some chopped sun-dried tomatoes.
  - "Savory Mushroom Rice" - replace the quinoa with rice, and bake for 55 minutes.
  - Could prepare this dish in the same way, but instead of baking it in the oven, steep it on the stove top.
  - Could add crushed fennel seeds or ground sage to this dish.
  - Add dried-mushrooms that have been soaked and sliced with the fresh mushrooms for a stronger, deeper mushroom flavor.
  - Add tempeh after the celery for a more complete dish that has more protein.
- 

Per serving: 137 Calories; 2g Fat (12% calories from fat); 7g Protein; 33g Carbohydrate; 0mg Cholesterol; 224mg Sodium

## o8-Southwestern Millet

Makes 8 servings.

Preparation Time:  
55 minutes



### Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	218
Calories from fat	31
<b>% Daily Value*</b>	
Total Fat 4.1g	<b>6%</b>
Saturated Fat 0.6g	<b>3%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 228mg	<b>10%</b>
Carbohydrate 43.6g	<b>15%</b>
Dietary Fiber 8.1g	<b>32%</b>
Protein 12.3g	<b>25%</b>
Vitamin A	<b>218.2%</b>
Vitamin C	<b>68.9%</b>
Calcium	<b>11.3%</b>
Iron	<b>18.4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- 1 teaspoon extra virgin olive oil
  - 2 medium onions, diced
  - 3 cups cauliflower, chopped (about 1 head - florets + core chopped)
  - 4 medium carrots, diced
  - 5 garlic cloves, minced
  - 3 tablespoons green chili peppers, chopped
  - 1 1/2 tablespoons dried oregano
  - 1/2 teaspoon cumin seed
  - 1 1/2 cups millet, raw, washed
  - 8 ounces tempeh, defrosted
  - 28 ounces tomatoes, low sodium, blended
  - 1 3/4 cups no-salt-added vegetable broth, (or water)
  - 1/4 teaspoon sea salt
  - 2 cups corn, frozen
  - 1 tablespoon Tamari soy sauce
- GARNISH**
- 2 tablespoons cilantro, chopped fine
  - 3/4 cup green onions, chopped fine (about 6 stalks)

Heat an uncovered pressure cooker over medium-high heat and add oil. Add onion and saute for 8 minutes. Add cauliflower and cook for 8 minutes. Add carrot and continue to cook for 6 minutes. Add garlic, green chili peppers, oregano, and cumin seeds and cook for about another 4 minutes. Add the millet and cook (stirring frequently) for 2 minutes.

During this process, prepare tempeh. First, steam tempeh for 20 minutes. Cut tempeh into about 40 cubes.

To the pressure cooker, add tempeh, blended canned tomatoes and broth, sea salt, and corn. Seal pressure cooker and bring up to pressure. Begin timing at this point and adjust heat to maintain pressure (use a simmer plate/ "flame tamer" to prevent the millet from burning to the bottom of the pressure cooker). Cook for 20 minutes.

Remove pot from heat; release pressure and then remove lid to cooker. Finish by adding tamari.

Garnish each serving with a bit of cilantro and green onions.

#### VARIATIONS:

- Add diced potatoes.
- "Southwestern Quinoa" - Use quinoa instead of millet (in this case, reduce tomatoes to 14 ounces and it is better not to use a pressure cooker - just steep on the stove top for about 20 minutes in a regular pan with a tight fitting lid).

Per serving: 218 Calories; 4g Fat (14% calories from fat); 12g Protein; 44g Carbohydrate; 0mg Cholesterol; 228mg Sodium



# o8-Spanish Rice

Makes 8 servings.

Preparation Time:  
1 hour, 20 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	138
Calories from fat	12
<b>% Daily Value*</b>	
Total Fat 1.5g	<b>2%</b>
Saturated Fat 0.2g	<b>4%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 294mg	<b>12%</b>
Carbohydrate 33.2g	<b>11%</b>
Dietary Fiber 2.6g	<b>10%</b>
Protein 4.5g	<b>9%</b>
Vitamin A	<b>26.6%</b>
Vitamin C	<b>30.0%</b>
Calcium	<b>3.1%</b>
Iron	<b>9.8%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- 
- |                                    |  |
|------------------------------------|--|
| 1 teaspoon olive oil               | 1 1/2 teaspoons cumin powder                         |
| 1 large onion, diced               | 1 1/4 cups brown basmati rice, washed                |
| 1 small green bell pepper, chopped | 1 3/4 cups no-salt-added vegetable broth, (or water) |
| 3 celery stalks, chopped           | 3/4 cup tomato puree                                 |
| 1/2 teaspoon ground coriander      | 3/4 teaspoon sea salt                                |
- 

Heat a pot (appropriate for cooking rice on the stove top) over medium-high heat and add oil. Add onion and saute for 8 minutes. Add green bell pepper and cook for 6 minutes. Add celery, coriander, and cumin, and cook for about another 5 minutes. Add the rice and cook (stirring frequently) for 2 minutes.

Add broth, tomato puree, and sea salt to pot. Stir. Cover and bring to a boil. When boiling, turn heat to low and simmer for 55 minutes.

### VARIATIONS:

- Peas could be used as a decorative vegetable added at the end.
- Substitute 3 poblano peppers for the green bell pepper.
- "Spanish Quinoa" - substitute quinoa for the rice (use the same amount of liquid (vegetable broth plus tomato puree) since both brown rice and quinoa take 2 parts water to 1 part grain when cooked on the stove top), but it will only need to cook for about 25 minutes.

---

Per serving: 138 Calories; 2g Fat (8% calories from fat); 4g Protein; 33g Carbohydrate; 0mg Cholesterol; 294mg Sodium

# o8-Thai Vegetable-Rice Burgers

Makes 8 servings.

Preparation Time:  
1 hour, 30 minutes

Serving Ideas:  
Serve with "Miso-Tahini Sauce" (see recipe).



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	433
Calories from fat	171
<b>% Daily Value*</b>	
Total Fat 21.3g	<b>33%</b>
Saturated Fat 13.3g	<b>66%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 588mg	<b>25%</b>
Carbohydrate 56.5g	<b>19%</b>
Dietary Fiber 4.0g	<b>16%</b>
Protein 16.6g	<b>33%</b>
Vitamin A	<b>161.7%</b>
Vitamin C	<b>21.3%</b>
Calcium	<b>17.0%</b>
Iron	<b>46.7%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Serve with a hot nut sauce or a not-too-thick bean or flour sauce.
- See the "Glossary of Ingredients" for information about making ginger juice.

### RICE

1/2 teaspoon coconut oil, or olive oil  
2 cups brown basmati rice, washed  
2 1/4 cups no-salt-added vegetable broth, (or water)  
14 ounces coconut milk, (or water)  
1 1/2 teaspoons sea salt  
(use a little less salt if using salted vegetable broth)

1 1/2 cups cauliflower, chopped small  
(about half of 1 head - only the florets)  
2 teaspoons ginger juice, fresh  
(squeezed from fresh, grated ginger root)  
4 garlic cloves, minced  
3/4 teaspoon sea salt  
1/4 cup coconut shreds, unsweetened

### VEGETABLES

1 teaspoon coconut oil, or olive oil  
1 large onion, diced  
3 medium carrots, sliced  
1 medium fennel bulb, diced

### TOFU

2 teaspoons olive oil  
16 ounces firm tofu  
(pressed to remove as much water as possible - about 20 minutes)  
2 tablespoons ume vinegar

### RICE

Heat a pot (with a thick bottom) over medium high heat. Once pan is hot, add oil, and then add the drained rice. Saute rice for about 10 minutes to lightly brown and toast it. Add the broth, coconut milk, and sea salt. Bring to a boil. Once boiling, turn to low, and simmer for 45 to 50 minutes.

### VEGETABLES

Heat a large pan over medium-high heat and add oil. Add onion and saute for 7 minutes. Add carrots and cook for 5 minutes. Add fennel bulb and cook another 3 minutes. Add cauliflower and continue to saute for about another 10 minutes. Add the ginger juice, garlic, and sea salt and cook (stirring frequently) for 2 more minutes. Add the dried shredded coconut, and turn off heat.

### TOFU

Cut tofu into small dice-sized pieces. Heat a large skillet (works best if it is non-stick), and when it is hot, add the oil and then the tofu. Saute, flipping the little tofu cubes occasionally, so they get a little crispy and brown. Once they achieve a nice firm texture, lower heat, add the ume vinegar, and gently stir for a minute. Turn off heat.

### ASSEMBLY

To make the burgers:

Combine the cooked rice with the vegetable mixture and the tofu. If the mixture seems a little dry or crumbly, and it is difficult to form the burgers, add some water until it gets a little mushy so that the cakes can be easily formed, and so they stay together. If the mixture seems a little too wet, add some brown rice flour.

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet).

Burgers can even stick a little to a non-stick baking sheet which messes up the burgers, so I greatly prefer parchment paper because it always makes for very easy removal.

Shape mixture into burgers (it should make about 16 burgers), and place on the baking sheet. You may need to wet your hands some during forming to get the mixture to stick together and form patties.

If desired, spray a little oil on each burger (this will make them brown nicely and give them a lightly crisp crust).

Bake in a 425 degree F (218 degree C) oven (no need to preheat oven) for about 30 minutes, or until they are a little brown and have crispy edges.

#### VARIATIONS:

- The rice/vegetable/tofu mixture is also very good without and forming into patties and baking; just serve as a main dish. Preparing the vegetables and tofu, and mixing that together also makes a good side dish.
  - Add cooked and drained black beans instead of tofu.
  - For a lower fat burger, use water in place of coconut milk, and leave out the dried shredded coconut.
  - This mixture can also be formed into small bite sized servings, and served as an appetizer (very suitable finger food).
- 

Per serving: 433 Calories; 21g Fat (40% calories from fat); 17g Protein; 56g Carbohydrate; 0mg Cholesterol; 588mg Sodium

# o8-Wasabi-Vegetable Quinoa Rolls

Makes 8 servings.

Preparation Time:  
50 minutes

Serving Ideas:  
Serve with "15-  
Wasabi-Garlic  
Cream Sauce" (see  
recipe).



## Nutrition Facts

Servings Per Recipe 8

### Amount Per Serving

Calories	272
Calories from fat	77
<b>% Daily Value*</b>	
Total Fat 10.4g	<b>16%</b>
Saturated Fat 1.4g	<b>7%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 648mg	<b>27%</b>
Carbohydrate 41.8g	<b>14%</b>
Dietary Fiber 5.9g	<b>24%</b>
Protein 17.1g	<b>34%</b>

Vitamin A	<b>41.0%</b>
Vitamin C	<b>25.9%</b>
Calcium	<b>18.5%</b>
Iron	<b>59.4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

## QUINOA

1 1/2 cups quinoa, washed  
3 cups no-salt-added vegetable broth, (or water)  
1 teaspoon dark (toasted) sesame oil  
1/2 teaspoon sea salt  
(or 4 cups of leftover cooked quinoa and skip quinoa cooking instructions)

## VEGETABLES

1 tablespoon dark (toasted) sesame oil  
3 medium leeks, diced small  
1 small rutabaga, diced small  
3/4 pound green beans, diced small  
(or use asparagus)  
1/2 teaspoon sea salt

## TOFU

2 teaspoons olive oil  
16 ounces firm tofu  
(pressed to remove as much water as possible)  
1/2 teaspoon sea salt  
2 tablespoons water

## FINISHING

2 tablespoons wasabi powder  
(if using other forms of wasabi, such as in a tube, adjust amount to your taste)  
2 tablespoons tamari soy sauce  
2 tablespoons water

## QUINOA

Once quinoa is washed, place it in a sauce pan with broth, oil, and sea salt, cover, and bring to a boil. Once boiling, turn to low, and simmer for 15 to 20 minutes.

## VEGETABLES

Heat a pan over medium-high heat and add oil. Add leeks and saute for 7 minutes. Add rutabaga and cook for 8 minutes. Add green beans and continue to saute for another 5 minutes. Add the sea salt and cook (stirring frequently) for 2 more minutes.

## TOFU

Cut tofu into small dice-sized pieces. Heat a large skillet (works best if it is non-stick), and when it is hot, add the oil and then the tofu. Saute, flipping the little tofu cubes occasionally, so they get a little crispy and brown. Once they achieve a nice firm texture, lower heat and add the salt; gently stir for a minute. Turn off heat.

## FINISHING

To make the rolls:

In a small bowl, combine the wasabi powder, tamari, and water mixing so they are no clumps. Add the tofu to the vegetables, and mix. Pour the wasabi/tamari mixture into the vegetable-tofu mixture. Mix. Add the cooked quinoa to the vegetable-tofu mixture and mix all of it together. Briefly blend about half of this mixture in a food processor and mix it back into the unblended half (this makes it so the mixture can be pressed together to make rolls that stay together). Check taste. If too little salt, drizzle in a little more tamari and mix.

At this point, the mixture can be refrigerated and prepared later, or can be made into cutlets immediately.

## BAKING

To make the rolls:

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Rolls can even stick a little to a non-stick baking sheet which messes up the rolls, so I greatly prefer parchment

paper because it always makes for very easy removal.

Form rolls (upright standing cylinders) with hands and place rolls on baking sheet. If the mixture seems a little dry or crumbly, and it is difficult to form the rolls, add some water until it gets a little mushy so that the rolls can be easily formed, and so they stay together. If the mixture seems a little too wet, add some brown rice flour or potato flour. Overall, you want about 16 rolls.

If desired, spray a little oil on each roll (this will make them brown nicely and give them a lightly crisp crust).

Bake in a 400 degree F (200 degree C) oven (no need to preheat oven) for about 35 minutes, or until they are golden brown and have crispy edges. If the mixture was cold from the refrigerator when you started, check to make sure that the cutlets are sufficiently warmed through.

1 serving = 2 rolls.

#### VARIATIONS:

- The quinoa/vegetable/tofu mixture is also very good without and forming into rolls and baking; just serve as a main dish. Preparing the vegetables and tofu, and mixing that together also makes a good side dish (adjust spices and salt).
  - Add cooked and drained garbanzo beans instead of tofu.
  - This mixture can also be formed into small bite sized servings, and served as an appetizer (very suitable finger food).
- 

Per serving: 272 Calories; 10g Fat (28% calories from fat); 17g Protein; 42g Carbohydrate; 0mg Cholesterol; 648mg Sodium

## 09- \*\*\*\*\* BEANS \*\*\*\*\*

Makes one serving.

Preparation Time:  
0 minutes



### Nutrition Facts

Servings Per Recipe 1

Amount Per Serving		
Calories		0
Calories from fat		0
<b>% Daily Value*</b>		
Total Fat	0.0g	0%
Saturated Fat	0.0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Carbohydrate	0.0g	0%
Dietary Fiber	0.0g	0%
Protein	0.0g	0%
Vitamin A		0.0%
Vitamin C		0.0%
Calcium		0.0%
Iron		0.0%

\* Percent Daily Values are based on a 2,000 calorie diet.

My favorite recipes in this chapter include:

- Red Wine Glazed Garbanzo Beans with Arugula
- Spicy Swiss Chard and Black Beans

Some of the easier recipes in this chapter include:

- Brazilian Black Beans
- Red Wine Glazed Garbanzo Beans with Arugula

Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

## 09-Brazilian Black Beans

Makes 6 servings.

Preparation Time:  
20 minutes



### Nutrition Facts

Servings Per Recipe 6

Amount Per Serving	
Calories	154
Calories from fat	8
<b>% Daily Value*</b>	
Total Fat 0.9g	<b>1%</b>
Saturated Fat 0.2g	<b>1%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 322mg	<b>13%</b>
Carbohydrate 28.0g	<b>9%</b>
Dietary Fiber 4.1g	<b>16%</b>
Protein 8.3g	<b>17%</b>
Vitamin A	<b>0.8%</b>
Vitamin C	<b>21.5%</b>
Calcium	<b>3.7%</b>
Iron	<b>11.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- See the "Glossary of Ingredients" for information about making ginger juice.

1/2 teaspoon olive oil	1/4 teaspoon cayenne pepper
1 medium red onion, chopped	1/4 cup red wine, (optional)
6 garlic cloves, minced	1 tablespoon sucanat sugar
3 cups black beans, cooked, rinsed, drained (a 15 oz. can is about 1 1/2 cups) (see "Glossary of Cooking Terms" for more information about cooking beans)	1/2 cup fresh squeezed orange juice (from about 1 orange)
1/4 teaspoon ginger juice, fresh (squeezed from fresh, grated ginger root)	1 teaspoon sea salt

Heat a skillet over medium-high heat and add oil. Add the chopped onion and saute until it starts to brown a bit (about 10 minutes). Add the remaining ingredients, and cook for about 10 minutes.

#### VARIATIONS:

- Try other types of beans such as garbanzo beans or pinto beans.

Per serving: 154 Calories; 1g Fat (5% calories from fat); 8g Protein; 28g Carbohydrate; 0mg Cholesterol; 322mg Sodium

# 09-Lentils with Kale

Makes 10 servings.

Preparation Time:  
45 minutes



## Nutrition Facts

Servings Per Recipe 10

Amount Per Serving	
Calories	279
Calories from fat	22
<b>% Daily Value*</b>	
Total Fat 2.6g	<b>4%</b>
Saturated Fat 0.3g	<b>1%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 561mg	<b>23%</b>
Carbohydrate 48.7g	<b>16%</b>
Dietary Fiber 20.3g	<b>81%</b>
Protein 19.8g	<b>40%</b>
Vitamin A	<b>323.7%</b>
Vitamin C	<b>127.5%</b>
Calcium	<b>12.9%</b>
Iron	<b>38.9%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

1 tablespoon olive oil  
2 large onions, chopped  
6 large carrots  
4 garlic cloves, minced  
3 cups lentils, washed  
(see "Glossary of Cooking Terms" for more information about washing beans)  
  
water  
(see instructions)

2 pounds kale  
(about 2 bunches)  
  
1 1/2 teaspoons sea salt  
1 teaspoon ground black pepper  
1 tablespoon tamari soy sauce  
6 ounces tomato paste

Heat a pressure cooker or a large pot over medium-high heat and add oil. Add onion and saute for about 5 minutes. Add the carrots, and saute another 7 minutes. Add the garlic and cook about 2 more minutes.

Add the lentils.

If you are using a pressure cooker, add 6 cups of water, stir, cover, and bring up to pressure. Cook for 20 minutes. If lentils are not done (not soft), bring up to pressure again, cook another 5 minutes, and check again.

OR

If you are using a large pot, add 8 1/2 cups of water, stir, cover, and simmer for 30+ minutes until the lentils are soft, but not mushy.

While lentils are cooking, prepare the kale: wash the kale, and cut the leafy part from the stem. Discard the stems (they are too woody). Finely chop the leaves.

After lentils are cooked, stir in sea salt, pepper, tamari, and tomato paste. Then add the chopped kale leaves, and cook until kale is wilted (about 4 minutes).

### VARIATIONS:

- Use collards instead of kale.

Per serving: 279 Calories; 3g Fat (8% calories from fat); 20g Protein; 49g Carbohydrate; 0mg Cholesterol; 561mg Sodium



## 09-Lentils with Mushrooms

Makes 10 servings.

Preparation Time:  
45 minutes



### Nutrition Facts

Servings Per Recipe 10

#### Amount Per Serving

Calories		194	
Calories from fat		19	
			<b>% Daily Value*</b>
Total Fat	2.3g		<b>4%</b>
Saturated Fat	0.3g		<b>1%</b>
Cholesterol	0mg		<b>0%</b>
Sodium	400mg		<b>17%</b>
Carbohydrate	33.1g		<b>11%</b>
Dietary Fiber	13.9g		<b>55%</b>
Protein	14.2g		<b>28%</b>
Vitamin A			<b>0.4%</b>
Vitamin C			<b>18.6%</b>
Calcium			<b>4.1%</b>
Iron			<b>26.5%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Use either button mushrooms or (for a richer flavor) wild mushrooms.

30 grams dried mushrooms

(see "Glossary of Cooking Terms" for more information about washing beans)

1 tablespoon olive oil

3 large onions, chopped

water

2 pounds mushrooms, sliced

(see instructions)

(about 8 cups)

8 garlic cloves, minced

1 teaspoon sea salt

2 teaspoons rosemary, ground

2 tablespoons tamari soy sauce

2 cups lentils, washed

Set dried mushrooms to soak in water. Set aside.

Heat a pressure cooker or a large pot over medium-high heat and add oil. Add onion and saute for about 5 minutes. Drain the soaking mushrooms, and slice. Add the slice fresh and sliced soaked mushrooms to the pan. As the mushrooms start to cook, some liquid will be given off. Cook until all of the liquid is cooked off and mushrooms are well cooked. Add the garlic and rosemary, and cook about 2 more minutes.

Add the lentils.

If you are using a pressure cooker, add 4 1/2 cups of water, stir, cover, and bring up to pressure. Cook for 20 minutes. If lentils are not done (not soft), bring up to pressure again, cook another 5 minutes, and check again. OR

If you are using a large pot, add 7 cups of water, stir, cover, and simmer for 30+ minutes until the lentils are soft, but not mushy.

After lentils are cooked, stir in sea salt and tamari.

#### VARIATIONS:

- Add other herbs (such as marjoram) either to complement the rosemary, or to take the place of the rosemary.

Per serving: 194 Calories; 2g Fat (10% calories from fat); 14g Protein; 33g Carbohydrate; 0mg Cholesterol; 400mg Sodium

# 09-Red Wine Glazed Garbanzo Beans with Arugula

Makes 6 servings.

Preparation Time:  
15 minutes



## Nutrition Facts

Servings Per Recipe 6

Amount Per Serving	
Calories	108
Calories from fat	12
<b>% Daily Value*</b>	
Total Fat 1.2g	<b>2%</b>
Saturated Fat 0.1g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 185mg	<b>8%</b>
Carbohydrate 16.9g	<b>6%</b>
Dietary Fiber 0.0g	<b>0%</b>
Protein 4.2g	<b>8%</b>
Vitamin A	<b>9.7%</b>
Vitamin C	<b>5.8%</b>
Calcium	<b>5.7%</b>
Iron	<b>9.2%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

1 1/2 cups chickpeas, cooked, drained  
(a 15 oz. can is about 1 1/2 cups)  
3/4 cup red wine  
1/2 teaspoon sea salt  
2 tablespoons Sucanat sugar, or granulated sugar

200 grams arugula  
(stems removed, leaves chopped)

Combine chickpeas, wine, salt, and sugar in a small pan and cook together over medium-low heat. Cook gently until there is no liquid left. The idea is to impact a sweetened red wine flavor into the chickpeas.

Add the arugula at the end, and cook until arugula starts to wilt.

Per serving: 108 Calories; 1g Fat (11% calories from fat); 4g Protein; 17g Carbohydrate; 0mg Cholesterol; 185mg Sodium

# 09-Spicy Black Bean Patties

Makes 6 servings.

Preparation Time:  
20 minutes

Serving Ideas:  
Serve on a burger  
bun with a little  
salsa.

## Nutrition Facts

Servings Per Recipe 6

Amount Per Serving	
Calories	167
Calories from fat	18
<b>% Daily Value*</b>	
Total Fat 2.0g	<b>3%</b>
Saturated Fat 0.3g	<b>2%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 337mg	<b>14%</b>
Carbohydrate 29.5g	<b>10%</b>
Dietary Fiber 5.2g	<b>21%</b>
Protein 9.1g	<b>18%</b>
Vitamin A	<b>181.2%</b>
Vitamin C	<b>28.1%</b>
Calcium	<b>5.8%</b>
Iron	<b>11.6%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### PATTY MIXTURE

1 teaspoon olive oil  
1 medium onion, chopped small  
20 garlic cloves, minced  
3 carrots, cut in quarter moons  
2 celery stalks  
1 ounce chipotle peppers in adobo sauce  
(seeds from pepper removed and pepper  
chopped - 1 pepper weights about 1 ounce)

3 cups black beans, cooked, rinsed, drained  
(a 15 oz. can is about 1 1/2 cups)  
(see "Glossary of Cooking Terms" for more  
information about cooking beans)  
1 teaspoon sea salt

### FRY PATTIES

1 teaspoon olive oil

### PATTY MIXTURE

Heat a skillet over medium-high heat and add oil. Add the chopped onion and saute for about 5 minutes. Add garlic and cook for another 2 minutes. Add carrots and cook for about 6 minutes. Add celery and cook another 4 minutes. Add the chopped pepper, beans and salt, and cook for about 2 minutes.

The mixture should hold together well so that you can form patties. If the mixture is not holding together because the beans are not soft enough, use a potato masher to mash the beans a little bit, and if necessary, add some water to help the mixture stick together so that patties can be formed.

### FRY PATTIES

Once the mixture is cool enough to handle, form bean mixture into about 6 patties. Heat a large skillet over medium heat. Once hot, add 1 teaspoon of olive oil, and then add the patties. Flip patties when the down side begins to brown. Serve hot.

### VARIATIONS:

- Try other types of beans such as garbanzo beans or pinto beans.

Per serving: 167 Calories; 2g Fat (11% calories from fat); 9g Protein; 30g Carbohydrate; 0mg Cholesterol; 337mg Sodium

# 09-Spicy Swiss Chard and Black Beans

Makes 6 servings.

Preparation Time:  
15 minutes

Serving Ideas:  
Serve with quinoa  
or rice.



## Nutrition Facts

Servings Per Recipe 6

Amount Per Serving	
Calories	91
Calories from fat	6
<b>% Daily Value*</b>	
Total Fat 0.7g	<b>1%</b>
Saturated Fat 0.1g	<b>1%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 450mg	<b>19%</b>
Carbohydrate 17.0g	<b>6%</b>
Dietary Fiber 3.4g	<b>14%</b>
Protein 5.2g	<b>10%</b>
Vitamin A	<b>34.5%</b>
Vitamin C	<b>29.2%</b>
Calcium	<b>4.9%</b>
Iron	<b>11.3%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

3/4 pound Swiss chard  
(stems removed and chopped)  
(leaves chopped)

1/2 teaspoon olive oil  
1 medium onion, chopped  
1 1/2 cups black beans, cooked, rinsed, drained  
(a 15 oz. can is about 1 1/2 cups)  
(see "Glossary of Cooking Terms" for more  
information about cooking beans)

2 tablespoons tikka paste  
(tikka paste is a spicy South Asian Indian  
paste made of tamarind, coriander,  
cumin, chillies, and other spices)  
1/2 teaspoon sea salt  
3 tablespoons water

Remove the stems from the Swiss chard, and chop. Set aside. Chop Swiss chard leaves. Set aside separately.

Heat a skillet over medium-high heat and add oil. Add the chopped onion and saute for about 3 minutes. Add the chopped Swiss chard stems. Cook another 7 or so minutes until the onion starts to brown a bit. Add the beans and cook another minute.

In a small bowl, mix together the tikka paste, salt, and water. Add this to the onion mixture and cook for about 4 minutes.

Add the chopped Swiss chard leaves at the end, and cook until the Swiss chard leaves starts to wilt (about 2 minutes).

### VARIATIONS:

- Instead of using black beans, try another bean such as garbanzo beans or white beans.

Per serving: 91 Calories; 1g Fat (7% calories from fat); 5g Protein; 17g Carbohydrate; 0mg Cholesterol; 450mg Sodium

# 09-White Beans with Arugula

Makes 6 servings.

Preparation Time:  
15 minutes



## Nutrition Facts

Servings Per Recipe 6

Amount Per Serving	
Calories	142
Calories from fat	7
<b>% Daily Value*</b>	
Total Fat 0.8g	<b>1%</b>
Saturated Fat 0.2g	<b>1%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 325mg	<b>14%</b>
Carbohydrate 25.3g	<b>8%</b>
Dietary Fiber 4.8g	<b>19%</b>
Protein 9.5g	<b>19%</b>
Vitamin A	<b>9.5%</b>
Vitamin C	<b>7.5%</b>
Calcium	<b>11.8%</b>
Iron	<b>20.3%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

1/2 teaspoon olive oil  
1 medium onion, chopped  
3 cups white beans, cooked, rinsed, drained  
(a 15 oz. can is about 1 1/2 cups)  
(see "Glossary of Cooking Terms" for more  
information about cooking beans)

1 teaspoon sea salt  
200 grams arugula  
(stems removed, leaves coarsely chopped)

Heat a skillet over medium-high heat and add oil. Add the chopped onion and saute until it starts to brown a bit (about 10 minutes). Add the beans and salt, and cook for about 5 minutes.

Add the arugula at the end, and cook until the arugula starts to wilt.

### VARIATIONS:

- Instead of using white beans, try another bean such as garbanzo beans or black beans.

Per serving: 142 Calories; 1g Fat (5% calories from fat); 10g Protein; 25g Carbohydrate; 0mg Cholesterol; 325mg Sodium

# 10- \*\*\*\*\* CASSEROLES \*\*\*\*\*

Makes one serving.

Preparation Time:  
0 minutes

## Nutrition Facts

Servings Per Recipe 1

Amount Per Serving	
Calories	0
Calories from fat	0
<b>% Daily Value*</b>	
Total Fat 0.0g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 0mg	<b>0%</b>
Carbohydrate 0.0g	<b>0%</b>
Dietary Fiber 0.0g	<b>0%</b>
Protein 0.0g	<b>0%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>0.0%</b>
Iron	<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- The quickest way to make a casserole is to use leftovers such as: roasted vegetables (potatoes, carrots, etc.), any type of grain (rice, quinoa, etc.) and a leftover bean or nut sauce (miso tahini sauce, etc.). The possibilities are endless, but if you start with components that are already made and can stand on their own, you have a better chance of having a successful casserole when the components are combined.

Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

# 10-Garden Vegetable Baked Spiral Pasta

Makes 10 servings.

Preparation Time:  
2 hours



## Nutrition Facts

Servings Per Recipe 10

### Amount Per Serving

Calories		301
Calories from fat		82
	<b>% Daily Value*</b>	
Total Fat	9.3g	14%
Saturated Fat	0.9g	4%
Cholesterol	0mg	0%
Sodium	225mg	9%
Carbohydrate	47.2g	16%
Dietary Fiber	5.0g	20%
Protein	8.6g	17%

Vitamin A		11.6%
Vitamin C		15.7%
Calcium		8.6%
Iron		13.3%

\* Percent Daily Values are based on a 2,000 calorie diet.

- I created this recipe during the 3 year period I lived in Trento, Italy.
- In Italy, this might be called "Pasta al Forno con Verdure Miste".

### PASTA

1 pound brown rice fusilli pasta  
(or whole wheat fusilli/spirals, but only if the dish can have some gluten)

### VEGETABLES

1 teaspoon olive oil  
1 large onion, chopped  
2 cups butternut squash, diced  
(or any winter squash such as acorn or pumpkin)  
2 medium carrots, diced  
3 medium zucchini, diced  
4 garlic cloves, minced  
1/2 teaspoon sea salt

### SAUCE

1 1/2 cups soy milk

1/2 cup white wine, (or water)  
3 tablespoons brown rice flour  
(or whole-grain spelt flour, but only if the dish can have some gluten)  
1/2 teaspoon sea salt  
1/4 teaspoon white pepper

2 tablespoons olive oil  
2 tablespoons brown rice flour  
(or whole-grain spelt flour, but only if the dish can have some gluten)

### "PARMESAN" TOPPING

3 tablespoons tahini  
1 1/2 tablespoons white wine, (or water)  
1 1/2 tablespoons water  
1 garlic clove, crushed  
1/8 teaspoon sea salt

### PASTA

Cook pasta in boiling water until al dente (follow package instructions). Drain, rinse with cold water, and transfer to a large mixing bowl.

### VEGETABLES

To prepare the vegetable mixture, heat a skillet over medium-high heat and add oil. Add onion and saute for about 6 minutes. Add butternut squash and cook another 7 minutes. Add carrots and continue to cook for 4 minutes. Add zucchini and garlic and cook for about 6 minutes. This sealing of each vegetable one by one helps develop a rich flavor. After sealing, season vegetable mixture with salt. Turn off heat.

### SAUCE

As time allows, prepare the sauce. Whisk together soy milk, wine (or water), first proportion of flour, salt, and pepper. Set aside. Heat sauce pan briefly. Add oil and then the second proportion of flour (2 Tablespoons). Cook flour briefly in oil until it has browned a little. Whisk the soy milk mixture into the sauce pan, and heat over medium to medium-high heat for about 4 minutes to thicken (or a little longer). Whisk frequently. Turn off heat.

### ASSEMBLING

Combine vegetable mixture with the pasta in the large mixing bowl being careful not to break apart the pasta.

If the sauce has become too thick, thin it down with a little hot water. Add the sauce to the vegetable/pasta mixture, and gently mix again.

Add the mixture to a lightly oiled large (about 9"x13") baking pan.

#### "PARMESAN" TOPPING

To assemble the "Parmesan" Topping, combine all topping ingredients in a little bowl. Dribble randomly over the pasta mixture in the baking pan.

#### BAKING

Bake in a 350 degree F (190 degree C) oven (no need to preheat oven) for about 45 minutes. Cover with foil if the top gets to brown.

---

Per serving: 301 Calories; 9g Fat (27% calories from fat); 9g Protein; 47g Carbohydrate; 0mg Cholesterol; 225mg Sodium



# 10-Layered Potato-Mushroom-Olive Tempeh

Makes 6 servings.

Preparation Time:  
50 minutes

Serving Ideas:  
Serve "15-Creamy  
Roasted Garlic  
Sauce" (see  
recipe).



## Nutrition Facts

Servings Per Recipe 6

### Amount Per Serving

Calories		556
Calories from fat		107
<b>% Daily Value*</b>		
Total Fat	13.4g	<b>21%</b>
Saturated Fat	1.6g	<b>8%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	701mg	<b>29%</b>
Carbohydrate	102.5g	<b>34%</b>
Dietary Fiber	12.8g	<b>51%</b>
Protein	23.6g	<b>47%</b>

Vitamin A		<b>34.8%</b>
Vitamin C		<b>52.5%</b>
Calcium		<b>10.9%</b>
Iron		<b>33.9%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

## TEMPEH

12 ounces tempeh, defrosted

## MUSHROOMS

1 tablespoon olive oil  
1 pound shiitake mushrooms, sliced  
1 large onion, chopped  
4 garlic cloves, minced

## OLIVE PUREE

3/4 cup walnuts  
1 cup pitted kalamata olives, drained  
(reserve liquid if desired -  
see directions)

1 cup fresh basil, packed

## FINISHING THE MUSHROOM-OLIVE MIXTURE

1 1/2 cups no-salt-added mushroom broth, (or water)  
1 teaspoon sea salt

## MASHED POTATOES

3 large potatoes, cut into 1" cubes  
1/2 cup unsweetened soy milk, heated  
(or more as needed to make spreadable  
mashed potatoes)  
1 tablespoon vegetable oil spread, non-hydrogenated  
1/2 teaspoon sea salt

## TEMPEH

The first step with the tempeh is optional: steam tempeh for 20 minutes. This can reduce that subtle bitter "edge" that tempeh sometimes has. This is not so critical in this recipe since the tempeh is baked in a mushroom broth.

Slice defrosted (or steamed) tempeh cross-wise to create 3 inch by 1/2 inch strips. Place sliced tempeh in bottom of a 9x9 inch baking pan.

## MUSHROOMS

Heat a pot over medium-high heat and add oil. Add mushrooms and saute until browned and all liquid is cooked off (could take up to 25 minutes, but it depends how much heat you use and how moist the mushrooms are). Then add the onion, and saute until onion browns just a bit. Add garlic, and cook a couple additional minutes.

## OLIVE PUREE

While mushrooms are cooking, add the walnuts, olives, and basil to a food processor. Pulse to combine. I prefer to create an olive puree that has a little bit of texture to it, so don't over process it.

## FINISHING THE MUSHROOM-OLIVE MIXTURE

Add the olive puree to the mushrooms after the mushrooms, onion, and garlic have finished cooking. If you would like to use the liquid that the olives were packed in, add some of that to the mushroom broth when measuring the broth (also consider if you might not need as much salt). Add the broth and the salt to the mushroom-olive mixture, and bring to a simmer. Immediately pour all of this mixture on top of the tempeh in the baking dish (spreading the mushroom-olive mixture out so it cover evenly over the tempeh).

Bake dish (uncovered) in a 450 degree F (230 degree C) oven (no need to preheat oven) for about 30 minutes.

#### MASHED POTATOES

While tempeh is baking, prepare the mashed potatoes. Place the cut potatoes in a steamer basket, and steam until tender. Mash with unsweetened soy milk, spread, and salt.

Once the tempeh and mushroom-olive mixture have baked for about 30 minutes (giving it time to let the mushroom-olive broth reduce and bake into the tempeh), remove the baking dish from the oven, and evenly spread the mashed potatoes over the top mushroom-tempeh layer. Place back in the oven (still uncovered) and bake another 20 minutes.

Remove from oven and serve.

#### VARIATIONS:

- Instead of using a baking pan, use small baking moulds (or maybe even a muffin tin) where you can make individual-sized servings. Cut the tempeh into appropriate shapes such that it can be layered into the bottom of the individual moulds, and layer the mushroom-olive mixture and potatoes in the same fashion as if using a baking pan.

---

Per serving: 556 Calories; 13g Fat (19% calories from fat); 24g Protein; 102g Carbohydrate; 0mg Cholesterol; 701mg Sodium

# 10-Tuscan Roasted Vegetable-Rice Casserole

Makes 6 servings.

Preparation Time:  
2 hours



Nutrition Facts	
Servings Per Recipe 6	
Amount Per Serving	
Calories	515
Calories from fat	93
	<b>% Daily Value*</b>
Total Fat 12.5g	<b>19%</b>
Saturated Fat 1.9g	<b>9%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 723mg	<b>30%</b>
Carbohydrate 109.0g	<b>36%</b>
Dietary Fiber 10.5g	<b>42%</b>
Protein 19.3g	<b>39%</b>
Vitamin A	<b>204.8%</b>
Vitamin C	<b>60.4%</b>
Calcium	<b>14.3%</b>
Iron	<b>35.9%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- For this dish you can either combine all the components (rice, vegetables, and sauce together) and bake it all together as a casserole (as described near the end of the recipe), or you can simply serve each of the three components separately, and let people create their own portions by layering rice with vegetables and then drizzling with sauce. Serving the three components separately makes for quicker preparation and allows each person to control how much they want of each component (more sauce for some, more rice for others, etc.).

## RICE

2 cups brown basmati rice, washed  
4 cups no-salt-added vegetable broth, (or water)  
1/2 teaspoon sea salt

6 servings 13-Roasted Mixed Vegetables  
(see recipe)

## WHITE BEAN-PESTO SAUCE

6 servings 15-White Bean-Pesto Sauce  
(see recipe)

## ROASTED VEGETABLE FILLING

## RICE

Prepare the rice by combining the rice, broth, and sea salt in a pot. Cover and bring to a boil. Turn to low and simmer for 1 hour.

## ROASTED VEGETABLE FILLING

While rice is cooking, prepare vegetables according to recipe instructions. Set aside.

## WHITE BEAN-PESTO SAUCE

Prepare according to recipe instructions. Set aside.

## CASSEROLE ASSEMBLY

To assemble the casserole, combine all the separately prepared ingredients in a large bowl and pour into an oiled baking dish.

Bake in a 375 degree F (190 degree C) oven (no need to preheat oven and no need to cover the pan unless it starts looking too browned on top) for 30 minutes. Garnish as desired (such as, eatable flowers, basil leaves, or shredded carrots).

## VARIATIONS:

- Use quinoa instead of rice.
- Try other combinations of roasted vegetables.

Per serving: 515 Calories; 13g Fat (18% calories from fat); 19g Protein; 109g Carbohydrate; 0mg Cholesterol; 723mg Sodium

## 11- \*\*\*\*\* COMPILATION DISHES \*\*\*\*\*

Makes one serving.

Preparation Time:  
0 minutes



### Nutrition Facts

Servings Per Recipe 1

Amount Per Serving	
Calories	0
Calories from fat	0
<b>% Daily Value*</b>	
Total Fat 0.0g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 0mg	<b>0%</b>
Carbohydrate 0.0g	<b>0%</b>
Dietary Fiber 0.0g	<b>0%</b>
Protein 0.0g	<b>0%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>0.0%</b>
Iron	<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Compilation dishes can take more time to prepare because often each component of the dish has to be prepared separately, and then assembled together into one dish.

My favorite recipes in this chapter include:

- Asian Lasagna
- Saffron-Garbanzo Rice Pilaf Wrapped in Filo
- Enchiladas

Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

# 11-Asian Lasagna

Makes 10 servings.

Preparation Time:  
2 hours, 30  
minutes

Serving Ideas:  
With brown rice  
and "15-Cilantro  
Sauce" (see  
recipe).



## Nutrition Facts

Servings Per Recipe 10

### Amount Per Serving

Calories 367  
Calories from fat 153

		% Daily Value*
Total Fat	19.2g	30%
Saturated Fat	9.5g	48%
Cholesterol	0mg	0%
Sodium	326mg	14%
Carbohydrate	45.9g	15%
Dietary Fiber	6.6g	27%
Protein	14.3g	29%

Vitamin A	241.7%
Vitamin C	122.7%
Calcium	17.1%
Iron	22.7%

\* Percent Daily Values are based on a 2,000 calorie diet.

- A combination of cuisines (style from Italy, ingredients from Asia) for a dish more nutritionally-dense and complete than the original Italian lasagna.

- See the "Glossary of Ingredients" for information about making ginger juice.

### FILLING

3 cups broccoli florets  
1 1/2 cups broccoli stalks, peeled, sliced  
(florets and stalks from 2 bunches -  
about 3 pounds)

1 1/2 tablespoons dark (toasted) sesame oil  
180 grams portobella mushrooms, sliced 1/2" thick  
(about 2 large mushrooms, stems chopped)  
1 large onion, diced  
5 medium carrots, sliced  
1 medium red bell pepper, cubed  
1/2 pound collard greens, chopped  
(about 8 collard leaves)  
6 garlic cloves, minced

1 1/2 tablespoons ginger juice, fresh  
(squeezed from fresh, grated ginger root)  
1 tablespoon sweet sherry, (e.g., mirin)  
1/2 teaspoon sea salt

### TEMPEH

1 tablespoon dark (toasted) sesame oil  
8 ounces tempeh, defrosted  
1/4 cup water  
1 tablespoon Tamari soy sauce  
1 tablespoon sweet sherry, (e.g., mirin)

### SAUCE

18 ounces no-salt-added vegetable broth, (or water)  
14 ounces coconut milk  
2 tablespoons ginger juice, fresh  
(squeezed from fresh, grated ginger root)  
8 garlic cloves, crushed  
3 tablespoons tahini  
(adjust tahini depending on your tastes)  
(use more if you want a richer dish)  
(use less if you want a lighter dish)  
1/8 teaspoon sea salt

4 tablespoons brown rice flour  
(or whole-grain spelt flour, but only if  
the dish can have some gluten)  
1 tablespoon white miso

### PASTA

1/2 pound no-boil/oven-ready rice lasagna noodles  
(or no-boil/over-ready whole  
wheat lasagna noodles, but only  
if the dish can have some gluten)  
(about 9-12 inch pieces)

### GARNISH

4 tablespoons basil, fresh, chopped  
3/4 cup green onions, chopped  
(about 6 stalks)

### FILLING

To prepare the broccoli: a) cut off the florets, b) peel the stalks, and c) slice the stalks.

To prepare the filling, heat a skillet over medium-high heat and add oil. Add mushrooms and saute for about 10 minutes. Add onion and sliced broccoli stalks and cook about 6 minutes. Add carrots and cook 4 minutes. Add red bell pepper and continue to saute another 4 minutes. Add collard greens and cook an additional 5 minutes.

Add broccoli florets and garlic and cook for another 5 minutes. This sealing of each vegetable one by one helps develop a rich flavor. After sealing, season vegetable mixture with ginger juice, sherry, and salt. Turn off heat.

#### TEMPEH

During this process, prepare tempeh. Steam the tempeh for 20 minutes. Slice tempeh into long 1/4 inch strips. Dab the oil on all sides of all the tempeh strips, then heat a pan over medium-high heat and add the tempeh. Seal on all sides. Combine water, tamari soy sauce, and sherry. When finished, turn down heat and pour combined liquids over the tempeh. Cook gently until all moisture is absorbed by the tempeh, and then turn off the heat.

#### SAUCE

As time allows, prepare the sauce. Combine all sauce ingredients, except flour and miso, in a sauce pan. Slowly sprinkle in flour stirring continuously so lumps do not form. If you use less tahini, you will need a little more flour. Heat over low to medium-low heat for about 7 minutes to integrate and thicken. The sauce should be not get too thick. Add additional water if needed to make a thin sauce texture (or add additional flour to thicken more). Take a 1/4 cup of sauce out of the sauce pan, and dissolve the miso in it. Add this back to the sauce, and stir. Turn off heat.

#### ASSEMBLY

To assemble, use a large (about 9"x13") baking pan. Spread a thin layer of sauce in the bottom of the pan (about 3/4 cup). Place 3 pieces of lasagna noodles (about 1/3 of the noodles) in the bottom of the pan. You don't want the noodles to overlap since the pasta will expand during baking. Spread another thin layer of sauce over the noodles. Lay half of the tempeh slices on this, and then spread half of the vegetable filling on top and around the tempeh. Continue this noodle-tempeh-filling layering until all filling is used, and then top with the last layer of noodles, covering it thoroughly with sauce. There should be 3 layers of noodles, and 2 layers of tempeh/filling.

Cover pan with foil, and bake in a 375 degree F (190 degree C) oven (no need to preheat oven) for 40 minutes, then remove foil and bake 10 minutes more to give the top layer a golden brown appearance.

Serve garnished with basil and green onions.

#### VARIATIONS:

- For a lower fat dish, replace coconut milk in the sauce with an equal amount of water plus 1/2 teaspoon coconut extract/flavoring.
- Use even more coconut milk in place of some of the water in the sauce. Note: this will give the dish a higher fat content.
- You can use any type of lasagna noodles: if you use noodles that are not oven ready, prepare the noodles as described on the box and then use in this recipe as described; if you are not concerned about gluten in the dish, you can use regular (wheat) lasagna noodles.
- Use pressed tofu in place of tempeh.

---

Per serving: 367 Calories; 19g Fat (42% calories from fat); 14g Protein; 46g Carbohydrate; 0mg Cholesterol; 326mg Sodium

# 11-Asian-Style Roasted Vegetables and Tofu in Filo Purse

Makes 8 servings.

Preparation Time:  
30 minutes

Serving Ideas:  
Serve with rice.



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving		
Calories		380
Calories from fat		187
		<b>% Daily Value*</b>
Total Fat	21.8g	<b>34%</b>
Saturated Fat	3.1g	<b>16%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	492mg	<b>20%</b>
Carbohydrate	34.5g	<b>12%</b>
Dietary Fiber	3.1g	<b>12%</b>
Protein	16.1g	<b>32%</b>
Vitamin A		<b>110.4%</b>
Vitamin C		<b>81.2%</b>
Calcium		<b>18.6%</b>
Iron		<b>52.2%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- GLUTEN NOTE: This is one of the few recipes in this cookbook that contains gluten (from the whole wheat filo). I have included this recipe because because it is an interesting pastry, but simply can not be made in this form without gluten because filo needs to be made with a flour containing gluten to achieve the desired effect. The recipe in the form shown below is not suitable for people who want to or need to avoid gluten. The filling is free of gluten, and could be baked in a dish by itself, or put in a non-gluten pie crust (see recipe), or with a non-gluten biscuit topping.

- Broccoli rabe is leafier than regular heads of broccoli, and is high in calcium.

### VEGETABLES

1 cup broccoli rabe stems, chopped  
4 cups broccoli rabe leaves, chopped  
(this is stems and leaves from about 2 bunches of rabe)  
(this is separated because the stems take longer to roast than the leaves)  
(broccoli rabe is also called rappini or rapini or broccoli raab)

1/4 pound shiitake mushrooms, sliced  
(about 1 cup)  
1 medium leek, diced  
(I like to use both the white and most of the green part; reserve a dozen 1/4" wide by 8" long strips of leek for tying the purses after assembled)  
4 garlic cloves, minced  
1 tablespoon dark sesame oil  
1/2 teaspoon sea salt

4 cups red cabbage, chopped  
(about one medium head)  
1 tablespoon dark sesame oil  
1/2 teaspoon sea salt

1 tablespoon dark sesame oil  
1/4 teaspoon sea salt

### TOFU

4 servings 12-Seasoned Pan Fried Tofu Strips  
(this is another recipe in this cookbook)

### FILO

240 grams whole wheat filo, thawed  
(the weight of different filoes varies)  
(overall, need about 12 18"x13" sheets)  
1/4 cup dark sesame oil, for brushing  
(overall quantity used will depend on amount brushed on each sheet)

### VEGETABLES

To prepare the broccoli rabe: a) cut off the bottom thicker stems and chop & b) chop the remaining leafy part.

