



# A Taste of Vitality

**Nutrient-Dense Cooking**

*By Mark Foy*

## A Taste of Vitality

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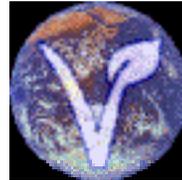
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# oo-+ Introduction +

Makes one serving.

Preparation Time: 0 minutes



## Nutrition Facts

Servings Per Recipe 1

Amount Per Serving		
Calories	0	0
Calories from fat	0	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.

\*\*\* 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 protien 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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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, 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:

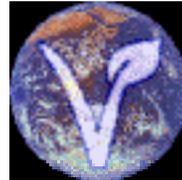
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Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

# 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	<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

- 01-Notes/Lists
- 02-Appetizers
- 03-Soups and Stews
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- 07-Breakfast
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- 09-Beans
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- 13-Vegetables
- 14-Desserts
- 15-Sauces and Dressings
- 16-Beverages
- 17-Menus
- 18-Epilogue

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 nutrients which are important for maintaining an active lifestyle. The recipes will occasionally call for "weak" foods (i.e., foods with little or no nutrition) like 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) with finely ground tapioca and ground flax seed for extra binding due to the lack of glutinous grains. 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 judgement with the amount of water/liquid used.

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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	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.

## 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

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 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 in moderation, such as whole spelt, if a person is not gluten intolerant)
- 3) Concentrated Vegetable Protein (tempeh, beans, tofu)
- 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.

---

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

### + 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 one at a time, 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.

### + Toasting 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 liquid sweetener (like maple syrup) 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).

### + 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.

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

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

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 (A-M):

### + 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).

### + Agave Nectar

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.

### + 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 is similar to honey. The caramel-flavored syrup is about half as sweet as sugar or honey in consistency. It is high in carbohydrates, and is generally the least expensive natural sweetener. Similar to Brown Rice Syrup, which can be used in its place.

### + 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. 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.

### + Coconut Oil (Unrefined)

Coconut oil is a saturated fat, but the unrefined version (which you never find 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 canola oil). See "Mail Order Companies" at the end of the cookbook for sources of unrefined coconut oil (some of which are also organic). Generally, canola oil can be used in place of coconut oil with fairly similar results.

#### + 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.

#### + 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 "Pecan Pie Filling"), or custards, puddings, or mousses (like chocolate mousse - see "Chocolate Cream Pie Filling").

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.

#### + 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.) Then press the juice out of the pulp. 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 quite the same.

#### + 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.

#### + 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.

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-Z) <sup>+</sup>

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 (N-Z):

### + 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).

### + Quinoa

Quinoa, pronounced keen-wa, is a small pseudo-cereal (350 grains weigh 1 gram). 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 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.

### + Roasted Garlic Paste

To make roasted garlic paste, 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, and puree. The flavor of the garlic is significantly mellowed by this roasting process, although it is still very flavorful. This no-fat paste is delicious added to sauces, soups, pates, or sautes. It is also good as a no fat spread on rice cakes or crackers.

### + 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. People sensitive or allergic to wheat should avoid seitan altogether.

### + Spelt Berries

Spelt is a primitive form of grain that is related to wheat. It can be cooked (kernels have a sweet, nutty taste and rice-like texture) or ground into flour and used in place of wheat flour. Some people who have wheat sensitivities or allergies can tolerate spelt, but spelt still has high amounts of gluten.

### + Sucanat

Sucanat (Sugar Cane Natural) is a replacement for white sugar. It is made from the juice of sugar cane, 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.

### + 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. 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).

#### + 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.

#### + Ume 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 it should be used in place of other vinegars 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).

#### + Vegetable Shortening (Organic Non-Hydrogenated)

The organic non-hydrogenated vegetable shortening by Spectrum Naturals that I have used gets half of its fat grams from saturated fat, but since it avoids the problems with a hydrogenated shortening (most brands or shortenings are hydrogenated) and is trans fatty acid (TFA) free, it is a good alternative to standard shortening. The Spectrum Naturals product is made entirely of organic palm oil which is naturally solid at room temperature without hydrogenation, and contains 40% less saturated fat than Palm Kernel Oil. This fat makes much better pie crusts than using liquid oils like canola or sunflower oil.

Similar to coconut oil, an organic 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, canola oil can be used in place of vegetable shortening with fairly similar results.