In a large bowl, combine the chopped broccoli rabe stems, mushrooms, onion, and garlic. Toss. Drizzle in 1 tablespoon of oil, and toss. Add 1/2 teaspoon of salt, and toss again.

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). The vegetables can even stick a little to a non-stick baking sheet which messes up the vegetables, so I greatly prefer parchment paper because it always makes for very easy removal.

Transfer vegetables to the baking sheet and roast in a 450 degree F (230 degree C) oven (no need to preheat oven) for about 25 minutes.

While the first set of vegetables are roasting, toss the chopped cabbage, 1 tablespoon of oil, and 1/2 teaspoon of salt.

After the first set of vegetables have roasted for 25 minutes, add the cabbage, and continue to roast.

While all those vegetables are roasting, toss the remaining broccoli rabe with the last tablespoon of oil and the last 1/4 teaspoon of salt.

Once all the vegetables in the oven are getting close to being done, add the remaining broccoli rabe to the baking sheet, and roast another 5 or 10 minutes until they are wilted and slightly drying out.

#### TOFU

While vegetables are roasting, prepare the Seasoned Pan Fried Tofu Strips as described in that recipe.

Remove all vegetables from the oven, and toss them together in a large bowl with the tofu.

#### FILO

Lay a sheet of parchment paper on a baking sheet. With all the 12 filo sheets stacked on top of each other, cut the filo sheets in half lengthwise and in half crosswise so you end up with 4 rectangles about 9" x 6". Take 6 individual rectangles of filo, and layer them one on top of the other, brushing the top of each one with oil. Mound some of the vegetable-tofu mixture in the center of the rectangle. Pull up the edges of the filo and, using the reserved leek strips, tie the filo purse together at the top. Brush outside of filo purse with oil, and place on the baking sheet. Repeat 7 more times to make a total of 8 filo purses.

Bake in a 375 degree F (190 degree C) oven (no need to preheat the oven) for 30 minutes; you want the filo to have a golden brown appearance, but cover it with foil if it gets to dark but the vegetable-tofu filling is not yet heated through.

#### VARIATIONS:

- Use a variation of vegetables.
  - Assemble it into one big pan (layering the vegetable-tofu filling and oiled filo sheets) instead of making individual purse portions.
- 

Per serving: 380 Calories; 22g Fat (49% calories from fat); 16g Protein; 35g Carbohydrate; 0mg Cholesterol; 492mg Sodium



# 11-Asparagus-Garbanzo Strudel

Makes 15 servings.

Preparation Time:  
1 hour, 20 minutes

- GLUTEN NOTE: This is one of the few recipes in this cookbook that contains gluten (from the whole wheat filo). I have included this recipe because because it is an interesting pie/pastry, but simply can not be made in this form without gluten because filo needs to be made with a flour containing gluten to achieve the desired effect. The recipe in the form shown below is not suitable for people who want to or need to avoid gluten. The filling is free of gluten, and could be baked in a dish by itself, or put in a non-gluten pie crust (see recipe), or with a non-gluten biscuit topping.

- This recipe makes a large pan; if you have leftovers, they freeze very well.

## Nutrition Facts

Servings Per Recipe 15

### Amount Per Serving

Calories		204
Calories from fat		82
	<b>% Daily Value*</b>	
Total Fat	9.4g	14%
Saturated Fat	1.2g	6%
Cholesterol	0mg	0%
Sodium	313mg	13%
Carbohydrate	25.4g	8%
Dietary Fiber	3.4g	14%
Protein	6.3g	13%
Vitamin A		199.5%
Vitamin C		16.7%
Calcium		5.8%
Iron		13.4%

\* Percent Daily Values are based on a 2,000 calorie diet.

### VEGETABLE MIXTURE

1 tablespoon olive oil  
2 medium leeks, chopped  
(using both the white and green parts)  
16 garlic cloves, minced  
8 carrots, sliced in half moons  
2 pounds asparagus, in 1/2" long pieces  
(or use green beans)  
1/2 teaspoon sea salt  
1/4 teaspoon cayenne pepper  
1 1/2 teaspoons paprika  
1 tablespoon dried oregano  
1 cup cooked garbanzo beans, drained  
(about 10 ounces if using canned)

### "FETA" MIXTURE

1 cup almonds  
2 cups cooked garbanzo beans, drained  
(about 20 ounces if using canned)  
1 tablespoon olive oil  
1 1/4 teaspoons sea salt

### ASSEMBLY

240 grams whole wheat filo, thawed  
(the weight of different filoes varies)  
(overall, you need 12 18"x13" sheets)  
1/4 cup olive oil, for brushing  
(overall quantity used will depend on  
amount brushed on each sheet)

### VEGETABLE MIXTURE

Heat a pan over medium-high heat and add oil. Add the leeks and saute about 5 minutes. Add garlic and carrots and cook another 4 minutes. Add sliced asparagus, and cook until barely tender. Add the remaining vegetable mixture ingredients (including the 1 cup of cooked garbanzo beans) and cook for 1 more minute.

### "FETA" MIXTURE

During this process, prepare the "feta" mixture using a food processor. Add almonds first, and grind. Add the 2 cups of drained cooked garbanzo beans, and the remaining "feta" mixture ingredients, and blend until smooth.

Add the "feta" mixture to the vegetable mixture.

### ASSEMBLY

To assemble the "strudel", oil a large (about 9"x13") baking pan. Lay 1/4 of the filo sheets (about 3 18"x13" pieces) into the bottom of the pan. Each sheet will be folded in half to fit in the pan; brush oil on the top of each layer in the pan, both before folding and after. Spread about 1/3 of the vegetable/garbanzo-"feta" mixture on top of this first layer of filo. Continue this filo-filling layering until all filling is used, and then top with the last layer of filo (always brushing it with olive oil). There should be 4 layers of filo (with 3 sheets per layer), and 3 layers of filling.

Bake in a 325 degree F (190 degree C) oven (no need to preheat the oven) for 40 minutes. If the filo begins to brown too much, cover lightly with foil. Make sure filling is hot all the way through; sometimes for a thick strudel when the filling has been made a day in advance and refrigerated, additional baking time will be needed to heat the strudel all the way through.

Slices of strudel freeze very well.

### VARIATIONS:

- To make a similar dish without any gluten (that is, without the filo), put the filling into a non-gluten pie crust and bake (instead of pulling the filling between filo sheets).
- To lower the fat a little, be as sparing as possible with the olive oil when brushing it on the filo sheets, and use half as many almonds in the garbanzo-"feta" mixture.

Per serving: 204 Calories; 9g Fat (40% calories from fat); 6g Protein; 25g Carbohydrate; 0mg Cholesterol; 313mg Sodium

# 11-Broccoli Quiche

Makes 8 servings.

Preparation Time:  
1 hour, 45 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	116
Calories from fat	51
<b>% Daily Value*</b>	
Total Fat 6.2g	<b>10%</b>
Saturated Fat 0.8g	<b>4%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 330mg	<b>14%</b>
Carbohydrate 7.9g	<b>3%</b>
Dietary Fiber 2.7g	<b>11%</b>
Protein 10.0g	<b>20%</b>
Vitamin A	<b>21.8%</b>
Vitamin C	<b>66.7%</b>
Calcium	<b>14.4%</b>
Iron	<b>33.5%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### BROCCOLI PART OF FILLING

1/2 teaspoon olive oil  
1 large onion  
3 garlic cloves, minced  
3/4 cup broccoli stalks, peeled, sliced  
2 1/2 cups broccoli florets  
(stalks and florets from about 2 bunches)  
1/4 teaspoon sea salt

1/2 tablespoon paprika  
1/2 teaspoon celery seed  
1/4 teaspoon garlic powder  
1/4 teaspoon onion powder  
1/4 teaspoon ground mustard seed  
1/2 tablespoon dried basil  
1/2 teaspoon white pepper  
2 tablespoons mayonnaise vegi dressing  
(or other vegan mayonnaise)

### TOFU PART OF FILLING

14 ounces tofu, firm  
(or you can use a silken tofu)  
1/2 teaspoon sea salt

### GARNISH

1/4 cup green olives, sliced

### PIE CRUST

Prepare a pie crust if you want to bake the filling in a crust (the other option is to bake the filling like a custard, without a crust), but do not bake crust (e.g., either the "14-Non-Gluten Pie Crust" or the "14-Simple Pie Crust"). A large-deep-pie dish is best for this pie. The amount of filling called for in this recipe would overflow a small 9-inch pie pan; one that is a little deeper and wider is better.

### BROCCOLI PART OF FILLING

Heat a skillet over medium-high heat and add oil. Add onion and garlic and briefly saute; then add the sliced broccoli stalks. Once the stalks are relatively tender (they will cook more when the pie bakes), add the florets. Cook another few minutes to soften the broccoli florets, and then add the salt. Cook one more minute, and then remove from heat.

### TOFU PART OF FILLING

Blend tofu, salt, spices, and mayonnaise in a food processor until smooth.

### QUICHE ASSEMBLY

First, bake the large-deep-prepared-pie crust without the quiche filling in a 350 degrees F (175 degrees C) oven (no need to preheat oven) for 10 minutes just to get the pie crust slightly baked (dried out).

Combine together the broccoli mixture and tofu mixture. This will be the filling. After crust has baked a little bit without the filling, pour the quiche filling into the crust. Put back in the oven to bake in the 350 degrees F (175 degrees C) oven for about 45 minutes.

### GARNISH

Garnish baked quiche with sliced olives.

### VARIATIONS:

- "Asparagus Quiche" - Use asparagus instead of broccoli, and instead of garnishing with olives after the quiche has baked, garnish with asparagus stalks or tips before the quiche has baked.

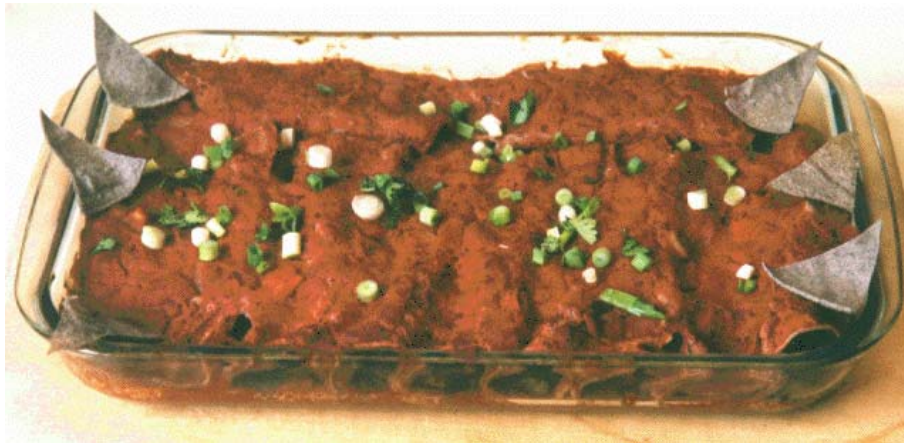
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Per serving: 116 Calories; 6g Fat (44% calories from fat); 10g Protein; 8g Carbohydrate; 0mg Cholesterol; 330mg Sodium

# 11-Enchiladas

Makes 12 servings.

Preparation Time:  
1 hour, 30 minutes



## Nutrition Facts

Servings Per Recipe 12

Amount Per Serving	
Calories	194
Calories from fat	26
<b>% Daily Value*</b>	
Total Fat 3.0g	<b>5%</b>
Saturated Fat 0.4g	<b>2%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 264mg	<b>11%</b>
Carbohydrate 32.2g	<b>11%</b>
Dietary Fiber 6.7g	<b>27%</b>
Protein 11.9g	<b>24%</b>
Vitamin A	<b>21.8%</b>
Vitamin C	<b>43.7%</b>
Calcium	<b>12.1%</b>
Iron	<b>30.6%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- GLUTEN NOTE: This is one of the few recipes in this cookbook that contains gluten (from the seitan which is pure wheat gluten). I have included this recipe with seitan because seitan is very "meat-like" and adds a very satisfying texture to this dish which many people enjoy. In the form shown below, this recipe is not suitable for people who want to or need to avoid gluten. By leaving out the seitan, this dish is completely without gluten. Tempeh would be a suitable replacement for the seitan.

- White Wave makes a prepared seitan.

- Serve this casserole with "Spanish Rice" (see recipe) and a leafy green for a complete meal.

### VEGETABLE FILLING

1 teaspoon olive oil  
1/2 large onion, diced  
4 small zucchini squash, diced  
4 garlic cloves, minced  
1/8 teaspoon sea salt

2 cups black beans, cooked, drained  
(see "Glossary of Cooking Terms" for more information about cooking beans)  
1/4 teaspoon sea salt  
(see the instructions for a replacement to this bean filling)

### SEITAN (OR TEMPEH) FILLING

1 1/2 teaspoons olive oil  
8 ounces seitan, prepared, in strips  
(do not use seitan if want the dish to be gluten free - tempeh makes a good replacement)  
1 tablespoon tamari soy sauce

### SAUCE

1 teaspoon olive oil  
2 medium onions, finely chopped  
1 1/2 tablespoons cumin powder  
2 tablespoons dried oregano  
1/4 teaspoon cayenne  
3 tablespoons brown rice flour, (or spelt flour)  
56 ounces tomatoes, low sodium, crushed  
1/8 teaspoon sea salt

### BEAN FILLING

1/2 teaspoon olive oil  
1/2 large onion, diced

12 whole corn tortillas

### VEGETABLE FILLING

Heat a large pot over medium-high heat and add oil. Add onions and saute for 6 minutes. Add zucchini and cook for 4 minutes. Add garlic and cook for 2 minutes. (This vegetable sealing process is important for developing a good flavor.) Add the salt and cook another 3 minutes.

### SEITAN (OR TEMPEH) FILLING

Prepare seitan by heating a pan over medium-high heat, adding the oil, and then adding the seitan strips. Seal on all sides (about 7 minutes total). When finished, turn off heat, let sit 2 minutes, and then add the tamari soy sauce.

If you do not want the dish to have any gluten, do not use seitan; instead, try tempeh. If using tempeh, steam it for 20 minutes, and then use the same procedure above for tempeh strips.

### BEAN FILLING

Prepare the beans by heating a pan over medium-high heat, adding the oil, and then adding the onion. Saute onion for about 7 minutes. Add the cooked black beans and salt, and mash beans while slowly cooking. (Alternatively, simply use a 15oz can of low-fat refried black or pinto beans and completely skip this step.)

### SAUCE

Prepare the enchilada sauce by heating a sauce pan over medium-high heat, adding the oil, and then adding the onion. Saute for about 12 minutes. Add the cumin powder, oregano, and cayenne, and cook for 2 minutes, then

add the flour a little bit at a time, stirring after each addition so clumps do not form. After all the flour is added, add the crushed tomatoes and salt. Whisk together so no lumps form. Simmer for 20+ minutes. If after it has cooked for about 10 minutes, you think the sauce might not be as thick as what you would like, add another couple tablespoons of brown rice flour by sprinkling small amounts on top of the sauce and whisking in. If it is thicker than you would like, add some broth or water. If you want a smoother sauce, use an immersion blender to blend the sauce.

#### ASSEMBLY

To assemble the casserole, lightly oil a large (about 9"x13") baking pan. Spread a thin layer of enchilada sauce on the bottom of the pan. Microwave corn tortilla three at a time immediately prior to use to soften then so they are easy to roll. Taking each tortilla one at a time, spread a little of the zucchini mixture, seitan, and beans in lines down the middle of the tortilla. Roll it up and place it in the baking pan. Repeat with remaining tortillas. Cover entire dish with the remaining enchilada sauce.

Bake in a 350 degree F (175 degree C) oven (no need to preheat oven) for 30 minutes until bubbly.

1 Serving Size = 1 enchilada.

#### VARIATIONS:

- Could use chili powder in place of the cumin, oregano, and cayenne, but I prefer to avoid it since it has salt added.
  - Leave the seitan out (or replace it with tempeh) to make this a gluten-free dish.
- 

Per serving: 194 Calories; 3g Fat (13% calories from fat); 12g Protein; 32g Carbohydrate; 0mg Cholesterol; 264mg Sodium

# 11-Greek Spinach Pie

Makes 15 servings.

Preparation Time:  
1 hour, 20 minutes



## Nutrition Facts

Servings Per Recipe 15

Amount Per Serving		
Calories		242
Calories from fat		119
	<b>% Daily Value*</b>	
Total Fat	14.2g	<b>22%</b>
Saturated Fat	1.9g	<b>10%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	472mg	<b>20%</b>
Carbohydrate	18.6g	<b>6%</b>
Dietary Fiber	4.8g	<b>19%</b>
Protein	14.3g	<b>29%</b>
Vitamin A		<b>107.0%</b>
Vitamin C		<b>56.4%</b>
Calcium		<b>27.2%</b>
Iron		<b>45.9%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- **GLUTEN NOTE:** This is one of the few recipes in this cookbook that contains gluten (from the whole wheat filo). I have included this recipe because because it is an interesting pie/pastry, but simply can not be made in this form without gluten because filo needs to be made with a flour containing gluten to achieve the desired effect. The recipe in the form shown below is not suitable for people who want to or need to avoid gluten. The filling is free of gluten, and could be baked in a dish by itself, or put in a non-gluten pie crust (see recipe), or with a non-gluten biscuit topping.
- This "pie" calls for a combination of spinach and collard greens; the spinach gives it a familiar flavor (most recipes call for only spinach) while the collard greens give the dish enhanced nutritional density.
- This dish is also called spanakopita if made into triangular, hand-sized pastries (see Variations).
- This recipe makes a large pan; if you have leftovers, they freeze very well.

### VEGETABLE MIXTURE

20 ounces frozen spinach  
(or don't use spinach, and instead use twice the quantity of collards below)

1 tablespoon olive oil  
2 large onion, chopped  
2 pounds collard greens, chopped fine  
(there are about 16 leaves per pound, but varies depending on the leaf size)  
(cut stems out of leaves)  
(dried out as well as possible; could even spin the chopped greens in a salad spinner)

### TOFU-"FETA" MIXTURE

1 cup almonds  
2 pounds tofu, firm  
(pressed to remove as much water as

possible)

1 tablespoon olive oil  
1 1/4 teaspoons sea salt  
1 teaspoon ground nutmeg

### FINISHING

1/2 teaspoon ground nutmeg  
1/2 teaspoon ground black pepper  
3 tablespoons fresh dill, finely chopped  
(or 1 1/2 tablespoons dried dill)  
1/4 cup fresh parsley, finely chopped  
1 1/2 teaspoons sea salt

240 grams whole wheat filo, thawed  
(the weight of different filios varies)  
(overall, you need 12 18"x13" sheets)  
1/4 cup olive oil, for brushing  
(overall quantity used will depend on amount brushed on each sheet)

### VEGETABLE MIXTURE

Thaw spinach using a sauce pan on the stove top or placing spinach in the microwave. Squeeze out as much liquid as possible from the thawed spinach; chop finely; set aside.  
(If you want, you can use fresh spinach: remove large stems from spinach leaves; steam spinach until wilted; let cool; squeeze out as much liquid as possible from the spinach; chop and set aside.)

Heat a skillet over medium-high heat and add oil. Add onion and saute for about 10 or 15 minutes to get them well cooked. Add the collard greens and cook for about 5 minutes stirring frequently. Add the chopped spinach and cook another 2 minutes. Drain off any extra liquid because you want the resulting mixture (once the Tofu-"Feta" Mixture is added) to be stiff, not soupy.

#### TOFU-"FETA" MIXTURE

During this process, prepare the tofu-"feta" mixture using a food processor. Add almonds first, and grind. Add 2/3 of the pressed/drained tofu, and the remaining tofu-"Feta" mixture ingredients, and blend until smooth. Reserve 1/3 of tofu for adding directly to the spinach/collards mixture.

#### FINISHING

To the collard mixture, add the tofu-"Feta" mixture and the remaining 1/3 of the tofu (mashing it in). Then add the nutmeg, black pepper, dill, parsley, and sea salt and cook for about 3+ minutes. You want the mixture to be fairly stiff, and not soupy (so the overall pie will not be mushy, but rather with distinct layers of filo that are not soggy). If the mixture is a little soupy, you can add some brown rice flour (or other flour) and cook a bit to thicken the mixture.

#### ASSEMBLY

To assemble the "pie", oil a large (about 9"x13") baking pan. Lay 1/4 of the filo sheets (about 3 18"x13" pieces) into the bottom of the pan. Each sheet will be folded in half to fit in the pan; brush oil on the top of each layer in the pan, both before folding and after. Spread about 1/3 of the collard/tofu-"feta" mixture on top of this first layer of filo. Continue this filo-filling layering until all filling is used, and then top with the last layer of filo (always brushing it with olive oil). There should be 4 layers of filo (with 3 sheets per layer), and 3 layers of filling.

Cover pan with foil, and bake in a 375 degree F (190 degree C) oven (no need to preheat the oven) for 30 minutes, then remove foil and bake 10 minutes more to give the top filo layer a golden brown appearance. Make sure filling is hot all the way through; sometimes for a thick pie when the filling has been made a day in advance and refrigerated, additional baking time will be needed to heat the pie all the way through.

Slices of pie freeze very well.

#### VARIATIONS:

- To make a similar dish without any gluten (that is, without the filo), put the filling into a non-gluten pie crust and bake (instead of pulling the filling between filo sheets).
- Use any combination of greens (spinach, collards, kale) to create the ~3.5 pounds of total greens need for this recipe. In this recipe, I call for 1/2 spinach (traditional ingredient) and 1/2 collard greens (which is more nutritionally dense than spinach) to provide both a traditional flavor and a higher nutritional content.
- "Spanakopita" - Instead of layering filling between sheets of filo in a large baking pan (like lasagna), fold 2 tablespoons of the filling into a triangle using a 6"x13" strip of oiled filo, then bake on a baking sheet (covered with parchment paper) for 20 minutes. This should make about 40 triangular pies.
- To lower the fat a little, be as sparing as possible with the olive oil when brushing it on the filo sheets, and use half as many almonds in the tofu-"feta" mixture.

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Per serving: 242 Calories; 14g Fat (49% calories from fat); 14g Protein; 19g Carbohydrate; 0mg Cholesterol; 472mg Sodium

# 11-Millet-Bean Patties

Makes 8 servings.

Preparation Time:  
1 hour, 10 minutes

Serving Ideas:  
Serve with salsa if  
desired.



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	120
Calories from fat	22
<b>% Daily Value*</b>	
Total Fat 3.2g	<b>5%</b>
Saturated Fat 0.5g	<b>2%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 327mg	<b>14%</b>
Carbohydrate 26.6g	<b>9%</b>
Dietary Fiber 5.6g	<b>22%</b>
Protein 6.6g	<b>13%</b>
Vitamin A	<b>207.8%</b>
Vitamin C	<b>33.8%</b>
Calcium	<b>4.5%</b>
Iron	<b>12.1%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Roasted vegetables (especially the garlic clove halves) heighten the flavor of these patties. I like the chunks of vegetables in the patties, rather than a completely uniform texture.
- Read the recipe directions to see if you might like to make this a day ahead, or maybe earlier in the day (depending on your plans).

### MILLET

3/4 cup millet, washed  
2 1/2 cups no-salt-added vegetable broth, (or water)  
1/2 teaspoon olive oil  
1/2 teaspoon sea salt  
1/2 teaspoon cumin powder  
(or leftover cooked millet and skip millet cooking instructions)

### ROASTED VEGETABLES

1 small onion, chopped  
4 large carrots, sliced 1/4" thick

12 garlic cloves, cut in quarters  
1 teaspoon olive oil  
1/4 teaspoon sea salt

### FINISHING

2 ounces canned diced green chiles  
1 cup pinto beans, cooked, drained, mashed  
(see "Glossary of Cooking Terms" for more information about cooking beans)  
(or refried beans, canned or home-made)  
1/4 cup pine nuts  
1 tablespoon tamari soy sauce

### MILLET

Place millet in sauce pan with broth, oil, salt, and cumin. Cover and bring to a boil. Once boiling, simmer for 40 minutes. (A simmer plate (also sometimes called a "flamer tamer") can be helpful during the simmering process to insure that the millet will not burn to the bottom of the pan.)

### ROASTED VEGETABLES

While millet is cooking, roast vegetables. Toss onion, carrots, garlic, oil, and salt in a bowl. Transfer to baking sheet (it should not need to be oiled since the vegetables are oiled) and roast in a 450 degree F (230 degree C) oven (no need to preheat oven) for about 40 minutes, or until the vegetables are not hard, and have browned. During the last 30 minutes of roasting, toss vegetables every 10 minutes to ensure they do not burn on any one side.

### FINISHING

When millet is finished cooking, stir in chilies, beans, pine nuts, and tamari. When vegetables are roasted, add those to the millet mixture as well. If you are using left over millet, it might be clumpy. Take some extra time to mash all the ingredients together so the millet is not in large clumps.

Dish can be eaten now if you do not want to make patties. To continue and make patties, you have two choices. First is to let the mixture cool and firm up just enough so you can handle it to make patties with your hands (could take about an hour). Second is to refrigerate the mixture overnight, and then form patties which can be baked.

### BAKING PATTIES

To prepare the patties:



Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Patties can even stick a little to a non-stick baking sheet which messes up the patties, so I greatly prefer parchment paper because it always makes for very easy removal.

Using your hands (probably want to keep them a little wet), take about 1/3 cup of the mixture, shape it into a patty, and place it on a the baking sheet. If the mixture seems a little dry or crumbly, and it is difficult to form the patties, add some water until it gets a little mushy so that the patties can be easily formed, and so they stay together. If the mixture seems a little too wet, add some brown rice flour. Repeat making patties using all of the millet-bean mixture. You should end up with about 16 small patties.

If desired, spray a little oil on each patty (this will make them brown nicely and give them a lightly crisp crust).

Bake in a 400 degree F (200 degree C) oven (no need to preheat oven) for about 25 minutes, or until the patties are golden brown and have crispy edges. Flip the patties half way through to get both sides brown and so they do not burn on any one side. If the mixture was cold from the refrigerator when you started, check to make sure that the patties are sufficiently warmed through.

#### VARIATIONS:

- For richer patties, add some ground pumpkin seeds when combining millet, beans, and vegetables.
  - Use leftover cooked millet and leftover roasted vegetables for faster preparation.
  - If you would rather not spend the time roasting the vegetables, you could saute them in the olive oil, and add the salt at the end. This takes less time, but requires more attention than roasting.
  - This mixture can also be formed into small bite sized servings, and served as an appetizer (very suitable finger food).
- 

Per serving: 120 Calories; 3g Fat (18% calories from fat); 7g Protein; 27g Carbohydrate; 0mg Cholesterol; 327mg Sodium

# 11-Mushroom-Garlic Lasagna

Makes 10 servings.

Preparation Time:  
2 hours, 30  
minutes



## Nutrition Facts

Servings Per Recipe 10

Amount Per Serving	
Calories	778
Calories from fat	138
<b>% Daily Value*</b>	
Total Fat 16.7g	<b>26%</b>
Saturated Fat 1.9g	<b>10%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 1305mg	<b>54%</b>
Carbohydrate 140.9g	<b>47%</b>
Dietary Fiber 23.6g	<b>94%</b>
Protein 34.0g	<b>68%</b>
Vitamin A	<b>99.5%</b>
Vitamin C	<b>78.2%</b>
Calcium	<b>38.6%</b>
Iron	<b>84.8%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### FILLING

2 teaspoons olive oil  
2 large onions, diced  
2 1/4 pounds collard greens  
(about 36 collard leaves)  
(stems removed and discarded;  
leaves chopped)  
5 garlic cloves, minced  
1 teaspoon sea salt

### MUSHROOM-GARLIC MIXTURE

3 pounds shiitake mushrooms, chopped  
15 garlic cloves  
1 1/2 teaspoons sea salt

### TOFU-"FETA" MIXTURE

1 cup almonds  
2 pounds tofu, firm  
(pressed to remove as much water as  
possible)  
2 tablespoons black truffle oil  
(or olive oil)  
1 1/2 teaspoons sea salt

1 teaspoon ground black pepper  
1/2 cup fresh basil, packed

### SAUCE

3 1/2 cups tomato-mushroom sauce  
(use any type of bottled sauce, or make a  
homemade sauce such as the  
"15-Mediterranean Tomato Sauce"  
which is another recipe in this cookbook)

### PASTA

1/2 pound no-boil/oven-ready rice lasagna noodles  
(or no-boil/oven-ready whole  
wheat lasagna noodles, but only  
if the dish can have some gluten)  
(if you want to use regular lasagna  
noodles, prepare as indicated on the  
use them in this recipe as directed)  
package, and then  
(about 9-12 inch pieces)

### GARNISH

4 tablespoons basil, fresh, chopped

### FILLING

To prepare the filling, heat a pot over medium-high heat and add oil. Add onion and saute for about 10 minutes. Add chopped collard greens and garlic and cook for 10 minutes. After these are well cooked, add salt. If mixture seems watery, add some flour (any type: brown rice flour or regular whole wheat flour) to thicken so it will not be too watery in the lasagna. Turn off heat.

### MUSHROOM-GARLIC MIXTURE

To prepare the mushroom-garlic mixture, heat a skillet over medium-high heat and add oil. Add mushrooms and cook until all liquid is cooked off and the mushrooms start to brown a little. Add garlic and cook another 3 minutes. Add salt, cook another 2 minutes, and turn off heat.

### TOFU-"FETA" MIXTURE

During this process, prepare the tofu-"feta" mixture using a food processor. Add almonds first, and grind. Add

the remaining tofu-"Feta" mixture ingredients, and blend until smooth.

Fold together the mushroom-garlic mixture and the tofu-"feta" mixture.

#### ASSEMBLE

To assemble, use a large (about 9"x13") baking pan:

- sauce - spread a thin layer of sauce in the bottom of the pan (about 3/4 cup)
  - noodles - place lasagna noodles in 3 long rows in the pan (about 1/3 of the noodles); don't overlap noodles since the pasta will expand during baking
  - feta - spread half of the tofu-"feta" mixture over the noodles
  - vegetable - spread half of the vegetable filling on top of the tofu-"feta"
  - sauce - cover with about one third of the sauce
  - noodles - put down 3 more long rows of noodles (another 1/3 of the noodles)
  - feta - cover again with the other half of the tofu-"feta"
  - vegetable - add other half of the vegetable mixture
  - sauce - add another 1/3 of the sauce
  - noodles - place the last 1/3 of the lasagna noodles on top
  - sauce - cover thoroughly with sauce (noodles may burn/dry out if the last layer is not covered well by sauce)
- There should be 3 layers of noodles, and 2 layers of tofu-"feta"/vegetable filling.

Cover pan with foil, and bake in a 375 degree F (190 degree C) oven (no need to preheat oven) for 40 minutes, then remove foil and bake 10 minutes more to give the top layer a golden brown appearance.

Serve garnished with basil.

#### VARIATIONS:

- You can use regular lasagna noodles (ones that are not oven ready and need to boil): follow instructions to boil noodles and use just as described above.
- 

Per serving: 778 Calories; 17g Fat (18% calories from fat); 34g Protein; 141g Carbohydrate; 0mg Cholesterol; 1305mg Sodium

# 11-Rice-Sweet Potatoes-Collard Torte

Makes 8 servings.

Preparation Time:  
2 hours

Serving Ideas:  
Serve with "15-Creamy Roasted Garlic Sauce" (see recipe).



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving		
Calories		323
Calories from fat		44
	<b>% Daily Value*</b>	
Total Fat	5.8g	<b>9%</b>
Saturated Fat	0.8g	<b>4%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	281mg	<b>12%</b>
Carbohydrate	73.4g	<b>24%</b>
Dietary Fiber	7.8g	<b>31%</b>
Protein	10.1g	<b>20%</b>
Vitamin A		<b>455.0%</b>
Vitamin C		<b>74.6%</b>
Calcium		<b>17.7%</b>
Iron		<b>19.3%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This dish is very fun to present to a crowd because it is quite beautiful and delicious.
- The quickest way to make this dish is to use leftovers such as: roasted orange root vegetables (sweet potatoes and/or carrots - e.g., "Roasted Root Vegetables" (see recipe)) and leftover braised greens (kale, collards, and/or broccoli - e.g., "Kale with Sun-Dried Tomatoes" (see recipe)). Alternatively, use other various leftovers (e.g., refried black beans and "Roasted Mexican-Style Vegetables" (see recipe)) to make a new dish in this layered torte style.

RICE	1/4 teaspoon sea salt
1 3/4 cups brown rice, short-grain, washed	
4 cups no-salt-added vegetable broth, (or water)	1/4 cup pecans
1/2 teaspoon sea salt	
2 tablespoons tahini	
SWEET POTATO FILLING	COLLARD GREEN FILLING
2 1/4 pounds sweet potatoes, cut into 1" cubes (about 3 medium sweet potatoes)	1/2 teaspoon dark (toasted) sesame oil
1 teaspoon dark (toasted) sesame oil	1 medium onions, chopped
	1 pound collard greens, chopped (about 16 leaves)
	1/4 teaspoon sea salt

**RICE**  
Prepare the rice by combining the rice, water, and sea salt in a pot. (This recipe uses a bit more liquid than would normally be used to cook rice, but this is because we want the rice to be wet and soft when it is finished cooking.) Cover and bring to a boil. Turn to low and simmer for 1 hour.

Once rice is finished cooking, stir in tahini and set aside.

**SWEET POTATO FILLING**  
While rice is cooking, bake the sweet potatoes. Toss cut potatoes, oil, and salt in a bowl.

Transfer to baking sheet (it does not necessarily need to be oiled since the potatoes are oiled) and roast in a 450 degree F (230 degree C) oven (no need to preheat oven) for about 50 minutes, or until the vegetables are not hard, and have browned. During the last 30 minutes of roasting, toss vegetables every 10 minutes to ensure they do not burn on any one side.

When potatoes are finished roasting, remove from oven and blend in a food processor with pecans. Set aside.

**COLLARD GREEN FILLING**  
While rice is cooking and potatoes are roasting, prepare the collards. Heat a skillet over medium-high heat and add oil. Add onion and saute for 7 minutes. Add collard greens and cook another 7 minutes. Add the sea salt and cook for about 2 minutes.

Briefly blend onion-collard mixture in a food processor. I prefer the collards not completely pureed, but rather still with some texture.

#### TORTE ASSEMBLY

To assemble the torte, completely oil a 10 inch round spring form pan (especially the bottom) (or use a deep dish pie pan). Spread half of the rice in the bottom of the pie pan. Spread sweet potato filling on top of bottom rice layer. Then spread on the collard filling, and finally the remaining rice as the top layer.

Bake in a 375 degree F (190 degree C) oven (no need to preheat oven and no need to cover the pan unless it starts looking too browned on top) for 30 minutes. Let cool out of the oven for 10 minutes. Either serve it from the pan, or turn it out upside down on to a large platter. Garnish as desired (such as, eatable flowers, shredded carrots, or parsley). Cut triangle pie shaped slices to serve.

#### VARIATIONS:

- Replace either the sweet potato filling or the collard green filling with a black bean filling (this can be made similar to the collard green filling using black beans instead of collards).
  - Use kale or chard in place of collard greens.
- 

Per serving: 323 Calories; 6g Fat (14% calories from fat); 10g Protein; 73g Carbohydrate; 0mg Cholesterol; 281mg Sodium

# 11-Saffron-Garbanzo Rice Pilaf Wrapped in Filo

Makes 8 servings.

Preparation Time:  
1 hour, 20 minutes

Serving Ideas:  
Serve with "15-Cream Sauce"



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	356
Calories from fat	89
<b>% Daily Value*</b>	
Total Fat 10.9g	<b>17%</b>
Saturated Fat 1.5g	<b>8%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 415mg	<b>17%</b>
Carbohydrate 63.8g	<b>21%</b>
Dietary Fiber 3.8g	<b>15%</b>
Protein 9.5g	<b>19%</b>
Vitamin A	<b>115.1%</b>
Vitamin C	<b>23.6%</b>
Calcium	<b>6.0%</b>
Iron	<b>18.2%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- GLUTEN NOTE: This is one of the few recipes in this cookbook that contains gluten (from the whole wheat filo). I have included this recipe because because it is an interesting pastry, but simply can not be made in this form without gluten because filo needs to be made with a flour containing gluten to achieve the desired effect. The recipe in the form shown below is not suitable for people who want to or need to avoid gluten. The filling is free of gluten, and could be baked in a dish by itself, or put in a non-gluten pie crust (see recipe), or with a non-gluten biscuit topping.

### PILAF

1/4 teaspoon saffron threads  
1/4 cup hot water

1 teaspoon olive oil  
1 large onion, diced  
2 medium carrots, diced  
3 celery stalks, chopped

1 1/2 cups garbanzo beans, cooked, rinsed, drained  
(a 15 oz. can is about 1 1/2 cups)  
(see "Glossary of Cooking Terms" for more information about cooking beans)  
1 1/4 cups brown basmati rice, washed

2 servings 04-Preserved Lemons, chopped  
(half of one whole lemon)  
(use the whole lemon, pulp, peel and all, but without seeds)  
(this is another recipe in this cookbook)  
1/3 cup preserved lemon soaking liquid  
(the liquid that was used to preserve the

above lemons; you may want to use less depending how salty your liquid is - see directions)

1/4 teaspoon sea salt  
(or maybe a little more depending on the salt level in the preserved lemon soaking liquid - see directions)  
2 1/4 cups no-salt-added vegetable broth, (or water)

### FILLO

240 grams whole wheat filo, thawed  
(the weight of different fillos varies)  
(overall, need about 12 18"x13" sheets)  
1/4 cup olive oil, for brushing  
(overall quantity used will depend on amount brushed on each sheet)

### GARNISH

1 serving 04-Preserved Lemons, sliced in 4 slivers  
(one quarter of a lemon)  
(this is another recipe in this cookbook)

### PILAF

In a small bowl, soak saffron threads in the hot water. Save for later in the recipe.

Heat a pot (appropriate for cooking rice on the stove top) over medium-high heat and add oil. Add onion and saute for 8 minutes. Add carrot and cook for 6 minutes. Add celery and continue to cook for about 5 minutes.

Add the rice and beans and cook (stirring frequently) for 2 minutes.

Add the chopped preserved lemon, liquid that was used to preserve the lemon, salt, the broth, and the saffron with

the saffron soaking liquid. (Note: the preserved lemons and the preserved lemon soaking liquid can be very salty, so use less soaking liquid and salt if you want the overall dish to be less salty; the amount of preserved lemon soaking liquid called for in this recipe is based on a soaking liquid from the "04-Preserved Lemons" recipe in this book; if you use a different preserved lemon recipe, the soaking liquid may end up to be more or less salty, so adjust as needed.)

Cover pot and bring to a boil. When boiling, turn heat to low and simmer for 55 minutes.

Turn off heat.

#### FILO

Lay a sheet of parchment paper on a baking sheet. Lay down one sheet (~18" x 13") of filo on the parchment paper, and brush with olive oil. Repeat with all filo sheets. Mound pilaf in a flat rectangle down the center of the filo sheets. This mound of rice should be about 15" x 6" and centered in the middle of the filo. Fold filo edges up and over the top of the pilaf, tucking the edges in. Brush top of filo pastry with olive oil. Bake in a 375 degree F (190 degree C) oven (no need to preheat the oven) for 30 minutes; you want the top filo layer to have a golden brown appearance, but cover it with foil if it gets to dark but the pilaf filling is not yet heated through. Make sure pilaf filling is hot all the way through; sometimes when the pilaf filling has been made a day in advance and refrigerated, additional baking time will be needed to heat the pastry all the way through.

#### GARNISH

Cut filo pastry into wedges. When serving, garnish with slivers of preserved lemon.

#### VARIATIONS:

- Use white beans or cubes of fried tofu instead of garbanzo beans.

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Per serving: 356 Calories; 11g Fat (25% calories from fat); 10g Protein; 64g Carbohydrate; 0mg Cholesterol; 415mg Sodium

# 11-Savory Cutlets

Makes 8 servings.

Preparation Time:  
1 hour, 20 minutes

Serving Ideas:  
Serve topped with  
"15-Orange-Juniper  
Sauce" (see  
recipe).



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	194
Calories from fat	36
<b>% Daily Value*</b>	
Total Fat 4.6g	<b>7%</b>
Saturated Fat 0.6g	<b>3%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 607mg	<b>25%</b>
Carbohydrate 33.1g	<b>11%</b>
Dietary Fiber 5.5g	<b>22%</b>
Protein 12.7g	<b>25%</b>
Vitamin A	<b>172.1%</b>
Vitamin C	<b>69.2%</b>
Calcium	<b>8.8%</b>
Iron	<b>20.6%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Serve with a hot nut sauce or a not-too-thick bean or flour sauce.
- This is a good dish for the winter holidays.

### VEGETABLES

4 servings 12-Roasted Tempeh and Vegetables  
(this is another recipe in this cookbook)

(or 2 cups of leftover cooked quinoa and skip quinoa cooking instructions)

### QUINOA

3/4 cup quinoa, washed  
1 1/2 cups no-salt-added vegetable broth, (or water)  
1/2 teaspoon sea salt

### FINISHING

2 cups frozen green peas  
1 tablespoon tamari soy sauce  
1 1/2 teaspoons ground rosemary

### VEGETABLES

If not already prepared, start to make the roasted tempeh and vegetables dish (see recipe).

### QUINOA

Once quinoa is washed, place it in a sauce pan with broth and sea salt, cover, and bring to a boil. Once boiling, turn to low, and simmer for 15 to 20 minutes.

### FINISHING

Once the quinoa is cooked, add the frozen green peas, tamari, and rosemary and mix into the hot quinoa. Mix in the roasted tempeh and vegetables. Briefly blend half of this mixture in a food processor and mix it back into the unblended half.

At this point, the mixture can be refrigerated and prepared later, or can be made into cutlets immediately.

### BAKING

To make the cutlets:

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cutlets can even stick a little to a non-stick baking sheet which messes up the cutlets, so I greatly prefer parchment paper because it always makes for very easy removal.

Form cutlets (square patties) with hands and place cutlets on baking sheet. If the mixture seems a little dry or crumbly, and it is difficult to form the cutlets, add some water until it gets a little mushy so that the croquettes can be easily formed, and so they stay together. If the mixture seems a little too wet, add some brown rice flour. Overall, you want about 8 cutlets.

If desired, spray a little oil on each cutlet (this will make them brown nicely and give them a lightly crisp crust).

Bake in a 400 degree F (200 degree C) oven (no need to preheat oven) for 25 minutes. Flip cutlets and bake another 15 minutes, or until they are golden brown and have crispy edges. If the mixture was cold from the refrigerator when you started, check to make sure that the cutlets are sufficiently warmed through.



VARIATIONS:

- Use rice in place of the quinoa and then cook the rice for 55 minutes.
  - This mixture can also be formed into small bite sized servings, and served as an appetizer (very suitable finger food).
- 

Per serving: 194 Calories; 5g Fat (19% calories from fat); 13g Protein; 33g Carbohydrate; 0mg Cholesterol; 607mg Sodium

# 11-Sicilian Rice Balls (Arancini di Riso)

Makes 8 servings.

Preparation Time:  
2 hours

Serving Ideas:  
Serve with some  
steamed  
vegetables with no  
added fat.



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	427
Calories from fat	98
<b>% Daily Value*</b>	
Total Fat 11.0g	<b>17%</b>
Saturated Fat 1.6g	<b>8%</b>
Cholesterol 1mg	<b>0%</b>
Sodium 1222mg	<b>51%</b>
Carbohydrate 65.1g	<b>22%</b>
Dietary Fiber 6.9g	<b>28%</b>
Protein 18.1g	<b>36%</b>
Vitamin A	<b>54.2%</b>
Vitamin C	<b>28.9%</b>
Calcium	<b>20.6%</b>
Iron	<b>26.8%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- GLUTEN NOTE: This is one of the few recipes in this cookbook that contains gluten (from the gimme lean which contains wheat gluten). I have included this recipe with gimme lean because gimme lean is very "meat-like" and adds a very satisfying texture to this dish which many people enjoy. In the form shown below, this recipe is not suitable for people who want to or need to avoid gluten. By leaving out the gimme lean, this dish is completely without gluten. Tempeh would be a suitable replacement for the gimme lean.

- The original, decidedly non-vegan, recipe of this Italian treat was given to me by my friend Joe Ferr, with the challenge to "veganize" the recipe. This version of the recipe is much slimmer than the original which called for butter, Romano cheese, egg yolks, egg whites, chopped meat, and then the deep frying.

- An easy way to grind flax seeds is in a coffee grinder.

### RICE

1 1/2 cups brown rice, short-grain, washed  
3 cups mushroom broth  
(or water with a 1/4 teaspoon sea salt)  
1/4 teaspoon sea salt

### "MEAT" FILLING

3 tablespoons olive oil  
14 ounces gimme lean - sausage style, cut in small dice  
1 large onion, finely chopped  
6 garlic cloves, finely chopped

1/2 teaspoon ground black pepper  
6 ounces tomato paste

### REMAINING INGREDIENTS FOR RICE

2 tablespoons tahini  
1/4 cup vegan Parmesan cheese alternative  
5 ounces frozen peas  
2 tablespoons ground flax seed  
1/4 cup water  
1 cup cornmeal

### RICE

Prepare the rice by combining the rice, broth, and sea salt in a pot. Cover and bring to a boil. Turn to low and simmer for 50 minutes.

### "MEAT" FILLING

While rice is cooking, prepare the filling. Heat a skillet over medium-high heat and add oil. Add small dice of gimme lean sausage and cook for about 6 minutes. Add onion and saute for 6 minutes. Add garlic and continue cooking for another 3 minutes. Add the pepper and tomato paste and cook for about 3+ minutes. Set aside until rice is ready.

### FINAL RICE PREPARATIONS

When rice is finished cooking, stir the tahini and "vegan cheese" into the rice. Then add the frozen peas which will help cool the hot rice mixture a little so it will be easier to handle.

### ASSEMBLY

In a bowl, using a fork, whip ground flax seed and water together. This will form a mixture a little like egg whites. In another bowl, place the cornmeal so it will be easy to roll the rice balls in the cornmeal.

When rice is cool enough to handle, using wet hands, make a pancake shaped disk of rice, place some "meat" filling in the middle, and close the rice around it. You don't want the rice layer to be too thick, so make it as thin as possible, but so it still contains the "meat" filling. Roll rice ball in the flax-water mixture, and then dredge in the cornmeal. Set completed rice ball aside, and continue making rice balls. You should end up with about 16 balls.

#### FINAL FRYING OR BAKING

Just prior to serving, deep fry rice balls (this is the traditional method). If you don't want to have the added fat that come with deep frying, or just do not want to bother, place rice balls on a baking sheet and bake in a 400 degree F (203 degree C) oven (no need to preheat oven) for about 45 minutes, or until balls are lightly brown and crispy.

Makes 16 rice balls.

---

Per serving: 427 Calories; 11g Fat (23% calories from fat); 18g Protein; 65g Carbohydrate; 1mg Cholesterol; 1222mg Sodium

# 11-Spinach Lasagna

Makes 10 servings.

Preparation Time:  
2 hours, 30  
minutes



## Nutrition Facts

Servings Per Recipe 10

### Amount Per Serving

Calories	422
Calories from fat	164
<b>% Daily Value*</b>	
Total Fat 20.0g	<b>31%</b>
Saturated Fat 2.6g	<b>13%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 1281mg	<b>53%</b>
Carbohydrate 46.3g	<b>15%</b>
Dietary Fiber 8.8g	<b>35%</b>
Protein 24.8g	<b>50%</b>

Vitamin A	<b>122.8%</b>
Vitamin C	<b>238.9%</b>
Calcium	<b>38.6%</b>
Iron	<b>84.2%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### FILLING

2 teaspoons olive oil  
1 large onion, diced  
3 small zucchini, sliced  
1 1/2 pounds spinach, chopped  
8 garlic cloves, minced

1/2 teaspoon sea salt

### TOFU-"FETA" MIXTURE

1/2 cup almonds  
1/2 cup pine nuts  
(or almonds)  
2 pounds tofu, firm  
(pressed to remove as much water as possible)  
1 tablespoon olive oil  
2 3/4 teaspoons sea salt  
1/2 teaspoon ground black pepper  
1/2 cup fresh parsley, chopped

### SAUCE

16 servings 15-Mediterranean Tomato Sauce  
(this is another recipe in this cookbook)  
(or about 40oz of jarred tomato sauce)

### PASTA

1/2 pound no-boil/oven-ready rice lasagna noodles  
(or no-boil/oven-ready whole wheat lasagna noodles, but only if the dish can have some gluten)  
(if you want to use regular lasagna noodles, prepare as indicated on the use them in this recipe as directed) package, and then  
(about 9-12 inch pieces)

### GARNISH

4 tablespoons basil, fresh, chopped

### FILLING

To prepare the filling, heat a skillet over medium-high heat and add oil. Add onion and saute for 10 minutes. Add zucchini and cook for 10 minutes. Add spinach and garlic and continue to cook for about 4 minutes. Season vegetable mixture with salt. If mixture seems watery, add some flour (any type: brown rice flour or regular whole wheat flour) to thicken so it will not be too watery in the lasagna. Turn off heat.

### TOFU-"FETA" MIXTURE

During this process, prepare the tofu-"feta" mixture using a food processor. Add almonds and pine nuts first, and grind. Add the remaining tofu-"feta" mixture ingredients except the parsley, and blend until smooth. Fold in the chopped parsley.

### ASSEMBLE

To assemble, use a large (about 9"x13") baking pan:

- sauce - spread a thin layer of sauce in the bottom of the pan (about 3/4 cup)
- noodles - place lasagna noodles in 3 long rows in the pan (about 1/3 of the noodles); don't overlap noodles since the pasta will expand during baking
- feta - spread half of the tofu-"feta" mixture over the noodles
- vegetable - spread half of the vegetable filling on top of the tofu-"feta"
- sauce - cover with about one third of the sauce

- noodles - put down 3 more long rows of noodles (another 1/3 of the noodles)
  - feta - cover again with the other half of the tofu-"feta"
  - vegetable - add other half of the vegetable mixture
  - sauce - add another 1/3 of the sauce
  - noodles - place the last 1/3 of the lasagna noodles on top
  - sauce - cover thoroughly with sauce (noodles may burn/dry out if the last layer is not covered well by sauce)
- There should be 3 layers of noodles, and 2 layers of tofu-"feta"/vegetable filling.

Cover pan with foil, and bake in a 375 degree F (190 degree C) oven (no need to preheat oven) for 40 minutes, then remove foil and bake 10 minutes more to give the top layer a golden brown appearance.

Serve garnished with basil.

**VARIATIONS:**

- For a faster dish, use a store bought tomato sauce instead of making the Mediterranean Tomato Sauce from scratch.
  - You can use regular lasagna noodles (ones that are not oven ready and need to boil): follow instructions to boil noodles and use just as described above.
- 

Per serving: 422 Calories; 20g Fat (39% calories from fat); 25g Protein; 46g Carbohydrate; 0mg Cholesterol; 1281mg Sodium

# 11-Stuffed Portabella Mushrooms

Makes 4 servings.

Preparation Time:  
30 minutes

Serving Ideas:  
Serve with a dollop of "15-Tofu Sour Cream" (see recipe).



## Nutrition Facts

Servings Per Recipe 4

### Amount Per Serving

Calories		803
Calories from fat		38
	<b>% Daily Value*</b>	
Total Fat	4.7g	<b>7%</b>
Saturated Fat	0.7g	<b>3%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	363mg	<b>15%</b>
Carbohydrate	190.2g	<b>63%</b>
Dietary Fiber	29.4g	<b>118%</b>
Protein	23.9g	<b>48%</b>

Vitamin A		<b>155.9%</b>
Vitamin C		<b>25.4%</b>
Calcium		<b>3.4%</b>
Iron		<b>44.1%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

2 pounds portabella mushrooms  
(weight with the stems)  
(want 4 medium-sized mushrooms)  
2 teaspoons olive oil  
1/8 teaspoon sea salt

1/8 teaspoon sea salt

3 servings 11-Millet-Bean Patties  
(prepared, but not baked/roasted)  
(this is another recipe in this cookbook)

Take the stems out of the portobella mushrooms and set aside to use for another dish. Brush dirt from mushroom caps. Gently wash the caps, but minimize the amount of time the mushroom is in contact with water, and use as little water as possible. Lightly coat the outsides of the mushroom caps with olive oil and then with 1/8 teaspoon of salt.

Place caps on baking sheet (it should not need to be oiled since the mushrooms on the outside are oiled) with the insides of the caps facing upwards. Sprinkle the other 1/8 teaspoon of salt over the insides of the mushroom caps. Spoon millet-bean patty mixture on top of the mushroom caps forming a small "hill" (do not overfill as mushrooms shrink when they are cooked). Roast in a 450 degree F (230 degree C) oven (no need to preheat oven) for about 25 minutes, or until the are well done, but not completely dried out.

Serve with "15-Tofu Sour Cream" or with "15-Creamy Roasted Garlic Sauce".

### VARIATIONS:

- Simply use leftover cooked grain mixed with some leftover roasted or sauted vegetables for faster preparation of this dish.

Per serving: 803 Calories; 5g Fat (5% calories from fat); 24g Protein; 190g Carbohydrate; 0mg Cholesterol; 363mg Sodium

# 11-Vegetable Strudel

Makes 15 servings.

Preparation Time:  
1 hour, 20 minutes

Serving Ideas:  
Serve with "15-Cream Sauce"



## Nutrition Facts

Servings Per Recipe 15

### Amount Per Serving

Calories		185
Calories from fat		99
<b>% Daily Value*</b>		
Total Fat	11.9g	<b>18%</b>
Saturated Fat	1.7g	<b>9%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	414mg	<b>17%</b>
Carbohydrate	17.4g	<b>6%</b>
Dietary Fiber	3.0g	<b>12%</b>
Protein	6.0g	<b>12%</b>

Vitamin A		<b>175.8%</b>
Vitamin C		<b>34.4%</b>
Calcium		<b>4.7%</b>
Iron		<b>17.1%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- **GLUTEN NOTE:** This is one of the few recipes in this cookbook that contains gluten (from the whole wheat filo). I have included this recipe because it is an interesting pie/pastry, but simply can not be made in this form without gluten because filo needs to be made with a flour containing gluten to achieve the desired effect. The recipe in the form shown below is not suitable for people who want to or need to avoid gluten. The filling is free of gluten, and could be baked in a dish by itself, or put in a non-gluten pie crust (see recipe), or with a non-gluten biscuit topping.

- This strudel works well on a brunch menu.

- This recipe makes a large pan; if you have leftovers, they freeze very well.

### VEGETABLE MIXTURE

1 1/2 pounds Swiss chard  
(stems removed and chopped)  
(leaves chopped)

1 tablespoon olive oil  
3 medium leeks, chopped  
6 medium carrots, sliced  
2 pounds asparagus, in 1/2" long pieces  
(or use green beans)  
1 1/2 cups pine nuts

1/2 teaspoon ground nutmeg  
1/2 teaspoon ground black pepper  
2 teaspoons sea salt

240 grams whole wheat filo, thawed  
(the weight of different filoes varies)  
(overall, you need 12 18"x13" sheets)  
1/4 cup olive oil, for brushing  
(overall quantity used will depend on  
amount brushed on each sheet)

### VEGETABLE MIXTURE

Remove the stems from the Swiss chard, and chop. Set aside. Chop Swiss chard leaves. Set aside separately.

Heat a skillet over medium-high heat and add oil. Add the chopped leeks and saute for about 3 minutes. Add the chopped Swiss chard stems, and cook another 3 minutes. Add carrots, and cook another 3 minutes. Add asparagus, and cook until all vegetables are soft. Add chopped Swiss chard leaves, and cook until wilted. Stir in pine nuts, nutmeg, pepper, and salt, and cook a couple more minutes; turn off heat.

### ASSEMBLY

To assemble the strudel, oil a large (about 9"x13") baking pan. Lay 1/4 of the filo sheets (about 3 18"x13" pieces) into the bottom of the pan. Each sheet will be folded in half to fit in the pan; brush oil on the top of each layer in the pan, both before folding and after. Spread about 1/3 of the vegetable mixture on top of this first layer of filo. Continue this filo-filling layering until all filling is used, and then top with the last layer of filo (always brushing it with olive oil). There should be 4 layers of filo (with 3 sheets per layer), and 3 layers of filling.

Cover pan with foil, and bake in a 375 degree F (190 degree C) oven (no need to preheat the oven) for 30 minutes, then remove foil and bake 10 minutes more to give the top filo layer a golden brown appearance. Make sure filling is hot all the way through; sometimes for a thick strudel when the filling has been made a day in advance and refrigerated, additional baking time will be needed to heat the strudel all the way through.

Slices of strudel freeze very well.

VARIATIONS:

- To make a similar dish without any gluten (that is, without the filo), put the filling into a non-gluten pie crust and bake (instead of pulling the filling between filo sheets).
  - Use combinations of vegetables (e.g., zucchini, red bell pepper, turnips, etc.)
  - To lower the fat a little, be as sparing as possible with the olive oil when brushing it on the filo sheets, and use half as many pine nuts in the vegetable mixture.
- 

Per serving: 185 Calories; 12g Fat (53% calories from fat); 6g Protein; 17g Carbohydrate; 0mg Cholesterol; 414mg Sodium



# 11-Wild Mushroom Strudel

Makes 15 servings.

Preparation Time:  
1 hour, 20 minutes



## Nutrition Facts

Servings Per Recipe 15

### Amount Per Serving

Calories 463  
Calories from fat 148

### % Daily Value\*

Total Fat	17.6g	27%
Saturated Fat	2.4g	12%
Cholesterol	0mg	0%
Sodium	433mg	18%
Carbohydrate	65.8g	22%
Dietary Fiber	9.1g	36%
Protein	18.5g	37%

Vitamin A		2.3%
Vitamin C		6.2%
Calcium		22.4%
Iron		58.3%

\* Percent Daily Values are based on a 2,000 calorie diet.

- GLUTEN NOTE: This is one of the few recipes in this cookbook that contains gluten (from the whole wheat filo). I have included this recipe because because it is an interesting strudel/pastry, but simply can not be made in this form without gluten because filo needs to be made with a flour containing gluten to achieve the desired effect. The recipe in the form shown below is not suitable for people who want to or need to avoid gluten. The filling is free of gluten, and could be baked in a dish by itself, or put in a non-gluten pie crust (see recipe), or with a non-gluten biscuit topping.

- Due to the walnuts and tahini in the tofu-"cream cheese", this is a very creamy and rich dish.

- This recipe makes a large pan; if you have leftovers, they freeze very well.

### MUSHROOM MIXTURE

2 ounces dried mushrooms  
(preferably shiitake mushrooms, but any type should be fine)

2 tablespoons truffle oil, (or olive oil)  
2 pounds shiitake mushrooms, chopped  
4 large onion, chopped  
12 garlic cloves, minced

### TOFU-"CREAM CHEESE" MIXTURE

1/2 cup walnuts  
1/2 cup tahini  
(option: to reduce fat and richness, reduce the walnuts and tahini by half)  
2 pounds tofu, firm  
(pressed to remove as much water as

possible)

1 teaspoon ground rosemary  
1 tablespoon truffle oil, (or olive oil)  
1 1/4 teaspoons sea salt

### FINISHING

1/2 teaspoon ground black pepper  
2 teaspoons marjoram  
1/2 teaspoon ground rosemary  
1 1/2 teaspoons sea salt

240 grams whole wheat filo, thawed  
(the weight of different filoes varies)  
(overall, you need 12 18"x13" sheets)  
1/4 cup olive oil, for brushing  
(overall quantity used will depend on amount brushed on each sheet)

### MUSHROOM MIXTURE

To soak the dried mushrooms, place them in a sauce pan. Add water just to cover. Heat at a medium heat to simmer. Once all the liquid is absorbed and cooked off, you want the mushrooms to be softened. I prefer this method to simply soaking the mushrooms in warm water and discarding the water because this way none of the flavors are lost in the water because there is no extra water to discard.

Heat a skillet over medium-high heat and add oil. Add mushrooms and saute until they have lost all their water and they start to brown (about 20 minutes). Add the onions and garlic and saute until very well done and caramelized (about 10 more minutes). Add the soaked dried mushrooms (slice/chop them before adding if they are not already sliced).

### TOFU-"CREAM-CHEESE" MIXTURE

During this process, prepare the tofu-"cream cheese" mixture using a food processor. Add walnuts first, and grind. Add tahini and 2/3 of the pressed/drained tofu, and the remaining tofu-"cream cheese" mixture ingredients, and blend until smooth. Reserve 1/3 of tofu for adding directly to the mushroom mixture.

### FINISHING

To the mushroom mixture, add the tofu-"cream cheese" mixture and the remaining 1/3 of the tofu (mashing it in). Then add the remaining finishing ingredients and cook for about 3+ minutes. You want the mixture to be fairly stiff, and not soupy (so the overall assembled strudel will not be mushy, but rather with distinct layers of filo that are not soggy). If the mixture is a little soupy, you can add some brown rice flour (or other flour) and cook a bit to thicken the mixture.

### ASSEMBLY

To assemble the "strudel", oil a large (about 9"x13") baking pan. Lay 1/4 of the filo sheets (about 3 18"x13" pieces) into the bottom of the pan. Each sheet will be folded in half to fit in the pan; brush oil on the top of each layer in the pan, both before folding and after. Spread about 1/3 of the mushroom/tofu-"cream cheese" mixture on top of this first layer of filo. Continue this filo-filling layering until all filling is used, and then top with the last layer of filo (always brushing it with olive oil). There should be 4 layers of filo (with 3 sheets per layer), and 3 layers of filling.

Cover pan with foil, and bake in a 375 degree F (190 degree C) oven (no need to preheat the oven) for 30 minutes, then remove foil and bake 10 minutes more to give the top filo layer a golden brown appearance. Make sure filling is hot all the way through; sometimes for a thick assembled strudel when the filling has been made a day in advance and refrigerated, additional baking time will be needed to heat the strudel all the way through.

Slices of strudel freeze very well.

### VARIATIONS:

- To make a similar dish without any gluten (that is, without the filo), put the filling into a non-gluten pie crust and bake (instead of pulling the filling between filo sheets). This would be a little similar to a quiche.
- "Mushroom Triangles" - Instead of layering filling between sheets of filo in a large baking pan (like lasagna), fold 2 tablespoons of the filling into a triangle using a 6"x13" strip of oiled filo, then bake on a baking sheet (covered with parchment paper) for 20 minutes. This should make about 40 triangular pies.
- To lower the fat a little, be as sparing as possible with the olive oil when brushing it on the filo sheets, and use half the quantity of walnuts and tahini in the tofu-"cream cheese" mixture.

---

Per serving: 463 Calories; 18g Fat (32% calories from fat); 19g Protein; 66g Carbohydrate; 0mg Cholesterol; 433mg Sodium

## 12- \*\*\*\*\* TEMPEH AND TOFU DISHES \*\*\*\*\*

Makes one serving.

Preparation Time:  
0 minutes



### Nutrition Facts

Servings Per Recipe 1

Amount Per Serving	
Calories	0
Calories from fat	0
<b>% Daily Value*</b>	
Total Fat 0.0g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 0mg	<b>0%</b>
Carbohydrate 0.0g	<b>0%</b>
Dietary Fiber 0.0g	<b>0%</b>
Protein 0.0g	<b>0%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>0.0%</b>
Iron	<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

Most of the recipes in this cookbook that use tempeh will call for steaming the tempeh before using in the recipe. Tempeh can have a slightly bitter taste, and this reduces that taste, and ensure the tempeh is fully cooked. There are recipes that leave out this step; usually those recipes have the tempeh cooked quite a long time in a strongly flavored sauce, so the steaming is not necessary because it gets so well cooked in the course of the recipe.

My favorite recipes in this chapter include:

- Orange-Miso Tempeh
- Saag Tofu
- Sichuan Tofu

Some of the easier recipes in this chapter include:

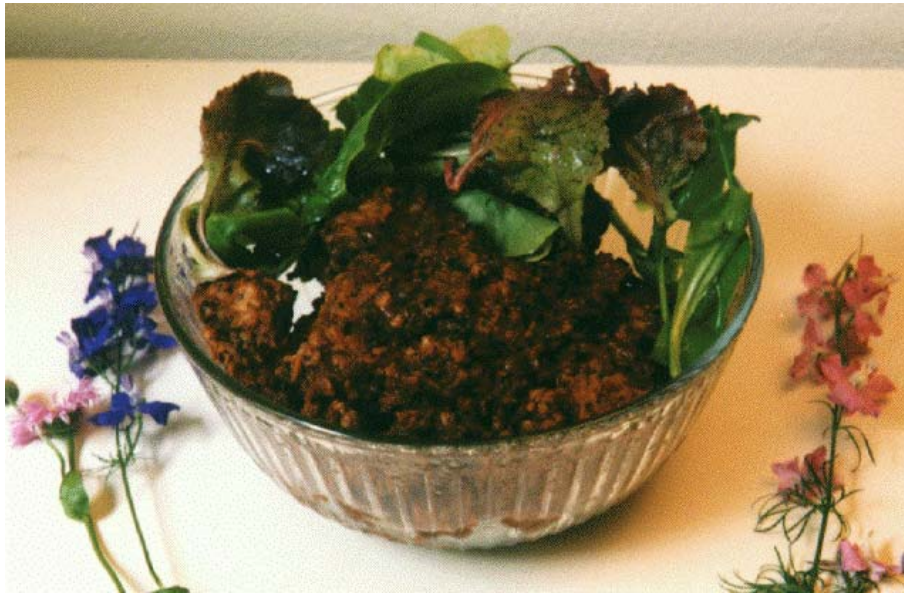
- Barbequed Tempeh
- Orange-Miso Tempeh
- Seasoned Pan Fried Tofu Strips

Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

# 12-Barbequed Tempeh

Makes 3 servings.

Preparation Time:  
5 minutes



## Nutrition Facts

Servings Per Recipe 3

Amount Per Serving	
Calories	307
Calories from fat	59
<b>% Daily Value*</b>	
Total Fat 7.0g	<b>11%</b>
Saturated Fat 0.9g	<b>5%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 160mg	<b>7%</b>
Carbohydrate 50.6g	<b>17%</b>
Dietary Fiber 1.7g	<b>7%</b>
Protein 16.1g	<b>32%</b>
Vitamin A	<b>16.8%</b>
Vitamin C	<b>14.8%</b>
Calcium	<b>21.1%</b>
Iron	<b>30.4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- A simple, high-protein, iron-rich, satisfying, home-style dish that has lots of flavor, and fairly low in fat.

- Just combine, heat, and eat.

---

8 ounces tempeh, defrosted (about 1 1/3 cups)  
4 servings 15-Barbeque Sauce, (see recipe)

---

Steam tempeh for 20 minutes. Cut tempeh into about 40 cubes. In a skillet, gently cook tempeh in sauce for about 5+ minutes to integrate flavors. If you want the sauce to be thicker, cook a few minutes longer.

### VARIATIONS:

- "Barbequed Seitan" - use drained and sliced prepared seitan (cooked wheat gluten) instead of tempeh - do not use seitan if you are sensitive or allergic to gluten. No need to steam the seitan.

- "Barbequed Baked Beans" - use beans (primarily pinto, but other types should be good too) instead of tempeh. No need to steam the beans.

---

Per serving: 307 Calories; 7g Fat (19% calories from fat); 16g Protein; 51g Carbohydrate; 0mg Cholesterol; 160mg Sodium

# 12-Braised Tempeh and Cabbage

Makes 6 servings.

Preparation Time:  
40 minutes



## Nutrition Facts

Servings Per Recipe 6

Amount Per Serving	
Calories	257
Calories from fat	72
<b>% Daily Value*</b>	
Total Fat 8.8g	<b>13%</b>
Saturated Fat 1.2g	<b>6%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 711mg	<b>30%</b>
Carbohydrate 31.6g	<b>11%</b>
Dietary Fiber 5.1g	<b>21%</b>
Protein 18.7g	<b>37%</b>
Vitamin A	<b>14.6%</b>
Vitamin C	<b>100.4%</b>
Calcium	<b>24.6%</b>
Iron	<b>22.9%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### CABBAGE

- 1 teaspoon olive oil
- 4 medium onions, chopped
- 10 garlic cloves, chopped
- 2 1/2 pounds cabbage, cut in 1" pieces
- 1 tablespoon caraway seed
- 1/2 teaspoon sea salt

### TEMPEH

- 16 ounces tempeh, defrosted
- 2 teaspoons olive oil
- 2 cups sauerkraut "juice"  
(the liquid in a jar of sauerkraut after the sauerkraut is taken out)  
(can also use pickle juice)

### CABBAGE

Heat a thick bottomed pot over medium-high heat and add oil. Add onion and saute for 6 minutes. Add garlic and cabbage and cook for 8 minutes. Add the caraway seed and sea salt and cook for about 3+ minutes.

### TEMPEH

While the cabbage is cooking, steam the tempeh for 20 minutes. Cut tempeh into thin (1/4" thick) strips. Rub oil on tempeh strips. Heat large skillet on medium to medium-high heat. Add tempeh strips to skillet. Seal/brown one side of the tempeh strips. Flip over and seal/brown the other side (may need another teaspoon of oil if you don't feel like the amount rubbed on the strips was enough).

When sealed, add sauerkraut juice and cook over medium-high heat until all the liquid is absorbed. At this point, lower the heat a little and cook until the tempeh has dried out and, if possible, has become a little crispy again (be careful not to burn the tempeh).

Serve tempeh strips on top of the braised cabbage.

Per serving: 257 Calories; 9g Fat (28% calories from fat); 19g Protein; 32g Carbohydrate; 0mg Cholesterol; 711mg Sodium

## 12-Coconut Tempeh

Makes 6 servings.

Preparation Time:  
1 hour

Serving Ideas:  
Serve over rice and  
vegetables.



### Nutrition Facts

Servings Per Recipe 6

Amount Per Serving	
Calories	363
Calories from fat	187
<b>% Daily Value*</b>	
Total Fat 23.2g	<b>36%</b>
Saturated Fat 15.8g	<b>79%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 421mg	<b>18%</b>
Carbohydrate 30.6g	<b>10%</b>
Dietary Fiber 1.5g	<b>6%</b>
Protein 18.2g	<b>36%</b>
Vitamin A	<b>24.7%</b>
Vitamin C	<b>6.2%</b>
Calcium	<b>9.7%</b>
Iron	<b>19.1%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- See the "Glossary of Ingredients" for information about making ginger juice.

#### TEMPEH

16 ounces tempeh, defrosted

#### SAUCE

2 tablespoons ginger juice, fresh  
(squeezed from fresh, grated ginger root)  
14 ounces coconut milk  
1 cup no-salt-added vegetable broth

1 tablespoon coconut extract  
2 tablespoons brown rice syrup  
3 tablespoons white miso  
5 garlic cloves, minced  
1/4 teaspoon sea salt  
3 tablespoons coconut shreds

Slice tempeh cross-wise to create 3 inch by 1/2 inch strips. Place sliced tempeh in bottom of a 9x9 inch baking pan.

Combine all sauce ingredients in a sauce pan, and heat. Once this comes to a simmer, pour it over tempeh in baking dish.

Bake dish in a 450 degree F (230 degree C) oven (no need to preheat oven) until most of the liquid is absorbed into the tempeh (about 45 minutes). About half way through baking, flip the tempeh in the pan so all sides of the tempeh absorb the sauce evenly, and so both the top and the bottom have a chance to get a little brown. Remove from oven, and gently mix the tempeh so the sauce covers more evenly.

#### VARIATIONS:

- Try using pressed tofu (or even drained black beans) instead of tempeh.

Per serving: 363 Calories; 23g Fat (52% calories from fat); 18g Protein; 31g Carbohydrate; 0mg Cholesterol; 421mg Sodium

## 12-Coconut-Ginger Tofu

Makes 6 servings.

Preparation Time:  
30 minutes

Serving Ideas:  
Serve over rice and  
vegetables.



### Nutrition Facts

Servings Per Recipe 6

Amount Per Serving	
Calories	255
Calories from fat	133
<b>% Daily Value*</b>	
Total Fat 15.7g	<b>24%</b>
Saturated Fat 3.1g	<b>15%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 264mg	<b>19%</b>
Carbohydrate 8.7g	<b>3%</b>
Dietary Fiber 1.9g	<b>8%</b>
Protein 23.9g	<b>48%</b>
Vitamin A	<b>5.0%</b>
Vitamin C	<b>0.8%</b>
Calcium	<b>31.1%</b>
Iron	<b>88.4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- See the "Glossary of Ingredients" for information about making ginger juice.

2 teaspoons sesame oil  
32 ounces firm tofu  
(pressed to remove as much water as possible)

1 tablespoon coconut extract  
2 tablespoons water  
3/4 teaspoon sea salt  
1/2 tablespoon ume vinegar

2 teaspoons ginger juice, fresh  
(squeezed from fresh, grated ginger root)

3 tablespoons coconut shreds

Cut tofu into medium-sized cubes. Heat a large skillet (works best if it is non-stick) on medium heat, and when it is hot, add the oil and then the tofu. Saute, flipping the tofu cubes occasionally, so they get a little crispy and brown on all sides.

In a small bowl, mix together the ginger juice, coconut extract, water, sea salt, and ume vinegar.

Once the tofu cubes achieve a nice firm texture and are slightly browned, and while the pan is hot, add the liquid mixture, stirring to get all the tofu some contact with the liquid (so it all get flavored). Cook until all liquid is absorbed or cooked off.

Turn off heat and mix in the coconut shreds.

#### VARIATIONS:

- "Coconut-Garlic Tofu" - Use 8 cloves of minced garlic in place of the ginger juice.

Per serving: 255 Calories; 16g Fat (52% calories from fat); 24g Protein; 9g Carbohydrate; 0mg Cholesterol; 264mg Sodium

# 12-Corn-Tofu Saute

Makes 8 servings.

Preparation Time:  
40 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	134
Calories from fat	48
<b>% Daily Value*</b>	
Total Fat 5.9g	<b>9%</b>
Saturated Fat 0.8g	<b>4%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 192mg	<b>8%</b>
Carbohydrate 12.2g	<b>4%</b>
Dietary Fiber 2.6g	<b>10%</b>
Protein 11.2g	<b>22%</b>
Vitamin A	<b>3.3%</b>
Vitamin C	<b>8.1%</b>
Calcium	<b>13.5%</b>
Iron	<b>36.5%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

1 teaspoon extra virgin olive oil  
6 garlic cloves, minced  
2 large onions, diced  
4 ears of corn  
(or 10 ounces of frozen corn kernels)  
(approx. 2 cups corn kernels)

16 ounces tofu, firm

(pressed to remove as much water as possible)  
3/4 teaspoon sea salt  
1/2 teaspoon garlic powder  
3/4 teaspoon ground white pepper  
2 tablespoons nutritional yeast  
1 teaspoon dill

Heat large skillet on medium to medium-high heat and add oil. Add garlic and onion, and saute for a few minutes until the onion browns just slightly. While the garlic and onions are cooking, cut the corn off the cobs. Add the corn, and cook for about 3 minutes.

Crumble tofu into the corn mixture. Add remaining ingredients and cook a another 6+ minutes.

### VARIATIONS:

- Add some sliced carrots with the garlic and onion.
- For a spicier version, add a 4 ounce can of chopped green chilies to the mixture with the tofu.
- "Corn Quiche" - Place mixture into a pie crust, and bake like a quiche (see the "11-Broccoli Quiche Filling" recipe for more information about putting the filling in a crust, and how long to bake it).
- "Quinoa-Corn Cakes" - Combine mixture with 4 cups of cooked quinoa, form into patties (adding brown rice flour if necessary so they form patties), place on a baking sheet, and bake in a 425 degree F (175 degree C) oven (no need to preheat oven) for about 30 minutes.

Per serving: 134 Calories; 6g Fat (36% calories from fat); 11g Protein; 12g Carbohydrate; 0mg Cholesterol; 192mg Sodium



## 12-Italian Pomegranate Tempeh

Makes 6 servings.

Preparation Time:  
50 minutes

Serving Ideas:  
Serve over  
polenta.



### Nutrition Facts

Servings Per Recipe 6

Amount Per Serving	
Calories	306
Calories from fat	87
<b>% Daily Value*</b>	
Total Fat	10.6g <b>16%</b>
Saturated Fat	1.5g <b>7%</b>
Cholesterol	0mg <b>0%</b>
Sodium	174mg <b>7%</b>
Carbohydrate	44.4g <b>15%</b>
Dietary Fiber	0.5g <b>2%</b>
Protein	15.3g <b>31%</b>
Vitamin A	<b>14.6%</b>
Vitamin C	<b>3.7%</b>
Calcium	<b>13.6%</b>
Iron	<b>19.7%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

#### TEMPEH

16 ounces tempeh, defrosted

#### SAUCE

6 tablespoons balsamic vinegar  
2 cups pomegranate juice  
1/2 cup brown rice syrup

2 tablespoons dried basil  
4 teaspoons dried oregano  
1/2 teaspoon ground black pepper  
6 garlic cloves, minced  
2 tablespoons olive oil  
1/2 teaspoon sea salt

#### TEMPEH

Slice defrosted tempeh cross-wise to create 3 inch by 1/2 inch strips. Place sliced tempeh in bottom of a 9x9 inch baking pan.

#### SAUCE

Combine all sauce ingredients in a sauce pan, and heat. Once this comes to a simmer, pour it over tempeh in baking dish.

#### BAKING

Bake dish in a 450 degree F (230 degree C) oven (no need to preheat oven) until most of the liquid is absorbed into the tempeh (could take anywhere from 45 minutes to 90 minutes). About half way through baking, flip the tempeh in the pan so all sides of the tempeh absorb the sauce evenly, and so both the top and the bottom have a chance to get a little brown. Remove from oven, and gently mix the tempeh so the sauce covers more evenly.

#### VARIATIONS:

- Try using pressed tofu (or even drained garbanzo beans) instead of tempeh.

Per serving: 306 Calories; 11g Fat (29% calories from fat); 15g Protein; 44g Carbohydrate; 0mg Cholesterol; 174mg Sodium

# 12-Jerk Tofu

Makes 6 servings.

Preparation Time:  
1 hour

Serving Ideas:  
Serve over rice and  
vegetables.



## Nutrition Facts

Servings Per Recipe 6

Amount Per Serving		
Calories		321
Calories from fat		149
	<b>% Daily Value*</b>	
Total Fat	18.0g	<b>28%</b>
Saturated Fat	2.6g	<b>13%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	345mg	<b>14%</b>
Carbohydrate	22.3g	<b>7%</b>
Dietary Fiber	2.2g	<b>9%</b>
Protein	24.4g	<b>49%</b>
Vitamin A		<b>5.7%</b>
Vitamin C		<b>49.6%</b>
Calcium		<b>33.8%</b>
Iron		<b>99.5%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- See the "Glossary of Ingredients" for information about making ginger juice.

### TOFU

32 ounces extra firm tofu  
(pressed to remove as much water as possible)  
(if using tempeh instead of tofu, use only half as much tempeh)

### SAUCE

1 teaspoon ginger juice, fresh  
(squeezed from fresh, grated ginger root)  
2 cups mango juice  
(or mango nectar or apricot nectar)  
1/8 cup dried chiles, cut in 1/4" squares

1 teaspoon sea salt  
6 garlic cloves, minced  
2 tablespoons whole sugar (e.g., Rapadura)  
(or Sucanat sugar or granulated sugar)  
2 tablespoons extra virgin olive oil  
2 tablespoons key lime juice  
1/2 teaspoon ground nutmeg  
1 teaspoon ground cinnamon  
1/2 teaspoon ground black pepper  
1 1/2 teaspoons thyme  
1/8 teaspoon ground cloves  
1/4 teaspoon ground mace  
1/2 small onion, diced

Slice the pressed tofu into cross-wise strips to create 3 inch by 1/2 inch strips. Place sliced tofu in the bottom of a 9x9 inch baking pan.

Combine all sauce ingredients in a sauce pan, and heat. Once this comes to a simmer, pour it over tofu in the baking dish.

Bake dish in a 450 degree F (230 degree C) oven (no need to preheat oven) until the sauce thickens and most of the liquid is absorbed into the tofu (about 45 minutes). About half way through baking, flip the tofu in the pan so all sides of the tofu absorb the sauce evenly, and so both the top and the bottom have a chance to get a little brown. Remove from oven, and gently mix the tofu so the sauce covers more evenly.

### VARIATIONS:

- "Jerk Tempeh" - replace the tofu with tempeh.

Per serving: 321 Calories; 18g Fat (46% calories from fat); 24g Protein; 22g Carbohydrate; 0mg Cholesterol; 345mg Sodium

## 12-Mexican-Style Tempeh

Makes 8 servings.

Preparation Time:  
1 hour, 10 minutes

Serving Ideas:  
Serve with "15-  
Tofu Sour Cream"  
(see recipe).



### Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	115
Calories from fat	30
<b>% Daily Value*</b>	
Total Fat 3.7g	<b>6%</b>
Saturated Fat 0.5g	<b>2%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 203mg	<b>8%</b>
Carbohydrate 15.4g	<b>5%</b>
Dietary Fiber 2.7g	<b>11%</b>
Protein 7.9g	<b>16%</b>
Vitamin A	<b>17.8%</b>
Vitamin C	<b>31.5%</b>
Calcium	<b>8.6%</b>
Iron	<b>13.6%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Can be served either as a side dish, or as a filling in enchiladas or burritos.

8 ounces tempeh, defrosted	1/2 teaspoon ground fennel seed
1 1/2 teaspoons olive oil	1 1/2 tablespoons dried basil
2 teaspoons cumin seed	28 ounces tomatoes, low sodium, diced
1/8 teaspoon cayenne, (or more to taste)	1/4 teaspoon sea salt
1/2 pound mushrooms, sliced (about 2 cups)	2 tablespoons brown rice flour, (or spelt flour)
1 large onion, chopped	1 tablespoon Tamari soy sauce
6 garlic cloves, minced	

Steam tempeh for 20 minutes.

While tempeh is steaming, heat a large pot over medium-high heat and add oil. Add cumin seed and cayenne and saute briefly; then add the mushrooms. Cook mushrooms until liquid is gone (could take up to 15 minutes), and then add the onion and garlic, and cook until they begin to brown a little. Add the ground fennel seeds and basil. Cook 2 more minutes.

Once the tempeh is done steaming, slice it into small pieces. Add the tempeh, tomatoes, and salt to the mushroom-onion mixture, and simmer for 30+ minutes.

To thicken, add the flour, sprinkling in a tablespoon at a time, stirring well after each addition. If the mixture is not as thick as you would like, you can add additional tablespoons of flour.

Before serving, stir in tamari.

Per serving: 115 Calories; 4g Fat (26% calories from fat); 8g Protein; 15g Carbohydrate; 0mg Cholesterol; 203mg Sodium

# 12-Orange-Miso Tempeh

Makes 6 servings.

Preparation Time:  
1 hour

Serving Ideas:  
Serve over rice and  
vegetables.



## Nutrition Facts

Servings Per Recipe 6

Amount Per Serving		
Calories		320
Calories from fat		103
	<b>% Daily Value*</b>	
Total Fat	13.3g	<b>20%</b>
Saturated Fat	1.9g	<b>9%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	412mg	<b>17%</b>
Carbohydrate	45.1g	<b>15%</b>
Dietary Fiber	1.8g	<b>7%</b>
Protein	18.3g	<b>37%</b>
Vitamin A		<b>37.4%</b>
Vitamin C		<b>96.2%</b>
Calcium		<b>11.2%</b>
Iron		<b>15.8%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- See the "Glossary of Ingredients" for information about making ginger juice.

<b>TEMPEH</b>	
16 ounces tempeh, defrosted	3 tablespoons white miso
	3 tablespoons sucanat sugar, or granulated sugar
	10 garlic cloves, minced
<b>SAUCE</b>	3 tablespoons dark (toasted) sesame oil
1 teaspoon ginger juice, fresh	1 teaspoon juniper berries, (optional)
(squeezed from fresh, grated ginger root)	1/4 teaspoon sea salt
6 fluid ounces orange juice, frozen concentrate	
1 3/4 cups no-salt-added vegetable broth	

**TEMPEH**  
Slice defrosted tempeh cross-wise to create 3 inch by 1/2 inch strips. Place sliced tempeh in bottom of a 9x9 inch baking pan.

**SAUCE**  
Combine all sauce ingredients in a sauce pan, and heat. Once this comes to a simmer, pour it over tempeh in baking dish.

**BAKING**  
Bake dish in a 450 degree F (230 degree C) oven (no need to preheat oven) until most of the liquid is absorbed into the tempeh (about 45 minutes). About half way through baking, flip the tempeh in the pan so all sides of the tempeh absorb the sauce evenly, and so both the top and the bottom have a chance to get a little brown. Remove from oven, and gently mix the tempeh so the sauce covers more evenly.

**VARIATIONS:**  
- Try using pressed tofu (or even drained black beans) instead of tempeh.

Per serving: 320 Calories; 13g Fat (32% calories from fat); 18g Protein; 45g Carbohydrate; 0mg Cholesterol; 412mg Sodium

# 12-Pan Fried Tofu with Preserved Lemon

Makes 4 servings.

Preparation Time:  
30 minutes



## Nutrition Facts

Servings Per Recipe 4

### Amount Per Serving

Calories		254
Calories from fat		102
	<b>% Daily Value*</b>	
Total Fat	12.4g	<b>19%</b>
Saturated Fat	1.7g	<b>9%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	724mg	<b>30%</b>
Carbohydrate	23.0g	<b>8%</b>
Dietary Fiber	2.4g	<b>9%</b>
Protein	18.4g	<b>37%</b>

Vitamin A		<b>5.1%</b>
Vitamin C		<b>49.3%</b>
Calcium		<b>26.4%</b>
Iron		<b>71.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

2 teaspoons olive oil  
16 ounces firm tofu  
(pressed to remove as much water as possible)  
  
4 servings 04-Preserved Lemons, chopped  
(one whole lemon)  
(use the whole lemon, pulp, peel and all, but without seeds)  
(this is another recipe in this cookbook)  
1/4 cup preserved lemon soaking liquid  
(the liquid that was used to preserve the

above lemons; you may want to use less depending how salty your liquid is - see directions)  
1/4 teaspoon sea salt  
(or maybe a little more depending on the salt level in the preserved lemon soaking liquid - see directions)

### GARNISH

1 serving 04-Preserved Lemons, sliced in 4 slivers  
(one quarter of a lemon)  
(this is another recipe in this cookbook)

Cut tofu into medium-sized cubes. Heat a large skillet (works best if it is non-stick), and when it is hot, add the oil and then the tofu. Saute, flipping the little tofu cubes occasionally, so they get a little crispy and brown on all sides.

Once they achieve a nice firm texture, add the chopped preserved lemon, liquid that was used to preserve the lemon, and salt and cook on a medium to medium-high heat until the sauce absorbs into the tofu (maybe 5 minutes). (Note: the preserved lemons and the preserved lemon soaking liquid can be very salty, so use less soaking liquid and salt if you want the overall dish to be less salty; the amount of preserved lemon soaking liquid called for in this recipe is based on a soaking liquid from the "04-Preserved Lemons" recipe in this book; if you use a different preserved lemon recipe, the soaking liquid may end up to be more or less salty, so adjust as needed.)

Turn off heat. When serving, garnish with slivers of preserved lemon.

### VARIATIONS:

- Try with preserved limes instead of lemons.
- "Preserved Lemon-Tofu Rice" - mix the resulting pan fried tofu with lemon in with hot cooked rice.

Per serving: 254 Calories; 12g Fat (40% calories from fat); 18g Protein; 23g Carbohydrate; 0mg Cholesterol; 724mg Sodium

# 12-Roasted Tempeh and Vegetables

Makes 4 servings.

Preparation Time:  
40 minutes

Serving Ideas:  
Serve with a cooked whole grain for a complete meal.



## Nutrition Facts

Servings Per Recipe 4

Amount Per Serving		
Calories		203
Calories from fat		59
		<b>% Daily Value*</b>
Total Fat	7.1g	<b>14%</b>
Saturated Fat	1.0g	<b>5%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	624mg	<b>26%</b>
Carbohydrate	23.8g	<b>8%</b>
Dietary Fiber	4.4g	<b>18%</b>
Protein	14.6g	<b>29%</b>
Vitamin A		<b>301.5%</b>
Vitamin C		<b>112.6%</b>
Calcium		<b>12.2%</b>
Iron		<b>13.2%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### TEMPEH

8 ounces tempeh, defrosted

### BROCCOLI

2 cups broccoli florets  
1/2 cup broccoli stalks, peeled, sliced  
(florets and stalks from 1 bunch)

### VEGETABLES AND TEMPEH

1 small onion, thinly sliced  
3 large carrots, cut into 1/2" pieces

5 garlic cloves, halved  
1 1/2 teaspoons dark sesame oil  
1 teaspoon dried basil  
1 teaspoon sea salt

### WITH THE BROCCOLI FLORETS

1/2 teaspoon dark sesame oil  
1/4 teaspoon sea salt

### FINISHING

1 tablespoon sweet sherry, (or mirin)

### TEMPEH

Steam tempeh for 20 minutes.

### BROCCOLI

While the tempeh is steaming, prepare the broccoli: a) cut off the florets, b) peel the stalks, and c) slice the stalks.

### VEGETABLES AND TEMPEH

Toss the sliced broccoli stalks with the cut onions, carrots, steamed tempeh cut in small dice, garlic, oil, basil, and salt in a bowl. (Leave the broccoli florets aside for now).

Transfer to baking sheet (it should not need to be oiled since the vegetables are oiled) and roast in a 450 degree F (230 degree C) oven (no need to preheat oven) for about 35 minutes (check near the end of 35 minutes to make sure they are not getting too browned; if they are, move on to the next step with the broccoli florets).

### BROCCOLI FLORETS

Toss broccoli florets, oil, and salt in a bowl. Add these florets to the baking sheet and mix with the tempeh/carrot mixture. Continue to roast until the vegetables are not hard, and have browned (about 20 to 30 more minutes). Toss vegetables every 10 minutes during this final period to ensure they do not burn on any one side.

### FINISHING

When vegetables are not hard any more and broccoli florets are lightly browned, remove from oven and sprinkle with sweet mirin.

### VARIATIONS:

- Use other vegetable combinations such as zucchini, cauliflower, fennel, potatoes, etc.

Per serving: 203 Calories; 7g Fat (29% calories from fat); 15g Protein; 24g Carbohydrate; 0mg Cholesterol; 624mg Sodium

## 12-Saag Tofu

Makes 4 servings.

Preparation Time:  
30 minutes

Serving Ideas:  
Serve with rice.



### Nutrition Facts

Servings Per Recipe 4

#### Amount Per Serving

Calories		313
Calories from fat		144
<b>% Daily Value*</b>		
Total Fat	17.7g	<b>27%</b>
Saturated Fat	2.3g	<b>12%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	719mg	<b>30%</b>
Carbohydrate	22.0g	<b>7%</b>
Dietary Fiber	7.0g	<b>28%</b>
Protein	24.8g	<b>50%</b>

Vitamin A		<b>226.1%</b>
Vitamin C		<b>70.4%</b>
Calcium		<b>47.2%</b>
Iron		<b>101.6%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Based on the Indian dish Saag Paneer, this uses tofu cubes instead of fresh cheese cubes.
- See the "Glossary of Ingredients" for information about making ginger juice.

#### TOFU

1 tablespoon olive oil  
16 ounces firm tofu  
(pressed to remove as much water as possible)

2 garlic cloves, minced  
1/2 teaspoon sea salt  
1 tablespoon water

#### SPINACH

20 ounces frozen spinach

2 teaspoons olive oil  
2 large onions, chopped  
8 garlic cloves, minced  
1/4 teaspoon amchor (dried mango powder)  
2 teaspoons ground yellow mustard seeds  
4 teaspoons ground cumin  
3 teaspoons ground coriander  
1/4 teaspoon cayenne

1 teaspoon ginger juice, fresh  
(squeezed from fresh, grated ginger root)  
3/4 teaspoon sea salt

#### TOFU

Cut tofu into 3/4-inch cubes. Heat a large skillet (works best if it is non-stick), and when it is hot, add the oil and then the tofu. Saute, flipping the little tofu cubes occasionally, so they get a little crispy and brown on all sides.

Mix together minced garlic, salt, and water. When tofu is browned, add this to the tofu mixing quickly so all of the tofu gets braised with this "sauce". It should cook in quickly. Turn off heat, and set aside for later in the recipe.

#### SPINACH

While tofu is cooking, defrost spinach, squeeze all the liquid out, and chop. Set aside for use later in the recipe.

While tofu is cooking and spinach is defrosting, Heat a thick bottomed pot over medium-high heat and add oil. Add onion and garlic and saute for about 14 minutes. Add the remaining ingredients except the ginger and salt, and cook for about 3 minutes. Add the defrosted, squeezed, and chopped spinach, the browned tofu, ginger juice, and salt, and cook for about 5 minutes.

#### VARIATIONS:

- Use some chopped collard greens in place of some of the spinach.

Per serving: 313 Calories; 18g Fat (46% calories from fat); 25g Protein; 22g Carbohydrate; 0mg Cholesterol; 719mg Sodium

## 12-Savory Tempeh Patties

Makes 6 servings.

Preparation Time:  
45 minutes

Serving Ideas:  
Serve "15-Creamy  
Roasted Garlic  
Sauce" (see  
recipe).



### Nutrition Facts

Servings Per Recipe 6

Amount Per Serving	
Calories	109
Calories from fat	46
<b>% Daily Value*</b>	
Total Fat 5.2g	<b>8%</b>
Saturated Fat 0.7g	<b>3%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 296mg	<b>12%</b>
Carbohydrate 7.9g	<b>3%</b>
Dietary Fiber 0.7g	<b>3%</b>
Protein 8.3g	<b>17%</b>
Vitamin A	<b>5.5%</b>
Vitamin C	<b>0.1%</b>
Calcium	<b>4.6%</b>
Iron	<b>7.4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- An easy way to grind flax seeds is in a coffee grinder.

8 ounces tempeh, thawed  
2 tablespoons ground flax seed  
(or brown rice flour)  
2 teaspoons extra virgin olive oil  
1 3/4 tablespoons Tamari soy sauce  
2 tablespoons sweet sherry, (or mirin)

(or water)  
1/4 teaspoon ground sage  
1/4 teaspoon ground rosemary  
1/2 teaspoon ground thyme  
1/4 teaspoon marjoram

Steam tempeh for 20 minutes. Shred tempeh into mixing bowl. Add remaining ingredients and mix well.

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Patties can even stick a little to a non-stick baking sheet which messes up the patties, so I greatly prefer parchment paper because it always makes for very easy removal.

Shape into patties, place on the baking sheet, and bake in a 350 degree F (175 degree C) oven (no need to preheat the oven) for 30 minutes until golden brown.

Per serving: 109 Calories; 5g Fat (42% calories from fat); 8g Protein; 8g Carbohydrate; 0mg Cholesterol; 296mg Sodium



# 12-Seasoned Pan Fried Tofu Strips

Makes 4 servings.

Preparation Time:  
20 minutes

## Nutrition Facts

Servings Per Recipe 4

### Amount Per Serving

Calories 237  
Calories from fat 131

### % Daily Value\*

Total Fat	15.8g	24%
Saturated Fat	2.3g	1%
Cholesterol	0mg	0%
Sodium	79mg	3%
Carbohydrate	6.5g	2%
Dietary Fiber	1.7g	7%
Protein	22.4g	45%

Vitamin A	4.7%
Vitamin C	0.6%
Calcium	29.1%
Iron	82.7%

\* Percent Daily Values are based on a 2,000 calorie diet.

1 tablespoon dark sesame oil  
20 ounces firm tofu  
(pressed to remove as much water as possible - about 20 minutes)

2 tablespoons ume vinegar  
1 tablespoon water  
1/8 teaspoon sea salt

Cut tofu into long 1/4" thick by 3/4" wide strips. Heat a large skillet (works best if it is non-stick), and when it is hot, add the oil and then the tofu. Saute, flipping the tofu strips occasionally, so they get a crispy and brown on all sides.