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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		70
Calories from fat		10
		<b>% Daily Value*</b>
Total Fat	1.2g	<b>2%</b>
Saturated Fat	0.2g	<b>4%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	91mg	<b>4%</b>
Carbohydrate	11.6g	<b>4%</b>
Dietary Fiber	0.3g	<b>1%</b>
Protein	3.7g	<b>7%</b>
Vitamin A		<b>0.1%</b>
Vitamin C		<b>1.9%</b>
Calcium		<b>3.3%</b>
Iron		<b>6.7%</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 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).
- 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	2 tablespoons tahini
3 cups adzuki beans, cooked (see "Glossary of Cooking Terms" for more information about cooking beans)	2 1/2 tablespoons miso, light/white
	1/2 tablespoon flax seeds, ground, optional

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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, 2 tablespoons of tahini can be used and still keep the calories from fat less than or equal to 15%, and 6.5 tablespoons of tahini can be used and still keep the calories from fat less than or equal to 30%.

1 Serving = 3 Tablespoons.

#### VARIATIONS:

- If you are not baking the dip, add 1 tablespoon of flax oil.
  - 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). 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: 70 Calories; 1g Fat (15% calories from fat); 4g Protein; 12g Carbohydrate; 0mg Cholesterol; 91mg Sodium

# 02-Creamy Horseradish Dip with Raw Vegetables

Makes 24 servings.

Preparation Time: 30 minutes



- This dip can be served as a part of a low fat meal.
- 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 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.

### DIP

- 12 1/3 ounces tofu, low-fat silken
- 4 tablespoons horseradish, blended/jarred
- 1 teaspoon mayonnaise vegi dressing
- 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

Blend first 4 dip ingredients. Fold in green onions. Chill dip.

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

# o2-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		59
Calories from fat		15
		<b>% Daily Value*</b>
Total Fat	1.7g	<b>3%</b>
Saturated Fat	0.2g	<b>4%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	63mg	<b>3%</b>
Carbohydrate	8.6g	<b>3%</b>
Dietary Fiber	1.1g	<b>4%</b>
Protein	2.9g	<b>6%</b>
Vitamin A		<b>0.2%</b>
Vitamin C		<b>2.3%</b>
Calcium		<b>3.2%</b>
Iron		<b>6.5%</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).
- 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  | 2 tablespoons tahini           |
| (see "Glossary of Cooking Terms" for more information about cooking beans) | 1 tablespoon miso, light/white |
|  | 1/4 teaspoon sea salt          |

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

Note: For every 3 cups of cooked garbanzo beans, XXX tablespoons of tahini can be used and still keep the calories from fat less than or equal to 15%, and XXX tablespoons of tahini can be used and still keep the calories from fat less than or equal to 30%.

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). 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 (25% calories from fat); 3g Protein; 9g Carbohydrate; 0mg Cholesterol; 63mg Sodium

# 02-Quinoa Croquettes

Makes 14 servings.

Preparation Time: 1 hour, 10 minutes

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



## Nutrition Facts

Servings Per Recipe 14

Amount Per Serving	
Calories	87
Calories from fat	10
<b>% Daily Value*</b>	
Total Fat 1.2g	<b>2%</b>
Saturated Fat 0.1g	<b>1%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 139mg	<b>6%</b>
Carbohydrate 16.6g	<b>6%</b>
Dietary Fiber 1.8g	<b>7%</b>
Protein 3.7g	<b>7%</b>
Vitamin A	<b>0.8%</b>
Vitamin C	<b>3.1%</b>
Calcium	<b>1.5%</b>
Iron	<b>8.3%</b>

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

- 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 cup quinoa, washed    | 1 tablespoon flax seeds, ground, optional                                  |
| 2 cups water            | 2 cups corn, frozen  |
| 1 teaspoon sea salt     | 1 cup black beans, cooked  |
| 1/8 teaspoon cayenne    | (see "Glossary of Cooking Terms" for more information about cooking beans) |
| 6 garlic cloves, minced |  |
- 

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

When finished cooking, stir in garlic, ground flax seed, corn and cooked black beans.

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

Oil a baking sheet if it is not non-stick.

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. Repeat using all mixture. You should end up with about 28 small logs/croquettes.

Bake in a 350 degree F (175 degree C) oven (no need to preheat oven) for 45 minutes, or until they are golden brown and have crispy edges.