Once they achieve a nice firm texture, mix together the ume vinegar, water, and salt, and add this to the pan with the tofu, and mix quickly so all tofu get seasoned. Cook until liquid absorbs or is evaporated, and turn off heat.

### VARIATIONS:

- Use tamari soy sauce in place of the ume vinegar.

Per serving: 237 Calories; 16g Fat (55% calories from fat); 22g Protein; 7g Carbohydrate; 0mg Cholesterol; 79mg Sodium

## 12-Sichuan Tofu

Makes 4 servings.

Preparation Time:  
30 minutes

Serving Ideas:  
Serve with rice.



### Nutrition Facts

Servings Per Recipe 4

#### Amount Per Serving

Calories	248
Calories from fat	110
<b>% Daily Value*</b>	
Total Fat 13.5g	<b>21%</b>
Saturated Fat 1.9g	<b>10%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 12.60mg	<b>52%</b>
Carbohydrate 17.9g	<b>6%</b>
Dietary Fiber 2.5g	<b>10%</b>
Protein 20.1g	<b>40%</b>

Vitamin A	<b>35.8%</b>
Vitamin C	<b>56.0%</b>
Calcium	<b>31.2%</b>
Iron	<b>72.3%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- See the "Glossary of Ingredients" for information about making ginger juice.

#### BOK CHOY

1/2 pound baby bok choy

#### TOFU

1 tablespoon dark sesame oil

16 ounces firm tofu

(pressed to remove as much water as possible)

#### SAUCE

1 tablespoon cornstarch

2 tablespoons whole sugar (e.g., Rapadura)

(or Sucanat sugar or granulated sugar)

2 tablespoons Tamari soy sauce

2 tablespoons brown rice vinegar

1 1/2 teaspoons sea salt

1/4 teaspoon ground black pepper

1/8 teaspoon cayenne, or to taste

1 teaspoon ginger juice, fresh

(squeezed from fresh, grated ginger root)

1/2 tablespoon hot chili sauce, or to taste

4 garlic cloves, minced

3/4 cup green onions, chopped

(about 6 stalks)

#### BOK CHOY

Chop the white part of the baby bok choy. Separately, slice the green part. Set both aside.

#### TOFU

Cut tofu into 1-inch cubes. Heat a large skillet (works best if it is non-stick), and when it is hot, add the oil and then the tofu. Saute, flipping the little tofu cubes occasionally, so they get a little crispy and brown on all sides.

#### SAUCE

While tofu is cooking, prepare the sauce. Combine all sauce ingredients in a bowl.

Once tofu is browned and a little crispy, add the white part of the bok choy to the tofu, and cook for 1 minute. Add sauce ingredients and cook for 1 minute. Add green part of bok choy, and cook until sauce thickens, and greens wilt. Turn off heat, and add chopped green onion.

#### VARIATIONS:

- Use steamed tempeh in place of tofu.

Per serving: 248 Calories; 13g Fat (44% calories from fat); 20g Protein; 18g Carbohydrate; 0mg Cholesterol; 12.60mg Sodium

# 12-Spicy-Green Chili-Tempeh

Makes 3 servings.

Preparation Time:  
20 minutes

Serving Ideas:  
Serve over rice or  
polenta.



## Nutrition Facts

Servings Per Recipe 3

Amount Per Serving	
Calories	200
Calories from fat	64
<b>% Daily Value*</b>	
Total Fat 7.6g	<b>12%</b>
Saturated Fat 1.0g	<b>5%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 423mg	<b>18%</b>
Carbohydrate 20.3g	<b>7%</b>
Dietary Fiber 1.6g	<b>6%</b>
Protein 16.3g	<b>33%</b>
Vitamin A	<b>15.0%</b>
Vitamin C	<b>117.2%</b>
Calcium	<b>9.3%</b>
Iron	<b>18.7%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

8 ounces tempeh, defrosted

1 teaspoon olive oil  
1 large onion, chopped

1 teaspoon cumin powder

4 ounces canned chopped green chilies  
(I like the mild variety, but use hot if  
you would like)  
1/8 teaspoon sea salt

1 tablespoon Tamari soy sauce

Steam tempeh for 20 minutes.

While tempeh is steaming, heat large skillet on medium to medium-high heat and add oil. Add onion and saute until well browned (about 7-10 minutes). Add cumin and cook 2 minutes. Add chilies and salt.

Cut tempeh into about 40 cubes. Add tempeh to onions and cook for about 10 minutes.

Finish by adding the tamari.

Per serving: 200 Calories; 8g Fat (32% calories from fat); 16g Protein; 20g Carbohydrate; 0mg Cholesterol; 423mg Sodium

# 12-Sweet Ginger Tempeh and Sweet Potatoes

Makes 8 servings.

Preparation Time:  
1 hour



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	168
Calories from fat	41
<b>% Daily Value*</b>	
Total Fat 5.0g	<b>8%</b>
Saturated Fat 0.9g	<b>5%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 425mg	<b>18%</b>
Carbohydrate 27.3g	<b>9%</b>
Dietary Fiber 2.4g	<b>10%</b>
Protein 7.5g	<b>15%</b>
Vitamin A	<b>176.4%</b>
Vitamin C	<b>31.6%</b>
Calcium	<b>6.2%</b>
Iron	<b>8.1%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- See the "Glossary of Ingredients" for information about making ginger juice.

### VEGETABLES

1 small onion, sliced thin  
1 pound sweet potatoes, cut into 1" pieces  
(about 2 medium sweet potatoes)  
2 teaspoons dark sesame oil  
1 teaspoon sea salt

3 small zucchini, cut 1/2 inch thick  
1 teaspoon dark sesame oil  
1/4 teaspoon sea salt

### TEMPEH

8 ounces tempeh, defrosted

### SAUCE

1/2 cup no-salt-added vegetable broth, (or water)  
1 cup pineapple-coconut juice/nectar  
1 tablespoon raisins, seedless  
1 tablespoon coconut shreds  
1/4 teaspoon ground nutmeg  
1/2 teaspoon ground cinnamon  
5 garlic cloves, minced  
1 1/2 teaspoons ginger juice, fresh  
(squeezed from fresh, grated ginger root)  
1 tablespoon maple syrup  
1 teaspoon dark sesame oil  
1/2 teaspoon sea salt

### VEGETABLES

Place the sliced onion and cut sweet potato in a large bowl. Add the sesame oil and toss to coat vegetables. Add the sea salt and toss again. Transfer vegetables to a baking sheet (no need to oil the pan if it is non-stick since the potatoes are oiled, but you probably want to put a little oil on the pan if it is a regular pan). Place zucchini in a bowl, and toss with oil and salt in the same way. These will not be added to the baking sheet now because they cook much faster than sweet potatoes. Put these zucchini aside to be added to the baking sheet later.

### TEMPEH

Slice defrosted tempeh cross-wise to create 1 inch by 1 inch squares. Place sliced tempeh in bottom of a loaf pan (if you are doubling this recipe, use a 9x9 inch baking pan, and if you are more than doubling this recipe, use a 9x13 inch baking pan or multiple pans). The overall goal is to have all the tempeh slices covered in sauce when they are in the baking pan.

### SAUCE

Combine all sauce ingredients in a sauce pan, and heat. Once this comes to a simmer, pour it over tempeh in baking dish.

### BAKING

Place both the sweet potato/onion baking sheet and the tempeh baking pan (with sauce) into an oven and bake (roast) at 450 degree F (230 degree C) (no need to preheat the oven) for about 30 minutes. At this point, add the prepared zucchini (oiled and salted) to the baking sheet with the sweet potatoes. Mix the sweet potato and zucchini together. Additionally, flip the tempeh in the baking pan so all sides of the tempeh absorb the sauce evenly, and so both the top and the bottom have a chance to get a little brown. Put both the baking sheet and baking pan back into the oven and continue baking/roasted until the sweet potatoes are not hard, and have browned. This could take another 20 minutes, but could be longer to get the sweet potatoes soft. During these last minutes of baking, gently mix the sweet potatoes and zucchini every 10 minutes to ensure they do not burn on any one side. The tempeh sauce should be bubbling (and a little more than half of the sauce absorbed into the tempeh) after a total of 50 minutes, and at that point, the tempeh can be removed.

Once the sweet potatoes are soft, remove from oven. Pour both the tempeh (with the sauce) and sweet potatoes and zucchini into a large bowl, and gently mix the tempeh and vegetables so the sauce covers the vegetables as well.

Makes about 6 cups.

VARIATIONS:

- Add pineapple chunks to the sauce.

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Per serving: 168 Calories; 5g Fat (24% calories from fat); 7g Protein; 27g Carbohydrate; 0mg Cholesterol; 425mg Sodium

# 12-Tempeh with a Mediterranean Tomato-Olive Sauce

Makes 6 servings.

Preparation Time:  
1 hour

Serving Ideas:  
Serve over  
polenta.

## Nutrition Facts

Servings Per Recipe 6

Amount Per Serving		
Calories		361
Calories from fat		110
		<b>% Daily Value*</b>
Total Fat	12.2g	<b>19%</b>
Saturated Fat	1.7g	<b>8%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	565mg	<b>24%</b>
Carbohydrate	45.6g	<b>15%</b>
Dietary Fiber	2.5g	<b>10%</b>
Protein	17.3g	<b>35%</b>
Vitamin A		<b>43.1%</b>
Vitamin C		<b>24.6%</b>
Calcium		<b>16.0%</b>
Iron		<b>27.8%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

**TEMPEH**  
16 ounces tempeh, defrosted

**SAUCE**  
6 ounces tomato paste  
1 cup no-salt-added vegetable broth  
2 cups red wine  
1/2 cup sucanat sugar  
(or granulated sugar)

1 tablespoon dried basil  
2 tablespoons dried oregano  
1/2 cup chopped olives  
8 garlic cloves, minced  
2 tablespoons balsamic vinegar  
2 tablespoons olive oil  
1/2 teaspoon sea salt

**TEMPEH**  
Slice defrosted tempeh cross-wise to create 3 inch by 1/2 inch strips. Place sliced tempeh in bottom of a 9x9 inch baking pan.

**SAUCE**  
Combine all sauce ingredients in a sauce pan, and heat. Once this comes to a simmer, pour it over tempeh in baking dish.

**BAKING**  
Bake dish in a 450 degree F (230 degree C) oven (no need to preheat oven) until most of the liquid is absorbed into the tempeh (about 45 minutes). About half way through baking, flip the tempeh in the pan so all sides of the tempeh absorb the sauce evenly, and so both the top and the bottom have a chance to get a little brown. Remove from oven, and gently mix the tempeh so the sauce covers more evenly.

**VARIATIONS:**  
- Try using pressed tofu (or even drained garbanzo beans) instead of tempeh.

Per serving: 361 Calories; 12g Fat (30% calories from fat); 17g Protein; 46g Carbohydrate; 0mg Cholesterol; 565mg Sodium

# 12-Tempeh with Indian-Style Soy Yogurt Sauce

Makes 6 servings.

Preparation Time:  
40 minutes

Serving Ideas:  
Serve with rice.



## Nutrition Facts

Servings Per Recipe 6

Amount Per Serving	
Calories	245
Calories from fat	91
<b>% Daily Value*</b>	
Total Fat 11.0g	<b>17%</b>
Saturated Fat 1.4g	<b>7%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 147mg	<b>6%</b>
Carbohydrate 24.1g	<b>8%</b>
Dietary Fiber 2.4g	<b>10%</b>
Protein 17.8g	<b>36%</b>
Vitamin A	<b>17.8%</b>
Vitamin C	<b>74.4%</b>
Calcium	<b>12.9%</b>
Iron	<b>16.9%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- I like this sauce so much that I often make it by itself and serve it on top of plain rice, or over steamed vegetables.
- See the "Glossary of Ingredients" for information about making ginger juice.

### TEMPEH

16 ounces tempeh, defrosted  
2 teaspoons extra virgin olive oil

1/4 teaspoon sea salt  
3 tablespoons water

### SOY YOGURT SAUCE

1 tablespoon vegetable oil spread, non-hydrogenated,  
(or olive oil)  
4 teaspoons fennel seeds  
2 teaspoons coriander seed  
2 teaspoons poppy seeds

1/4 teaspoon ground cardamom  
2 medium onions, chopped  
6 garlic cloves, crushed  
4 ounces canned chopped mild green chilies  
8 ounces diced tomatoes, low sodium, drained  
12 ounces unsweetened soy yogurt  
2 teaspoons ginger juice, fresh  
(squeezed from fresh, grated ginger root)  
1 teaspoon sucanat sugar  
1/8 teaspoon sea salt  
1/2 cup chopped cilantro

### TEMPEH

Steam the tempeh for 20 minutes. Cut tempeh into 1/2" thick strips. Rub oil on tempeh strips. Heat large skillet on medium to medium-high heat. Add tempeh strips to skillet. Seal/brown one side of the tempeh strips. Flip over and seal/brown the other side (may need another teaspoon of oil if you don't feel like the amount rubbed on the strips was enough).

Combine the salt and water in a small bowl, and when the tempeh is done cooking, add this water mixture and quickly stir. The water mixture will dissolve very quickly, and once the tempeh has dried out, you can turn off the heat.

### SOY YOGURT SAUCE

While the tempeh is cooking, heat a thick bottomed pot over medium-high heat and add vegetable oil spread (or other oil). Add the seeds and cardamom and fry for a minute. Immediately add the onion and cook until the onion browns (about 14 minutes). Add the garlic and chilies, and cook another 2 minutes. Lower the heat and add the remaining ingredients (except the cilantro) and heat gently until fully heated through.

Once tempeh is lightly browned and the sauce is finished, pour the sauce on top of the tempeh and gently mix to combine. Heat this mixture for a few minutes to get to the sauce to absorb into the tempeh.

Mix in the cilantro and turn heat off.

VARIATIONS:

- Use tofu instead of tempeh.

---

Per serving: 245 Calories; 11g Fat (37% calories from fat); 18g Protein; 24g Carbohydrate; 0mg Cholesterol; 147mg Sodium



# 12-Teriyaki Tempeh

Makes 3 servings.

Preparation Time:  
15 minutes

## Nutrition Facts

Servings Per Recipe 3

### Amount Per Serving

Calories 174  
Calories from fat 64

### % Daily Value\*

Total Fat	7.4g	14%
Saturated Fat	1.0g	5%
Cholesterol	0mg	0%
Sodium	340mg	14%
Carbohydrate	13.6g	5%
Dietary Fiber	0.1g	0%
Protein	15.0g	30%

Vitamin A		10.4%
Vitamin C		0.0%
Calcium		7.2%
Iron		10.5%

\* Percent Daily Values are based on a 2,000 calorie diet.

8 ounces tempeh, defrosted

1 tablespoon Tamari soy sauce

1 teaspoon dark (toasted) sesame oil

1 tablespoon sweet sherry, (or mirin)

Steam tempeh for 20 minutes.

Cut tempeh into thin (1/4" thick) strips. Rub oil on tempeh strips. Heat large skillet on medium to medium-high heat. Add tempeh strips to skillet. Seal/brown one side of the tempeh strips. Flip over and seal/brown the other side (may need another teaspoon of oil if you don't feel like the amount rubbed on the strips was enough).

When sealed, transfer to plate, and splash tamari and sherry over tempeh, mixing to coat evenly.

If you want it more dried out and crispy, place strips into a hot oven and bake for a few minutes to desired consistency.

Per serving: 174 Calories; 7g Fat (37% calories from fat); 15g Protein; 14g Carbohydrate; 0mg Cholesterol; 340mg Sodium

# 12-Tofu Burgers

Makes 8 servings.

Preparation Time:  
40 minutes

Serving Ideas:  
Serve between  
toasted bread  
slices with  
mustard.

## Nutrition Facts

Servings Per Recipe 8

### Amount Per Serving

Calories 264  
Calories from fat 136

### % Daily Value\*

Total Fat	16.4g	25%
Saturated Fat	3.3g	17%
Cholesterol	0mg	0%
Sodium	369mg	15%
Carbohydrate	13.8g	5%
Dietary Fiber	3.8g	15%
Protein	20.9g	42%

Vitamin A	150.8%
Vitamin C	40.1%
Calcium	27.6%
Iron	70.3%

\* Percent Daily Values are based on a 2,000 calorie diet.

2 pounds tofu, firm  
(pressed to remove as much water as possible)

### COOKED VEGETABLE MIXTURE

1 tablespoon olive oil  
1 large onion, finely chopped  
3 carrots, shredded  
1 medium red bell pepper, finely chopped  
3/4 cup chopped celery, finely chopped  
(from about 2 stalks)  
1/3 cup green onion, finely chopped  
(about 2 stalks of green onions; white

part and most of the green part)  
8 garlic cloves, finely chopped  
(or 1 teaspoon granulated garlic)  
1/4 teaspoon sea salt

### WALNUT-TOFU MIXTURE

1 cup walnuts  
2 tablespoons white miso  
2 tablespoons almond butter  
1 teaspoon dried basil  
1/2 teaspoon sea salt  
1 tablespoon ume vinegar

### PRESSING TOFU

First, press the tofu to remove as much water as possible from the tofu. This is an important step because if this is not done, the resulting tofu burgers could be too soft and would need more binding (such as flour) for them to hold together. Press the block of tofu between two plates, with a heavy weight on the top plate. Leave to press for about 30 minutes (the water will form a pool on the bottom plate which can be poured off).

### COOKED VEGETABLE MIXTURE

Heat a skillet over medium-high heat and add oil. Saute onion for about 10 minutes until it starts to brown. Add the shredded carrots and red bell pepper and continue to cook until the red bell pepper is soft. Add celery, green onion and garlic, and cook another 3 minutes. Add salt and cook another 1 minute. Remove from heat.

### WALNUT-TOFU MIXTURE

Place the walnuts in a food processor and process until walnuts are chopped to a corn meal texture. Add miso, almond butter, basil, salt, ume vinegar, and a quarter of the tofu (about a half pound) (crumble it as you put it in) to the food processor with the ground walnuts. Process all these ingredients until well integrated.

### FINISHING

Combine together the walnut-tofu mixture (from the food processor) and the cooked vegetables. Finely crumble the remaining tofu into this mixture and mix until well integrated.

### BAKING BURGERS

To prepare the burgers:

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Burgers can even stick a little to a non-stick baking sheet which messes up the burgers, so I greatly prefer parchment paper because it always makes for very easy removal.

Using your hands, take about 1/2 cup of the mixture (depending how large you want the burgers to be), shape it into a patty, and place it on a the baking sheet. If the mixture seems a little dry or crumbly, and it is difficult to form the burgers, add some water until it gets a little mushy so that the patties can be easily formed, and so they stay together. If the mixture seems a little too wet, add some brown rice flour. Repeat making burgers using all of the millet-bean mixture. You should end up with about 16 small burgers, but you can also make larger burgers.

If desired, spray a little oil on each burger (this will make them brown nicely and give them a lightly crisp crust).

Bake in a 400 degree F (200 degree C) oven (no need to preheat oven) for about 25 minutes, or until the burgers are golden brown and have crispy edges. Flip the burgers half way through to get both sides brown and so they

do not burn on any one side. If you prepared the mixture in advance and it was cold from the refrigerator when you started, check to make sure that the burgers are sufficiently warmed through.

VARIATIONS:

- Use different mixtures of finely chopped vegetables; try green beans or parsnips, etc..

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Per serving: 264 Calories; 16g Fat (52% calories from fat); 21g Protein; 14g Carbohydrate; 0mg Cholesterol; 369mg Sodium

## 13- \*\*\*\*\* VEGETABLES \*\*\*\*\*

Makes one serving.

Preparation Time:  
0 minutes



### Nutrition Facts

Servings Per Recipe 1

Amount Per Serving	
Calories	0
Calories from fat	0
<b>% Daily Value*</b>	
Total Fat 0.0g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 0mg	<b>0%</b>
Carbohydrate 0.0g	<b>0%</b>
Dietary Fiber 0.0g	<b>0%</b>
Protein 0.0g	<b>0%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>0.0%</b>
Iron	<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

My favorite recipes in this chapter include:

- Indian Cauliflower
- Spiced Butternut Squash Puree

Some of the easier recipes in this chapter include:

- Roasted Green Beans with Balsamic Vinegar
- Baked Cauliflower
- Brussels Sprouts With Hazelnuts

Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

# 13-Baked Cauliflower

Makes 8 servings.

Preparation Time:  
1 hour, 5 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	150
Calories from fat	63
<b>% Daily Value*</b>	
Total Fat 7.8g	<b>12%</b>
Saturated Fat 0.8g	<b>4%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 475mg	<b>20%</b>
Carbohydrate 14.5g	<b>5%</b>
Dietary Fiber 6.9g	<b>28%</b>
Protein 9.6g	<b>19%</b>
Vitamin A	<b>2.7%</b>
Vitamin C	<b>175.8%</b>
Calcium	<b>8.4%</b>
Iron	<b>10.3%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- An easy way to cook cauliflower; results in a very soft cauliflower that melts in your mouth.

4 pounds cauliflower florets  
(from about two medium heads of cauliflower)  
(slice entire cauliflower into thick 1 inch slices)  
8 garlic cloves, quartered

12 1/3 ounces tofu, low-fat silken  
(see the "Glossary of Ingredients" for

more information about silken tofu)  
2 tablespoons olive oil  
2 tablespoons vegetable oil spread, non-hydrogenated  
2 cups unsweetened soy milk  
1 teaspoon ground white pepper  
1 1/2 teaspoons sea salt

GARNISH  
1/4 teaspoon paprika

Place thick slices of cauliflower flat in the bottom of a oiled 9 x 13 baking pan. Scatter in the halved garlic cloves.

Blend remaining recipe ingredients (either in a food processor or a blender) until smooth. Pour into the baking pan over the cauliflower and garlic.

Cover pan with foil and bake in a 350 degree F (175 degree C) oven (no need to preheat oven) for 50 minutes, or until the cauliflower is soft and most of the liquid has evaporated. Remove foil and continue to bake for another 10 minutes (rest of the liquid should bake off).

GARNISH  
Sprinkle paprika over baked cauliflower dish.

Serve.

VARIATIONS:  
- Add a chopped fennel bulb to the baking pan with the cauliflower.

Per serving: 150 Calories; 8g Fat (42% calories from fat); 10g Protein; 15g Carbohydrate; 0mg Cholesterol; 475mg Sodium

# 13-Braised Broccoli

Makes 8 servings.

Preparation Time:  
25 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	74
Calories from fat	13
<b>% Daily Value*</b>	
Total Fat 1.7g	<b>3%</b>
Saturated Fat 0.3g	<b>1%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 215mg	<b>9%</b>
Carbohydrate 11.7g	<b>4%</b>
Dietary Fiber 4.9g	<b>20%</b>
Protein 5.8g	<b>12%</b>
Vitamin A	<b>45.4%</b>
Vitamin C	<b>201.2%</b>
Calcium	<b>8.0%</b>
Iron	<b>7.3%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

8 cups broccoli florets  
2 cups broccoli stalks, peeled, sliced  
(florets and stalks from 4 bunches)  
  
2 teaspoons olive oil  
1 large onion, diced

8 garlic cloves, minced  
  
1/4 teaspoon sea salt  
1 tablespoon Tamari soy sauce  
1 tablespoon sweet sherry, (or mirin)

To prepare the broccoli: a) cut off the florets, b) peel the stalks, and c) slice the stalks.

Heat large skillet on medium to medium-high heat and add oil. Add onion and saute for a few minutes, then add the sliced broccoli stalks (the most tender part of the broccoli plant). Cook until the onion starts to brown (about 8 minutes). Add the broccoli florets and cook a few more minutes. Lastly, add garlic, and cook another few minutes. Add the salt, tamari and sherry at end, and cook one minute.

### VARIATIONS:

- Add some sliced carrots after the onion.
- "Braised Brussels Sprouts" - Use halved Brussels sprouts in place of the broccoli. Serve sprinkled with bread crumbs.

Per serving: 74 Calories; 2g Fat (18% calories from fat); 6g Protein; 12g Carbohydrate; 0mg Cholesterol; 215mg Sodium

# 13-Broccoli Rabe with Shiitake Mushrooms

Makes 6 servings.

Preparation Time:  
30 minutes

- Broccoli rabe, also called rapini, is more leafy than regular heads of broccoli, and is high in calcium.

Nutrition Facts	
Servings Per Recipe 6	
Amount Per Serving	
Calories	99
Calories from fat	8
<b>% Daily Value*</b>	
Total Fat 1.0g	<b>2%</b>
Saturated Fat 0.1g	<b>1%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 252mg	<b>10%</b>
Carbohydrate 21.5g	<b>7%</b>
Dietary Fiber 3.3g	<b>13%</b>
Protein 3.8g	<b>8%</b>
Vitamin A	<b>143.9%</b>
Vitamin C	<b>108.8%</b>
Calcium	<b>4.9%</b>
Iron	<b>6.4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

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1 teaspoon olive oil	
1/4 pound shiitake mushrooms, halved (about 1 cup)	4 cups red cabbage, chopped (about one medium head)
1 large onion, diced	
	4 garlic cloves, minced
5 cups broccoli rabe, chopped (about 2 bunches)	3/4 teaspoon sea salt

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Heat large skillet on medium to medium-high heat and add oil. Add mushrooms and saute until all liquid is cooked off and mushrooms are well done (could take up to 15 minutes), then add the onion. Cook for about 5 minutes.

Add chopped broccoli rabe and cook a few more minutes.

Add chopped cabbage, and cook for about 10 minutes. Lastly, add garlic, and cook another few minutes. Season with sea salt at end, and cook one minute.

#### VARIATIONS:

- Add some sliced carrots after the onion.

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Per serving: 99 Calories; 1g Fat (8% calories from fat); 4g Protein; 22g Carbohydrate; 0mg Cholesterol; 252mg Sodium

# 13-Brussels Sprouts With Hazelnuts

Makes 8 servings.

Preparation Time:  
25 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving		
Calories		61
Calories from fat		22
		<b>% Daily Value*</b>
Total Fat	2.8g	<b>4%</b>
Saturated Fat	0.3g	<b>1%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	134mg	<b>6%</b>
Carbohydrate	8.3g	<b>3%</b>
Dietary Fiber	3.2g	<b>13%</b>
Protein	2.8g	<b>6%</b>
Vitamin A		<b>11.3%</b>
Vitamin C		<b>69.2%</b>
Calcium		<b>3.4%</b>
Iron		<b>4.8%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

2 teaspoons sesame oil  
1 medium onion, diced

1 1/4 pounds Brussels sprouts, cut in half

6 garlic cloves, minced

1/2 teaspoon sea salt  
1/4 cup ground hazelnuts

Heat large skillet on medium to medium-high heat and add oil. Add onion and saute for a few minutes, then add the halved Brussels sprouts. Cook until the onion starts to brown (about 8 minutes). Add garlic, and cook another couple minutes. Add the salt and ground nuts, and cook one minute.

### VARIATIONS:

- Add some sliced carrots after the onion and right before the Brussels sprouts.

Per serving: 61 Calories; 3g Fat (36% calories from fat); 3g Protein; 8g Carbohydrate; 0mg Cholesterol; 134mg Sodium



# 13-Collards with Corn and Red Bell Pepper

Makes 8 servings.

Preparation Time:  
25 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	82
Calories from fat	11
<b>% Daily Value*</b>	
Total Fat 1.4g	<b>2%</b>
Saturated Fat 0.1g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 211mg	<b>9%</b>
Carbohydrate 16.0g	<b>5%</b>
Dietary Fiber 7.2g	<b>29%</b>
Protein 5.2g	<b>10%</b>
Vitamin A	<b>132.8%</b>
Vitamin C	<b>120.3%</b>
Calcium	<b>25.1%</b>
Iron	<b>6.1%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Collards are one of the very nutritionally dense greens (like kale).  
- Be careful not to overcook greens. If you have had boiled greens, and did not like them, give this dish a try as greens prepared in a saute method are much more palatable than boiled greens (at least some of us think so). This dish could convert some of those who have not liked greens in the past.

1/2 teaspoon olive oil	(about 48 leaves)
1 large onions, chopped	
1 medium red bell peppers, diced	1/2 teaspoon cayenne
3 pounds collard greens, chopped (thick stems removed)	1 cup corn, frozen
(no long stringy pieces)	3/4 teaspoon sea salt

Heat a thick bottomed pot over medium-high heat and add oil. Add onion and saute for about 7 minutes. Add red bell pepper and continue to cook for 3 minutes. Add collard greens and cook for another 4-5 minutes. Add the cayenne, frozen corn, and sea salt and cook for about 3+ minutes.

### VARIATIONS:

- Could add cooked black beans to this dish with the corn.  
- Try vegetable variations in addition to or in place of red bell peppers, e.g., add carrots, green chilies, fermented black beans, etc.

Per serving: 82 Calories; 1g Fat (13% calories from fat); 5g Protein; 16g Carbohydrate; 0mg Cholesterol; 211mg Sodium

# 13-Creamed Kale

Makes 8 servings.

Preparation Time:  
25 minutes

Serving Ideas:  
Serve as a sauce  
over rice and  
roasted  
vegetables.



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	122
Calories from fat	50
<b>% Daily Value*</b>	
Total Fat 6.2g	<b>10%</b>
Saturated Fat 3.1g	<b>15%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 322mg	<b>13%</b>
Carbohydrate 15.0g	<b>5%</b>
Dietary Fiber 1.9g	<b>8%</b>
Protein 5.5g	<b>11%</b>
Vitamin A	<b>184.9%</b>
Vitamin C	<b>188.3%</b>
Calcium	<b>16.8%</b>
Iron	<b>12.5%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Kale is one of the very nutritionally dense greens (like collards).
- Be careful not to overcook greens. If you have had boiled greens, and did not like them, give this dish a try as greens prepared in a saute method are much more palatable than boiled greens (at least some of us think so).

3 pounds kale  
(about 3 bunches)

1 teaspoon olive oil  
1 large onion, chopped  
1/2 teaspoon sea salt

### "CREAM" MIXTURE

1/4 cup almond butter  
1/4 cup water  
2 tablespoons white miso  
1/2 teaspoon ground white pepper

Prepare kale by washing and cutting the leaf part from the stem. Discard the stems (they are too woody for a creamed kale dish). Spin the leaves in a salad spinner to get them completely dry. Finely chop the leaves.

Heat a large pot over medium-high heat and add oil. Add onion and saute for about 8 minutes. Add kale and continue to cook for 4 minutes. Add salt and cook for another minute.

Add kale and "cream" mixture ingredients to a food processor and blend until mixture is fairly smooth (about 5 minutes). Transfer back to the large pot and heat for about 3+ minutes.

### VARIATIONS:

- Use collards instead of kale.

Per serving: 122 Calories; 6g Fat (41% calories from fat); 5g Protein; 15g Carbohydrate; 0mg Cholesterol; 322mg Sodium

# 13-Glazed Arame

Makes 8 servings.

Preparation Time:  
10 minutes

- Arame is the most mild of the sea vegetables, so it is a good introductory sea vegetable. The saltiness and sweetness added to this side dish also helps mellow the sea vegetable.

## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	39
Calories from fat	6
<b>% Daily Value*</b>	
Total Fat 0.6g	<b>1%</b>
Saturated Fat 0.1g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 345mg	<b>14%</b>
Carbohydrate 7.6g	<b>3%</b>
Dietary Fiber 0.1g	<b>0%</b>
Protein 0.8g	<b>2%</b>
Vitamin A	<b>0.8%</b>
Vitamin C	<b>0.5%</b>
Calcium	<b>1.7%</b>
Iron	<b>1.9%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

3 ounces arame sea vegetable  
1 teaspoon dark (toasted) sesame oil

2 tablespoons Tamari soy sauce  
2 tablespoons sweet sherry, (or mirin)  
4 tablespoons brown rice syrup

Wash arame in multiple changes of water until water that is poured off is fairly clear. Let soak in fresh water (fully covered) for about 10-15 minutes. Drain again.

Heat large skillet on medium to medium-high heat. Add oil to skillet, spread around, and add arame, quickly mixing to get oil evenly on all arame. Seal for about 4 minutes, then add tamari, sherry, and brown rice syrup. Cook gently for 5 more minutes.

Per serving: 39 Calories; 1g Fat (15% calories from fat); 1g Protein; 8g Carbohydrate; 0mg Cholesterol; 345mg Sodium

# 13-Hearty Greens and Chickpea Saute

Makes 8 servings.

Preparation Time:  
25 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	159
Calories from fat	21
<b>% Daily Value*</b>	
Total Fat 2.4g	<b>4%</b>
Saturated Fat 0.2g	<b>4%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 295mg	<b>12%</b>
Carbohydrate 27.2g	<b>9%</b>
Dietary Fiber 7.5g	<b>30%</b>
Protein 7.8g	<b>16%</b>
Vitamin A	<b>265.5%</b>
Vitamin C	<b>110.6%</b>
Calcium	<b>27.8%</b>
Iron	<b>12.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Be careful not to overcook greens. If you have had boiled greens, and did not like them, give this dish a try as greens prepared in a saute method are much more palatable than boiled greens (at least some of us think so). This dish could convert some of those who have not liked greens in the past.

### GREENS

1 teaspoon olive oil  
2 large onions, chopped  
3 medium carrots, sliced  
3 pounds mixed hearty greens, chopped  
(e.g., collards, kale, and/or chard)  
(thick stems removed)  
(no long stringy pieces)  
(about 48 leaves)

### CHICKPEA MIXTURE

1 1/2 cups chickpeas, cooked, drained  
(a 15 oz. can is about 1 1/2 cups)  
3/4 cup red wine  
1/2 teaspoon sea salt  
2 tablespoons Sucanat sugar, or granulated sugar

### FINISHING

1/2 teaspoon sea salt

### GREENS

Heat a skillet over medium-high heat and add oil. Add onions and saute for 7 minutes. Add carrots and cook for 4 minutes. Add mixed hearty greens and cook until all vegetables are done.

### CHICKPEA MIXTURE

While vegetables are sauteing, combine chickpeas, wine, first portion of salt, and sugar in a small pan and cook together. Cook gently until there is no liquid left. The idea is to impact a sweetened red wine flavor into the chickpeas.

### FINISHING

When vegetables are done sauteing, add second portion of salt, stir, and then add the chickpeas mixture and cook for about 1 minute.

1 serving = about 3/4 cup.

### VARIATIONS:

- Instead of using chickpeas, try another bean such as white beans.

Per serving: 159 Calories; 2g Fat (13% calories from fat); 8g Protein; 27g Carbohydrate; 0mg Cholesterol; 295mg Sodium

## 13-Indian Cauliflower

Makes 6 servings.

Preparation Time:  
50 minutes



### Nutrition Facts

Servings Per Recipe 6

Amount Per Serving	
Calories	83
Calories from fat	24
<b>% Daily Value*</b>	
Total Fat 3.0g	<b>5%</b>
Saturated Fat 0.3g	<b>2%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 353mg	<b>15%</b>
Carbohydrate 13.3g	<b>4%</b>
Dietary Fiber 4.2g	<b>17%</b>
Protein 3.5g	<b>7%</b>
Vitamin A	<b>9.2%</b>
Vitamin C	<b>103.4%</b>
Calcium	<b>4.6%</b>
Iron	<b>9.1%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

1 tablespoon olive oil  
2 teaspoons ground coriander  
1 tablespoon cumin seed  
3/4 teaspoon ground fenugreek seed  
2 medium onions, diced

(from one large head of cauliflower)  
(don't cut the florets, instead try to separate them with your fingers so they are about 2 inch cubes)

6 cups cauliflower florets

3 medium fresh tomatoes  
1 teaspoon sea salt

Heat large skillet on medium to medium-high heat and add oil. Add spices and cook until fragrant. Add onion and saute for a about 3 minutes. Then reduce heat and continue to saute until the onions are very brown (about 10 more minutes). Reduce heat more if the onions start to stick or the bottom of the pan starts to brown too much.

Add cauliflower and mix so the onions get tossed around with the cauliflower. Cook for about 10 minutes without a lid, stirring occasionally, so the cauliflower gets little small light brown areas.

Cut the fresh tomatoes in half, and with a shredder where the cut side of the tomato is down, shred the flesh of the tomatoes into the pan with the onion-cauliflower mixture. After shredding the flesh in, you should just be left with the skin which you can discard. Do this for all the fresh tomato halves. Mix the tomato flesh and salt in with the onions and cauliflower.

Cover pan, and cook for about 20 minutes until the cauliflower is tender and the sauce thickens a little. If you want the sauce a little thicker, add a little bit of flour and cook another 2 minutes.

Spoon some of the sauce at the bottom of the pan onto a plate, add cauliflower chunks, and serve.

#### VARIATIONS:

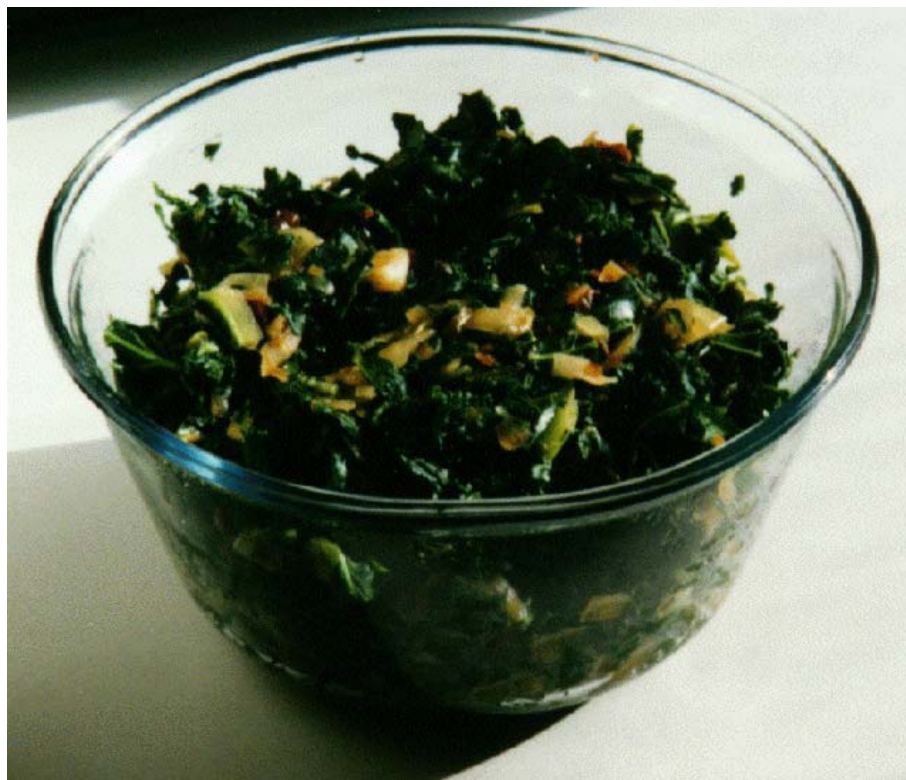
- Use canned tomato sauce instead of fresh tomato puree to make the preparation faster.

Per serving: 83 Calories; 3g Fat (29% calories from fat); 3g Protein; 13g Carbohydrate; 0mg Cholesterol; 353mg Sodium

# 13-Kale with Sun-Dried Tomatoes

Makes 8 servings.

Preparation Time:  
25 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	63
Calories from fat	7
<b>% Daily Value*</b>	
Total Fat 1.0g	<b>2%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 199mg	<b>8%</b>
Carbohydrate 12.9g	<b>4%</b>
Dietary Fiber 1.0g	<b>4%</b>
Protein 4.0g	<b>8%</b>
Vitamin A	<b>185.1%</b>
Vitamin C	<b>189.3%</b>
Calcium	<b>14.6%</b>
Iron	<b>10.9%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Kale is one of the very nutritionally dense greens (like collards).  
- Be careful not to overcook greens. If you have had boiled greens, and did not like them, give this dish a try as greens prepared in a saute method are much more palatable than boiled greens (at least some of us think so). This dish could convert some of those who have not liked greens in the past.

1/4 cup sun-dried tomatoes, (about 6 halves)  
1/4 cup hot water

3 pounds kale, chopped  
(about 3 bunches)

1/4 teaspoon olive oil  
1 large onion, chopped

1/2 teaspoon sea salt

Set sun-dried tomatoes to soak in water. Set aside.

Heat a large pot over medium-high heat and add oil. Add onion and saute for about 7 minutes. Add kale and continue to cook for about 5 minutes until kale is done.

Drain the sun-dried tomatoes and slice them. Add them and the sea salt to the kale mixture. Cook for about 3+ minutes.

### VARIATIONS:

- Try vegetable variations in addition to or in place of tomatoes, e.g., add carrots, green chilies, fermented black beans, etc.

Per serving: 63 Calories; 1g Fat (11% calories from fat); 4g Protein; 13g Carbohydrate; 0mg Cholesterol; 199mg Sodium

# 13-Orange Glazed Broccoli with Carrots and Kale

Makes 6 servings.

Preparation Time:  
30 minutes



## Nutrition Facts

Servings Per Recipe 6

Amount Per Serving	
Calories	143
Calories from fat	16
<b>% Daily Value*</b>	
Total Fat 2.0g	<b>3%</b>
Saturated Fat 0.2g	<b>4%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 377mg	<b>16%</b>
Carbohydrate 28.0g	<b>9%</b>
Dietary Fiber 5.1g	<b>20%</b>
Protein 7.2g	<b>14%</b>
Vitamin A	<b>335.4%</b>
Vitamin C	<b>298.0%</b>
Calcium	<b>15.9%</b>
Iron	<b>13.5%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- See the "Glossary of Ingredients" for information about making ginger juice.

4 cups broccoli florets  
1 cup broccoli stalks, slivered  
(need ~2 bunches to have enough florets)

1 teaspoon olive oil  
1 large onion, diced

3 carrots, sliced  
1 1/2 pounds kale, chopped  
(or collards)

1 teaspoon sea salt

### GLAZE

1 cup orange juice  
(fresh squeezed from about 2 oranges)  
1 tablespoon ginger juice, fresh, grated  
(squeezed from fresh, grated ginger root)  
1 tablespoon sweet sherry, (or mirin)  
4 tablespoons brown rice flour, (or spelt flour)

To prepare the broccoli: a) cut off the florets, b) select the most tender, and least woody stalks (enough to make the slivered stalks called for in the ingredients), and c) sliver the stalks.

Heat large skillet on medium to medium-high heat and add oil. Add onion and saute for a few minutes, then add the slivered broccoli stalks (the most tender part of the broccoli plant). Cook until the onion starts to brown (about 7 minutes).

Add carrots and continue to cook. Add the broccoli florets and kale and cook a few more minutes until they are pretty close to being done. Add sea salt.

### GLAZE

Combine juices, sherry and flour, and add to the vegetables. Cook for a few minutes until glaze has thickened.

### VARIATIONS:

- Use red bell pepper in addition to, or in place of, carrots.

Per serving: 143 Calories; 2g Fat (11% calories from fat); 7g Protein; 28g Carbohydrate; 0mg Cholesterol; 377mg Sodium

# 13-Roasted Green Beans with Balsamic Vinegar

Makes 8 servings.

Preparation Time:  
40 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	39
Calories from fat	5
<b>% Daily Value*</b>	
Total Fat 0.7g	<b>1%</b>
Saturated Fat 0.1g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 182mg	<b>8%</b>
Carbohydrate 7.9g	<b>3%</b>
Dietary Fiber 3.4g	<b>14%</b>
Protein 2.0g	<b>4%</b>
Vitamin A	<b>13.4%</b>
Vitamin C	<b>28.6%</b>
Calcium	<b>4.1%</b>
Iron	<b>5.9%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

2 pounds green beans  
5 garlic cloves, crushed  
1 teaspoon olive oil  
1/2 teaspoon sea salt

2 tablespoons balsamic vinegar  
1/4 teaspoon sea salt

Toss green beans, garlic, olive oil, and salt in baking dish, and roast in a 350 degree F (175 degree C) oven (no need to preheat oven). After 20 minutes, pour the balsamic vinegar over the green beans on the baking sheet, stir, and continue to roast in over for another 10 minutes, or until the green beans have the texture you would like.

Once removed from oven, add 1/4 teaspoon of sea salt and stir.

### VARIATIONS:

- "Roasted Asparagus" - use asparagus spears in place of green beans.
- Try this with other vegetables.

Per serving: 39 Calories; 1g Fat (13% calories from fat); 2g Protein; 8g Carbohydrate; 0mg Cholesterol; 182mg Sodium



# 13-Roasted Mexican-Style Vegetables

Makes 8 servings.

Preparation Time:  
40 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	85
Calories from fat	14
<b>% Daily Value*</b>	
Total Fat 1.7g	<b>3%</b>
Saturated Fat 0.2g	<b>4%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 252mg	<b>10%</b>
Carbohydrate 14.9g	<b>5%</b>
Dietary Fiber 4.1g	<b>16%</b>
Protein 3.7g	<b>7%</b>
Vitamin A	<b>97.8%</b>
Vitamin C	<b>133.6%</b>
Calcium	<b>6.5%</b>
Iron	<b>14.1%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Depending on the chilies used, and on the amount of cayenne used, this dish can be very spicy.

- |  |                                    |
|--|------------------------------------|
| 1 large onion, thinly sliced   | information about cooking beans)   |
| 3 large red bell peppers, cut into 2" pieces   | 2 teaspoons extra virgin olive oil |
| 2 large carrots, cut into 2" pieces  | 2 teaspoons cumin powder           |
| 1/2 medium red cabbage, cut into 2" pieces   | 2 tablespoons dried oregano        |
| 2 medium Anaheim chili peppers, cut into 2" pieces                                       | 1/8 teaspoon cayenne, to taste     |
| 1 cup kidney beans, cooked, rinsed, drained<br>(see "Glossary of Cooking Terms" for more | 1 teaspoon sea salt                |
|  | 2 tablespoons red wine, (optional) |

Toss cut vegetables, kidney beans, oil, herbs, spices, salt, and wine if desired in a bowl.

Transfer to baking sheet (it should not need to be oiled since the vegetables are oiled) and roast in a 450 degree F (230 degree C) oven (no need to preheat oven) for about 50 minutes, or until the vegetables are not hard, and have browned. During the last 30 minutes of roasting, toss vegetables every 10 minutes to ensure they do not burn on any one side.

### VARIATIONS:

- Add pitted olives. Note: this will increase the percentage of calories from fat.

Per serving: 85 Calories; 2g Fat (17% calories from fat); 4g Protein; 15g Carbohydrate; 0mg Cholesterol; 252mg Sodium

# 13-Roasted Mixed Vegetables

Makes 6 servings.

Preparation Time:  
40 minutes



## Nutrition Facts

Servings Per Recipe 6

Amount Per Serving		
Calories		118
Calories from fat		11
		<b>% Daily Value*</b>
Total Fat	1.3g	<b>2%</b>
Saturated Fat	0.2g	<b>4%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	330mg	<b>14%</b>
Carbohydrate	24.6g	<b>8%</b>
Dietary Fiber	4.1g	<b>17%</b>
Protein	3.5g	<b>7%</b>
Vitamin A		<b>126.6%</b>
Vitamin C		<b>49.9%</b>
Calcium		<b>3.9%</b>
Iron		<b>7.4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- These vegetables are great for using in other dishes because their flavor is dramatically enhanced after roasting. For example, these vegetable can be chopped smaller and added to a grain to make burgers/patties.

- 
- |  |                           |
|--|---------------------------|
| 1 large onion, thinly sliced           | 5 garlic cloves, crushed  |
| 2 large potatoes, cut into 2" pieces   | 1 1/2 teaspoons olive oil |
| 2 large carrots, cut into 1" pieces    | 1 teaspoon sea salt       |
| 3 cups green beans, cut into 2" pieces |                           |
- 

Toss cut vegetables, oil, and salt in a bowl.

Transfer to baking sheet (it should not need to be oiled since the vegetables are oiled) and roast in a 450 degree F (230 degree C) oven (no need to preheat oven) for about 40 minutes, or until the vegetables are not hard, and have browned. During the last 20 minutes of roasting, toss vegetables every 10 minutes to ensure they do not burn on any one side.

### VARIATIONS:

- Use herbs and spices for different flavors (rosemary and/or basil for an Italian flavor, or garam masala for an Indian flavor).

---

Per serving: 118 Calories; 1g Fat (10% calories from fat); 3g Protein; 25g Carbohydrate; 0mg Cholesterol; 330mg Sodium

# 13-Roasted Root Vegetables

Makes 8 servings.