1 Serving = 2 croquettes.

### VARIATIONS:

- For richer croquettes, add ground pumpkin seeds.
  - Add finely chopped-seasoned tempeh instead of black beans.
  - Make larger croquettes, and serve as an entree.
- 

Per serving: 87 Calories; 1g Fat (12% calories from fat); 4g Protein; 17g Carbohydrate; 0mg Cholesterol; 139mg 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	138
Calories from fat	20
<b>% Daily Value*</b>	
Total Fat 2.3g	<b>4%</b>
Saturated Fat 0.2g	<b>4%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 199mg	<b>8%</b>
Carbohydrate 23.2g	<b>8%</b>
Dietary Fiber 4.0g	<b>16%</b>
Protein 7.9g	<b>16%</b>
Vitamin A	<b>4.7%</b>
Vitamin C	<b>68.9%</b>
Calcium	<b>4.0%</b>
Iron	<b>10.8%</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 almonds, this dip is still low in fat because black beans are fairly low in fat (as opposed to garbanzo beans) (although not quite a low in fat as red beans like 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  
1/2 cup dried prunes

1 large onion  
12 garlic cloves

1/4 teaspoon cayenne, or to taste

6 cups black beans, cooked  
(see "Glossary of Cooking Terms" for more information about cooking beans)

6 tablespoons ground almonds  
5 tablespoons miso, dark

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 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.

Note: for every 6 cups of cooked black beans, 6 tablespoons of ground almonds can be used and still keep the calories from fat less than or equal to 15%, and 23 tablespoons of ground almonds can be used and still keep the calories from fat less than or equal to 30%.

### 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.
- 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). These can either be made small for individual servings, or large for including on a buffet table.

Per serving: 138 Calories; 2g Fat (14% calories from fat); 8g Protein; 23g Carbohydrate; 0mg Cholesterol; 199mg Sodium

# o2-Split Pea Dip

**Nutrition Facts**  
Servings Per Recipe 18

Makes 18 servings.

Preparation Time: 1 hour, 10 minutes

Serving Ideas: Spread on rice cakes or crackers.

- 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.

Amount Per Serving	
Calories	58
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 8.3g	<b>3%</b>
Dietary Fiber 3.3g	<b>13%</b>
Protein 3.2g	<b>6%</b>
Vitamin A	<b>20.6%</b>
Vitamin C	<b>2.2%</b>
Calcium	<b>1.3%</b>
Iron	<b>3.9%</b>

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

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

---

Heat a pot over medium high heat and add oil. Saute onion, carrot, and garlic sealing them one at a time (about 17 minutes total).

Add the split peas, water, kombu, and bay leaf to the vegetables. Cover and bring to a boil. Simmer until the peas are very soft (about 35 minutes). The mixture should be cooked until there is very little, if any, liquid left.

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

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

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). These can either be made small for individual servings, or large for including on a buffet table.

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Per serving: 58 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>3.8%</b>
Calcium	<b>1.3%</b>
Iron	<b>3.1%</b>

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

2 pounds mushrooms, whole  
(about 60 large mushrooms)

### FILLING

1 tablespoon olive oil  
1 large onion, chopped fine  
4 celery stalks, chopped fine

1/2 teaspoon ground sage  
1 teaspoon ground thyme  
12 1/3 ounces tofu, low-fat silken, blended  
1 teaspoon sea salt  
  
1 1/2 tablespoons olive oil  
1/2 teaspoon sea salt

Wash and stem mushrooms.

For filling, heat a pot over medium-high heat and add oil. Saute onion, mushroom stems, celery, sage, and thyme in oil, sealing each one at a time (about 20 minutes total). Remove from heat, and fold in tofu and sea salt.

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

Press spoonfuls of vegetable-tofu filling into each mushroom cap (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



### Nutrition Facts

Servings Per Recipe 24

Amount Per Serving		
Calories		56
Calories from fat		3
		<b>% Daily Value*</b>
Total Fat	0.3g	1%
Saturated Fat	0.1g	0%
Cholesterol	0mg	0%
Sodium	45mg	2%
Carbohydrate	12.7g	4%
Dietary Fiber	1.4g	6%
Protein	0.8g	2%
Vitamin A		191.3%
Vitamin C		17.0%
Calcium		1.4%
Iron		2.0%

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

- 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).

3 1/2 pounds sweet potatoes, cut like fries  
(about 4 large sweet potatoes)  
1 teaspoon unrefined corn oil  
1 teaspoon ground cinnamon

1/2 teaspoon sea salt  
2 tablespoons maple syrup

Toss cut vegetables, oil, cinnamon, and salt in a bowl. Transfer to baking sheet (it should not need to be oiled since the potatoes are oiled).

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 browned. During the last 30 minutes of roasting, toss vegetables every 10 minutes to ensure they do not burn on any one side.

At the end of baking, toss with maple syrup.

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: 56 Calories; less than one gram Fat (5% calories from fat); 1g Protein; 13g Carbohydrate; 0mg Cholesterol; 45mg Sodium

# 03-Black Bean and Vegetable Stew

Makes 8 servings.

Preparation Time: 45 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving		
Calories		184
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	286mg	<b>12%</b>
Carbohydrate	29.2g	<b>10%</b>
Dietary Fiber	6.9g	<b>28%</b>
Protein	14.9g	<b>30%</b>
Vitamin