Preparation Time:  
40 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	229
Calories from fat	13
<b>% Daily Value*</b>	
Total Fat 1.5g	<b>2%</b>
Saturated Fat 0.3g	<b>1%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 265mg	<b>11%</b>
Carbohydrate 51.0g	<b>17%</b>
Dietary Fiber 6.1g	<b>25%</b>
Protein 4.4g	<b>9%</b>
Vitamin A	<b>664.0%</b>
Vitamin C	<b>80.9%</b>
Calcium	<b>6.2%</b>
Iron	<b>10.7%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- I love to roast vegetables because it is so simple, requires very little attention, and always dramatically heightens the flavors of the vegetables. Root vegetables always get sweeter with roasting.

- 
- |   |                               |
|---|-------------------------------|
| 1 large onion, thinly sliced  | 5 garlic cloves, crushed      |
| 2 large potatoes, cut into 2" pieces  | 1 1/2 teaspoons olive oil     |
| 3 1/2 pounds sweet potatoes, cut into 2" pieces<br>(about 4 large sweet potatoes) | 2 tablespoons dried dill weed |
| 2 large carrots, cut into 1" pieces   | 1 teaspoon sea salt           |
- 

Toss cut vegetables, oil, dill, and salt in a bowl.

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). The vegetables can even stick a little to a non-stick baking sheet which messes up the vegetables, so I greatly prefer parchment paper because it always makes for very easy removal.

Transfer vegetables to the baking sheet and roast in a 450 degree F (230 degree C) oven (no need to preheat oven) for about 50 minutes, or until the vegetables are not hard, and have browned. During the last 30 minutes of roasting, toss vegetables every 10 minutes to ensure they do not burn on any one side.

### VARIATIONS:

- Add sliced celery (during the last 30 minutes of roasting) for a crunch.
  - Use different types of herbs or spices in place of dill weed (such as rosemary, basil, or garam masala for an Indian flavor).
- 

Per serving: 229 Calories; 1g Fat (6% calories from fat); 4g Protein; 51g Carbohydrate; 0mg Cholesterol; 265mg Sodium

# 13-Sauteed Collards with Preserved Lemon and White Beans

Makes 6 servings.

Preparation Time:  
25 minutes



## Nutrition Facts

Servings Per Recipe 6

Amount Per Serving	
Calories	161
Calories from fat	16
<b>% Daily Value*</b>	
Total Fat 1.9g	<b>3%</b>
Saturated Fat 0.2g	<b>4%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 426mg	<b>18%</b>
Carbohydrate 31.0g	<b>10%</b>
Dietary Fiber 8.9g	<b>36%</b>
Protein 8.9g	<b>18%</b>
Vitamin A	<b>116.2%</b>
Vitamin C	<b>115.8%</b>
Calcium	<b>28.0%</b>
Iron	<b>16.4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Be careful not to overcook greens. If you have had boiled greens, and did not like them, give this dish a try as greens prepared in a saute method are much more palatable than boiled greens (at least some of us think so). This dish could convert some of those who have not liked greens in the past.

1 teaspoon olive oil  
2 medium onions, chopped  
2 servings 04-Preserved Lemons, chopped  
(half of one whole lemon)  
(use the whole lemon, pulp, peel and all,  
but without seeds)  
(this is another recipe in this cookbook)  
1 1/2 cups white beans, cooked, drained, rinsed  
(a 15 oz. can is about 1 1/2 cups)  
(see "Glossary of Cooking Terms" for more  
information about cooking beans)  
2 tablespoons preserved lemon soaking liquid  
(the liquid that was used to preserve the  
above lemons; you may want to use less  
depending how salty your liquid is - see  
directions)

1/2 teaspoon sea salt  
(or maybe a little more depending on the  
salt level in the preserved lemon soaking  
liquid - see directions)

2 pounds collard greens, chopped  
(thick stems removed)  
(no long stringy pieces)  
(about 32 leaves)

### GARNISH

1 serving 04-Preserved Lemons, sliced in 4 slivers  
(one quarter of a lemon)  
(this is another recipe in this cookbook)

Heat a large pot over medium-high heat and add oil. Add onions and saute until they start to brown a little.

Add the chopped preserved lemon, and cook another 3 minutes. Add the beans, the preserved lemon soaking liquid, and salt, and continue to cook for another 3 minutes. (Note: the preserved lemons and the preserved lemon soaking liquid can be very salty, so use less soaking liquid and salt if you want the overall dish to be less salty; the amount of preserved lemon soaking liquid called for in this recipe is based on a soaking liquid from the "04-Preserved Lemons" recipe in this book; if you use a different preserved lemon recipe, the soaking liquid may end up to be more or less salty, so adjust as needed.)

Add the chopped collard greens, and cook until wilted. Do not overcook.

### GARNISH

When serving, garnish with slivers of preserved lemon.

### VARIATIONS:

- Instead of using white beans, try another bean such as black eyed peas or garbanzo beans.

Per serving: 161 Calories; 2g Fat (10% calories from fat); 9g Protein; 31g Carbohydrate; 0mg Cholesterol; 426mg Sodium

# 13-Spiced Butternut Squash Puree

Makes 10 servings.

Preparation Time:  
1 hour, 10 minutes

Serving Ideas:  
Serve with  
toasted, shredded  
coconut and/or  
hazelnuts.



## Nutrition Facts

Servings Per Recipe 10

### Amount Per Serving

Calories		85
Calories from fat		4
	<b>% Daily Value*</b>	
Total Fat	0.5g	<b>1%</b>
Saturated Fat	0.1g	<b>0%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	54mg	<b>2%</b>
Carbohydrate	21.3g	<b>7%</b>
Dietary Fiber	2.6g	<b>10%</b>
Protein	1.7g	<b>3%</b>

Vitamin A		<b>238.1%</b>
Vitamin C		<b>42.1%</b>
Calcium		<b>8.5%</b>
Iron		<b>7.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

4 pounds butternut squash  
(about 2 medium squash)  
(or another type of winter squash)  
(or about 25 ounces/3 cups of canned  
pumpkin)  
(other types of winter squash such as  
pumpkin or acorn squash also  
work well in this recipe)

1/2 teaspoon olive oil

1 tablespoon ground fennel seeds  
3/4 teaspoon ground cardamom  
1 tablespoon green chili peppers, minced  
(or 1/8 teaspoon cayenne pepper)  
2 tablespoons maple syrup, (or to taste)  
1/4 teaspoon sea salt

### GARNISH

3 tablespoons lime juice  
(from 2 fresh limes)

Wash squash. Place whole squash in the oven, and bake at 375 degrees F (190 degrees C) (no need to preheat the oven). Bake until the entire squash is very soft (test with a fork). This could take around an hour, but test to be sure the squash is soft so that it will puree very easily.

Cut open, seed, and peel the cooked squash. The squash should be very tender when it is fully cooked. Place the pulp in a food processor and puree (alternatively, puree by hand in a bowl with a hand mixer or a potato masher; if it is not very soft, then it is better to use the food processor because it can puree better).

(I think the flavor of fresh baked squash is better, but you can also use canned pumpkin puree if you don't have time to bake your own. If using canned squash/pumpkin puree, this dish is very quick to make.)

Heat a skillet over medium-high heat and add oil. Add the fennel seed, cardamom, and the chilies. After a few seconds, add the squash puree, maple syrup, and salt. Cook, stirring frequently, until thickened and heated through, about 5 minutes. Before serving, sprinkle with lime juice.

Makes 4 cups.

Per serving: 85 Calories; 1g Fat (5% calories from fat); 2g Protein; 21g Carbohydrate; 0mg Cholesterol; 54mg Sodium

## 13-Tsimmes

Makes 8 servings.

Preparation Time:  
30 minutes



### Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	42
Calories from fat	3
<b>% Daily Value*</b>	
Total Fat 0.4g	<b>1%</b>
Saturated Fat 0.1g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 81mg	<b>3%</b>
Carbohydrate 9.9g	<b>3%</b>
Dietary Fiber 1.9g	<b>8%</b>
Protein 0.7g	<b>1%</b>
Vitamin A	<b>361.0%</b>
Vitamin C	<b>10.2%</b>
Calcium	<b>2.1%</b>
Iron	<b>2.3%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- A simple Eastern European-Jewish dish.

1/2 teaspoon extra virgin olive oil  
8 large carrots, cut 1/4 inch thick  
1 teaspoon ground cinnamon  
1/4 teaspoon ground nutmeg

1/4 teaspoon cayenne, (or more to taste)  
1/4 teaspoon sea salt  
2 tablespoons brown rice syrup

Heat large skillet on medium heat and add oil. Add carrots (cut like disks) and saute in the pan until soft, but do not let them brown. Add spices, salt, and brown rice syrup, and cook for another 2 minutes.

Per serving: 42 Calories; less than one gram Fat (8% calories from fat); 1g Protein; 10g Carbohydrate; 0mg Cholesterol; 81mg Sodium

## 14- \*\*\*\*\* DESSERTS \*\*\*\*\*

Makes one serving.

Preparation Time:  
0 minutes



### Nutrition Facts

Servings Per Recipe 1

Amount Per Serving		
Calories		0
Calories from fat		0
		<b>% Daily Value*</b>
Total Fat	0.0g	<b>0%</b>
Saturated Fat	0.0g	<b>0%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	0mg	<b>0%</b>
Carbohydrate	0.0g	<b>0%</b>
Dietary Fiber	0.0g	<b>0%</b>
Protein	0.0g	<b>0%</b>
Vitamin A		<b>0.0%</b>
Vitamin C		<b>0.0%</b>
Calcium		<b>0.0%</b>
Iron		<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- For more vegan dessert recipes, see the "sister" cookbook "Desserts Of Vitality" available at <http://www.vitalita.com/>

My favorite recipes in this chapter include:

- Chocolate-Raspberry Cake
- Kahlua-Chocolate Chunk Ice Cream
- Peanut Butter-Chocolate Chunk Cookies

Some of the easier recipes in this chapter include:

- Autumn Pear Pie
- Chocolate Icing (served as a Chocolate Mousse)

Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

# 14-+ Dessert Notes - 1 +

Makes one serving.

Preparation Time:  
0 minutes



## Nutrition Facts

Servings Per Recipe 1

Amount Per Serving	
Calories	0
Calories from fat	0
<b>% Daily Value*</b>	
Total Fat 0.0g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 0mg	<b>0%</b>
Carbohydrate 0.0g	<b>0%</b>
Dietary Fiber 0.0g	<b>0%</b>
Protein 0.0g	<b>0%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>0.0%</b>
Iron	<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

## Dessert Notes - 1:

### TECHNIQUES FOR MAKING A LOWER FAT DESSERT

If you want to try to make some of the desserts in this cookbook lower in fat, try the following (see the "Cake Notes" section later for specific information about cakes):

- 1) use applesauce and/or prune puree in place of some or all of the oil (see below)
- 2) use water in place of coconut milk (if the original recipes calls for coconut milk)
- 3) use fewer or no nuts and/or shredded coconut
- 4) if the dessert calls for hard chocolate (mainly non-dairy bittersweet chocolate), use cocoa in its place - replace each ounce (27 grams) of hard chocolate with 3 tablespoons of cocoa.

### TECHNIQUES FOR MAKING A MORE DECADENT DESSERT

If you want to try to make some of the desserts in this cookbook more "decadent", try the following:

- 1) use oil (such high oleic sunflower oil) in place of applesauce and/or prune puree.
- 2) use unrefined coconut oil or non-hydrogenated vegetable shortening in place of liquid oil (such as high oleic sunflower oil) and/or applesauce and/or prune puree (see the OILS section below for more information).
- 3) use coconut milk in place of water
- 4) use more nuts and/or shredded coconut
- 5) if the cake calls for cocoa, use chopped, ground or melted hard chocolate (mainly non-dairy bittersweet chocolate) in its place - replace each 3 tablespoons of cocoa with 1 ounce (27 grams) of hard chocolate.

### FAT REPLACERS

To lower the fat content of desserts (mainly baked desserts like cakes, cookies, and muffins), applesauce is commonly used. As an alternative to applesauce, I have successfully used fresh apple puree (with skin included). I often use fresh apples by adding chunks of fresh apple (with their skins) together with the other liquid ingredients, and then blending it all together (either in a food processor, or with an electric hand blender (immersion blender) with a sharp blade). In general, 1/3 of a medium cored apple is equal to about 4 tablespoons of applesauce.

In addition to applesauce being a fat-replacer, it is possible to use prune puree (consider if the prunes will have a negative effect on the flavor of the dessert you are creating). Prune puree is made by warming dried prunes in hot water, and blending it all together into a smooth, thin paste (similar in consistency to applesauce).

### FLOUR

I recommend that you use fresh ground flours, that is, grind your own flours from whole grains right before you are going to use the flour. This makes for the best tasting desserts because the flour (which has not been sitting around already ground) has not had a chance to stale and the fat in the flour has not had a chance to get bitter or



go rancid. Grinding your own flour does take some extra effort, but I have found that people eating the desserts really appreciate the fresher flavor. Pre-ground flours (either from a bulk bin or from pre-packaged bags produced by manufacturers such as Bob's Red Mill or Arrowheads Mills) are certainly acceptable sources since many people will not have the capability to grind their own flour from whole grains.

When making brown rice flour, use short-grain brown rice instead of long-grain, basmati, or sweet brown rice; the short-grain rice creates the most finely textured flour. I have also tried making brown rice flour with 100% sweet brown rice (since it is also a short-grain rice), but the effect of this flour was to create a baked good that was too dense and gummy, similar to mochi (a product made from pounding cooked sweet brown rice). I have successfully used flour made from sweet brown rice as a small portion of the flour in a recipe (not so much in cakes, but more so in brownies and cookies), and have liked the resulting texture since it acts like a binder, similar to tapioca flour or tapioca powder. You just don't want to use too much, or it will make the texture too gooeey.

Whether using freshly ground flour or already ground flour (i.e., from a bag or bulk bin), fluff up the flour in the bag or container with a fork so that each cup will weigh 4 ounces. If you measure it while it is compressed, you could end up with significantly more flour, and this could effect the results.

The cake and pie crust recipes generally call for brown rice flour or other non-gluten flours. More information about the why this cookbook emphasizes non-gluten flours and grains can be found at the beginning of this cookbook. In general, any combination of the below listed flours can be used. Cookies are especially easy to use a more diverse set of flours, and any of the below listed flours are possibilities.

Non-gluten flours to use for desserts: whole-grain brown rice (from short grain rice or from sweet brown rice, but only in small proportions), whole-grain amaranth, whole-grain teff, whole-grain millet, and/or sorghum flour.

Flours with gluten to use for desserts: whole-grain pastry wheat, whole-grain kamut (very similar to wheat), whole-grain spelt (very similar to wheat), and/or whole-grain oat (either ground from oat groats or from food processed rolled oats).

Often, when a recipe calls for non-gluten flour (like brown rice flour), it also calls for finely ground tapioca powder and/or ground flax seed to assist in the binding of the non-gluten flour. (Note, you can either buy tapioca powder or grind it yourself from tapioca balls - one way to grind tapioca balls to a powder is to use a coffee grinder.) If you don't want to use a non-gluten flour (e.g., if you want to use spelt flour), then all 3 of these dry ingredient items can be replaced with a flour that contains gluten.

NOTE: As you change the flours used in a dessert, the proportion of wet ingredients required may change (due to different moisture levels in different flours, and how they absorb moisture), so adjustments may be needed to give the right consistency to the batter/dough. For example, teff flour in a pie crust may not require as much liquid as whole wheat pastry flour to make a good, rollable pie crust dough. Additionally, using pre-ground flours instead of fresh ground flours from whole grains may change the amount of wet ingredients required. Lastly, humidity at time of baking and length of flour storage can cause the amount of wet ingredients required to vary from those stated in the recipes.

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Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

## 14-<sup>+</sup> Dessert Notes - 2 <sup>+</sup>

Makes one serving.

Preparation Time:  
0 minutes



### Nutrition Facts

Servings Per Recipe 1

#### Amount Per Serving

Calories		0
Calories from fat		0
<b>% Daily Value*</b>		
Total Fat	0.0g	<b>0%</b>
Saturated Fat	0.0g	<b>0%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	0mg	<b>0%</b>
Carbohydrate	0.0g	<b>0%</b>
Dietary Fiber	0.0g	<b>0%</b>
Protein	0.0g	<b>0%</b>
Vitamin A		<b>0.0%</b>
Vitamin C		<b>0.0%</b>
Calcium		<b>0.0%</b>
Iron		<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### Dessert Notes - 2:

#### SWEETENERS

Maple syrup is the most common sweetener called for in this cookbook because it is natural and unrefined, contains some nutrients (unlike white sugar), is very sweet (which is important for making good, satisfying desserts), its flavor is very pleasant, it adds moisture, and it goes well with many desserts. Agave nectar (light agave nectar syrup) is also a very good liquid sweetener that can be used in addition to maple syrup, or in place of it. It has many of the same characteristics of maple syrup (natural, unrefined, very sweet), except that its flavor is very subtle, similar to honey. Powdered Sucanat (see the "Glossary of Ingredients") is a good choice if you are looking for a non-liquid sweetener (it is very sweet like maple syrup; these two can be used interchangeably, but with modification to the amount of liquids; see below in "Sweetener Substitutions").

Brown rice syrup and barley malt syrup are two of my most preferred natural sweeteners because they are complex sugars which are not hard on the body/blood sugar levels. Brown rice syrup is my favorite sweetener because it has the most mild flavor (not as strong as barley malt syrup), and its pH is closer to our bodies pH than any of the other sweeteners, making it the most gentle on our bodies. Keep in mind that both brown rice syrup and barley malt syrup are about half as sweet as maple syrup.

Often times I "balance" brown rice syrup with maple syrup in a recipe because brown rice syrup all by itself has a slightly bitter butterscotch flavor, so I like to round out that flavor with the straight sweet flavor of maple syrup.

I also like blackstrap molasses, sorghum syrup, and ribbon cane syrup which have very distinctive flavors. Molasses is generally only good for certain situations where its strong flavor works with the dessert.

Other alternative sweeteners include: sucanat syrup (liquid), concentrated fruit juice (e.g., apple), date sugar (dry), date syrup, brown rice powder (dried brown rice syrup), barley malt powder, and maple sugar (dry).

For specific information about sweeteners for cakes, see "Cake Notes" later in this book.

#### SWEETENER SUBSTITUTIONS

As mentioned above, when replacing a liquid sweetener (such as maple syrup) with a dry sweetener (such as sucanat), the liquid quantities will have to be increased to make up for the loss of liquid. Vice versa for replacing dry sweeteners with liquid sweeteners. In general, I do not recommend replacing liquid sweeteners with dry sweeteners in icing and uncooked custard recipes because the dry sweeteners tend to be gritty in these cases (because they are not cooked in a liquid).

When replacing liquid sweeteners with other liquid sweeteners, the main consideration is sweetness. A secondary consideration is the flavor; brown rice syrup and barley malt syrup have a slightly bitter flavor; if large quantities are used, they can give a dessert too much of a bitter edge; it is often best to balance these slightly bitter syrups with other "non-bitter" sweeteners such as maple syrup, agave nectar, sucanat, or concentrated fruit juice.

When making variations to recipes, it is common to change the proportions of maple syrup and brown rice syrup/ barley malt syrup (especially in cookie recipes where texture is greatly effected by the type of sweetener used). As mentioned above, brown rice syrup and barley malt syrup are half as sweet as maple syrup. Therefore, if you want to replace some of the maple syrup called for in a recipes (e.g., a cookie recipe), with brown rice syrup, and you want to keep the recipe with the same level of sweetness, you should make some modification to add additional sweetness. When replacing small quantities of maple syrup with brown rice syrup (e.g., 2 tablespoons of maple syrup), it is generally fine to go ahead and simply use twice as much brown rice syrup to get to the same sweetness. When replacing larger quantities of maple syrup (e.g., replacing 1/2 cup of maple syrup), it is best not to use twice as much brown rice syrup to get the same level of sweetness. Rather, it is best to use a slightly larger quantity of brown rice syrup, and then supplement that with a dry sweetener (e.g., sucanat). This way, the proportion of liquid ingredients to dry ingredients will not be significantly effected. For instance, if there was a cookie recipe that called for 1 cup of maple syrup, and you wanted to replace half of that with brown rice syrup, you could use 1/2 cup maple syrup, 2/3 cup brown rice syrup, and 3 tablespoons sucanat. This substitution does increase the total amount used, but does not significantly change the proportion of dry to wet ingredients, nor does it significantly change the sweetness.

## OILS

The most common oil used in these desserts is high oleic sunflower oil (sometimes called high heat instead of high oleic). I like it because it is high in monounsaturated fats (healthier than polyunsaturated fat and stand up better to heat), not a heavy oil, and has very little flavor, allowing the flavor of the dessert to shine through. See the "Glossary of Ingredients" under "high oleic sunflower oil" for more information.

Possible oils/fats to use in place of high oleic sunflower oil, that also have a high monounsaturated fat content, include:

- High oleic (high heat) safflower oil
- High oleic (high heat) canola oil (or regular canola oil which still has a fairly high proportion of monounsaturated fats)
- Olive oil (where a little olive flavor is OK; works especially well when very little oil is needed, and the dish/dessert has a strong flavor from other ingredients)

Possible replacement oils that are a little higher in polyunsaturated fats (which are not as healthy) but still have a large proportion of monounsaturated fats include:

- walnut oil (refined) (refer to the "Glossary of Ingredients")
- Regular sunflower oil
- Regular safflower oil

Other good replacement oils/fats (these generally have a higher saturated fat content, but are without trans fatty acids):

- Coconut oil (unrefined) (refer to the "Glossary of Ingredients")
- Vegetable Oil Spread (Non-Hydrogenated) (refer to the "Glossary of Ingredients")
- Vegetable Shortening (Non-Hydrogenated) (refer to the "Glossary of Ingredients")

Additionally, you may like to experiment with other oils such as unrefined hazelnut, unrefined almond, or unrefined walnut if these fit with the flavor of the dessert you are making. These are all higher in polyunsaturated fats, so are not as healthy, but the flavor combination is sometimes very interesting.

## Refined Vs. Unrefined

Oils can either be unrefined or refined. In general, refined oils tend to be lighter and with less flavor in baked goods, and can go to higher temperatures without breaking down or burning. Unrefined oils (some manufactures produce unrefined sesame oil, unrefined sunflower oil, unrefined safflower oil, and unrefined soy oil for example) can be more healthful, but can sometimes make cakes and some other baked goods heavier (denser) and with a stronger flavor of the oil. Depending on what you are trying to achieve as far as texture and flavor, they can sometimes be a good choice. For example, in some cookies and brownies, a heavier oil with more flavor can be a good thing. Unfortunately there are very few unrefined oils high in monounsaturated fat; the best example is unrefined high oleic sunflower oil (which is not so easy to find) [there is also unrefined sesame oil, but that has more polyunsaturated fats than high oleic sunflower oil]; make sure any oil you choose can go up to at least 212 degrees F (100 degrees C) as some unrefined oils should only be used at lower cooking temperatures. Even if the oven temperature for a baked good is around 375 degrees F (190 degrees C), it is still alright to use oils that should only be heated to 212 degrees F (100 degrees C) because the internal temperature of the baked good probably will not go over that temperature.

In the end, the choice for a oil/fat comes down to:

- texture - an oil that will produce a good texture in the final product
- heat - an oil that will not degrade when cooked at the temperature required in the recipe (an oil high in monounsaturated fat is more heat stable)
- health aspects - an oil high in monounsaturated fat and low in polyunsaturated fat
- flavor - an oil that has little flavor or a flavor that is complementary in the final product

The oils that I find that fit these criteria the best in almost any case are high oleic sunflower oil and unrefined coconut oil.

## GARNISHES

I like to garnish desserts with various colorful food to enhance the presentation. For example, fresh fruit (either whole, sliced, or pureed as a sauce) add a very nice color contrast to some desserts (particularly ice creams/sorbets). I also like toasted nuts for texture diversity (again, especially with ice creams/sorbets). I often glaze these nuts with maple syrup (and sometimes a bit of oil and/or some liqueur) so they have a shiny look instead of a dull

look (see "Glossary of Cooking Terms" for more information on toasting/glazing nuts, or see the "14-Frangelico-Glazed Toasted Hazelnuts" recipe as an example). Other possible garnishes are shaved chocolate pieces, citrus zest in long thin strands, edible flours, dried fruits, candied ginger, and toasted shredded coconut.

For specific garnishing ideas for cakes, see "Cake Notes" later in this section.

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Per serving: o Calories; og Fat (o% calories from fat); og Protein; og Carbohydrate; omg Cholesterol; omg Sodium

## 14-+ Cake Notes - 1 +

Makes one serving.

Preparation Time:  
0 minutes



### Nutrition Facts

Servings Per Recipe 1

#### Amount Per Serving

Calories		0
Calories from fat		0
<b>% Daily Value*</b>		
Total Fat	0.0g	<b>0%</b>
Saturated Fat	0.0g	<b>0%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	0mg	<b>0%</b>
Carbohydrate	0.0g	<b>0%</b>
Dietary Fiber	0.0g	<b>0%</b>
Protein	0.0g	<b>0%</b>
Vitamin A		<b>0.0%</b>
Vitamin C		<b>0.0%</b>
Calcium		<b>0.0%</b>
Iron		<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### Cake Notes:

#### BASIS FOR THE VEGAN CAKES IN THIS CHAPTER

All of the cakes in this cookbook are based on the "Maple Cake" (see the recipe below). I have listed two versions of this cake: the "Maple Cake" and the "Maple Cake-Low Fat."

The "Maple Cake" version is richer, and I have found that people who are used to traditional desserts (with butter, cream, refined sugar, etc.) find this version more satisfying. Some people who follow a low-fat diet, consider this a special occasion cake.

The "Maple Cake-Low Fat" is particularly low-fat with less than or equal to 15% calories from fat. The methods employed to make this a lower fat cake, can be applied to any cake recipe in this book. See below in the "TECHNIQUES FOR MAKING A LOWER FAT CAKE" section for more information.

#### CAKE PANS

Most of the cakes in this book make 20 small servings (these are pretty small pieces). The batter for these cakes fit nicely into two 10 inch round spring form pans and this is the best scenario for the recommended two layer cake. It is also possible to use a 9 inch by 13 inch baking pan, but this amount of batter baked in one of these pans will take longer to bake due to the increase thickness.

#### PARCHMENT PAPER

For easy removal of a cake from the pan, before filling cake pan with batter, cut a piece of parchment paper to the exact size of the bottom of the pan. Then after oiling the pan, place this cut paper inside the pan on the bottom. Oil the top of the paper and sprinkle a little flour on top. The pan is now ready to be filled with batter. If the cake is being served from the pan, then it is not so important to have the entire cake be easily removed from the pan at all once, but if the cake needs to be removed from the pan for decorating (e.g., a two-layer cake), it is better if the cake releases easily from the pan. The use of parchment paper is a particularly good practice if you are making a cake with millet flour because it has a tendency to stick to even a well oiled pan.

#### TECHNIQUES FOR MAKING A LOWER FAT CAKE

Any of the cakes in this cookbook can be made lower in fat by following the template for the "Maple Cake-Low Fat". Overall, the features for lowering the fat content/percentage of calories from fat are as follows:

- 1) use applesauce and/or prune puree in place of the oil (see below)
- 2) use water in place of coconut milk (if the original recipes calls for coconut milk)
- 3) use fewer or no nuts and/or shredded coconut
- 4) if the cake calls for hard chocolate (mainly non-dairy bittersweet chocolate) (either in the cake or in the icing), use cocoa in its place - replace each ounce (27 grams) of hard chocolate with 3 tablespoons of cocoa.

#### TECHNIQUES FOR MAKING A MORE DECADENT CAKE

Cakes in this cookbook can be made even more "decadent" as follows (some of these are used in the "Maple Cake"):

- 1) use high oleic sunflower oil (or other fat) in place of applesauce and/or prune puree
- 2) use unrefined coconut oil or non-hydrogenated vegetable shortening in place of high oleic sunflower oil and/

or applesauce and/or prune puree (see the notes about oils in the "Dessert Notes" section).

3) use coconut milk in place of water

4) use more nuts and/or shredded coconut (either in the cake, or while decorating)

5) if the cake calls for cocoa (either in the cake or in the icing), use chopped, ground or melted hard chocolate (mainly non-dairy bittersweet chocolate) to replace some or all of the cocoa - 3 tablespoons of cocoa is the equivalent of 1 ounce (27 grams) of hard chocolate.

#### FAT REPLACERS

See the discussion in "Dessert Notes" earlier in this book. In general, I always use at least a little applesauce (or fresh apple puree) in the batter (even when making a "decadent" cake) because I think it gives the cake a very desirable moistness.

#### FLOUR

I like brown rice flour best in cakes because it produces a fine texture, has a light flavor, and is not as gritty as some other flours (e.g., amaranth flour). If grinding the flour yourself, be sure to use short-grain brown rice. See the "Dessert Notes" discussion earlier in this book for more information.

#### SWEETENERS

Maple syrup is the natural, unrefined sweetener of choice for making cakes. Agave syrup is a good choice as well, and can be used 1 for 1 in place of maple syrup. Sucanat (in its dry form - see Sucanat in the "Glossary of Ingredients") can be used 1 for 1 in place of maple syrup (with the liquid ingredients), but maple syrup gives the cake more moisture. If sucanat is used in place of maple syrup, additional liquid will be needed.

I have not had good luck in using heavier liquid sweeteners (such as brown rice syrup and barley malt syrup) in cakes - it makes the cake too dense, and often causes the inside of the cake to stay uncooked. But I have successfully used blackstrap molasses for making cakes.

For icings, I generally prefer to use a different natural, unrefined sweetener such as brown rice syrup or barley malt syrup (depending on what flavor I am looking for) in combination with maple syrup or agave syrup. The heavier syrups (such as brown rice syrup) work well in icings (even helping the icing to set to the cake since they are often thicker), and they are less expensive and contain a higher ratio of complex sugars to simple sugars than maple syrup.

For a more detailed discussion of sweeteners, refer to "Dessert Notes" earlier in this book.

#### OILS

See the discussion "Dessert Notes" earlier in this book.

<Cake Notes Continued in "Cake Notes - 2".>

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Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

# 14-+ Cake Notes - 2 +

Makes one serving.

Preparation Time:  
0 minutes

## Nutrition Facts

Servings Per Recipe 1

### Amount Per Serving

Calories		0
Calories from fat		0
<b>% Daily Value*</b>		
Total Fat	0.0g	<b>0%</b>
Saturated Fat	0.0g	<b>0%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	0mg	<b>0%</b>
Carbohydrate	0.0g	<b>0%</b>
Dietary Fiber	0.0g	<b>0%</b>
Protein	0.0g	<b>0%</b>

Vitamin A		<b>0.0%</b>
Vitamin C		<b>0.0%</b>
Calcium		<b>0.0%</b>
Iron		<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

## Cake Notes - 2:

### BAKING

Always pre-heat the oven.

In general, cakes should be baked until they slightly pull away from the sides of the pan and/or a toothpick inserted into the middle of the cake comes out fairly clean. You will not be able to use the toothpick method as well if a cake has chocolate chunks or fruit added to it. Also be careful not to overbake the cakes because they can become too dry and dense in this case.

Bake cakes for less time when using a convection oven.

When removing cakes from the oven, place them on a some type of rack so that air can circulate beneath the pan (but not with a breeze around the pan). This will help it cool more evenly, and prevent the bottom of the cake from getting soggy due to slower cooling at the bottom of the pan. Do not try to remove the cake from the pan while it is still hot.

### GARNISHES

I like to garnish a cake with various colorful food to enhance the presentation and give people an idea of what is in the cake (or what type of cake it is). For example, raspberries add a very nice color contrast to a chocolate cake, and if it has a raspberry filling, it gives people an idea of the flavors inside. I also like toasted nuts on cakes to add a crunchy element to a moist/soft cake (as well as enhance and diversify flavors). I often glaze these nuts with maple syrup (and sometimes a bit of oil and/or some liqueur) so they have a shiny look instead of a dull look (see "Glossary of Cooking Terms" for more information on toasting/glazing nuts, or see the "09-Franglico-Glazed Toasted Hazelnuts" recipe as an example). Other possible garnishes are shaved chocolate pieces for chocolate cakes, citrus zest in long thin strands, fresh fruits in various forms (e.g., whole raspberries, slices of kiwi), edible flours, dried fruits, candied ginger, and toasted shredded coconut. It all depends on the flavors in the cake, and if you want to enhance or diversify the flavors.

Lastly, serving cakes sitting in a shallow "pool" of a dessert sauce is often very attractive, and can add a nice color and flavor contrast. If a bit more fat is acceptable, a nut cream/sauce is a good choice. Alternatively, low-fat dessert sauces can be made from fruit puree. Sauces can also add moisture to a cake that might be a little drier than desired.

### SERVING SIZE

All of the cakes in this cookbook make 20 SMALL servings (they are quite small pieces). This could be the equivalent of 10 servings depending on how big people like their pieces of cake! If you want to make a 10 small serving cake, cut the ingredients for a 20 serving cake in half and then instead of using two 10 inch round spring form pans, use two 7 inch round pans (this will still make it a layered cake).

### STORING CAKES

I like to make my cakes just a few hours before serving. If the icing is quite firm, the cake should not have to be refrigerated at all. Refrigerating the cake may be needed if it has not all been consumed after one day. Unfortunately, refrigerating cakes dries them out, and makes them denser. If you do refrigerate a cake, they should be well covered to minimized these negative effects. These cakes will generally keep covered in the refrigerator for up to 5 days, but lower fat cakes will not keep as long since they tend to dry out and get stale even faster than cakes with more fat. Covering the cakes should also keep undesirable odors from permeating the cake. When icing is covering part of the cake, moisture loss will be reduced in that area. When cut, the exposed cake surfaces will dry out quickly in the refrigerator (especially low fat cakes).

The cakes which are completely encased in icing also freeze fairly well - again, the icing minimizes moisture loss. When freezing, be sure the cake is completely cool and cover the cake well.

### TROUBLESHOOTING

If your cakes come out too gooey and dense, check on the following:

- baking powder should be fresh and not have been exposed to humidity for a long time - it is best to use double acting baking powder (most are these days) - baking powder spoiled by humidity will not have the rising power, and will not work as well.
  - the oven temperature should be accurate with the oven dial - if the oven temperature was lower than the dial says (maybe your oven thermostat is not correct, so it thinks it is at 375, but actually it might be at 325), then cakes will bake slower than they should, and the results will not be as good.
  - the oven should be pre-heated.
  - make sure the cakes bake long enough - test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it).
  - do not use brown rice syrup in the cake batter because it is notorious for making heavy cakes.
  - do not use sweet brown rice flour - it makes cakes dense and gooey - use regular brown rice flour (the kind made from short grain brown rice, and not from sweet brown rice).
  - if using tapioca flour, do not make it from Minute Tapioca - use only tapioca flour or starch pre-ground in a bag, or by grinding old fashion pearl tapioca
- 

Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium



# 14-Amazake Dessert Sauce

Makes 14 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Serve a little with  
pie or cake slices.

- A very low fat dessert sauce for pies or cakes.

## Nutrition Facts

Servings Per Recipe 14

Amount Per Serving	
Calories	17
Calories from fat	2
<b>% Daily Value*</b>	
Total Fat 0.2g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 10mg	<b>0%</b>
Carbohydrate 3.5g	<b>7%</b>
Dietary Fiber 0.0g	<b>0%</b>
Protein 0.2g	<b>0%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>0.2%</b>
Iron	<b>0.1%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

---

1 1/2 cups amazake

2 tablespoons water

1 1/2 tablespoons brown rice flour, (or wheat flour)

---

Heat amazake in a small sauce pan. Dissolve flour in water. Add flour mixture to hot amazake in sauce pan, and stir continuously until thick.

Will keep refrigerated for about a week.

### VARIATIONS:

- Use arrowroot powder in place of flour.

---

Per serving: 17 Calories; less than one gram Fat (13% calories from fat); 0g Protein; 3g Carbohydrate; 0mg Cholesterol; 10mg Sodium

# 14-Autumn Pear Pie

Makes 8 servings.

Preparation Time:  
1 hour, 20 minutes

Serving Ideas:  
Serve with "14-Macadamia Nut Cream" (see recipe).



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	156
Calories from fat	5
<b>% Daily Value*</b>	
Total Fat	0.6g <b>1%</b>
Saturated Fat	0.0g <b>0%</b>
Cholesterol	0mg <b>0%</b>
Sodium	18mg <b>1%</b>
Carbohydrate	41.4g <b>14%</b>
Dietary Fiber	4.3g <b>17%</b>
Protein	1.1g <b>2%</b>
Vitamin A	<b>0.9%</b>
Vitamin C	<b>11.0%</b>
Calcium	<b>4.3%</b>
Iron	<b>4.5%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Good in the "Non-Gluten Pie Crust" (see recipe).
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

### FILLING

3/4 cup dried figs

2 pounds pears

(about 6 large pears)

2 tablespoons lemon juice

1 teaspoon lemon zest, chopped

(the above juice and zest from one lemon)

1 pinch sea salt

1/4 cup brown rice syrup

(or 3 Tablespoons light agave nectar syrup)

2 tablespoons Sucanat sugar

(or granulated sugar)

4 tablespoons tapioca flour

3/4 teaspoon ground cardamom, (or allspice)

### GARNISH

1 teaspoon lemon zest

(from about one lemon)

### CRUST

Prepare a pie crust, but do not bake crust (e.g., either the "Non-Gluten Pie Crust" or the "Simple Pie Crust"). A large-deep-pie dish is best for this pie. The amount of filling called for in this recipe would overflow a small 9-inch pie pan; one that is deeper and wider is better; additionally, a greater amount of pie crust dough will be needed for this pie.

### FILLING

Place dried figs in a bowl and cover with hot water so they soften. Set aside.

Thinly slice pears and gently toss with lemon juice, zest, and salt in a large bowl. Add brown rice syrup and softened figs and gently toss again. Sprinkle in half of the Sucanat sugar, half of the tapioca flour, and half of the cardamom and toss again. Add the other half of the sugar, tapioca, and cardamom and toss one final time.

Bake the large-deep-prepared-pie crust without the pear filling in a 350 degrees F (175 degrees C) oven (no need to preheat oven) for 15 minutes just to get the pie crust slightly baked (dried out).

After crust has baked a little bit, pour the pear mixture into the crust and arrange pear slices in a circular pattern on top of the pie. Put back in the oven to bake in the 350 degrees F (175 degrees C) oven for 1 hour or until the pears are soft.

### GARNISH

Garnish baked pie with lemon zest.

Per serving: 156 Calories; 1g Fat (3% calories from fat); 1g Protein; 41g Carbohydrate; 0mg Cholesterol; 18mg Sodium

# 14-Carrot Cake

Makes 20 servings.

Preparation Time:  
1 hour, 10 minutes

Serving Ideas:  
Serve with "14-Macadamia Nut Cream" (see recipe).



## Nutrition Facts

Servings Per Recipe 20

Amount Per Serving		
Calories		338
Calories from fat		106
	<b>% Daily Value*</b>	
Total Fat	12.3g	<b>19%</b>
Saturated Fat	7.0g	<b>35%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	158mg	<b>7%</b>
Carbohydrate	55.6g	<b>19%</b>
Dietary Fiber	4.0g	<b>16%</b>
Protein	5.2g	<b>10%</b>
Vitamin A		<b>70.4%</b>
Vitamin C		<b>4.3%</b>
Calcium		<b>11.5%</b>
Iron		<b>11.7%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- An easy way to grind flax seeds is in a coffee grinder.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- Chopped figs are used in this recipe instead of the traditional use of raisins.
- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- To make prune puree, soften prunes in a little hot water, and then puree. The resulting mixture should be as thin as oil.
- See the "Glossary of Cooking Terms" for information about toasting and glazing nuts.

### CAKE

- 2 1/2 cups brown rice flour, (or spelt flour)
- 1 cup sorghum flour, (or spelt flour) (or brown rice flour)
- 1 tablespoon ground flax seed
- 4 tablespoons tapioca flour
- 3/4 teaspoon sea salt
- 1 tablespoon baking powder, (double acting)
- 1/4 cup high oleic sunflower oil, (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
- 1/4 cup unrefined coconut oil (or other oil as above)
- 2 tablespoons prune puree
- 2 tablespoons applesauce, unsweetened
- 1 1/2 cups maple syrup

- 1 1/2 tablespoons vanilla extract
- 14 ounces coconut milk, (or water)
- 1/4 cup water
- 2 1/2 cups shredded carrots (from about 4 medium carrots)
- 1 cup dried figs (cut into raisin sized pieces)
- 1/2 cup walnuts, chopped

### GARNISH

- 20 servings 14-Orange Icing (this is another recipe in this cookbook)
- 1 teaspoon citrus zest, in long, thin strips (from 1 piece of citrus fruit)
- 1/2 cup walnuts, toasted, glazed

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two 10 inch round spring form pans (it is also possible to use one 9 inch by 13 inch pan). For more information about pans and about the use of parchment paper for extremely easy cake turn out, refer to the Cake Pan/Parchment Paper discussion in the "Cake Notes" at the beginning of this chapter.

### CAKE

Sift dry ingredients together. Combine liquids, then stir into the flour mixture. Fold in shredded carrots, figs, and walnuts. Pour into the prepared cake pans.

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

#### GARNISH

When making a layered cake (using 2 identical sized pans), after the cakes have cooled, place the bottom layer of the cake on a serving plate (with parchment paper under the edges), and spread the icing/frosting over the top of this first layer. Then place the second layer on top of the first, and frost/ice the entire cake.

Garnish cake with citrus zest and with 1/2 cup toasted, glazed walnuts (or pecans) (chopped nuts around the edge and halves for the top).

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Per serving: 338 Calories; 12g Fat (31% calories from fat); 5g Protein; 56g Carbohydrate; 0mg Cholesterol; 158mg Sodium

# 14-Chocolate Icing

Makes 20 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Excellent on  
"Chocolate-  
Raspberry Cake"  
(see recipe).



## Nutrition Facts

Servings Per Recipe 20

Amount Per Serving	
Calories	65
Calories from fat	24
<b>% Daily Value*</b>	
Total Fat 2.8g	<b>4%</b>
Saturated Fat 1.3g	<b>6%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 21mg	<b>1%</b>
Carbohydrate 8.9g	<b>3%</b>
Dietary Fiber 0.7g	<b>3%</b>
Protein 1.8g	<b>4%</b>
Vitamin A	<b>0.4%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>2.0%</b>
Iron	<b>4.2%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- If you have time, make this icing a day in advance and refrigerate it. It will make the icing thicker and therefore easier to spread on a cake.

100 grams chocolate, bittersweet, dairy-free, melted  
(about 3/4 cup when cut)  
(or 3/4 cup dairy-free chocolate chips)  
12 1/3 ounces tofu, low-fat silken  
(extra-firm - aseptically-packed)  
(do not use soft or medium or fresh tofu  
because it will not make a firm enough  
icing)  
(see the "Glossary of Ingredients" for  
more information about silken tofu)

1 teaspoon vanilla extract  
1/4 cup brown rice syrup  
1/4 cup maple syrup  
1 tablespoon sucanat sugar  
(or granulated sugar)  
2 tablespoons cashew butter  
(or other type of nut butter with a  
compatible flavor for the dessert such as  
almond butter or hazelnut butter)  
1 pinch sea salt

Blend all ingredients with an electric hand blender (immersion blender) (this makes for easier clean up) or a food processor until smooth.

Refrigerate icing to firm it up and make it easier to spread on a cake.

Spread on cooled cake, and if necessary, refrigerate briefly to set the icing to the cake.

Should have enough icing to cover a double-layered-10-inch round cake.

### VARIATIONS:

- Add more cashew butter (or other nut butter) for a thicker icing.
- As the sweetener, any combination of unrefined liquid sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
- For a lower fat icing, use 2/3 cup cocoa powder in place of the dairy-free, bittersweet chocolate. Although this icing will not be nearly as rich and smooth, this will yield an icing which contains only 12% calories from fat (about 0.5 grams of fat per serving).
- "Carob Icing" - on a carob cake, use chunks of dairy-free carob bars or chips in place of chocolate (or carob powder in place of cocoa powder if making the low fat variation listed above).

Per serving: 65 Calories; 3g Fat (37% calories from fat); 2g Protein; 9g Carbohydrate; 0mg Cholesterol; 21mg Sodium

# 14-Chocolate-Raspberry Cake

Makes 20 servings.

Preparation Time:  
1 hour, 10 minutes

Serving Ideas:  
Serve with "14-Macadamia Nut Cream" (see recipe).



## Nutrition Facts

Servings Per Recipe 20

Amount Per Serving	
Calories	382
Calories from fat	123
<b>% Daily Value*</b>	
Total Fat 14.6g	<b>22%</b>
Saturated Fat 8.6g	<b>43%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 156mg	<b>7%</b>
Carbohydrate 63.7g	<b>21%</b>
Dietary Fiber 6.2g	<b>25%</b>
Protein 5.8g	<b>12%</b>
Vitamin A	<b>0.7%</b>
Vitamin C	<b>7.5%</b>
Calcium	<b>12.3%</b>
Iron	<b>18.5%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- An easy way to grind flax seeds is in a coffee grinder.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- See the "Glossary of Cooking Terms" for information about toasting and glazing nuts.

### CAKE

1 1/2 cups brown rice flour, (or spelt flour)  
1 1/2 cups sorghum flour, (or spelt flour)  
(or brown rice flour)  
4 tablespoons tapioca flour  
1 tablespoon ground flax seed  
1 1/4 cups cocoa, (unsweetened)  
3/4 teaspoon sea salt  
1 tablespoons baking powder, (double acting)

1/4 cup high oleic sunflower oil, (or coconut oil)  
(or other oil high in monounsaturated fat  
as listed in "Dessert Notes" under "Oils")  
1/4 cup unrefined coconut oil  
(or other oil as above)  
4 tablespoons applesauce, unsweetened  
(or could blend up about 1/3 of an apple)  
1 3/4 cups maple syrup  
1/2 cup sucanat sugar

(or granulated sugar)  
1 1/2 tablespoons vanilla extract  
14 ounces coconut milk, (or water)  
1 cup water

### FILLING

10 ounces raspberries, frozen  
(or 10 ounces fresh raspberries)  
(or .5 cup jam mixed with 1 T lemon juice)  
1 tablespoon brown rice syrup, (or maple syrup)

### GARNISH

20 servings 14-Chocolate Icing  
(this is another recipe in this cookbook)  
4 ounces fresh raspberries  
1 teaspoon citrus zest, in long, thin strips  
(from 1 pieces of citrus fruit)  
1 teaspoon chocolate, bittersweet, dairy-free, shaved  
1/3 cup pecan halves, toasted, glazed

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two 10 inch round spring form pans (it is also possible to use one 9 inch by 13 inch pan) (for more information refer to the Cake Pan discussion in the "Cake Notes" at the beginning of this chapter).

### CAKE

Sift dry ingredients together (except ground flax seed). Stir in ground flax seed. Blend liquids, then stir into the flour mixture. Pour into the prepared cake pans.

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too

dry and dense in this case.

#### FILLING

When making a layered cake (using 2 identical sized pans), make the raspberry layer filling by lightly cooking the frozen raspberries with brown rice syrup, adding tablespoons of water as needed.

#### GARNISH

Once raspberry layer filling has cooked down a bit, and after the cakes have cooled, place the bottom layer of the cake on a serving plate (with parchment paper under the edges), and spread filling over the top of this first layer. Then place the second layer on top of the first, and frost/ice the entire cake.

Garnish cake with fresh whole raspberries, citrus zest, shaved chocolate, and toasted, glazed pecans (chopped nuts around the edge and halves for the top).

#### VARIATIONS:

- "Carob-Raspberry Cake" - Use carob powder in place of cocoa, and "Carob Icing" in place of "Chocolate Icing" (see recipe). This will yield a lower fat cake.
  - "Black Forest Cake" - Use cherry jam in place of the raspberry filling, and then garnish with pitted cherries (either fresh, drained cherries from a can, or thawed frozen cherries).
  - "Chocolate Sambuca Cake" - Add 5 tablespoons of Sambuca liqueur to the batter, and add 4 teaspoons to the icing. Additionally, glaze the pecans with the liqueur after they are toasted.
- 

Per serving: 382 Calories; 15g Fat (32% calories from fat); 6g Protein; 64g Carbohydrate; 0mg Cholesterol; 156mg Sodium

# 14-Dried Fruit and Nut Pie Crust

Makes 8 servings.

Preparation Time:  
5 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving		
Calories		132
Calories from fat		91
		<b>% Daily Value*</b>
Total Fat	10.9g	<b>17%</b>
Saturated Fat	2.3g	<b>12%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	12mg	<b>1%</b>
Carbohydrate	6.7g	<b>2%</b>
Dietary Fiber	3.4g	<b>13%</b>
Protein	4.2g	<b>8%</b>
Vitamin A		<b>0.3%</b>
Vitamin C		<b>0.2%</b>
Calcium		<b>16.3%</b>
Iron		<b>10.8%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This crust is so easy because it does not have to be baked (but you can bake it), and it is easily pressed into a pie pan without any rolling (which makes for less of a mess). It is also very flavorful, and goes great with fresh fruit pies (such as a fresh peach pie).
- This crust has a high amount of calcium and iron.
- An easy way to grind flax seeds is in a coffee grinder. They will not grind in a food processor so they have to be ground separately.

---

1/3 cup sesame seeds  
1/3 cup sunflower seeds  
1/3 cup poppy seeds

1/3 cup almonds  
1/3 cup coconut shreds  
1/4 cup ground flax seed

---

Oil a pie dish.

Spin seeds, nuts, coconut, and ground flax seed in a food processor until mixture is ground to a course meal. While processor is on, add dried fruit one piece at a time. If mixture does not ball up, add tablespoons of water, one at a time, while processor is running until mixture becomes sticky enough to press into the pie dish.

Transfer mixture to the pie pan and press it firmly onto the bottom and up the sides of the pan. The crust is very versatile; it can be eaten as is, or it can be baked.

This crust can either be filled with a non-bake pie filling (like the "Mango Cream Pie" (see recipe)) or filled with a filling that needs to be baked (like the "Autumn Pear Pie" (see recipe)). If you do end up baking the pie crust, keep an eye on the top edge of the crust to be sure it does not burn; if it does start to get too "done", put aluminum "pie crust protectors" around the edge of the pie crust, or use aluminum foil to protect the top edge of the crust from getting overdone. Or you can use these methods to protect the edges of the pie crust from getting overdone from the very beginning of the baking to be safe.

Makes 1 large pie crust.

### VARIATIONS:

- Use other types of dried fruits (e.g., prunes or dates).
  - Use other nuts and seeds (e.g., pecans or walnuts).
- 

Per serving: 132 Calories; 11g Fat (69% calories from fat); 4g Protein; 7g Carbohydrate; 0mg Cholesterol; 12mg Sodium



# 14-Frangelico-Glazed Toasted Hazelnuts

Makes 20 servings.

Preparation Time:  
15 minutes



## Nutrition Facts

Servings Per Recipe 20

### Amount Per Serving

Calories		95
Calories from fat		55
<b>% Daily Value*</b>		
Total Fat	6.2g	<b>10%</b>
Saturated Fat	0.5g	<b>2%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	2mg	<b>0%</b>
Carbohydrate	8.7g	<b>3%</b>
Dietary Fiber	0.8g	<b>3%</b>
Protein	1.3g	<b>3%</b>

Vitamin A		<b>0.1%</b>
Vitamin C		<b>0.2%</b>
Calcium		<b>2.5%</b>
Iron		<b>2.5%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- These nuts are good for decorating/garnishing cakes, or just to serve as finger snack treats.

3 cups hazelnuts  
1/3 cup Frangelico liqueur  
1/4 cup maple syrup

5 tablespoons Sucanat sugar  
(or granulated sugar)

In a dry pan, toast the hazelnuts over medium-high to high heat on the stove top. Stir frequently so the hazelnuts don't burn. Toast until the hazelnuts are nicely brown and fragrant, about 8 minutes total.

Transfer nuts to a paper bag, and rub to remove as much of the nut skin as possible (this is the paper-like covering around the nut meat). Transfer nuts back to pan leaving behind the nut skins (putting the nuts in a bowl can make it easier to leave the nut skins behind).

Return stove top to medium-high to high heat, and once the pan is hot again with the nuts in it, add the Frangelico liqueur and stir. Cook 1 minute. Add maple syrup, stir, and cook another minute (these liquids should be evaporating quite quickly). Add the sucanat sugar, stir, and cook another 2 minutes until the nuts are pretty dry. Remove from heat and let cool. If the nuts are very sticky, and the glaze will not "dry", you can place the nuts in the refrigerator (on a parchment paper covered baking sheet) to "dry"/"freeze" the glaze onto the nuts.

These can be eaten as is, cut in half to use as garnish on a cake, dropped into ice cream while freezing, garnished on any dessert, or ground and put into cake or cookie batters.

### VARIATIONS:

- Use other types of nuts such as pecans, walnuts, or almonds with other types of liqueurs such as Amaretto, grand Marnier, or Sambuca.
- If you want the nuts to stick together, you could use brown rice syrup instead of maple syrup and this will make a very sticky "nut brittle".

Per serving: 95 Calories; 6g Fat (58% calories from fat); 1g Protein; 9g Carbohydrate; 0mg Cholesterol; 2mg Sodium

# 14-Kahlua-Chocolate Chunk Ice Cream

Makes 8 servings.

Preparation Time:  
45 minutes

Serving Ideas:  
Serve with cakes  
or cookies.



## Nutrition Facts

Servings Per Recipe 8

### Amount Per Serving

Calories		360
Calories from fat		141
<b>% Daily Value*</b>		
Total Fat	15.4g	<b>24%</b>
Saturated Fat	4.6g	<b>23%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	28mg	<b>1%</b>
Carbohydrate	49.5g	<b>16%</b>
Dietary Fiber	2.4g	<b>10%</b>
Protein	4.4g	<b>9%</b>

Vitamin A		<b>0.4%</b>
Vitamin C		<b>0.0%</b>
Calcium		<b>4.2%</b>
Iron		<b>12.4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Due to the high alcohol content of this ice cream, most ice cream makers will only be able to get this ice cream to a "soft serve" stage (the alcohol prevents full freezing in more ice cream makers). Therefore, if you want the ice cream to be served as a harder ice cream (where you can use an ice cream scoop to make balls of ice cream), make the ice cream ahead of time, and then put the resulting "soft serve" in the freezer for at least a few hours (overnight is better). The freezer should bring the ice cream to a harder state (but it will still melt fairly quickly).
- See the "Glossary of Cooking Terms" for information about toasting and glazing nuts.
- Making your own custard for ice cream gives you complete control over the content, not like store bought brands.

### CUSTARD

1 1/4 cups cashews, raw  
(or non-smoky pine nuts - see "Glossary of Ingredients" for more information)  
1 1/2 cups white grape juice  
1 cup water  
1/4 cup brown rice syrup  
1/4 cup maple syrup  
1/4 cup Sucanat sugar  
(or granulated sugar)  
1 pinch sea salt  
1 teaspoon lecithin  
  
1 teaspoon vanilla extract

1/2 cup Kahlua

### ADDITIONS

85 grams chocolate, bittersweet, dairy-free, cut in chunks/melted  
(about 3/4 cup when cut)  
(or 3/4 cup dairy-free chocolate chips)  
2 tablespoons Sucanat sugar  
(or granulated sugar)

### GARNISH

2 tablespoons chopped nuts, toasted  
(or with glazed toasted nuts - e.g.,  
Frangelico-Glazed Toasted Hazelnuts)

### CUSTARD

Blend all custard ingredients (except vanilla, Kahlua, melted chocolate, and the last portion of sugar) at a very high speed until nuts are completely pureed (not gritty) and mixture is smooth.

Part way through the blending, turn off the machine and use a spatula along the sides of the blender to dislodge any nuts or other ingredients that might be clinging to the inside walls. This should reduce the number of unblended bits in the final custard mixture.

Total time for blending should be about 7 minutes at high speed or longer for blenders that blend at lower speeds.

Transfer mixture to a sauce pan, and heat over medium heat to thicken custard. Mix frequently with a wire whisk. Heat at low simmer for about 8 minutes. Whisk in vanilla extract and Kahlua.

It is best to freeze ice cream custard when the custard is cold. If the mixture is too warm, some ice cream makers will not be able to fully freeze the mixture. Therefore, in general, it is recommended that the mixture be refrigerated before it is placed in the ice cream maker.

When freezing the custard in an ice cream maker, follow the manufacturer's direction for freezing. In general, freezing takes approximately 30 minutes, but this will vary depending upon the machine, ingredients, and temperature of the mixture.

#### ADDITIONS

While the ice cream is being frozen in the ice cream maker, melt the chocolate. Once melted, stir in the sucanat sugar. Once the ice cream is done freezing in the ice cream maker (see note about how this ice cream freezes due to the high alcohol content), add drips of the melted chocolate/sugar mixture to the ice cream, and mix in. The chocolate should immediately become hard on hitting the ice cream, but you only want to end up with small chunks, so do not add too much chocolate at one time, and mix it in right away (use a spoon to chop chunks up if they end up too large).

If you do not have an ice cream maker, start with the refrigerated mixture and pour into a large rectangular pan, freeze until solid (but not hard) and blend again. Add melted chocolate as described above. Freeze in a regular bowl. Remove from freezer about 30 minutes before serving.

#### GARNISH

Garnish individual servings with toasted chopped nuts. Makes about 4 cups.

#### VARIATIONS:

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
  - "Sambuca-Chocolate Chunk Ice Cream" - Use Sambuca (this is an anise flavored liquor) in place of Kahlua.
  - Replace the Kahlua with another type of liqueur such as Grand Marnier or Amaretto.
- 

Per serving: 360 Calories; 15g Fat (39% calories from fat); 4g Protein; 49g Carbohydrate; 0mg Cholesterol; 28mg Sodium

# 14-Lemon-Ginger Icing

Makes 20 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Excellent on  
"Maple Cake" (see  
recipe).



## Nutrition Facts

Servings Per Recipe 20

Amount Per Serving	
Calories	26
Calories from fat	1
<b>% Daily Value*</b>	
Total Fat 0.1g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 20mg	<b>1%</b>
Carbohydrate 5.7g	<b>2%</b>
Dietary Fiber 0.2g	<b>1%</b>
Protein 1.3g	<b>3%</b>
Vitamin A	<b>0.3%</b>
Vitamin C	<b>0.5%</b>
Calcium	<b>1.1%</b>
Iron	<b>1.3%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- See the "Glossary of Ingredients" for information about making ginger juice.
- If you have time, make this icing a day in advance and refrigerate it. It will make the icing thicker, and therefore easier to spread on a cake.

12 1/3 ounces tofu, low-fat silken  
(extra-firm - aseptically-packed)  
(do not use soft or medium or fresh tofu  
because it will not make a firm enough  
icing)  
(see the "Glossary of Ingredients" for  
more information about silken tofu)

2 teaspoons ginger juice, fresh  
(squeezed from fresh, grated ginger root)  
2 teaspoons lemon zest, chopped fine  
1/4 cup brown rice syrup  
1/4 cup light agave nectar syrup, (or maple syrup)  
1 pinch sea salt

Blend all ingredients with an electric hand blender (immersion blender) (this makes for easier clean up) or a food processor until smooth.

Refrigerate uncovered icing to firm it up and make it easier to spread on a cake. It is best to refrigerate it at least a few hours before spreading on a cake so it does have some time to thicken, but this is not necessarily required.

Spread on cooled cake, and if necessary, refrigerate briefly to set the icing to the cake.

Should have enough icing to cover a double-layered-10-inch round cake.

### VARIATIONS:

- As the sweetener, any combination of unrefined liquid sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
- "Lime-Ginger Icing" - Use lime zest in place of lemon zest.

Per serving: 26 Calories; less than one gram Fat (3% calories from fat); 1g Protein; 6g Carbohydrate; 0mg Cholesterol; 20mg Sodium

# 14-Macadamia Nut Cream

Makes 18 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Serve a little with  
pie or cake slices.

- A creamy, smooth dessert sauce - a good heavy cream substitute for use when serving cakes and pies.

## Nutrition Facts

Servings Per Recipe 18

### Amount Per Serving

Calories 26  
Calories from fat 7

### % Daily Value\*

Total Fat	0.9g	19%
Saturated Fat	0.1g	19%
Cholesterol	0mg	0%
Sodium	7mg	0%
Carbohydrate	5.1g	2%
Dietary Fiber	0.1g	0%
Protein	0.1g	0%

Vitamin A	0.0%
Vitamin C	0.0%
Calcium	0.4%
Iron	0.4%

\* Percent Daily Values are based on a 2,000 calorie diet.

1/2 cup macadamia nuts, raw  
1/2 cup water  
1/4 cup brown rice syrup

3 tablespoons maple syrup  
1 pinch sea salt

In blender, combine all ingredients, blending for 5 to 10 minutes until completely smooth.

If desired, you can gently heat it in a sauce pan, simmering it for about 2 minutes.

Refrigerate until it is ready to be served.

If it is heated, it will keep refrigerated for about a week. If you do not heat it, it keeps a couple days less (and can get a slightly yogurt type flavor after about 4 days).

Makes about 1 1/4 cups of cream.

One serving is approximately 1 tablespoon.

### VARIATIONS:

- You could use other types of nuts in place of the macadamia nuts. The nuts that puree to the smoothest cream are macadamia nuts, pine nuts (an excellent choice with a very good flavor as long as they are not smoky pine nuts; refer to the pine nut listing in the "Glossary of Ingredients" (at the beginning of this book) for more information), pecans, walnuts, and cashews. Almonds, brazil nuts, and hazelnuts still have some grit even when pureed for a long time; therefore, these may not be the best nuts to use, but if you don't mind a little grit, give them a try. You can also try to put the cream of these grittier nuts through a cheese cloth, but with such a thick cream, I have not had the best of luck doing this; the straining either does not take out anything, or it take out too much of the body of the cream leaving the resulting cream too thin and without the creamy texture desired.

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

Per serving: 26 Calories; 1g Fat (27% calories from fat); 0g Protein; 5g Carbohydrate; 0mg Cholesterol; 7mg Sodium

# 14-Mango Cream Pie

Makes 8 servings.

Preparation Time:  
20 minutes

Serving Ideas: Can be served in a pie crust, or in ramekins as mousse.



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	190
Calories from fat	33
<b>% Daily Value*</b>	
Total Fat 4.1g	<b>6%</b>
Saturated Fat 0.8g	<b>4%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 23mg	<b>1%</b>
Carbohydrate 42.7g	<b>14%</b>
Dietary Fiber 2.0g	<b>8%</b>
Protein 1.8g	<b>4%</b>
Vitamin A	<b>61.0%</b>
Vitamin C	<b>38.3%</b>
Calcium	<b>1.4%</b>
Iron	<b>2.9%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Make this pie filling in advance because it usually needs to be refrigerated overnight to make sure it is firm enough to cut out pie slices.
- Agar makes this pie filling set up so it is cuttable.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

### FILLING

1/2 cup cashews, raw  
(or non-smoky pine nuts - see "Glossary of Ingredients" for more information)  
1 cup water  
1 pinch salt

3/4 cup brown rice syrup  
1/4 cup light agave nectar syrup  
(if the mangos are not that sweet, could need more sweetener)

1 tablespoon agar flakes

1 tablespoon tapioca flour

3 tablespoons water

1 1/2 pounds fresh mango, finely chopped  
(about one and a half mangos - when finely chopped, will be about 2 1/2 cups  
- use other mango half below as garnish)  
1 tablespoon lemon juice  
(from half of a lemon)

### GARNISH

1/2 pound fresh mango, sliced  
(about half of one mango)  
1 teaspoon lemon zest  
(from half of a lemon)

### CRUST

Because this filling does not get baked at all, you will need a completely prepared pie crust. So if you want to use a pie crust that needs to be baked such as the "Non-Gluten Pie Crust" (see recipe), then completely bake it before putting this filling into it. If you are using a crust that does not need to be baked such as the "Dried Fruit and Nut Pie Crust" (see recipe), then you can add the filling immediately.

### FILLING

Blend pine nuts, water, and salt to make a thick, smooth nut milk/cream (about 7 minutes). Add sweeteners and blend again.

Pour into a sauce pan, and sprinkle agar on top. Let sit 3 minutes. Gently heat mixture on low, stirring often.

Mix tapioca flour and water separately, and then add it to the nut milk mixture (after the nut milk mixture is hot). Cook on medium heat until thick.

While the nut cream is being prepared, cut the 1.5 pounds of fresh mango in to very small chunks (as small as you can make them). The mango fiber ("strings/threads") that run through mango do not puree well. Therefore, by

cutting the mango into very small chunks, many of the "strings/threads" are cut. If these are not cut, the resulting texture of the cream filling is a bit strange due to these "strings/threads".

Put diced mango and lemon juice into a food processor and process until smooth. Add the nut milk mixture, and process again. Pour mixture into a cooled-completely prepared pie crust.

#### GARNISH

Garnish pie with mango slices and lemon zest.

Refrigerate (uncovered) until firm. It probably will take overnight to firm up, but depending on the exact consistency of the filling, it could be firm in 4 hours.

#### VARIATIONS:

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

- "Papaya Cream Pie" - Use papayas in place of the mangos.

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Per serving: 190 Calories; 4g Fat (17% calories from fat); 2g Protein; 43g Carbohydrate; 0mg Cholesterol; 23mg Sodium

# 14-Maple Cake

Makes 20 servings.

Preparation Time:  
1 hour, 10 minutes

Serving Ideas:  
Serve with  
"Macadamia Nut  
Cream" (see  
recipe).



## Nutrition Facts

Servings Per Recipe 20

Amount Per Serving		
Calories		304
Calories from fat		104
		<b>% Daily Value*</b>
Total Fat	12.1g	<b>19%</b>
Saturated Fat	7.0g	<b>35%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	152mg	<b>6%</b>
Carbohydrate	47.4g	<b>16%</b>
Dietary Fiber	2.5g	<b>10%</b>
Protein	4.6g	<b>9%</b>
Vitamin A		<b>0.4%</b>
Vitamin C		<b>1.8%</b>
Calcium		<b>9.6%</b>
Iron		<b>10.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This is the basic cake recipe upon which all cakes in this cookbook are based.
- If you are interested in making a lower fat cake, see the "Maple Cake-Low Fat" recipe which is basically the same cake, but with less fat.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- See the "Glossary of Cooking Terms" for information about toasting and glazing nuts.

### CAKE

2 1/2 cups brown rice flour, (or spelt flour)  
1 cup sorghum flour, (or spelt flour)  
(or brown rice flour)  
4 tablespoons tapioca flour  
3/4 teaspoon sea salt  
1 tablespoon baking powder, (double acting)

1/4 cup high oleic sunflower oil, (or coconut oil)  
(or other oil high in monounsaturated fat  
as listed in "Dessert Notes" under "Oils")  
1/4 cup unrefined coconut oil  
(or other oil as above)

4 tablespoons applesauce, unsweetened  
(or could blend up about 1/3 of an apple)  
1 1/2 cups maple syrup  
1 1/2 tablespoons vanilla extract  
14 ounces coconut milk, (or water)  
1/4 cup water

### GARNISH

20 servings 14-Lemon-Ginger Icing  
(this is another recipe in this cookbook)  
1 teaspoon citrus zest, in long, thin strips  
(from half of a citrus fruit)  
1 cup walnuts, toasted, glazed

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two 10 inch round spring form pans (it is also possible to use one 9 inch by 13 inch pan). For more information about pans and about the use of parchment paper for extremely easy cake turn out, refer to the Cake Pan/Parchment Paper discussion in the "Cake Notes" at the beginning of this chapter.

### CAKE

Sift dry ingredients together. Combine liquids, then stir into the flour mixture. Pour into the prepared cake pans.

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly



clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

#### GARNISH

When making a layered cake (using 2 identical sized pans), after the cakes have cooled, place the bottom layer of the cake on a serving plate (with parchment paper under the edges), and spread the icing/frosting over the top of this first layer. Then place the second layer on top of the first, and frost/ice the entire cake.

Garnish cake with citrus zest and toasted, glazed walnuts (or pecans) (chopped nuts around the edge and halves for the top). (Other garnishing ideas include fresh or dried fruit and edible flowers.)

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Per serving: 304 Calories; 12g Fat (34% calories from fat); 5g Protein; 47g Carbohydrate; 0mg Cholesterol; 152mg Sodium

# 14-Maple Cake-Low Fat

Makes 20 servings.

Preparation Time:  
1 hour, 10 minutes

Serving Ideas:  
Serve with  
"Amazake Dessert  
Sauce" (see  
recipe).



## Nutrition Facts

Servings Per Recipe 20

Amount Per Serving		
Calories		226
Calories from fat		30
	<b>% Daily Value*</b>	
Total Fat	3.5g	<b>5%</b>
Saturated Fat	0.4g	<b>2%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	150mg	<b>6%</b>
Carbohydrate	46.6g	<b>16%</b>
Dietary Fiber	2.5g	<b>10%</b>
Protein	4.0g	<b>8%</b>
Vitamin A		<b>0.4%</b>
Vitamin C		<b>0.9%</b>
Calcium		<b>9.2%</b>
Iron		<b>8.1%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This cake has less than 15% of its calories from fat! - even with a 1/2 cup of walnuts for garnishing; if the walnuts are eliminated then the percentage of calories from fat is only 12%.

- This is essentially the same cake as the "Maple Cake", but with less fat. This recipe has been specifically designed as a lower fat alternative. The techniques applied here (using applesauce in place of part of the oil, etc.) can be applied to any cake recipe in this cookbook to make the cake lower in fat.

- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).

- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

- See the "Glossary of Cooking Terms" for information about toasting and glazing nuts.

### CAKE

2 1/2 cups brown rice flour, (or spelt flour)  
1 cup sorghum flour, (or spelt flour)  
(or brown rice flour)  
4 tablespoons tapioca flour  
3/4 teaspoon sea salt  
1 tablespoon baking powder, (double acting)

3 tablespoons high oleic sunflower oil, (or coconut oil)  
(or other oil high in monounsaturated fat  
as listed in "Dessert Notes" under "Oils")  
9 tablespoons applesauce, unsweetened

(or could blend up about 2/3 of an apple)  
1 1/2 cups maple syrup  
1 1/2 tablespoons vanilla extract  
1 1/2 cups water

### GARNISH

20 servings 14-Lemon-Ginger Icing  
(this is another recipe in this cookbook)  
1 teaspoon citrus zest, in long, thin strips  
(from half of a citrus fruit)  
1/2 cup walnuts, toasted, glazed

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two 10 inch round spring form pans (it is also possible to use one 9 inch by 13 inch pan). For more information about pans and about the use of parchment paper for extremely easy cake turn out, refer to the Cake Pan/Parchment Paper discussion in the "Cake Notes" at the beginning of this chapter.

### CAKE

Sift dry ingredients together. Combine liquids, then stir into the flour mixture. Pour into the prepared cake pans.

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too

dry and dense in this case.

#### GARNISH

When making a layered cake (using 2 identical sized pans), after the cakes have cooled, place the bottom layer of the cake on a serving plate (with parchment paper under the edges), and spread the icing/frosting over the top of this first layer. Then place the second layer on top of the first, and frost/ice the entire cake.

Garnish cake with citrus zest and toasted, glazed walnuts (or hazelnut halves or pecans) (chopped nuts around the edge and halves for the top). (Other garnishing ideas include fresh or dried fruit and edible flowers.)

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Per serving: 226 Calories; 3g Fat (13% calories from fat); 4g Protein; 47g Carbohydrate; 0mg Cholesterol; 150mg Sodium

# 14-Non-Gluten Pie Crust

Makes 8 servings.

Preparation Time:  
35 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	199
Calories from fat	114
<b>% Daily Value*</b>	
Total Fat 13.1g	<b>20%</b>
Saturated Fat 4.6g	<b>23%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 62mg	<b>3%</b>
Carbohydrate 18.9g	<b>6%</b>
Dietary Fiber 0.7g	<b>3%</b>
Protein 3.0g	<b>6%</b>
Vitamin A	<b>0.1%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>9.0%</b>
Iron	<b>9.3%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- An easy way to grind sesame seeds is in a coffee grinder.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- This crust is suitable for sweet dessert fillings (such as "Mango Cream Pie" (see recipe)), as well as savory fillings (such as a tofu quiche).
- See the "Glossary of Ingredients" for more information about vegetable shortening (non-hydrogenated); using shortening will produce a more tender crust than if you use oil.

- 
- |   |   |
|---|---|
| 1 cup brown rice flour                              |   |
| 2 tablespoons tapioca flour                         |   |
| 1/2 cup sesame seeds, ground<br>(or pecans, ground) | 5 tablespoons vegetable shortening, non-<br>hydrogenated, (or coconut oil)<br>(or high oleic sunflower oil) |
| 1/4 teaspoon sea salt                               |   |
|   | 3 tablespoons water, (maybe a bit more)   |
- 

Oil a pie dish.

Combine flour, ground tapioca, ground sesame seeds, and salt in a bowl. Cut shortening (or oil) into flour mixture (using a fork and a knife). Add water and mix. You want the pastry to be wet enough so that when it is pressed together, it sticks together (forms a ball easily). Often times it will not be wet enough after adding the amount of water called above, but it is better to start with less water and add more as needed; so if it is not wet enough, you will need to add additional water one tablespoon at a time to achieve a good moist dough.

Place pastry into the pie dish and press it gently on the bottom and up the sides. Using a fork, gently poke small holes all over the crust (so it does not puff up).

If filling with a non-bake filling (such as "Mango Cream Pie" (see recipe)), bake the crust in a 350 degrees F (175 degrees C) oven (no need to preheat oven) for 25 to 30 minutes. Let the crust cool before filling.

If using pie crust with a filling that bakes (such as "Autumn Pear Pie" (see recipe)), fill crust and bake as directed for the particular pie filling.

Makes 1 medium to large pie crust.

### VARIATIONS:

- For a lower fat crust, take out 1 to 2 tablespoons of shortening/oil.
- Could use any combination of the following non-gluten flours: brown rice flour, whole-grain millet flour, whole-grain amaranth flour, and/or whole-grain teff flour OR if you don't mind using a flour with gluten, see the "Simple Pie Crust" recipe.

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Per serving: 199 Calories; 13g Fat (57% calories from fat); 3g Protein; 19g Carbohydrate; 0mg Cholesterol; 62mg Sodium

# 14-Orange Icing

Makes 20 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Excellent on  
"Carrot Cake" (see  
recipe).

- If you have time, make this icing a day in advance and refrigerate it. It will make the icing thicker, and therefore easier to spread on a cake.

## Nutrition Facts

Servings Per Recipe 20

Amount Per Serving	
Calories	25
Calories from fat	1
<b>% Daily Value*</b>	
Total Fat 0.1g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 20mg	<b>1%</b>
Carbohydrate 5.8g	<b>2%</b>
Dietary Fiber 0.2g	<b>1%</b>
Protein 1.3g	<b>3%</b>
Vitamin A	<b>0.3%</b>
Vitamin C	<b>1.0%</b>
Calcium	<b>1.1%</b>
Iron	<b>1.3%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

12 1/3 ounces tofu, low-fat silken (extra-firm - aseptically-packed) (do not use soft or medium or fresh tofu because it will not make a firm enough icing) (see the "Glossary of Ingredients" for more information about silken tofu)	(from 1 orange)
1 1/2 tablespoons orange zest, minced	1/2 teaspoon orange extract (also called orange oil or orange flavoring)
	1/4 cup brown rice syrup
	1/4 cup light agave nectar syrup, (or maple syrup)
	1 pinch sea salt

Blend all ingredients with an electric hand blender (immersion blender) (this makes for easier clean up) or a food processor until smooth.

Refrigerate uncovered icing to firm it up and make it easier to spread on a cake. It is best to refrigerate it at least a few hours before spreading on a cake so it does have some time to thicken, but this is not necessarily required.

Spread on cooled cake, and if necessary, refrigerate briefly to set the icing to the cake.

Should have enough icing to cover a double-layered-10-inch round cake.

### VARIATIONS:

- As the sweetener, any combination of unrefined liquid sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

- "Lime Icing" - Use lime zest in place of orange zest and lime extract in place of orange extract.

- "Lemon Icing" - Use lemon zest in place of orange zest and lemon extract in place of orange extract.

Per serving: 25 Calories; less than one gram Fat (3% calories from fat); 1g Protein; 6g Carbohydrate; 0mg Cholesterol; 20mg Sodium

# 14-Peanut Butter-Chocolate Chunk Cookies

Makes 15 servings.

Preparation Time:  
35 minutes



## Nutrition Facts

Servings Per Recipe 15

Amount Per Serving	
Calories	380
Calories from fat	164
<b>% Daily Value*</b>	
Total Fat 19.4g	<b>30%</b>
Saturated Fat 4.0g	<b>20%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 227mg	<b>9%</b>
Carbohydrate 49.7g	<b>17%</b>
Dietary Fiber 3.7g	<b>15%</b>
Protein 8.1g	<b>16%</b>
Vitamin A	<b>0.2%</b>
Vitamin C	<b>0.1%</b>
Calcium	<b>6.0%</b>
Iron	<b>12.2%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### DRY INGREDIENTS

1 1/2 cups brown rice flour, (or spelt flour)  
1/2 cup sorghum flour, (or spelt flour)  
1/4 cup soy flour, (or spelt flour)  
1/4 teaspoon sea salt  
3/4 teaspoon baking soda  
1/2 teaspoon baking powder, (double acting)  
1 teaspoon cinnamon  
(or nutmeg for something different)

### WET INGREDIENTS

3/4 cup maple syrup  
1 cup peanut butter  
1 cup Sucanat sugar  
(or granulated sugar)  
1/2 cup vegetable oil spread, non-hydrogenated  
1 tablespoon vanilla extract  
  
1/2 cup chopped peanuts  
85 grams chocolate, bittersweet, dairy-free, cut in  
chunks  
(about 3/4 cup when cut)  
(or 3/4 cup dairy-free chocolate chips)

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

### DRY INGREDIENTS

Combine dry ingredients in a large bowl.

### WET INGREDIENTS

If you have a strong food processor, blend wet ingredients in a food processor; otherwise, beat the wet ingredients in a bowl by hand or mixer.

Add the dry mixture to the wet mixture. Process the dry into the wet either using the food processor (if the processor can handle it), by hand, or using a mixer.

Place dough in a bowl and mix in the chopped peanuts and chocolate chunks (could be almost like kneading depending on the consistency of your dough).

Form balls of dough and place on the cookie sheet (or sheets).

Bake for about 15 minutes. To prevent the bottoms of the cookies from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the cookies are finished, they will brown just slightly on the bottom. When removing the cookies sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.

After removing cookies from oven, let them sit for a couple minutes before removing them from the cookie sheets.

This allows them to firm up for easier removal.

Cookies freeze very well.

VARIATIONS:

- Alternative flavorings can be added such as: amaretto or other liqueur, carob, cardamom or other spices, etc.

---

Per serving: 380 Calories; 19g Fat (43% calories from fat); 8g Protein; 50g Carbohydrate; 0mg Cholesterol; 227mg Sodium

# 14-Pink Grapefruit Sorbet

Makes 8 servings.

Preparation Time:  
35 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	105
Calories from fat	1
<b>% Daily Value*</b>	
Total Fat 0.1g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 17mg	<b>1%</b>
Carbohydrate 27.6g	<b>9%</b>
Dietary Fiber 0.2g	<b>1%</b>
Protein 0.6g	<b>1%</b>
Vitamin A	<b>0.2%</b>
Vitamin C	<b>39.9%</b>
Calcium	<b>1.0%</b>
Iron	<b>1.5%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This makes a very simple, slightly tart sorbet with no fat.

### SORBET

1 cup white grape juice  
1/3 cup organic light granulated sugar  
2 1/2 cups fresh squeezed pink grapefruit juice  
(from about five small grapefruit)  
1/4 cup light agave nectar syrup  
2 teaspoons grapefruit zest, chopped

(from 1/2 of a grapefruit)  
1 pinch sea salt

### GARNISH

2 teaspoons grapefruit zest  
(from 1/2 of a grapefruit)

### SORBET

Start with all sorbet ingredients as cold as possible.

Blend all sorbet ingredients until mixture is smooth (should only take about 3 minutes).

It is best to freeze the sorbet when the mixture is cold. If the mixture is too warm, some ice cream makers will not be able to fully freeze the mixture. Therefore, in general, it is recommended that the mixture be refrigerated before it is placed in the ice cream maker.

When freezing the sorbet in an ice cream maker, follow the manufacturer's direction for freezing. In general, freezing takes approximately 30 minutes, but this will vary depending upon the machine, ingredients, and temperature of the mixture.

If you do not have an ice cream maker, pour into a large rectangular pan, freeze until solid (but not hard) and blend again. Freeze in a regular bowl. Remove from freezer about 30 minutes before serving.

### GARNISH

Garnish individual servings with grapefruit zest. Makes about 4 cups.

### VARIATIONS:

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave nectar, etc.) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).



- "Grapefruit-Ginger Sorbet" - add a teaspoon of ginger juice.

---

Per serving: 105 Calories; less than one gram Fat (1% calories from fat); 1g Protein; 28g Carbohydrate; 0mg Cholesterol; 17mg Sodium

# 14-Raspberry-Almond Pastry

Makes 10 servings.

Preparation Time:  
3 hours

Serving Ideas:  
Serve with "14-Macadamia Nut Cream" (see recipe).



## Nutrition Facts

Servings Per Recipe 10

Amount Per Serving	
Calories	308
Calories from fat	91
<b>% Daily Value*</b>	
Total Fat 10.9g	<b>17%</b>
Saturated Fat 2.6g	<b>13%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 102mg	<b>4%</b>
Carbohydrate 51.6g	<b>17%</b>
Dietary Fiber 7.3g	<b>29%</b>
Protein 7.3g	<b>15%</b>
Vitamin A	<b>0.3%</b>
Vitamin C	<b>7.6%</b>
Calcium	<b>14.0%</b>
Iron	<b>13.4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- GLUTEN NOTE: This is one of the few recipes in this cookbook that contains gluten (from the spelt flour). I have included this recipe because it is an interesting pastry, but simply can not be made without gluten because the pastry needs to be a yeasted bread to achieve the desired effect. Yeasted breads are difficult to make without a glutinous flour. This recipe is not suitable for people who want to or need to avoid gluten.
- A fast and easy way to grind poppy seeds is in a coffee grinder.
- A dessert that contains a significant amount of calcium and contains no dairy products (also lots of iron).
- This pastry is also nice to serve at a brunch.

### DOUGH

1 1/2 teaspoons active baker's yeast  
1/3 cup warm water

2 1/2 cups spelt flour  
1/2 teaspoon sea salt

3 tablespoons vegetable shortening, non-hydrogenated, (or coconut oil)  
(or high oleic sunflower oil)

1/3 cup soy milk  
1/4 cup brown rice syrup  
1/4 cup maple syrup

### FILLING

#### DOUGH

Combine yeast and water and let sit for 10 minutes until active.

Combine flour and salt in a large mixing bowl. Cut shortening (or oil) into flour mixture (using a fork and a knife). Combine soy milk, brown rice syrup, and maple syrup. Add this liquid mixture, along with the yeast mixture to the flour. Knead for 15 minutes, adding liquid (water or soy milk) as needed (if the dough gets too dry/stiff). Let dough rise until doubled (about 2 hours).

#### FILLING

While dough is rising, prepare filling by combining all filling ingredients, except frozen raspberries, in a sauce pan, and cooking on low for about 10 minutes. Turn off heat, and add frozen raspberries. Mix to thaw raspberries in hot filling. Let cool.

#### BAKING

Oil a baking sheet if it is not non-stick.

Punch dough down. Roll dough out into a rectangle about the size of a cookie sheet (about 11 inch by 13 inch).

3/4 cup almonds, chopped  
1/2 cup poppy seeds, ground  
1/4 cup soy milk  
1/2 cup brown rice syrup  
1 tablespoon lemon zest, chopped  
2 tablespoons lemon juice  
(zest and juice of one lemon)  
5 ounces frozen raspberries

#### GLAZE

2 tablespoons brown rice syrup  
2 tablespoons warm water

#### TOPPING

2 tablespoons almond slivers

Place dough on the cookie sheet to cover most of the surface.

Spread filling down the middle of the dough (the long way). Filling should cover about 3 inches by 13 inches of the dough. Cut outer part of dough on 45 degree angles, about an inch apart, on both side of the filling. Fold these pieces of dough over on top of the filling, alternating from one side to the other.

Place in a warm, moist environment to rise for 30 minutes.

Preheat oven to 350 degrees F (175 degrees C) about 15 minutes before placing the pastry in the oven.

For the glaze, combine brown rice syrup and water, and brush on pastry. Sprinkle almond slivers on top, and bake for 20 minutes.

**VARIATIONS:**

- For a richer version of this pastry (which has more fat), use coconut milk or nut milk in place of the soy milk.

---

Per serving: 308 Calories; 11g Fat (29% calories from fat); 7g Protein; 52g Carbohydrate; 0mg Cholesterol; 102mg Sodium

# 14-Simple Pie Crust

Makes 8 servings.

Preparation Time:  
25 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving		
Calories		154
Calories from fat		73
	<b>% Daily Value*</b>	
Total Fat	8.6g	<b>13%</b>
Saturated Fat	3.8g	<b>19%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	60mg	<b>3%</b>
Carbohydrate	18.1g	<b>6%</b>
Dietary Fiber	3.0g	<b>12%</b>
Protein	3.4g	<b>7%</b>
Vitamin A		<b>0.0%</b>
Vitamin C		<b>0.0%</b>
Calcium		<b>0.9%</b>
Iron		<b>5.4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- GLUTEN NOTE: This is one of the few recipes in this cookbook that contains gluten (from the whole-grain pastry wheat flour). I have included this recipe because I wanted to provide a traditional pie crust. See the "04-Non-Gluten Pie Crust" for a non-gluten version.
- This crust is suitable for sweet dessert fillings (such as "Mango Cream Pie" (see recipe)), as well as savory fillings (such as a tofu quiche).
- See the "Glossary of Ingredients" for more information about vegetable shortening (non-hydrogenated); using shortening will produce a more tender crust than if you use oil.

1 2/3 cups whole-grain pastry wheat flour, (or spelt flour)  
1/4 teaspoon sea salt

5 tablespoons vegetable shortening, non-hydrogenated, (or coconut oil)  
(or high oleic sunflower oil)

3 tablespoons water, (maybe a bit more)

Oil a pie dish.

Combine flour and salt in a bowl. Cut shortening (or oil) into flour mixture (using a fork and a knife). Add water and mix. You want the pastry to be wet enough so that when it is pressed together, it sticks together (forms a ball easily). Often times it will not be wet enough after adding the amount of water called above, but it is better to start with less water and add more as needed; so if it is not wet enough, you will need to add additional water one tablespoon at a time to achieve a good moist dough.

Place pastry into the pie dish and press it gently on the bottom and up the sides. Using a fork, gently poke small holes all over the crust (so it does not puff up).

If filling with a non-bake filling (such as "Mango Cream Pie" (see recipe)), bake the crust in a 350 degrees F (175 degrees C) oven (no need to preheat oven) for 25 to 30 minutes. Let the crust cool before filling.

If using pie crust with a filling that bakes (such as "Autumn Pear Pie" (see recipe)), fill crust and bake as directed for the particular pie filling.

Makes 1 medium to large pie crust.

### VARIATIONS:

- For a lower fat crust, take out 1 to 2 tablespoons of shortening/oil.
- Could use any combination of the following flours (these contain gluten): whole-grain pastry wheat flour, whole-grain spelt flour, whole-grain kamut flour, and/or whole-grain oat flour OR if you want to make a crust without gluten, see the "Non-Gluten Pie Crust" recipe.

Per serving: 154 Calories; 9g Fat (47% calories from fat); 3g Protein; 18g Carbohydrate; 0mg Cholesterol; 60mg Sodium

# 14-Simple Vanilla Ice Cream

Makes 8 servings.

Preparation Time:  
45 minutes

Serving Ideas:  
Serve with pies or  
cakes.



## Nutrition Facts

Servings Per Recipe 8

### Amount Per Serving

Calories	237
Calories from fat	96
<b>% Daily Value*</b>	
Total Fat 11.4g	<b>17%</b>
Saturated Fat 2.2g	<b>1%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 25mg	<b>1%</b>
Carbohydrate 33.3g	<b>1%</b>
Dietary Fiber 1.4g	<b>6%</b>
Protein 3.9g	<b>8%</b>

Vitamin A	<b>0.1%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>3.2%</b>
Iron	<b>7.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- GLUTEN NOTE: This is one of the few recipes in this cookbook that contains gluten (from the barley malt syrup). If you want to make it without gluten, simply replace the barley malt syrup with brown rice syrup.
- Making your own custard for ice cream gives you complete control over the content, not like store bought brands.

### CUSTARD

1 1/4 cups cashews, raw  
(or non-smoky pine nuts - see "Glossary of Ingredients" for more information)  
1 1/2 cups white grape juice  
1 1/2 cups water  
1/4 cup barley malt syrup  
1/4 cup maple syrup  
1/4 cup whole sugar (e.g., Rapadura)  
(or Sucanat sugar or granulated sugar)

1 pinch sea salt  
1 teaspoon lecithin

1 tablespoon vanilla extract

### GARNISH

2 tablespoons chopped nuts, toasted  
(or with glazed toasted nuts - e.g., Frangelico-Glazed Toasted Hazelnuts)

### CUSTARD

Blend all custard ingredients (except vanilla) at a very high speed until nuts are completely pureed (not gritty) and mixture is smooth.

Part way through the blending, turn off the machine and use a spatula along the sides of the blender to dislodge any nuts or other ingredients that might be clinging to the inside walls. This should reduce the number of unblended bits in the final custard mixture.

Total time for blending should be about 7 minutes at high speed or longer for blenders that blend at lower speeds.

Transfer mixture to a sauce pan, and heat over medium heat to thicken custard. Mix frequently with a wire whisk. Heat at low simmer for about 8 minutes. Mix in vanilla extract.

It is best to freeze ice cream custard when the custard is cold. If the mixture is too warm, some ice cream makers will not be able to fully freeze the mixture. Therefore, in general, it is recommended that the mixture be refrigerated before it is placed in the ice cream maker.

When freezing the custard in an ice cream maker, follow the manufacturer's direction for freezing. In general, freezing takes approximately 30 minutes, but this will vary depending upon the machine, ingredients, and temperature of the mixture.

If you do not have an ice cream maker, start with the refrigerated mixture and pour into a large rectangular pan, freeze until solid (but not hard) and blend again. Freeze in a regular bowl. Remove from freezer about 30 minutes before serving.

#### GARNISH

Garnish individual servings with toasted chopped nuts. Makes about 4 cups.

#### VARIATIONS:

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
  - Add some type of liqueur such as Grand Marnier or Amaretto.
- 

Per serving: 237 Calories; 11g Fat (41% calories from fat); 4g Protein; 33g Carbohydrate; 0mg Cholesterol; 25mg Sodium

## 15- \*\*\*\*\* SAUCES AND DRESSINGS \*\*\*\*\*

Makes one serving.

Preparation Time:  
0 minutes



### Nutrition Facts

Servings Per Recipe 1

Amount Per Serving	
Calories	0
Calories from fat	0
<b>% Daily Value*</b>	
Total Fat 0.0g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 0mg	<b>0%</b>
Carbohydrate 0.0g	<b>0%</b>
Dietary Fiber 0.0g	<b>0%</b>
Protein 0.0g	<b>0%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>0.0%</b>
Iron	<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- You will notice that in most all of my dressing recipes, I use either flax oil or hemp oil; I do this because these two oils contain omega-3 essential fatty acids which are difficult to obtain from other sources in a vegan diet; these oils are also not good to cook with because they breakdown if cooked at all; therefore, they are very good for dressings. You can substitute other oils in place of these oils (e.g., olive oil or sesame oil) if you don't have or don't want to use flax oil or hemp oil.

My favorite recipes in this chapter include:

- Apricot-Date Chutney
- Pomegranate Sauce
- Balsamic Glaze Dressing

Some of the easier recipes in this chapter include:

- Tahini-Miso Sauce
- Chili-Soy-Lime Dressing
- Tofu Sour Cream

Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

# 15-Abbey Ale Dressing

Makes 12 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Serve on salad  
greens or steamed  
vegetables.

- It is best to choose a beer that is not too high in hops because hops are bitter, and a bitter beer will make a bitter dressing. The best beers for this recipe are Belgium beers (e.g., an Abbey-style ale), amber ale, or brown ale.

## Nutrition Facts

Servings Per Recipe 12

### Amount Per Serving

Calories		98
Calories from fat		83
<b>% Daily Value*</b>		
Total Fat	9.5g	15%
Saturated Fat	0.7g	3%
Cholesterol	0mg	0%
Sodium	79mg	3%
Carbohydrate	3.9g	1%
Dietary Fiber	0.0g	0%
Protein	0.1g	0%

Vitamin A		0.0%
Vitamin C		0.0%
Calcium		0.1%
Iron		0.1%

\* Percent Daily Values are based on a 2,000 calorie diet.

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6 ounces abbey ale	1/2 teaspoon sea salt
4 ounces hemp oil, (or flax oil)	
2 tablespoons brown rice syrup	1 pinch xanthan gum, (optional)
1 tablespoon light agave nectar syrup, (or maple syrup)	(not necessary, but gives the dressing a
1/2 teaspoon ground coriander	thicker consistency if desired)
1/4 teaspoon ground white pepper	(use more for a thicker consistency)

---

There are 3 different methods for making this dressing:

### (1) HALF BLENDED - HALF SHAKEN:

Combine all ingredients except xanthan gum in an air tight glass jar and shake to mix. Take out half the dressing, add the xanthan gum to it (if you desire a thicker consistency), and blend this half with the xanthan gum using a hand blender, food processor, or regular blender. (The longer the dressing and xanthan gum are blended together, the thicker the dressing will get; blend only briefly to limit the thickening.) Add blended dressing back to the glass jar, and shake to mix. The combination of blended dressing and shaken dressing makes for a thicker dressing that still has some texture (due to some of crushed garlic, etc. not having been blended).

OR

### (2) ALL SHAKEN:

Combine all ingredients except xanthan gum in an air tight glass jar and shake to mix. If desired, sprinkle the xanthan gum into the dressing in stages, shaking between additions. I have found that if you add all the xanthan gum at once, it tends to clump and not provide the desired thickening effect (this is not a problem when blending, but is a problem when shaking). Xanthan gum shaken into dressing does not provide nearly as much thickening power as xanthan gum blended into dressing.

OR

### (3) ALL BLENDED:

Blend all ingredients in a blender (including xanthan gum if desired). Note, when blending all of the dressing, a smaller amount of xanthan gum can thicken much more effectively than when shaking, so you may want to add the xanthan gum in stages, stopping when you reach the desired consistency. Also, the longer the dressing and xanthan gum are blended together, the thicker the dressing will get; blend only briefly to limit the thickening.

Makes about 1-1/2 cups of dressing.

### VARIATIONS:

- Use brown rice vinegar in place of Champagne wine vinegar.

---

Per serving: 98 Calories; 9g Fat (84% calories from fat); 0g Protein; 4g Carbohydrate; 0mg Cholesterol; 79mg Sodium



# 15-Apricot-Date Chutney

Makes 16 servings.

Preparation Time:  
30 minutes

Serving Ideas:  
Serve as a side to  
Indian Curry and  
Rice.



## Nutrition Facts

Servings Per Recipe 16

Amount Per Serving	
Calories	139
Calories from fat	3
<b>% Daily Value*</b>	
Total Fat 0.3g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 1mg	<b>0%</b>
Sodium 122mg	<b>5%</b>
Carbohydrate 36.3g	<b>12%</b>
Dietary Fiber 3.3g	<b>13%</b>
Protein 1.4g	<b>3%</b>
Vitamin A	<b>23.9%</b>
Vitamin C	<b>1.4%</b>
Calcium	<b>2.2%</b>
Iron	<b>7.8%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- An extremely low-fat, tasty addition to a meal.

2 cups dried apricots, chopped  
1 1/2 cups raisins  
1 1/2 cups water  
1 1/2 cups apple cider vinegar  
(or brown rice vinegar)  
  
1/2 cup date sugar  
(or 1/4 cup sucanat)

1/4 cup brown rice syrup  
1 cup dates, chopped  
1 1/2 tablespoons candied ginger root, chopped  
1 teaspoon sea salt  
1 1/2 teaspoons whole mustard seeds  
1/4 teaspoon cayenne  
(or more to taste)

Place apricots, raisins, water, and vinegar in a sauce pan, cover, and bring slowly to a simmer. Slowly cook for 15 minutes. If all the liquid cooks off before 15 minutes, add additional water. The need for additional water will depend on how dry the apricots and raisins are.

Stir in the remaining ingredients, and simmer until thickened.

This chutney can be stored in the refrigerator for about 3 weeks.

### VARIATIONS:

- Add 1 cup chopped walnuts for every 2 cups of apricots. This only raises the calories from fat to 7% (1 gram of fat) per serving. The chopped walnuts should be added at the very end after all the cooking is finished.
- Use dried figs in place of dates.

Per serving: 139 Calories; less than one gram Fat (2% calories from fat); 1g Protein; 36g Carbohydrate; 1mg Cholesterol; 122mg Sodium

# 15-Balsamic Glaze Dressing

Makes 12 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Serve on salad  
greens.

- The balsamic vinegar, cooked down into a glaze, makes this a dressing a little more on the sweet side.

## Nutrition Facts

Servings Per Recipe 12

### Amount Per Serving

Calories 180  
Calories from fat 159

### % Daily Value\*

Total Fat	18.9g	29%
Saturated Fat	2.0g	10%
Cholesterol	0mg	0%
Sodium	158mg	7%
Carbohydrate	5.3g	2%
Dietary Fiber	0.1g	1%
Protein	0.3g	1%

Vitamin A	0.6%
Vitamin C	9.5%
Calcium	1.5%
Iron	3.3%

\* Percent Daily Values are based on a 2,000 calorie diet.

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24 ounces balsamic vinegar	1 teaspoon ground black pepper
	1 teaspoon sea salt
10 garlic cloves, crushed	
4 ounces olive oil	1 pinch xanthan gum, (optional)
4 ounces flax oil, (or hemp oil)	(not necessary, but gives the dressing a
1/2 cup lemon juice	thicker consistency if desired)
3 teaspoons dried oregano	(use more for a thicker consistency)

---

First, in a small non-reactive (e.g., stainless steel) sauce pan, gently simmer balsamic vinegar until reduced to one quarter of the original amount. Cooking vinegar makes a strong smell in the kitchen, so you will probably want to run a fan. This reduction can happen very quickly (in less than 5 minutes), so keep a close eye on it the pan so it does not completely cook down and start to burn. One quarter is about as far down as you can cook balsamic vinegar without burning it (it will be similar in consistency to maple syrup). It should not effect the dressing too much if you reduce a little less than one quarter, but try to keep it as close to one quarter as possible without going beyond that.

While balsamic glaze is cooking, continue with the other ingredients, and then when the balsamic is ready, add it to the rest of the ingredients.

There are 3 different methods for making this dressing:

#### (1) HALF BLENDED - HALF SHAKEN:

Combine all ingredients except xanthan gum in an air tight glass jar and shake to mix. Take out half the dressing, add the xanthan gum to it (if you desire a thicker consistency), and blend this half with the xanthan gum using a hand blender, food processor, or regular blender. (The longer the dressing and xanthan gum are blended together, the thicker the dressing will get; blend only briefly to limit the thickening.) Add blended dressing back to the glass jar, and shake to mix. The combination of blended dressing and shaken dressing makes for a thicker dressing that still has some texture (due to some of crushed garlic, etc. not having been blended).

OR

#### (2) ALL SHAKEN:

Combine all ingredients except xanthan gum in an air tight glass jar and shake to mix. If desired, sprinkle the xanthan gum into the dressing in stages, shaking between additions. I have found that if you add all the xanthan gum at once, it tends to clump and not provide the desired thickening effect (this is not a problem when blending, but is a problem when shaking). Xanthan gum shaken into dressing does not provide nearly as much thickening power as xanthan gum blended into dressing.

OR

#### (3) ALL BLENDED:

Blend all ingredients in a blender (including xanthan gum if desired). Note, when blending all of the dressing, a smaller amount of xanthan gum can thicken much more effectively than when shaking, so you may want to add the xanthan gum in stages, stopping when you reach the desired consistency. Also, the longer the dressing and xanthan gum are blended together, the thicker the dressing will get; blend only briefly to limit the thickening.

Makes about 2 cups of dressing.

#### VARIATIONS:

- Use olive oil in place of the flax oil for fuller Italian flavor.
- Add 1/4 cup of olive paste (ground olives) for a very strong olive flavor.

Per serving: 180 Calories; 19g Fat (88% calories from fat); 0g Protein; 5g Carbohydrate; 0mg Cholesterol; 158mg Sodium

# 15-Barbeque Sauce

Makes 12 servings.

Preparation Time:  
1 hour, 15 minutes

Serving Ideas:  
Serve over grain or  
mixed with beans.



## Nutrition Facts

Servings Per Recipe 12

Amount Per Serving	
Calories	116
Calories from fat	9
<b>% Daily Value*</b>	
Total Fat 1.1g	<b>2%</b>
Saturated Fat 0.1g	<b>1%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 117mg	<b>5%</b>
Carbohydrate 28.2g	<b>9%</b>
Dietary Fiber 1.3g	<b>5%</b>
Protein 1.4g	<b>3%</b>
Vitamin A	<b>4.8%</b>
Vitamin C	<b>11.9%</b>
Calcium	<b>9.5%</b>
Iron	<b>14.8%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- GLUTEN NOTE: This is one of the few recipes in this cookbook that contains gluten (from the barley malt syrup). If you want to make it without gluten, simply replace the barley malt syrup with brown rice syrup.
- A low-fat, high-flavor sauce that has many uses, and keeps well in the refrigerator.
- This sauce is good with tempeh (see the "Barbequed Tempeh" recipe).

- 
- |   |  |
|---|--|
| 1 teaspoon extra virgin olive oil                           | 1/2 cup coffee substitute, brewed, (optional)<br>(or brewed coffee - regular or decaf) |
| 1 small onion, chopped fine                                 | 2 tablespoons roasted garlic paste<br>(see the "Glossary of Ingredients")              |
| 5 garlic cloves, minced                                     | 1/3 cup apple cider vinegar  |
| 14 ounces tomatoes, low sodium, pureed<br>(or tomato sauce) | 1/4 cup blackstrap molasses  |
| 1 tablespoon cumin powder                                   | 1/2 cup barley malt syrup  |
| 1/2 tablespoon dried oregano                                | 1/2 cup brown rice syrup   |
| 1/8 teaspoon cayenne, (or more to taste)                    | 2 tablespoons maple syrup, (optional)  |
| 1/4 teaspoon ground fennel seed                             | 2 tablespoons dark miso  |
| 2 teaspoons ground yellow mustard seed                      |  |
| 1 teaspoon ground black mustard seed                        |  |
| 2 teaspoons ground black pepper                             |  |
- 

Heat sauce pan over medium-high heat and add oil. Add onion and garlic and saute for about 7 minutes. Add remaining ingredients, except for the miso. Heat over low to medium-low heat for 40 minutes to integrate and thicken (you may like to use a simmer plate/"flame tamer"). Do not boil. Stir occasionally.

Remove 1 cup of sauce, and let cool briefly. Add miso to this 1 cup of sauce, and dissolve. Add the cup of sauce with the miso back to the sauce pan, and cook gently another 10 minutes.

Makes about 4 cups.

### VARIATIONS:

- Add different seasonings like ginger juice, Garam Masala or curry powder (without the oregano and coffee substitute powder) for a different flavor.

---

Per serving: 116 Calories; 1g Fat (7% calories from fat); 1g Protein; 28g Carbohydrate; 0mg Cholesterol; 117mg Sodium

# 15-Basil-Key Lime Dressing

Makes 16 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Serve on salad  
greens.



## Nutrition Facts

Servings Per Recipe 16

### Amount Per Serving

Calories		137
Calories from fat		120
<b>% Daily Value*</b>		
Total Fat	14.2g	<b>22%</b>
Saturated Fat	1.0g	<b>5%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	118mg	<b>5%</b>
Carbohydrate	4.3g	<b>1%</b>
Dietary Fiber	0.0g	<b>0%</b>
Protein	0.2g	<b>0%</b>

Vitamin A		<b>2.0%</b>
Vitamin C		<b>5.1%</b>
Calcium		<b>0.7%</b>
Iron		<b>0.5%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

10 garlic cloves, crushed  
8 ounces flax oil, (or hemp oil)  
1 1/2 cups fresh basil, chopped  
(about one large bunch of basil)  
6 tablespoons key lime juice  
1/4 cup brown rice syrup

1 teaspoon sea salt  
  
1 pinch xanthan gum, (optional)  
(not necessary, but gives the dressing a  
thicker consistency if desired)  
(use more for a thicker consistency)

There are 3 different methods for making this dressing:

### (1) HALF BLENDED - HALF SHAKEN:

Combine all ingredients except xanthan gum in an air tight glass jar and shake to mix. Take out half the dressing, add the xanthan gum to it (if you desire a thicker consistency), and blend this half with the xanthan gum using a hand blender, food processor, or regular blender. (The longer the dressing and xanthan gum are blended together, the thicker the dressing will get; blend only briefly to limit the thickening.) Add blended dressing back to the glass jar, and shake to mix. The combination of blended dressing and shaken dressing makes for a thicker dressing that still has some texture (due to some of crushed garlic, etc. not having been blended).

OR

### (2) ALL SHAKEN:

Combine all ingredients except xanthan gum in an air tight glass jar and shake to mix. If desired, sprinkle the xanthan gum into the dressing in stages, shaking between additions. I have found that if you add all the xanthan gum at once, it tends to clump and not provide the desired thickening effect (this is not a problem when blending, but is a problem when shaking). Xanthan gum shaken into dressing does not provide nearly as much thickening power as xanthan gum blended into dressing.

OR

### (3) ALL BLENDED:

Blend all ingredients in a blender (including xanthan gum if desired). Note, when blending all of the dressing, a smaller amount of xanthan gum can thicken much more effectively than when shaking, so you may want to add the xanthan gum in stages, stopping when you reach the desired consistency. Also, the longer the dressing and xanthan gum are blended together, the thicker the dressing will get; blend only briefly to limit the thickening.

Makes about 2 cups of dressing.

### VARIATIONS:

- Use regular lime juice in place of the key lime juice.

Per serving: 137 Calories; 14g Fat (88% calories from fat); 0g Protein; 4g Carbohydrate; 0mg Cholesterol; 118mg Sodium

# 15-Black Bean Sauce

Makes 10 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Serve over grain,  
vegetables, or  
tempeh.

- This sauce can be served as part of a low-fat meal.

## Nutrition Facts

Servings Per Recipe 10

Amount Per Serving	
Calories	67
Calories from fat	16
<b>% Daily Value*</b>	
Total Fat 1.9g	<b>3%</b>
Saturated Fat 0.3g	<b>2%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 349mg	<b>15%</b>
Carbohydrate 9.4g	<b>3%</b>
Dietary Fiber 1.7g	<b>7%</b>
Protein 4.0g	<b>8%</b>
Vitamin A	<b>2.3%</b>
Vitamin C	<b>0.3%</b>
Calcium	<b>1.2%</b>
Iron	<b>6.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

2 cups black beans, cooked, drained  
(see "Glossary of Cooking Terms" for more  
information about cooking beans)  
1 serving 04-Pine Nut Cream  
(1 serving is equal to 1 cup)  
1 tablespoon miso  
1 teaspoon garlic powder

1 1/2 teaspoons sea salt  
1 1/2 teaspoons Espelette powder  
(a Basque red pepper powder that is  
not as spicy as cayenne pepper)  
(could use a lesser amount of cayenne  
pepper as a replacement)

Puree all ingredients in food processor or blender.

Add sauce to a small sauce pan. Heat over low to medium-low heat for 8 minutes to integrate and thicken. Do not boil. Add water or broth as needed to achieve the desired consistency.

### VARIATIONS:

- Use other types of beans.
- Use other spices besides the Espelette powder.

Per serving: 67 Calories; 2g Fat (24% calories from fat); 4g Protein; 9g Carbohydrate; 0mg Cholesterol; 349mg Sodium

# 15-Carambola (Star Fruit) Chutney

Makes 16 servings.

Preparation Time:  
30 minutes

Serving Ideas:  
Serve with Indian  
Curry and Rice



## Nutrition Facts

Servings Per Recipe 16

Amount Per Serving	
Calories	61
Calories from fat	2
<b>% Daily Value*</b>	
Total Fat 0.2g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 1mg	<b>0%</b>
Sodium 33mg	<b>1%</b>
Carbohydrate 14.8g	<b>5%</b>
Dietary Fiber 2.3g	<b>9%</b>
Protein 0.6g	<b>1%</b>
Vitamin A	<b>2.8%</b>
Vitamin C	<b>20.5%</b>
Calcium	<b>2.6%</b>
Iron	<b>2.3%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- An extremely low-fat, tasty addition to a meal.

- |                                  |  |
|----------------------------------|--|
| 3 cups carambola, sliced         | 2 tablespoons sucanat sugar                |
| 3/4 cup grapefruit peel, sliced  | 2 tablespoons candied ginger root, chopped |
| 1 cup dried figs, diced          | 1/4 teaspoon sea salt                      |
| 1 tablespoon lemon juice         |  |
| 1 tablespoon apple cider vinegar |  |
| 3 tablespoons brown rice syrup   |  |

Combine all ingredients in a sauce pan, cover, and bring slowly to a simmer. Slowly cook until thickened.

This chutney can be stored in the refrigerator for about 3 weeks.

### VARIATIONS:

- Use lemon peel (or orange peel or lime peel) instead of grapefruit peel.

Per serving: 61 Calories; less than one gram Fat (3% calories from fat); 1g Protein; 15g Carbohydrate; 1mg Cholesterol; 33mg Sodium

# 15-Chili-Soy-Lime Dressing

Makes 12 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Serve on salad  
greens or steamed  
vegetables.



## Nutrition Facts

Servings Per Recipe 12

Amount Per Serving	
Calories	138
Calories from fat	124
<b>% Daily Value*</b>	
Total Fat 14.3g	<b>22%</b>
Saturated Fat 1.0g	<b>5%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 166mg	<b>7%</b>
Carbohydrate 3.2g	<b>1%</b>
Dietary Fiber 0.0g	<b>0%</b>
Protein 0.3g	<b>1%</b>
Vitamin A	<b>0.5%</b>
Vitamin C	<b>2.7%</b>
Calcium	<b>0.4%</b>
Iron	<b>0.4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- See the "Glossary of Ingredients" for information about making ginger juice.

- |   |   |
|---|---|
| 1/2 tablespoon ginger juice, fresh<br>(squeezed from fresh, grated ginger root) | 1/2 teaspoon sea salt   |
| 6 garlic cloves, crushed  | 2 tablespoons sweet sherry, (or mirin)                                      |
| 6 ounces flax oil, (or hemp oil)  | 1 tablespoon hot sauce, (or to taste)                                       |
| 2 1/2 tablespoons lime juice  |   |
| 1 tablespoon brown rice vinegar   | 1 pinch xanthan gum, (optional)   |
| 2 tablespoons brown rice syrup  | (not necessary, but gives the dressing a<br>thicker consistency if desired) |
| 1 tablespoon tamari soy sauce   | (use more for a thicker consistency)  |

There are 3 different methods for making this dressing:

### (1) HALF BLENDED - HALF SHAKEN:

Combine all ingredients except xanthan gum in an air tight glass jar and shake to mix. Take out half the dressing, add the xanthan gum to it (if you desire a thicker consistency), and blend this half with the xanthan gum using a hand blender, food processor, or regular blender. (The longer the dressing and xanthan gum are blended together, the thicker the dressing will get; blend only briefly to limit the thickening.) Add blended dressing back to the glass jar, and shake to mix. The combination of blended dressing and shaken dressing makes for a thicker dressing that still has some texture (due to some of crushed garlic, etc. not having been blended).

OR

### (2) ALL SHAKEN:

Combine all ingredients except xanthan gum in an air tight glass jar and shake to mix. If desired, sprinkle the xanthan gum into the dressing in stages, shaking between additions. I have found that if you add all the xanthan gum at once, it tends to clump and not provide the desired thickening effect (this is not a problem when blending, but is a problem when shaking). Xanthan gum shaken into dressing does not provide nearly as much thickening power as xanthan gum blended into dressing.

OR

### (3) ALL BLENDED:

Blend all ingredients in a blender (including xanthan gum if desired). Note, when blending all of the dressing, a smaller amount of xanthan gum can thicken much more effectively than when shaking, so you may want to add the xanthan gum in stages, stopping when you reach the desired consistency. Also, the longer the dressing and xanthan gum are blended together, the thicker the dressing will get; blend only briefly to limit the thickening.

Makes about 1-1/2 cups of dressing.

### VARIATIONS:

- Use light agave nectar syrup in place of the brown rice syrup.



Per serving: 138 Calories; 14g Fat (90% calories from fat); 0g Protein; 3g Carbohydrate; 0mg Cholesterol; 166mg Sodium

# 15-Cilantro Sauce

Makes 14 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Serve over grain or  
beans.



## Nutrition Facts

Servings Per Recipe 14

Amount Per Serving	
Calories	7
Calories from fat	1
<b>% Daily Value*</b>	
Total Fat 0.1g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 69mg	<b>3%</b>
Carbohydrate 1.4g	<b>0%</b>
Dietary Fiber 0.1g	<b>0%</b>
Protein 0.3g	<b>1%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>6.3%</b>
Calcium	<b>0.9%</b>
Iron	<b>1.8%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

1 cup water

2 tablespoons water

2 tablespoons brown rice flour, (or spelt flour)  
1/2 teaspoon sea salt

1/3 cup cilantro, chopped

Heat water in a small sauce pan.

Dissolve flour and salt in 2 tablespoons of water. Add flour mixture to the hot water in the sauce pan, and stir continuously until thick. Add cilantro, and turn off heat. As sauce cool it will thicken, so add additional water as needed to create the desired consistency.

### VARIATIONS:

- Use vegetable broth in place of water.
- "Cilantro-Garlic Sauce" - Add two cloves of garlic (crushed) to the sauce with the flour.

Per serving: 7 Calories; less than one gram Fat (9% calories from fat); 0g Protein; 1g Carbohydrate; 0mg Cholesterol; 69mg Sodium

# 15-Cream Sauce

Makes 10 servings.

Preparation Time:  
15 minutes



## Nutrition Facts

Servings Per Recipe 10

Amount Per Serving	
Calories	32
Calories from fat	24
<b>% Daily Value*</b>	
Total Fat 3.1g	<b>5%</b>
Saturated Fat 0.5g	<b>2%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 48mg	<b>2%</b>
Carbohydrate 0.9g	<b>0%</b>
Dietary Fiber 0.3g	<b>1%</b>
Protein 1.4g	<b>3%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>0.2%</b>
Iron	<b>3.1%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- A simple cream sauce without a lot of flavor to complement the dish it is served with.
- Additional flavors can be added to make a more flavorful sauce (e.g., ground white pepper, finely chopped fresh basil, etc.).

1/2 cup pine nuts, raw  
1 1/2 cups water

1/4 teaspoon sea salt  
1/8 teaspoon ground nutmeg

Blend all ingredients at a very high speed until nuts are completely pureed (not gritty) and mixture is smooth (about 7 minutes for high speeds or longer for blenders that blend at lower speeds).

Place cream in a sauce pan, and heat gently (starting on medium-low heat, and going down to low-heat) until it thickens. It will also thicken more as it cools or if it is refrigerated.

Makes about 1-1/4 cups.

Serving size approx. 2 tablespoons.

### VARIATIONS:

- Use more nuts for a richer, thicker cream.

Per serving: 32 Calories; 3g Fat (75% calories from fat); 1g Protein; 1g Carbohydrate; 0mg Cholesterol; 48mg Sodium

# 15-Creamy Roasted Garlic Sauce

Makes 10 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Serve over grain or  
tempeh.



## Nutrition Facts

Servings Per Recipe 10

### Amount Per Serving

Calories		14
Calories from fat		5
	<b>% Daily Value*</b>	
Total Fat	0.6g	1%
Saturated Fat	0.1g	0%
Cholesterol	0mg	0%
Sodium	12.6mg	5%
Carbohydrate	1.6g	1%
Dietary Fiber	0.2g	1%
Protein	0.7g	1%
Vitamin A		0.1%
Vitamin C		1.0%
Calcium		0.6%
Iron		0.6%

\* Percent Daily Values are based on a  
2,000 calorie diet.

- This sauce can be served as part of a low-fat meal.

1/4 cup walnuts  
2 tablespoons white miso  
2 tablespoons roasted garlic paste

(see the "Glossary of Ingredients")  
3/4 cup water

Puree nuts in a food processor or blender. Add remaining ingredients, and puree until very smooth.

Add sauce to a small sauce pan. Heat over low to medium-low heat for 5 minutes to integrate and thicken (may use a simmer plate/"flame tamer"). Do not boil.

1 Serving Size = 2 teaspoon

### VARIATIONS:

- Use any type of nut (such as cashews) or nut butter (such as tahini or almond butter).

Per serving: 14 Calories; 1g Fat (38% calories from fat); 1g Protein; 2g Carbohydrate; 0mg Cholesterol; 12.6mg Sodium

# 15-Creamy-Lime Dressing

Makes 8 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Serve on "05-  
Jicama Salad" (see  
recipe)

## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	99
Calories from fat	56
<b>% Daily Value*</b>	
Total Fat 6.1g	<b>9%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 329mg	<b>14%</b>
Carbohydrate 10.0g	<b>3%</b>
Dietary Fiber 0.1g	<b>0%</b>
Protein 0.5g	<b>1%</b>
Vitamin A	<b>1.7%</b>
Vitamin C	<b>8.3%</b>
Calcium	<b>1.3%</b>
Iron	<b>3.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

---

1 cup mayonnaise vegi dressing (or other vegan mayonnaise)	1/4 cup brown rice syrup
1/2 teaspoon lime zest, chopped	1 teaspoon ground cumin
1/2 cup lime juice (juice from about 4 limes)	1/2 teaspoon sea salt
2 garlic cloves, minced	

---

Combine all ingredients in an air tight glass jar and shake to mix.

OR

Blend all ingredients in a blender.

Makes about 1-1/2 cups of dressing.

### VARIATIONS:

- "Creamy-Lemon Dressing" - Use lemon zest and lemon juice in place of the lime zest and the lime juice.

---

Per serving: 99 Calories; 6g Fat (57% calories from fat); 1g Protein; 10g Carbohydrate; 0mg Cholesterol; 329mg Sodium

# 15-Grapefruit Vinaigrette

Makes 12 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Serve on salad  
greens or steamed  
vegetables.



## Nutrition Facts

Servings Per Recipe 12

### Amount Per Serving

Calories 136  
Calories from fat 120

### % Daily Value\*

Total Fat	14.2g	22%
Saturated Fat	1.0g	5%
Cholesterol	0mg	0%
Sodium	79mg	3%
Carbohydrate	4.1g	1%
Dietary Fiber	0.0g	0%
Protein	0.1g	0%

Vitamin A	0.3%
Vitamin C	7.3%
Calcium	0.4%
Iron	0.4%

\* Percent Daily Values are based on a 2,000 calorie diet.

1/2 cup fresh squeezed grapefruit juice  
1 1/2 tablespoons grapefruit zest, chopped  
(both above juice and zest from about one  
small grapefruit)  
3 garlic cloves, crushed  
6 ounces hemp oil, (or flax oil)  
3 tablespoons Champagne wine vinegar  
2 tablespoons light agave nectar syrup  
1/4 teaspoon ground white pepper

2 tablespoons fresh basil, chopped  
(or 1/2 teaspoon dried basil leaves)  
1/2 teaspoon sea salt

1 pinch xanthan gum, (optional)  
(not necessary, but gives the dressing a  
thicker consistency if desired)  
(use more for a thicker consistency)

There are 3 different methods for making this dressing:

### (1) HALF BLENDED - HALF SHAKEN:

Combine all ingredients except xanthan gum in an air tight glass jar and shake to mix. Take out half the dressing, add the xanthan gum to it (if you desire a thicker consistency), and blend this half with the xanthan gum using a hand blender, food processor, or regular blender. (The longer the dressing and xanthan gum are blended together, the thicker the dressing will get; blend only briefly to limit the thickening.) Add blended dressing back to the glass jar, and shake to mix. The combination of blended dressing and shaken dressing makes for a thicker dressing that still has some texture (due to some of crushed garlic, etc. not having been blended).

OR

### (2) ALL SHAKEN:

Combine all ingredients except xanthan gum in an air tight glass jar and shake to mix. If desired, sprinkle the xanthan gum into the dressing in stages, shaking between additions. I have found that if you add all the xanthan gum at once, it tends to clump and not provide the desired thickening effect (this is not a problem when blending, but is a problem when shaking). Xanthan gum shaken into dressing does not provide nearly as much thickening power as xanthan gum blended into dressing.

OR

### (3) ALL BLENDED:

Blend all ingredients in a blender (including xanthan gum if desired). Note, when blending all of the dressing, a smaller amount of xanthan gum can thicken much more effectively than when shaking, so you may want to add the xanthan gum in stages, stopping when you reach the desired consistency. Also, the longer the dressing and

xanthan gum are blended together, the thicker the dressing will get; blend only briefly to limit the thickening.

Makes about 1-1/2 cups of dressing.

VARIATIONS:

- Use brown rice vinegar in place of Champagne wine vinegar.

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Per serving: 136 Calories; 14g Fat (88% calories from fat); 0g Protein; 4g Carbohydrate; 0mg Cholesterol; 79mg Sodium

# 15-Italian-Style Pico de Gallo

Makes 8 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Serve with chips  
or over cooked  
grain or  
vegetables.



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	65
Calories from fat	5
<b>% Daily Value*</b>	
Total Fat	0.6g <b>1%</b>
Saturated Fat	0.1g <b>0%</b>
Cholesterol	0mg <b>0%</b>
Sodium	247mg <b>10%</b>
Carbohydrate	13.0g <b>4%</b>
Dietary Fiber	2.9g <b>12%</b>
Protein	3.5g <b>7%</b>
Vitamin A	<b>16.6%</b>
Vitamin C	<b>63.2%</b>
Calcium	<b>3.3%</b>
Iron	<b>8.6%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This is a very low fat, high flavor salsa/sauce which can be added to grains or vegetables for a big flavor impact.

2 tablespoons lemon juice	1/4 cup green onion, chopped (about 2 stalks)
1 teaspoon sea salt	4 small tomatillos, chopped
2 medium banana peppers, chopped fine	3 medium fresh tomatoes, chopped
1 cup white beans, cooked, rinsed, drained (see "Glossary of Cooking Terms" for more information about cooking beans)	3 medium fresh yellow tomatoes, chopped
	1/2 cup fresh basil, chopped

Mix all ingredients together in a bowl. Serve immediate or refrigerate until ready to serve.

### VARIATIONS:

- Add a tablespoon of chopped fresh oregano for a more "Italian" flavor.

Per serving: 65 Calories; 1g Fat (8% calories from fat); 3g Protein; 13g Carbohydrate; 0mg Cholesterol; 247mg Sodium



# 15-Kiwi Dressing

Makes 12 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Serve on salad  
greens.



## Nutrition Facts

Servings Per Recipe 12

Amount Per Serving	
Calories	154
Calories from fat	144
<b>% Daily Value*</b>	
Total Fat 16.6g	<b>26%</b>
Saturated Fat 1.2g	<b>6%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 158mg	<b>7%</b>
Carbohydrate 2.4g	<b>4%</b>
Dietary Fiber 0.4g	<b>2%</b>
Protein 0.2g	<b>0%</b>
Vitamin A	<b>0.4%</b>
Vitamin C	<b>20.6%</b>
Calcium	<b>0.5%</b>
Iron	<b>0.7%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

7 ounces flax oil, (or hemp oil)  
4 tablespoons brown rice vinegar  
2 kiwi fruit  
1 teaspoon sea salt

2 tablespoons sweet sherry, (or mirin)  
1/2 teaspoon ground fennel seed  
1/4 teaspoon ground white pepper

Blend all ingredients in a blender.

Makes about 16 ounces of dressing.

### VARIATIONS:

- Use other types of fruit (such as, four strawberries, one small peach, or a 1/2 cup of fresh raspberries) in place of the kiwi fruit.

Per serving: 154 Calories; 17g Fat (94% calories from fat); 0g Protein; 2g Carbohydrate; 0mg Cholesterol; 158mg Sodium

# 15-Lemon-Basil Dressing

Makes 12 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Serve on salad  
greens or steamed  
vegetables.



## Nutrition Facts

Servings Per Recipe 12

Amount Per Serving	
Calories	144
Calories from fat	120
<b>% Daily Value*</b>	
Total Fat 14.3g	<b>22%</b>
Saturated Fat 1.0g	<b>5%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 72mg	<b>3%</b>
Carbohydrate 6.1g	<b>2%</b>
Dietary Fiber 0.1g	<b>1%</b>
Protein 0.3g	<b>1%</b>
Vitamin A	<b>0.5%</b>
Vitamin C	<b>12.4%</b>
Calcium	<b>0.4%</b>
Iron	<b>0.4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- A no-vinegar dressing.

3/4 cup fresh lemon juice  
(need about 3 to 6 lemons for above  
juice)  
3 garlic cloves, crushed  
6 ounces flax oil, (or hemp oil)  
1/4 cup brown rice syrup  
1/4 cup fresh basil, chopped

1 tablespoon white miso  
1/8 teaspoon sea salt  
1 pinch xanthan gum, (optional)  
(not necessary, but gives the dressing a  
thicker consistency if desired)  
(use more for a thicker consistency)

There are 3 different methods for making this dressing:

### (1) HALF BLENDED - HALF SHAKEN:

Combine all ingredients except xanthan gum in an air tight glass jar and shake to mix. Take out half the dressing, add the xanthan gum to it (if you desire a thicker consistency), and blend this half with the xanthan gum using a hand blender, food processor, or regular blender. (The longer the dressing and xanthan gum are blended together, the thicker the dressing will get; blend only briefly to limit the thickening.) Add blended dressing back to the glass jar, and shake to mix. The combination of blended dressing and shaken dressing makes for a thicker dressing that still has some texture (due to some of crushed garlic, etc. not having been blended).

OR

### (2) ALL SHAKEN:

Combine all ingredients except xanthan gum in an air tight glass jar and shake to mix. If desired, sprinkle the xanthan gum into the dressing in stages, shaking between additions. I have found that if you add all the xanthan gum at once, it tends to clump and not provide the desired thickening effect (this is not a problem when blending, but is a problem when shaking). Xanthan gum shaken into dressing does not provide nearly as much thickening power as xanthan gum blended into dressing.

OR

### (3) ALL BLENDED:

Blend all ingredients in a blender (including xanthan gum if desired). Note, when blending all of the dressing, a smaller amount of xanthan gum can thicken much more effectively than when shaking, so you may want to add the xanthan gum in stages, stopping when you reach the desired consistency. Also, the longer the dressing and xanthan gum are blended together, the thicker the dressing will get; blend only briefly to limit the thickening.

Makes about 1-1/2 cups of dressing.

VARIATIONS:

- Use lime juice in place of lemon juice.

---

Per serving: 144 Calories; 14g Fat (83% calories from fat); 0g Protein; 6g Carbohydrate; 0mg Cholesterol; 72mg Sodium

# 15-Mango-Rum Dressing

Makes 16 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Serve on salad  
greens.

## Nutrition Facts

Servings Per Recipe 16

### Amount Per Serving

Calories		67
Calories from fat		61
<b>% Daily Value*</b>		
Total Fat	7.1g	<b>11%</b>
Saturated Fat	0.5g	<b>3%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	118mg	<b>5%</b>
Carbohydrate	1.7g	<b>1%</b>
Dietary Fiber	0.1g	<b>1%</b>
Protein	0.1g	<b>0%</b>
Vitamin A		<b>5.6%</b>
Vitamin C		<b>7.2%</b>
Calcium		<b>0.1%</b>
Iron		<b>0.1%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

4 ounces flax oil, (or hemp oil)  
1/3 cup fresh lemon juice  
(need about 2 to 4 lemons for above  
juice)  
1 teaspoon rum extract

1 cup fresh mango, diced fine  
(need about half of one mango for the  
above diced mango)  
1 teaspoon sea salt

Blend all ingredients in a blender.

Makes 1 1/2 cups.

### VARIATIONS:

- Use coconut extract in place of the rum extract.

Per serving: 67 Calories; 7g Fat (90% calories from fat); 0g Protein; 2g Carbohydrate; 0mg Cholesterol; 118mg Sodium

# 15-Mediterranean Tomato Sauce

Makes 8 servings.

Preparation Time:  
30 minutes

Serving Ideas:  
Serve over brown  
rice fettucine  
pasta.



## Nutrition Facts

Servings Per Recipe 8

### Amount Per Serving

Calories		67
Calories from fat		18
<b>% Daily Value*</b>		
Total Fat	2.2g	<b>3%</b>
Saturated Fat	0.3g	<b>1%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	384mg	<b>16%</b>
Carbohydrate	11.6g	<b>4%</b>
Dietary Fiber	2.3g	<b>9%</b>
Protein	2.2g	<b>4%</b>
Vitamin A		<b>31.6%</b>
Vitamin C		<b>124.9%</b>
Calcium		<b>7.4%</b>
Iron		<b>10.1%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- 
- |                                      |  |
|--------------------------------------|--|
| 1 tablespoon olive oil               | 2 tablespoons capers, chopped (optional)                     |
| 1 large onions, chopped              |  |
| 1 medium red bell pepper, chopped    | 28 ounces tomatoes, canned, pureed                           |
| 1 medium yellow bell pepper, chopped | 3 ounces tomato paste  |
| 8 garlic cloves, minced              | 1/2 teaspoon sea salt  |
|                                      | (amount of salt can vary depending how salty the capers are) |
| 1 tablespoon dried oregano           |  |
| 2 tablespoons dried basil            |  |
- 

Heat a large pot over medium-high heat and add oil. Add onion and saute for 8 minutes. Add red bell pepper, yellow bell pepper, and garlic and continue to cook for about 10 minutes. This longer cooking process of sealing the vegetables using a saute is important for developing a good flavor. Add the oregano, basil, and capers if desired and cook 2 more minutes. Add the tomatoes, tomato paste, and salt and simmer for 10+ minutes.

Makes about 40oz (5 cups) of sauce.

### VARIATIONS:

- Add 1 cup of red wine and 1 tablespoon of sucanat sugar after the vegetables are done sauteing and cook until almost dry for a red wine flavor.
  - Add chopped up seasoned tempeh or garbanzo beans to the sauce with the tomatoes.
  - For a spicy sauce, add some cayenne at the same time the oregano and basil are added.
- 

Per serving: 67 Calories; 2g Fat (26% calories from fat); 2g Protein; 12g Carbohydrate; 0mg Cholesterol; 384mg Sodium

# 15-Orange-Juniper Sauce

Makes 14 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Serve over grain,  
beans, or patties.



## Nutrition Facts

Servings Per Recipe 14

Amount Per Serving	
Calories	13
Calories from fat	1
<b>% Daily Value*</b>	
Total Fat 0.1g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 34mg	<b>1%</b>
Carbohydrate 2.9g	<b>1%</b>
Dietary Fiber 0.1g	<b>1%</b>
Protein 0.2g	<b>0%</b>
Vitamin A	<b>0.1%</b>
Vitamin C	<b>15.0%</b>
Calcium	<b>0.4%</b>
Iron	<b>0.7%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

1 cup fresh squeezed orange juice  
2 teaspoons juniper berries  
1 1/2 tablespoons brown rice flour

2 tablespoons water  
1/4 teaspoon cumin powder  
1/4 teaspoon sea salt

Heat juice and juniper berries in a small sauce pan. Dissolve flour in 2 tablespoons of water. Add flour mixture to the hot juice in the sauce pan, and stir continuously until thick. Add cumin powder and salt, and turn off heat.

Per serving: 13 Calories; less than one gram Fat (7% calories from fat); 0g Protein; 3g Carbohydrate; 0mg Cholesterol; 34mg Sodium

# 15-Orange-Thai Dressing

Makes 12 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Serve on salad  
greens or steamed  
vegetables.



## Nutrition Facts

Servings Per Recipe 12

### Amount Per Serving

Calories 136  
Calories from fat 124

### % Daily Value\*

Total Fat	14.2g	22%
Saturated Fat	1.0g	5%
Cholesterol	0mg	0%
Sodium	79mg	3%
Carbohydrate	2.8g	1%
Dietary Fiber	0.2g	1%
Protein	0.3g	1%

Vitamin A		1.2%
Vitamin C		40.6%
Calcium		0.7%
Iron		0.8%

\* Percent Daily Values are based on a 2,000 calorie diet.

- See the "Glossary of Ingredients" for information about making ginger juice.

- |  |  |
|--|--|
| 1/2 cup fresh squeezed orange juice<br>(from about 1 orange) | 1 tablespoon ume vinegar   |
| 1 1/2 tablespoons orange zest, chopped<br>(from 1 orange)    | 1/2 tablespoon ginger juice, fresh<br>(squeezed from fresh, grated ginger root)                                |
| 6 garlic cloves, crushed                                     | 1/2 teaspoon sea salt  |
| 2 small red chili peppers, minced                            |  |
| 6 ounces hemp oil, (or flax oil)                             | 1 pinch xanthan gum, (optional)<br>(not necessary, but gives the dressing a<br>thicker consistency if desired) |
| 2 tablespoons brown rice vinegar                             | (use more for a thicker consistency)   |
| 2 tablespoons sweet sherry, (or mirin)                       |  |

There are 3 different methods for making this dressing:

### (1) HALF BLENDED - HALF SHAKEN:

Combine all ingredients except xanthan gum in an air tight glass jar and shake to mix. Take out half the dressing, add the xanthan gum to it (if you desire a thicker consistency), and blend this half with the xanthan gum using a hand blender, food processor, or regular blender. (The longer the dressing and xanthan gum are blended together, the thicker the dressing will get; blend only briefly to limit the thickening.) Add blended dressing back to the glass jar, and shake to mix. The combination of blended dressing and shaken dressing makes for a thicker dressing that still has some texture (due to some of crushed garlic, etc. not having been blended).

OR

### (2) ALL SHAKEN:

Combine all ingredients except xanthan gum in an air tight glass jar and shake to mix. If desired, sprinkle the xanthan gum into the dressing in stages, shaking between additions. I have found that if you add all the xanthan gum at once, it tends to clump and not provide the desired thickening effect (this is not a problem when blending, but is a problem when shaking). Xanthan gum shaken into dressing does not provide nearly as much thickening power as xanthan gum blended into dressing.

OR

### (3) ALL BLENDED:

Blend all ingredients in a blender (including xanthan gum if desired). Note, when blending all of the dressing, a smaller amount of xanthan gum can thicken much more effectively than when shaking, so you may want to add

the xanthan gum in stages, stopping when you reach the desired consistency. Also, the longer the dressing and xanthan gum are blended together, the thicker the dressing will get; blend only briefly to limit the thickening.

Makes about 1-3/4 cups of dressing.

VARIATIONS:

- Use 2 teaspoons of Thai red curry paste in place of the red chili peppers.

---

Per serving: 136 Calories; 14g Fat (91% calories from fat); 0g Protein; 3g Carbohydrate; 0mg Cholesterol; 79mg Sodium



# 15-Pineapple-Ginger Dressing

Makes 12 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Serve on salad  
greens.



## Nutrition Facts

Servings Per Recipe 12

### Amount Per Serving

Calories		142
Calories from fat		124
	<b>% Daily Value*</b>	
Total Fat	14.2g	<b>22%</b>
Saturated Fat	1.0g	<b>5%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	79mg	<b>3%</b>
Carbohydrate	4.4g	<b>1%</b>
Dietary Fiber	0.0g	<b>0%</b>
Protein	0.2g	<b>0%</b>

Vitamin A		<b>0.1%</b>
Vitamin C		<b>6.5%</b>
Calcium		<b>0.6%</b>
Iron		<b>0.6%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- See the "Glossary of Ingredients" for information about making ginger juice.

1/3 cup pineapple juice, frozen concentrate  
(for alternatives, see the VARIATIONS section in the Directions)

1/2 tablespoon ginger juice, fresh  
(squeezed from fresh, grated ginger root)  
6 garlic cloves, crushed  
6 ounces hemp oil, (or flax oil)  
2 tablespoons brown rice vinegar

1/2 teaspoon sea salt  
2 tablespoons sweet sherry, (or mirin)

1 pinch xanthan gum, (optional)  
(not necessary, but gives the dressing a thicker consistency if desired)  
(use more for a thicker consistency)

There are 3 different methods for making this dressing:

### (1) HALF BLENDED - HALF SHAKEN:

Combine all ingredients except xanthan gum in an air tight glass jar and shake to mix. Take out half the dressing, add the xanthan gum to it (if you desire a thicker consistency), and blend this half with the xanthan gum using a hand blender, food processor, or regular blender. (The longer the dressing and xanthan gum are blended together, the thicker the dressing will get; blend only briefly to limit the thickening.) Add blended dressing back to the glass jar, and shake to mix. The combination of blended dressing and shaken dressing makes for a thicker dressing that still has some texture (due to some of crushed garlic, etc. not having been blended).

OR

### (2) ALL SHAKEN:

Combine all ingredients except xanthan gum in an air tight glass jar and shake to mix. If desired, sprinkle the xanthan gum into the dressing in stages, shaking between additions. I have found that if you add all the xanthan gum at once, it tends to clump and not provide the desired thickening effect (this is not a problem when blending, but is a problem when shaking). Xanthan gum shaken into dressing does not provide nearly as much thickening power as xanthan gum blended into dressing.

OR

### (3) ALL BLENDED:

Blend all ingredients in a blender (including xanthan gum if desired). Note, when blending all of the dressing, a smaller amount of xanthan gum can thicken much more effectively than when shaking, so you may want to add the xanthan gum in stages, stopping when you reach the desired consistency. Also, the longer the dressing and xanthan gum are blended together, the thicker the dressing will get; blend only briefly to limit the thickening.

### VARIATIONS:

- Cook down 1 cup of regular pineapple juice to 1/3 cup and use this as a replacement for the 1/3 cup of frozen

concentrated pineapple juice.

- "Pineapple-Coconut Dressing" - Use coconut extract/flavoring in place of the ginger juice.

---

Per serving: 142 Calories; 14g Fat (87% calories from fat); 0g Protein; 4g Carbohydrate; 0mg Cholesterol; 79mg Sodium

# 15-Pomegranate Sauce

Makes 12 servings.

Preparation Time:  
20 minutes

Serving Ideas:  
Serve over grain or  
vegetables.

- A high-flavor sauce that has many uses, and keeps well in the refrigerator.
- This sauce is good over rice or roasted vegetables.

## Nutrition Facts

Servings Per Recipe 12

### Amount Per Serving

Calories		69
Calories from fat		30
	<b>% Daily Value*</b>	
Total Fat	3.5g	5%
Saturated Fat	0.5g	2%
Cholesterol	0mg	0%
Sodium	84mg	4%
Carbohydrate	9.1g	3%
Dietary Fiber	0.5g	2%
Protein	1.4g	3%
Vitamin A		0.1%
Vitamin C		2.1%
Calcium		6.2%
Iron		7.5%

\* Percent Daily Values are based on a 2,000 calorie diet.

2 teaspoons extra virgin olive oil  
1 onion, chopped fine  
6 garlic cloves, minced

2 cups pomegranate juice  
1/2 teaspoon sea salt  
1 teaspoon light agave nectar syrup, (optional)  
1/4 cup tahini

Heat sauce pan over medium-high heat and add oil. Add onion and garlic and saute for about 15 minutes to lightly caramelize the onion. Add remaining ingredients. Bring to a simmer. Let simmer for 3 minutes, and then puree the sauce (either with a stick blender or in a regular blender) to integrate the tahini and puree the onion into the sauce.

Adjust thickness of sauce as desired by adding water, or if the sauce is too thick, continue to gently heat the sauce.

Makes about 2 cups.

### VARIATIONS:

- Use almond butter or walnut butter (or ground walnuts) in place of the tahini.

Per serving: 69 Calories; 4g Fat (43% calories from fat); 1g Protein; 9g Carbohydrate; 0mg Cholesterol; 84mg Sodium

## 15-Preserved Lemon Dressing

Makes 12 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Serve on salad  
greens or on  
cooked and sliced  
beets.



### Nutrition Facts

Servings Per Recipe 12

#### Amount Per Serving

Calories		152
Calories from fat		123
	<b>% Daily Value*</b>	
Total Fat	14.2g	<b>22%</b>
Saturated Fat	1.0g	<b>5%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	158mg	<b>7%</b>
Carbohydrate	7.2g	<b>2%</b>
Dietary Fiber	0.2g	<b>1%</b>
Protein	0.2g	<b>0%</b>
Vitamin A		<b>0.3%</b>
Vitamin C		<b>10.7%</b>
Calcium		<b>1.0%</b>
Iron		<b>1.3%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

6 garlic cloves, crushed  
6 ounces flax oil, (or hemp oil)  
3 servings 04-Preserved Lemons, chopped  
(3/4 of one whole lemon)  
(use the whole lemon, pulp, peel and all,  
but without seeds)  
(this is another recipe in this cookbook)  
1/4 cup preserved lemon soaking liquid  
(the liquid that was used to preserve the  
above lemons; you may want to use less  
depending how salty your liquid is - see  
directions)

1/4 teaspoon sea salt  
(adjust as needed depending on the  
salt level in the preserved lemons and in  
the soaking liquid - see directions)  
4 tablespoons moscatel wine vinegar  
(or white wine vinegar)  
2 tablespoons light agave nectar syrup  
1/4 teaspoon ground white pepper  
1 tablespoon sweet sherry, (or mirin)  
1 tablespoon citron vodka, (optional)  
(i.e., vodka flavored with lemon)

Blend all ingredients in a blender.

(Note: the preserved lemons and the preserved lemon soaking liquid can be very salty, so use less soaking liquid and salt if you want the overall dish to be less salty; the amount of preserved lemon soaking liquid called for in this recipe is based on a soaking liquid from the "04-Preserved Lemons" recipe in this book; if you use a different preserved lemon recipe, the soaking liquid may end up to be more or less salty, so adjust as needed.)

When serving the salad, you might like to serve thin slices of preserved lemon on the salad as well.

Makes about 1 3/4 cup of dressing.

#### VARIATIONS:

- Use preserved limes in place of preserved lemons.

Per serving: 152 Calories; 14g Fat (81% calories from fat); 0g Protein; 7g Carbohydrate; 0mg Cholesterol; 158mg Sodium

# 15-Pumpkin Seed Dressing

Makes 12 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Serve on salad  
greens.



## Nutrition Facts

Servings Per Recipe 12

Amount Per Serving	
Calories	134
Calories from fat	122
<b>% Daily Value*</b>	
Total Fat 14.3g	<b>22%</b>
Saturated Fat 1.0g	<b>5%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 94mg	<b>4%</b>
Carbohydrate 2.9g	<b>1%</b>
Dietary Fiber 0.2g	<b>1%</b>
Protein 0.2g	<b>0%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.6%</b>
Calcium	<b>0.3%</b>
Iron	<b>0.4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

4 garlic cloves, crushed  
4 ounces unrefined pumpkin seed oil  
2 ounces flax oil, (or hemp oil)  
4 tablespoons apple cider vinegar  
1 tablespoon ground pumpkin seeds  
1 tablespoon prepared mustard  
2 tablespoons brown rice syrup

1/2 teaspoon sea salt

1 pinch xanthan gum, (optional)  
(not necessary, but gives the dressing a  
thicker consistency if desired)  
(use more for a thicker consistency)

There are 3 different methods for making this dressing:

### (1) HALF BLENDED - HALF SHAKEN:

Combine all ingredients except xanthan gum in an air tight glass jar and shake to mix. Take out half the dressing, add the xanthan gum to it (if you desire a thicker consistency), and blend this half with the xanthan gum using a hand blender, food processor, or regular blender. (The longer the dressing and xanthan gum are blended together, the thicker the dressing will get; blend only briefly to limit the thickening.) Add blended dressing back to the glass jar, and shake to mix. The combination of blended dressing and shaken dressing makes for a thicker dressing that still has some texture (due to some of crushed garlic, etc. not having been blended).

OR

### (2) ALL SHAKEN:

Combine all ingredients except xanthan gum in an air tight glass jar and shake to mix. If desired, sprinkle the xanthan gum into the dressing in stages, shaking between additions. I have found that if you add all the xanthan gum at once, it tends to clump and not provide the desired thickening effect (this is not a problem when blending, but is a problem when shaking). Xanthan gum shaken into dressing does not provide nearly as much thickening power as xanthan gum blended into dressing.

OR

### (3) ALL BLENDED:

Blend all ingredients in a blender (including xanthan gum if desired). Note, when blending all of the dressing, a smaller amount of xanthan gum can thicken much more effectively than when shaking, so you may want to add the xanthan gum in stages, stopping when you reach the desired consistency. Also, the longer the dressing and xanthan gum are blended together, the thicker the dressing will get; blend only briefly to limit the thickening.

Makes about 1-1/2 cups of dressing.

### VARIATIONS:

- Use hemp oil or flax oil or olive oil in place of pumpkin seed oil.

Per serving: 134 Calories; 14g Fat (91% calories from fat); 0g Protein; 3g Carbohydrate; 0mg Cholesterol; 94mg Sodium

# 15-Raspberry-Orange Dressing

Makes 12 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Serve on salad  
greens or steamed  
vegetables.

## Nutrition Facts

Servings Per Recipe 12

### Amount Per Serving

Calories 140  
Calories from fat 121

### % Daily Value\*

Total Fat	14.2g	22%
Saturated Fat	1.0g	5%
Cholesterol	0mg	0%
Sodium	79mg	3%
Carbohydrate	5.0g	2%
Dietary Fiber	0.3g	1%
Protein	0.2g	0%

Vitamin A		0.2%
Vitamin C		12.0%
Calcium		0.5%
Iron		0.4%

\* Percent Daily Values are based on a  
2,000 calorie diet.

1/2 cup fresh squeezed orange juice  
1 1/2 tablespoons orange zest, chopped  
(both above juice and zest from about one  
two oranges)  
3 garlic cloves, crushed  
6 ounces flax oil, (or flax oil)  
3 tablespoons raspberry vinegar  
2 tablespoons brown rice syrup

1/2 teaspoon sea salt  
2 ounces raspberries, frozen  
1 pinch xanthan gum, (optional)  
(not necessary, but gives the dressing a  
thicker consistency if desired)  
(use more for a thicker consistency)

Blend all ingredients in a blender (including xanthan gum if desired). Note, when blending all of the dressing, a smaller amount of xanthan gum can thicken much more effectively than when shaking, so you may want to add the xanthan gum in stages, stopping when you reach the desired consistency. Also, the longer the dressing and xanthan gum are blended together, the thicker the dressing will get; blend only briefly to limit the thickening.

Makes about 1-1/2 cups of dressing.

### VARIATIONS:

- Use Champagne wine vinegar in place of raspberry vinegar.

Per serving: 140 Calories; 14g Fat (86% calories from fat); 0g Protein; 5g Carbohydrate; 0mg Cholesterol; 79mg Sodium

# 15-Raspberry-Vinaigrette Dressing

Makes 12 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Serve on salad  
greens or on  
cooked and sliced  
beets.



## Nutrition Facts

Servings Per Recipe 12

### Amount Per Serving

Calories		142
Calories from fat		124
	<b>% Daily Value*</b>	
Total Fat	14.2g	<b>22%</b>
Saturated Fat	1.0g	<b>5%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	158mg	<b>7%</b>
Carbohydrate	4.5g	<b>1%</b>
Dietary Fiber	0.0g	<b>0%</b>
Protein	0.1g	<b>0%</b>

Vitamin A		<b>0.0%</b>
Vitamin C		<b>2.4%</b>
Calcium		<b>0.4%</b>
Iron		<b>0.3%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

6 garlic cloves, crushed  
6 ounces hemp oil, (or flax oil)  
1 teaspoon lemon zest, chopped fine  
(from about one lemon)  
1 tablespoon lemon juice  
4 tablespoons raspberry vinegar  
1 tablespoon raspberry jam  
2 tablespoons brown rice syrup  
1 teaspoon sea salt

1 tablespoon sweet sherry, (or mirin)  
1 tablespoon raspberry liqueur, (optional)  
(i.e., Liqueur de Framboise)

1 pinch xanthan gum, (optional)  
(not necessary, but gives the dressing a  
thicker consistency if desired)  
(use more for a thicker consistency)

There are 3 different methods for making this dressing:

### (1) HALF BLENDED - HALF SHAKEN:

Combine all ingredients except xanthan gum in an air tight glass jar and shake to mix. Take out half the dressing, add the xanthan gum to it (if you desire a thicker consistency), and blend this half with the xanthan gum using a hand blender, food processor, or regular blender. (The longer the dressing and xanthan gum are blended together, the thicker the dressing will get; blend only briefly to limit the thickening.) Add blended dressing back to the glass jar, and shake to mix. The combination of blended dressing and shaken dressing makes for a thicker dressing that still has some texture (due to some of crushed garlic, etc. not having been blended).

OR

### (2) ALL SHAKEN:

Combine all ingredients except xanthan gum in an air tight glass jar and shake to mix. If desired, sprinkle the xanthan gum into the dressing in stages, shaking between additions. I have found that if you add all the xanthan gum at once, it tends to clump and not provide the desired thickening effect (this is not a problem when blending, but is a problem when shaking). Xanthan gum shaken into dressing does not provide nearly as much thickening power as xanthan gum blended into dressing.

OR

### (3) ALL BLENDED:

Blend all ingredients in a blender (including xanthan gum if desired). Note, when blending all of the dressing, a smaller amount of xanthan gum can thicken much more effectively than when shaking, so you may want to add the xanthan gum in stages, stopping when you reach the desired consistency. Also, the longer the dressing and xanthan gum are blended together, the thicker the dressing will get; blend only briefly to limit the thickening.

Makes about 1-1/2 cups of dressing.

### VARIATIONS:

- Use fresh raspberries in place of the raspberry jelly.

Per serving: 142 Calories; 14g Fat (87% calories from fat); 0g Protein; 4g Carbohydrate; 0mg Cholesterol; 158mg Sodium



# 15-Red Wine Reduction Dressing

Makes 12 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Serve on salad  
greens.



## Nutrition Facts

Servings Per Recipe 12

### Amount Per Serving

Calories		183
Calories from fat		174
	<b>% Daily Value*</b>	
Total Fat	18.9g	<b>29%</b>
Saturated Fat	1.4g	<b>7%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	170mg	<b>7%</b>
Carbohydrate	2.1g	<b>4%</b>
Dietary Fiber	0.0g	<b>0%</b>
Protein	0.2g	<b>0%</b>

Vitamin A		<b>0.0%</b>
Vitamin C		<b>0.7%</b>
Calcium		<b>0.5%</b>
Iron		<b>0.7%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

1 cup red wine  
1 tablespoon Sucanat sugar, or granulated sugar  
5 garlic cloves, crushed  
8 ounces flax oil, (or hemp oil)  
1/4 cup sherry vinegar  
1/4 teaspoon ground rosemary

1 teaspoon sea salt  
1 pinch xanthan gum, (optional)  
(not necessary, but gives the dressing a thicker consistency if desired)  
(use more for a thicker consistency)

First, in a small non-reactive (e.g., stainless steel) sauce pan, gently simmer red wine and sugar until reduced to one half of the original amount. This reduction can happen very quickly (in less than 5 minutes), so keep a close eye on it the pan so it does not completely cook down and start to burn.

While red wine is cooking, continue with the other ingredients, and then when the balsamic is ready, add it to the rest of the ingredients.

There are 3 different methods for making this dressing:

### (1) HALF BLENDED - HALF SHAKEN:

Combine all ingredients except xanthan gum in an air tight glass jar and shake to mix. Take out half the dressing, add the xanthan gum to it (if you desire a thicker consistency), and blend this half with the xanthan gum using a hand blender, food processor, or regular blender. (The longer the dressing and xanthan gum are blended together, the thicker the dressing will get; blend only briefly to limit the thickening.) Add blended dressing back to the glass jar, and shake to mix. The combination of blended dressing and shaken dressing makes for a thicker dressing that still has some texture (due to some of crushed garlic, etc. not having been blended).

OR

### (2) ALL SHAKEN:

Combine all ingredients except xanthan gum in an air tight glass jar and shake to mix. If desired, sprinkle the xanthan gum into the dressing in stages, shaking between additions. I have found that if you add all the xanthan gum at once, it tends to clump and not provide the desired thickening effect (this is not a problem when blending, but is a problem when shaking). Xanthan gum shaken into dressing does not provide nearly as much thickening power as xanthan gum blended into dressing.

OR

### (3) ALL BLENDED:

Blend all ingredients in a blender (including xanthan gum if desired). Note, when blending all of the dressing, a smaller amount of xanthan gum can thicken much more effectively than when shaking, so you may want to add the xanthan gum in stages, stopping when you reach the desired consistency. Also, the longer the dressing and xanthan gum are blended together, the thicker the dressing will get; blend only briefly to limit the thickening.

Makes about 2 cups of dressing.

VARIATIONS:

- Use olive oil in place of the flax oil for fuller Italian flavor.
  - Add 1/4 cup of olive paste (ground olives) for a very strong olive flavor.
- 

Per serving: 183 Calories; 19g Fat (95% calories from fat); 0g Protein; 2g Carbohydrate; 0mg Cholesterol; 170mg Sodium

# 15-Roasted Garlic Dressing I

Makes 8 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Serve on salad  
greens or on  
cooked vegetables  
or grains.



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	168
Calories from fat	117
<b>% Daily Value*</b>	
Total Fat 13.5g	<b>21%</b>
Saturated Fat 0.8g	<b>4%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 165mg	<b>7%</b>
Carbohydrate 12.0g	<b>4%</b>
Dietary Fiber 0.1g	<b>0%</b>
Protein 1.2g	<b>2%</b>
Vitamin A	<b>0.9%</b>
Vitamin C	<b>8.9%</b>
Calcium	<b>3.2%</b>
Iron	<b>1.6%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

1/2 cup mayonnaise vegi dressing  
(or other vegan mayonnaise)  
40 roasted garlic cloves, pureed  
(about 1/2 cup of puree)  
(see the "Glossary of Ingredients")  
6 tablespoons flax oil, (or hemp oil)  
6 tablespoons apple cider vinegar

2 tablespoons white wine  
3 tablespoons light agave nectar syrup  
1 1/2 teaspoons ground rosemary  
1/2 teaspoon ground black pepper  
1/4 teaspoon sea salt

Combine all ingredients in an air tight glass jar and shake to mix.

OR

Blend all ingredients in a blender.

Add a little water if the dressing is too thick.

Makes about 2 cups of dressing.

### VARIATIONS:

- Use brown rice syrup in place of the light agave nectar syrup.

Per serving: 168 Calories; 14g Fat (70% calories from fat); 1g Protein; 12g Carbohydrate; 0mg Cholesterol; 165mg Sodium

# 15-Roasted Garlic Dressing II

Makes 8 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Serve on salad  
greens or on  
cooked vegetables  
or grains.

## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	227
Calories from fat	179
<b>% Daily Value*</b>	
Total Fat 21.3g	<b>33%</b>
Saturated Fat 1.5g	<b>8%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 118mg	<b>5%</b>
Carbohydrate 11.7g	<b>4%</b>
Dietary Fiber 0.1g	<b>0%</b>
Protein 1.0g	<b>2%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>11.5%</b>
Calcium	<b>2.7%</b>
Iron	<b>0.6%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

6 ounces hemp oil, (or flax oil)  
2 tablespoons lemon juice  
6 tablespoons Champagne wine vinegar  
40 roasted garlic cloves, pureed  
(about 1/2 cup of puree)  
(see the "Glossary of Ingredients")

1/4 cup brown rice syrup  
1/2 teaspoon ground white pepper  
1/2 teaspoon sea salt

Combine all ingredients in an air tight glass jar and shake to mix.

OR

Blend all ingredients in a blender.

Makes about 1-1/2 cups of dressing.

Per serving: 227 Calories; 21g Fat (79% calories from fat); 1g Protein; 12g Carbohydrate; 0mg Cholesterol; 118mg Sodium

# 15-Strawberry-Champagne Vinaigrette Dressing

Makes 16 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Serve on salad  
greens.



## Nutrition Facts

Servings Per Recipe 16

### Amount Per Serving

Calories 169  
Calories from fat 150

### % Daily Value\*

Total Fat	17.8g	27%
Saturated Fat	1.3g	6%
Cholesterol	0mg	0%
Sodium	235mg	10%
Carbohydrate	4.8g	2%
Dietary Fiber	0.6g	2%
Protein	0.2g	0%

Vitamin A		0.0%
Vitamin C		23.1%
Calcium		0.4%
Iron		0.8%

\* Percent Daily Values are based on a 2,000 calorie diet.

- See the "Glossary of Ingredients" for information about making ginger juice.

10 ounces flax oil, (or hemp oil)  
1/2 tablespoon ginger juice, fresh  
(squeezed from fresh, grated ginger root)  
1/4 cup Champagne wine vinegar  
(or brown rice vinegar)

14 ounces fresh strawberries  
2 teaspoons sea salt  
1 tablespoon lemon juice  
1 teaspoon lemon zest  
3 tablespoons light agave nectar syrup

Blend all ingredients in a blender.

### VARIATIONS:

- Use frozen strawberries in place of the fresh strawberries.

Per serving: 169 Calories; 18g Fat (89% calories from fat); 0g Protein; 5g Carbohydrate; 0mg Cholesterol; 235mg Sodium

# 15-Tahini-Miso Sauce

Makes 8 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Serve over grain.

- This sauce can be served as part of a low-fat meal.

## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	40
Calories from fat	27
<b>% Daily Value*</b>	
Total Fat 3.2g	<b>5%</b>
Saturated Fat 0.4g	<b>2%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 80mg	<b>3%</b>
Carbohydrate 2.1g	<b>4%</b>
Dietary Fiber 0.5g	<b>2%</b>
Protein 1.3g	<b>3%</b>
Vitamin A	<b>0.1%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>6.0%</b>
Iron	<b>6.8%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

---

3 tablespoons tahini  
3 teaspoons white miso

3/4 cup water

---

Mix all ingredients together in a small sauce pan. Heat over low to medium-low heat for 10 minutes to integrate and thicken (may use a simmer plate/"flame tamer"). Add additional water if needed to make a thin sauce texture. Do not boil.

1 Serving Size = 1 tablespoon

### VARIATIONS:

- "Garlicky Tahini-Miso Sauce" - Add 2 teaspoons of roasted garlic paste (or to taste) (see the "Glossary of Ingredients" for information on making this paste).
  - Replace tahini with any type of nut butter (almond, cashew, etc.).
- 

Per serving: 40 Calories; 3g Fat (67% calories from fat); 1g Protein; 2g Carbohydrate; 0mg Cholesterol; 80mg Sodium

# 15-Tofu Sour Cream

Makes 18 servings.

Preparation Time:  
5 minutes

Serving Ideas:  
With "Mexican  
Tempeh" or  
"Quinoa Patties"  
(see recipes).



## Nutrition Facts

Servings Per Recipe 18

Amount Per Serving	
Calories	22
Calories from fat	15
<b>% Daily Value*</b>	
Total Fat 1.6g	<b>2%</b>
Saturated Fat 0.2g	<b>4%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 67mg	<b>3%</b>
Carbohydrate 0.4g	<b>0%</b>
Dietary Fiber 0.2g	<b>1%</b>
Protein 1.4g	<b>3%</b>
Vitamin A	<b>0.3%</b>
Vitamin C	<b>1.3%</b>
Calcium	<b>1.2%</b>
Iron	<b>1.4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This topping can be served as a part of a low fat meal.

12 1/3 ounces tofu, low-fat silken  
(see the "Glossary of Ingredients" for  
more information about silken tofu)  
2 tablespoons lemon juice

2 tablespoons extra virgin olive oil  
1/2 teaspoon sea salt

Blend all ingredients.

1 Serving Size = 1 tablespoon

### VARIATIONS:

- Use less oil for a lower fat sour cream. This only has a minor impact on the flavor of the sour cream.

Per serving: 22 Calories; 2g Fat (67% calories from fat); 1g Protein; 0g Carbohydrate; 0mg Cholesterol; 67mg Sodium

# 15-Wasabi-Garlic Cream Sauce

Makes 16 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Swirl into a soup  
just before  
serving.



## Nutrition Facts

Servings Per Recipe 16

Amount Per Serving	
Calories	21
Calories from fat	15
<b>% Daily Value*</b>	
Total Fat 1.9g	<b>3%</b>
Saturated Fat 0.3g	<b>1%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 11mg	<b>0%</b>
Carbohydrate 0.9g	<b>0%</b>
Dietary Fiber 0.3g	<b>1%</b>
Protein 0.9g	<b>2%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>1.2%</b>
Calcium	<b>0.4%</b>
Iron	<b>2.1%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

1/2 cup pine nuts, raw  
1 1/2 cups water  
1 pinch sea salt  
1 garlic clove

8 teaspoons wasabi powder  
(if using other forms of wasabi, such as  
in a tube, adjust amount to your tastes)

Blend all ingredients at a very high speed until nuts are completely pureed (not gritty) and mixture is smooth (about 7 minutes for high speeds or longer for blenders that blend at lower speeds).

Pour sauce into to a sauce pan, and heat on medium-low heat to thicken to desired consistency.

Makes about 2 cups.

2 Tablespoons per serving.

### VARIATIONS:

- Use more nuts for a richer, thicker sauce.

Per serving: 21 Calories; 2g Fat (71% calories from fat); 1g Protein; 1g Carbohydrate; 0mg Cholesterol; 11mg Sodium



# 15-Wasabi-Ginger Dressing

Makes 12 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Serve on salad  
greens.

- See the "Glossary of Ingredients" for information about making ginger juice.

## Nutrition Facts

Servings Per Recipe 12

### Amount Per Serving

Calories 154  
Calories from fat 141

### % Daily Value\*

Total Fat	16.5g	25%
Saturated Fat	1.2g	6%
Cholesterol	0mg	0%
Sodium	164mg	7%
Carbohydrate	3.1g	1%
Dietary Fiber	0.1g	0%
Protein	0.3g	1%

Vitamin A	0.0%
Vitamin C	2.4%
Calcium	0.3%
Iron	0.5%

\* Percent Daily Values are based on a 2,000 calorie diet.

1/2 tablespoon ginger juice, fresh  
(squeezed from fresh, grated ginger root)  
2 tablespoons lime juice  
4 garlic cloves, crushed  
7 ounces flax oil, (or hemp oil)  
1/4 cup brown rice vinegar  
3 teaspoons wasabi powder  
(if using other forms of wasabi, such as  
in a tube, adjust amount to your tastes)

1 tablespoon tamari soy sauce  
2 tablespoons brown rice syrup  
1/2 teaspoon sea salt  
  
1 pinch xanthan gum, (optional)  
(not necessary, but gives the dressing a  
thicker consistency if desired)  
(use more for a thicker consistency)

There are 3 different methods for making this dressing:

### (1) HALF BLENDED - HALF SHAKEN:

Combine all ingredients except xanthan gum in an air tight glass jar and shake to mix. Take out half the dressing, add the xanthan gum to it (if you desire a thicker consistency), and blend this half with the xanthan gum using a hand blender, food processor, or regular blender. (The longer the dressing and xanthan gum are blended together, the thicker the dressing will get; blend only briefly to limit the thickening.) Add blended dressing back to the glass jar, and shake to mix. The combination of blended dressing and shaken dressing makes for a thicker dressing that still has some texture (due to some of crushed garlic, etc. not having been blended).

OR

### (2) ALL SHAKEN:

Combine all ingredients except xanthan gum in an air tight glass jar and shake to mix. If desired, sprinkle the xanthan gum into the dressing in stages, shaking between additions. I have found that if you add all the xanthan gum at once, it tends to clump and not provide the desired thickening effect (this is not a problem when blending, but is a problem when shaking). Xanthan gum shaken into dressing does not provide nearly as much thickening power as xanthan gum blended into dressing.

OR

### (3) ALL BLENDED:

Blend all ingredients in a blender (including xanthan gum if desired). Note, when blending all of the dressing, a smaller amount of xanthan gum can thicken much more effectively than when shaking, so you may want to add the xanthan gum in stages, stopping when you reach the desired consistency. Also, the longer the dressing and xanthan gum are blended together, the thicker the dressing will get; blend only briefly to limit the thickening.

Makes about 1-1/4 cups of dressing.

### VARIATIONS:

- Use orange juice, grapefruit juice, or lemon juice in place of the lime juice.

Per serving: 154 Calories; 17g Fat (92% calories from fat); 0g Protein; 3g Carbohydrate; 0mg Cholesterol; 164mg Sodium

# 15-White Bean-Pesto Sauce

Makes 6 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Serve over grain,  
grain patties, or  
steamed  
vegetables.



## Nutrition Facts

Servings Per Recipe 6

Amount Per Serving	
Calories	156
Calories from fat	71
<b>% Daily Value*</b>	
Total Fat 9.5g	<b>15%</b>
Saturated Fat 1.4g	<b>7%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 207mg	<b>9%</b>
Carbohydrate 18.4g	<b>6%</b>
Dietary Fiber 3.1g	<b>13%</b>
Protein 7.1g	<b>14%</b>
Vitamin A	<b>21.3%</b>
Vitamin C	<b>5.0%</b>
Calcium	<b>5.9%</b>
Iron	<b>14.9%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This sauce can be served as part of a low-fat meal.
- This sauce is used in the "10-Tuscan Roasted Vegetable-Rice Casserole" recipe (see recipe earlier in this book).

2 garlic cloves, minced  
1 1/2 cups white beans, cooked, drained  
(see "Glossary of Cooking Terms" for more  
information about cooking beans)  
1/2 teaspoon sea salt  
1 1/4 cups no-salt-added vegetable broth, (or water)

1/4 cup pine nuts, (or walnuts)  
1 cup fresh basil, packed  
(about one bunch of basil)  
1/8 teaspoon sea salt  
3 tablespoons olive oil

(additional no-salt-added vegetable broth  
as needed)

PESTO  
2 garlic cloves

Puree 2 garlic cloves, beans, 1/2 teaspoon of sea salt, and broth in a food processor until smooth. Transfer to a sauce pan, and cook on medium heat until hot.

While bean mixture heats, prepare the pesto.

PESTO  
Mince remaining 2 cloves of garlic in food processor. Add nuts and pulse to chop. Add basil and salt and blend until chopped and integrated. Leave processor on and add olive oil until all ingredients are integrated.

FINISHING  
Add pesto to the hot bean sauce, and warm through for a minute. Add more broth or water if needed to make a nice sauce consistency which is good for putting on rice or steamed vegetables (the sauce may very possibly be too thick due to the thickening power of pureed beans; may even need to add up to 2 1/4 cups of broth overall to get the consistency you desire).

1 Serving Size = 6 tablespoons

VARIATIONS:  
- "White-Bean-Cilantro Sauce" - Use cilantro instead of basil to make a "cilantro pesto".

Per serving: 156 Calories; 10g Fat (46% calories from fat); 7g Protein; 18g Carbohydrate; 0mg Cholesterol; 207mg Sodium

# 16- \*\*\*\*\* BEVERAGES \*\*\*\*\*

Makes one serving.

Preparation Time:  
0 minutes



## Nutrition Facts

Servings Per Recipe 1

Amount Per Serving	
Calories	0
Calories from fat	0
<b>% Daily Value*</b>	
Total Fat 0.0g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 0mg	<b>0%</b>
Carbohydrate 0.0g	<b>0%</b>
Dietary Fiber 0.0g	<b>0%</b>
Protein 0.0g	<b>0%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>0.0%</b>
Iron	<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

# 16-Almond Milk

Makes 4 servings.

Preparation Time:  
10 minutes



## Nutrition Facts

Servings Per Recipe 4

Amount Per Serving	
Calories	127
Calories from fat	30
<b>% Daily Value*</b>	
Total Fat 3.7g	<b>6%</b>
Saturated Fat 0.3g	<b>2%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 40mg	<b>2%</b>
Carbohydrate 26.0g	<b>9%</b>
Dietary Fiber 0.8g	<b>3%</b>
Protein 1.4g	<b>3%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>2.4%</b>
Iron	<b>1.5%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- A creamy, smooth drink - a good dairy substitute.

1/2 cup almonds, raw  
1 cup water

3 cups water  
1/2 cup brown rice syrup  
1 pinch sea salt

In blender, puree almonds and one cup water (this will create an almond cream) (this could take up to 10 minutes for almonds).

Add the other 3 cups of water and the remaining ingredients and blend until smooth.

Strain milk through a fine mesh strainer (or a cheese cloth) to remove any "almond grit".

Serve or refrigerate and serve (can also be used in baked goods).

### VARIATIONS:

- Can use any type of nut in place of almonds.
- Other unrefined sweeteners can be used, and in varying amounts depending on your tastes.
- Add a little ginger juice for a zing.
- "Carob-Almond Milk" - Add 2-3 tablespoons carob powder when blending almonds and first cup of water.
- Add a teaspoon of vanilla extract.

Per serving: 127 Calories; 4g Fat (23% calories from fat); 1g Protein; 26g Carbohydrate; 0mg Cholesterol; 40mg Sodium

# 16-Orange-Ginger Spritzer

Makes 4 servings.

Preparation Time:  
5 minutes

- See the "Glossary of Ingredients" for information about making ginger juice.

## Nutrition Facts

Servings Per Recipe 4

Amount Per Serving	
Calories	77
Calories from fat	1
<b>% Daily Value*</b>	
Total Fat 0.1g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 16mg	<b>1%</b>
Carbohydrate 21.7g	<b>7%</b>
Dietary Fiber 0.2g	<b>1%</b>
Protein 0.5g	<b>1%</b>
Vitamin A	<b>0.2%</b>
Vitamin C	<b>52.0%</b>
Calcium	<b>1.8%</b>
Iron	<b>1.2%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

---

8 cups sparkling water  
1 cup fresh orange juice  
(from about 2 oranges)

4 teaspoons ginger juice, fresh  
(squeezed from fresh, grated ginger root)  
1/4 cup light agave nectar syrup

---

Combine all ingredients.

Refrigerate and serve.

### VARIATIONS:

- Use lemon or lime juice in place of orange juice (and then add more agave if you don't want it to be so tart).
  - Use other types of sweeteners.
- 

Per serving: 77 Calories; less than one gram Fat (1% calories from fat); 1g Protein; 22g Carbohydrate; 0mg Cholesterol; 16mg Sodium

# 16-Peach Mango Iced Tea

Makes 4 servings.

Preparation Time:  
10 minutes



## Nutrition Facts

Servings Per Recipe 4

Amount Per Serving	
Calories	149
Calories from fat	3
<b>% Daily Value*</b>	
Total Fat 0.3g	<b>0%</b>
Saturated Fat 0.1g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 46mg	<b>2%</b>
Carbohydrate 36.6g	<b>12%</b>
Dietary Fiber 0.5g	<b>2%</b>
Protein 0.8g	<b>2%</b>
Vitamin A	<b>2.6%</b>
Vitamin C	<b>4.6%</b>
Calcium	<b>3.8%</b>
Iron	<b>5.5%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Kukicha twig tea is actually not tea because it is made of the tea twigs, not the tea leaves. The taste is very similar to black tea, but it contains less than 1% caffeine.
- The basil may sound a little strange in this tea, but it makes a very interesting and popular drink.

3 quarts water

1/4 cup kukicha twig tea

1 tablespoon masala chai tea leaves

1/2 cup fresh basil, ripped

12 ounces frozen concentrate peach-mango juice

Boil water. Lower heat to low simmer, and add the tea. Simmer for 5 minutes, and then strain.

Add torn fresh basil to hot tea, and let sit for 5 minutes. Strain again. Mix in concentrated juice.

Refrigerate and serve.

### VARIATIONS:

- Can use any type of concentrated juice.
- Add a little ginger juice for a zing.
- Use other types of tea, including herbal teas.

Per serving: 149 Calories; less than one gram Fat (2% calories from fat); 1g Protein; 37g Carbohydrate; 0mg Cholesterol; 46mg Sodium

# 16-Pine Nut Milk

Makes 4 servings.

Preparation Time:  
10 minutes



## Nutrition Facts

Servings Per Recipe 4

Amount Per Serving	
Calories	168
Calories from fat	61
<b>% Daily Value*</b>	
Total Fat 7.8g	<b>12%</b>
Saturated Fat 1.2g	<b>6%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 39mg	<b>2%</b>
Carbohydrate 27.1g	<b>9%</b>
Dietary Fiber 0.8g	<b>3%</b>
Protein 3.6g	<b>7%</b>
Vitamin A	<b>0.1%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>0.9%</b>
Iron	<b>7.8%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- A creamy, smooth drink - a good dairy substitute.
- Either drink it straight, or use it in baked goods or other cooking.
- Depending on the use of this milk, and what flavor is desired, you may want to avoid using smoky pine nuts in this recipe. For more information refer the pine nut listing in the "Glossary of Ingredients" (at the beginning of this book).

1/2 cup pine nuts, raw  
2 cups water  
  
2 cups water  
1/2 cup brown rice syrup

(or maple syrup or 1/4 teaspoon of white stevia powder)  
1 teaspoon vanilla extract  
1 pinch sea salt

Blend pine nuts and first quantity of water at a very high speed until nuts are completely pureed (not gritty) and mixture is smooth (about 7 minutes for high speeds or longer for blenders that blend at lower speeds).

Add remaining ingredients, and blend for another 2 minutes.

The mixture can get quite warm during the blending, so it is usually best to refrigerate and then serve (can also be used in baked goods).

### VARIATIONS:

- Other unrefined sweeteners can be used, and in varying amounts depending on your tastes.
- Use more nuts for a richer, thicker milk.
- Replace the vanilla with a little ginger juice for a zing.
- "Chocolate Pine Nut Milk" - Add 2-3 tablespoons cocoa powder when blending pine nuts and first quantity of water, and increase the amount of sweetener to taste.

Per serving: 168 Calories; 8g Fat (36% calories from fat); 4g Protein; 27g Carbohydrate; 0mg Cholesterol; 39mg Sodium

# 16-Strawberry Smoothie

Makes 2 servings.

Preparation Time:  
5 minutes



## Nutrition Facts

Servings Per Recipe 2

Amount Per Serving	
Calories	266
Calories from fat	14
<b>% Daily Value*</b>	
Total Fat 1.7g	<b>3%</b>
Saturated Fat 0.2g	<b>4%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 12mg	<b>0%</b>
Carbohydrate 65.3g	<b>22%</b>
Dietary Fiber 5.4g	<b>22%</b>
Protein 3.7g	<b>7%</b>
Vitamin A	<b>44.2%</b>
Vitamin C	<b>174.2%</b>
Calcium	<b>4.9%</b>
Iron	<b>10.4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- See the "Glossary of Ingredients" for information about making ginger juice.

1 1/2 cups frozen strawberries  
2 tablespoons soy milk powder, (optional)  
1 cup apple juice

1 1/2 cups cantaloupe  
(about 1/4 of a medium cantaloupe)  
1/2 teaspoon ginger juice, fresh, (optional)  
(squeezed from fresh, grated ginger root)

1 peach

Add strawberries, soy milk powder and juice to blender. Blend. Add peach and cantaloupe and blend again until smooth. Makes about 4 cups.

### VARIATIONS:

- Try different fresh and frozen fruits. The possibilities are almost endless.

Per serving: 266 Calories; 2g Fat (5% calories from fat); 4g Protein; 65g Carbohydrate; 0mg Cholesterol; 12mg Sodium



# 17- \*\*\*\*\* MENUS \*\*\*\*\*

Makes one serving.

Preparation Time:  
0 minutes



## Nutrition Facts

Servings Per Recipe 1

Amount Per Serving		
Calories		0
Calories from fat		0
	<b>% Daily Value*</b>	
Total Fat	0.0g	0%
Saturated Fat	0.0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Carbohydrate	0.0g	0%
Dietary Fiber	0.0g	0%
Protein	0.0g	0%
Vitamin A		0.0%
Vitamin C		0.0%
Calcium		0.0%
Iron		0.0%

\* Percent Daily Values are based on a 2,000 calorie diet.

Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

# 17-+ Menu Composition +

Makes one serving.

Preparation Time:  
0 minutes



## Nutrition Facts

Servings Per Recipe 1

Amount Per Serving	
Calories	0
Calories from fat	0
<b>% Daily Value*</b>	
Total Fat 0.0g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 0mg	<b>0%</b>
Carbohydrate 0.0g	<b>0%</b>
Dietary Fiber 0.0g	<b>0%</b>
Protein 0.0g	<b>0%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>0.0%</b>
Iron	<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

## Menu Composition:

+ When composing menus, consider the following:

(A) Representation of the 3 main components of a vegan meal:

- 1) Vegetables
- 2) Whole Grains (brown rice, quinoa, ...)
- 3) Concentrated Vegetable Protein (tempeh, tofu, beans, seitan (but not seitan if serving the dish to someone who is gluten sensitive/intolerant since seitan is basically 100% gluten))

and the inclusion of some nutritionally dense leafy greens such as kale or collards which are an important source of calcium and iron in a vegan diet. For example, these can be served as a side dish (i.e., briefly sauteed) or as a side salad (i.e., raw with dressing).

Generally, I do not feel it is a good idea to serve fruit (which is the only other main component of a vegan diet) with a normal meal because fruit is easily digested, and is not really suitable for digesting with other foods (like grains and protein foods). I think it is best eaten by itself.

(B) Inclusion of the 5 flavors:

- 1) spicy/pungent (e.g., pepper, garlic, ginger)
- 2) sour (e.g., lemon, vinegar, pickles)
- 3) bitter (e.g., quinoa, bitter greens, turnips, parsley)
- 4) salty (e.g., salt, tamari soy sauce, ume vinegar)
- 5) sweet (e.g., carrots, winter squash, onions, natural-unrefined sweeteners)

(C) Variety of textures:

- 1) crunchy
- 2) chewy
- 3) smooth
- 4) individual
- 5) thick
- 6) thin

(D) a variety of colors:

- 1) white (e.g., quinoa, tofu sour cream, potatoes, onions, tahini sauce)
- 2) yellow (e.g., corn, mustard)
- 3) red (e.g., red bell peppers, tomatoes)
- 4) green (e.g., leafy greens, broccoli)
- 5) orange (e.g., carrots, winter squash)
- 6) brown (e.g., mushrooms, pinto beans, sealed tempeh)
- 7) black (e.g., black beans, poppy seeds)

Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

# 17-American Vegan Menu

Makes 8 servings.

Preparation Time:  
6 hours

## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving		
Calories		850
Calories from fat		168
		<b>% Daily Value*</b>
Total Fat	21.3g	<b>33%</b>
Saturated Fat	8.0g	<b>40%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	1001mg	<b>42%</b>
Carbohydrate	158.8g	<b>53%</b>
Dietary Fiber	19.4g	<b>78%</b>
Protein	35.2g	<b>70%</b>
Vitamin A		<b>785.3%</b>
Vitamin C		<b>331.3%</b>
Calcium		<b>58.7%</b>
Iron		<b>106.2%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

SOUP  
8 servings 03-Black Bean and Vegetable Stew

8 servings 13-Kale with Sun-Dried Tomatoes  
8 servings 13-Spiced Butternut Squash Puree

ENTREE  
8 servings 08-Savory Mushroom Quinoa  
8 servings 15-Tahini-Miso Sauce

DESSERT  
8 servings 14-Carrot Cake

\* American Vegan Menu \*

This menu fuses many different types of foods: Southwestern, Traditional American, Asian-Indian, and Southern United States.

All the dishes in this meal (including dessert) are nutritionally dense, covering all major food areas: vegetables, concentrated vegetable protein, and whole grains. It even includes another important component: nutritionally strong leafy greens.

The cake in this meal is by itself higher than 15% calories from fat, but since the rest of the meal is low in fat, the overall meal is less than 15% calories from fat.

Per serving: 850 Calories; 21g Fat (20% calories from fat); 35g Protein; 159g Carbohydrate; 0mg Cholesterol; 1001mg Sodium

# 17-Easter Menu

Makes 8 servings.

Preparation Time:  
4 hours

## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	1314
Calories from fat	348
<b>% Daily Value*</b>	
Total Fat 42.4g	<b>65%</b>
Saturated Fat 6.8g	<b>34%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 1555mg	<b>65%</b>
Carbohydrate 213.3g	<b>71%</b>
Dietary Fiber 27.8g	<b>11%</b>
Protein 50.9g	<b>102%</b>
Vitamin A	<b>1100.6%</b>
Vitamin C	<b>198.3%</b>
Calcium	<b>84.8%</b>
Iron	<b>134.6%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

MAIN MEAL	8 servings 13-Roasted Asparagus with Balsamic Vinegar (see recipe in "Roasted Green Beans with Balsamic Vinegar")
8 servings 08-Savory Mushroom Quinoa	
8 servings 15-Tahini-Miso Sauce	
8 servings 05-Asian Sweet Potato Salad	8 servings 13-Tsimmes
8 servings 11-Greek Spinach Pie	
8 servings 12-Barbequed Baked Beans (see recipe in "Barbequed Tempeh")	DESSERT
	8 servings 14-Raspberry-Almond Pastry

\* Easter Menu \*

This menu fuses many different types of foods: Traditional American, Asian, Greek, Eastern European, and Southern United States.

All the dishes in this meal (including the dessert) are nutritionally dense, covering all major food areas: vegetable, concentrated vegetable protein, and whole grains. It even includes another important component: nutritionally strong leafy greens (in the Greek Spinach Pie).

Note: The directions for the "Barbequed Baked Beans" are contained within the "Barbequed Tempeh" recipe (in the variations section) and the directions for the "Roasted Asparagus" are contained within the "Roasted Green Beans" recipe (in the variations section).

Per serving: 1314 Calories; 42g Fat (27% calories from fat); 51g Protein; 213g Carbohydrate; 0mg Cholesterol; 1555mg Sodium

# 17-Low Fat Appetizer Buffet/Menu

Makes 8 servings.

Preparation Time:  
3 hours

## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	333
Calories from fat	50
<b>% Daily Value*</b>	
Total Fat 6.2g	<b>10%</b>
Saturated Fat 0.7g	<b>3%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 440mg	<b>18%</b>
Carbohydrate 65.0g	<b>22%</b>
Dietary Fiber 8.8g	<b>35%</b>
Protein 13.4g	<b>27%</b>
Vitamin A	<b>269.0%</b>
Vitamin C	<b>59.3%</b>
Calcium	<b>12.3%</b>
Iron	<b>29.2%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

8 servings 02-Creamy Horseradish Dip with Raw Vegetab

8 servings 02-Sweet Potato "Fries"

8 servings 02-Adzuki Bean Dip  
16 pieces whole grain crisp bread (Ryvita)

8 servings 02-Quinoa Croquettes  
8 servings 15-Cilantro Sauce

\* Low Fat Appetizer Buffet/Menu \*

All the dishes in this appetizer buffet are nutritionally dense, covering all major food areas: vegetables, concentrated vegetable protein, and whole grains.

Per serving: 333 Calories; 6g Fat (15% calories from fat); 13g Protein; 65g Carbohydrate; 0mg Cholesterol; 440mg Sodium

# 17-Mexican Menu I

Makes 8 servings.

Preparation Time:  
5 hours

## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving		
Calories		791
Calories from fat		68
	<b>% Daily Value*</b>	
Total Fat	8.4g	<b>13%</b>
Saturated Fat	0.9g	<b>5%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	773mg	<b>32%</b>
Carbohydrate	174.8g	<b>58%</b>
Dietary Fiber	29.4g	<b>117%</b>
Protein	26.1g	<b>52%</b>
Vitamin A		<b>180.9%</b>
Vitamin C		<b>199.0%</b>
Calcium		<b>57.5%</b>
Iron		<b>63.9%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### ENTREE

8 servings 11-Enchiladas

8 servings 08-Spanish Rice

8 servings 13-Collards with Corn and Red Bell Pepper

(each cut into 6 triangle-shaped pieces)

(then bake on a cooking sheet until crisp)

### CHIPS

8 blue corn tortillas-Garden of Eatin

### DESSERT

8 pears, (or other fruit)

3 cups dried figs

(about 32 dried figs)

\* Mexican Menu I \*

All the dishes in this meal are nutritionally dense, covering all major food areas: vegetables, concentrated vegetable protein, and whole grains. It even includes another important component: nutritionally strong leafy greens.

The chips add a nice crunchy item, but without all the fat of conventional corn chips since they are simply cut corn tortillas (without any added oil), baked until crisp.

Per serving: 791 Calories; 8g Fat (9% calories from fat); 26g Protein; 175g Carbohydrate; 0mg Cholesterol; 773mg Sodium

# 17-Mexican Menu II

Makes 8 servings.

Preparation Time:  
3 hours

Serving Ideas:  
Serve Salsa and  
Chips before the  
meal.

## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving		
Calories		855
Calories from fat		213
		<b>% Daily Value*</b>
Total Fat	26.4g	<b>41%</b>
Saturated Fat	10.0g	<b>50%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	1083mg	<b>45%</b>
Carbohydrate	147.6g	<b>49%</b>
Dietary Fiber	25.3g	<b>101%</b>
Protein	31.4g	<b>63%</b>
Vitamin A		<b>273.5%</b>
Vitamin C		<b>306.1%</b>
Calcium		<b>57.1%</b>
Iron		<b>73.5%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### MAIN MEAL

- 8 servings 08-Garlicky Quinoa Patties
- 8 servings 12-Mexican-Style Tempeh
- 8 servings 15-Tofu Sour Cream
- 8 servings 13-Roasted Mexican-Style Vegetables

8 servings 13-Collards with Corn and Red Bell Pepper

### DESSERT

- 8 servings 14-Chocolate Sambuca Cake  
(see recipe in "Chocolate-Raspberry Cake")

\* Mexican Menu II \*

All the dishes in this meal are nutritionally dense, covering all major food areas: vegetables, concentrated vegetable protein, and whole grains. It even includes another important component: nutritionally strong leafy greens.

This meal also includes:

- (A) the 5 flavors: spicy/pungent (e.g., tempeh, quinoa), sour (e.g., sour cream), bitter (e.g., collards, quinoa), salty (e.g., roasted vegetable), and sweet (e.g., cake),
- (B) a variety of textures: crunchy (e.g., quinoa), chewy (e.g., roasted vegetables), smooth (e.g., tempeh, sour cream), individual (e.g., collards), and thick (e.g., tempeh), and
- (C) a variety of colors: white (e.g., quinoa, sour cream, potatoes and onions in roasted vegetables), yellow (e.g., corn in quinoa and collards), red (e.g., red bell peppers, tomatoes in tempeh), green (e.g., collards), orange (e.g., carrots in roasted vegetables), and brown (e.g., mushrooms).

Note: The directions for the "Chocolate Sambuca Cake" are contained within the "Chocolate-Raspberry Cake" recipe (in the variations section).

Per serving: 855 Calories; 26g Fat (25% calories from fat); 31g Protein; 148g Carbohydrate; 0mg Cholesterol; 1083mg Sodium



# 17-Picnic Menu

Makes 8 servings.

Preparation Time:  
3 hours

Serving Ideas:  
Serve Salsa and  
Chips before the  
meal.

## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	1227
Calories from fat	382
<b>% Daily Value*</b>	
Total Fat 47.6g	<b>73%</b>
Saturated Fat 8.8g	<b>44%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 1621mg	<b>68%</b>
Carbohydrate 189.8g	<b>63%</b>
Dietary Fiber 26.4g	<b>106%</b>
Protein 47.7g	<b>95%</b>
Vitamin A	<b>242.9%</b>
Vitamin C	<b>378.3%</b>
Calcium	<b>57.4%</b>
Iron	<b>138.3%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

MAIN MEAL	8 servings 11-Greek Spinach Pie
8 servings 02-Stuffed Mushrooms	
8 servings 05-Italian-Roasted Vegetable-Rice Salad	DESSERT
8 servings 07-Glazed Fruit Salad	8 servings 14-Peanut Butter-Chocolate Chunk Cookies

\* Picnic Menu \*

This meal is a little fancy for a picnic, but I have tried to make all the items relatively easy to transport and keep. Most of the items I would serve cool, or at room temperature.

All the dishes in this meal are nutritionally dense, covering all major food areas: vegetables, concentrated vegetable protein, and whole grains. It even includes another important component: nutritionally strong leafy greens.

Per serving: 1227 Calories; 48g Fat (31% calories from fat); 48g Protein; 190g Carbohydrate; 0mg Cholesterol; 1621mg Sodium

# 17-Thai Menu

Makes 8 servings.

Preparation Time:  
4 hours

## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving		
Calories		1024
Calories from fat		219
		<b>% Daily Value*</b>
Total Fat	26.3g	<b>40%</b>
Saturated Fat	12.4g	<b>62%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	632mg	<b>26%</b>
Carbohydrate	188.1g	<b>63%</b>
Dietary Fiber	25.0g	<b>100%</b>
Protein	28.5g	<b>57%</b>
Vitamin A		<b>325.6%</b>
Vitamin C		<b>407.0%</b>
Calcium		<b>33.7%</b>
Iron		<b>56.1%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### APPETIZERS

8 servings 02-Creamy Horseradish Dip with Raw Vegetab

8 servings 02-Adzuki Bean Dip

16 pieces whole grain crisp bread (Ryvita)

8 servings 03-Thai Stew

8 whole-grain bread slices

### DESSERT

8 servings mixed fruit

32 dried figs

### ENTREE

\* Thai Menu \*

All the dishes in this meal are nutritionally dense, covering all major food areas: vegetables, concentrated vegetable protein, and whole grains.

Per serving: 1024 Calories; 26g Fat (21% calories from fat); 29g Protein; 188g Carbohydrate; 0mg Cholesterol; 632mg Sodium

## 18- \*\*\*\*\* EPILOGUE \*\*\*\*\*

Makes one serving.

Preparation Time:  
0 minutes



### Nutrition Facts

Servings Per Recipe 1

Amount Per Serving	
Calories	0
Calories from fat	0
<b>% Daily Value*</b>	
Total Fat 0.0g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 0mg	<b>0%</b>
Carbohydrate 0.0g	<b>0%</b>
Dietary Fiber 0.0g	<b>0%</b>
Protein 0.0g	<b>0%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>0.0%</b>
Iron	<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

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- This chapter lists different companies that sell some of the products listed in this cookbook.

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Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

## 18-+ Mail Order Companies \*

Makes one serving.

Preparation Time:  
0 minutes



### Nutrition Facts

Servings Per Recipe 1

Amount Per Serving		
Calories		0
Calories from fat		0
	<b>% Daily Value*</b>	
Total Fat	0.0g	0%
Saturated Fat	0.0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Carbohydrate	0.0g	0%
Dietary Fiber	0.0g	0%
Protein	0.0g	0%
Vitamin A		0.0%
Vitamin C		0.0%
Calcium		0.0%
Iron		0.0%

\* Percent Daily Values are based on a 2,000 calorie diet.

### Mail Order Companies:

- Bob's Red Mill Natural Foods  
5209 SE International Way  
Milwaukie, OR 97222  
800-349-2173  
(503) 653-1339

Web site: <http://www.bobsredmill.com/>

Sells Tapioca Flour and Sorghum Flour (see "Glossary of Ingredients") and various flours and powders especially useful to people trying to avoid gluten.

- Cocina de Vega  
8014 Olson Memorial Hwy.  
Golden Valley, MN 55427  
877-321-5703  
Web site: <http://www.mesquitemagic.com/>  
Sells Mesquite Meal.

- ENER-G Foods  
5960 1st Ave. S  
P.O. Box 84487  
Seattle, WA 98124-5787  
800-331-5222  
800-325-9788 (in WA)  
(206) 767-6660  
Fax: (206) 767-4088

Web site: <http://www.ener-g.com/>

Sells Egg Replacer (powder) (see "Glossary of Ingredients") and various flours and powders especially useful to people trying to avoid gluten, animal products, or other common allergens.

- Omega Nutrition  
6515 Aldrich Road  
Bellingham, WA 98226  
800-661-FLAX (3529)  
(604)-253-4677  
Fax: (604)-253-4228

Web site: <http://www.omeganutrition.com/> and <http://www.omegahealthstore.com/>

Sells unrefined organic coconut oil and an unrefined high oleic sunflower oil blend called "High-O Sunflower Oil Blend" in addition to many other high quality oils (including other culinary oils such as olive, pumpkin seed, and pistachio).

- The Ultimate Life  
Box 4308  
Santa Barbara, CA 93140  
800-THE-MEAL (843-6325)  
Fax: 800-320-2269

Web site: <http://www.ultimatelife.com/>  
Sells pure birch sugar (a sweetener).

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Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium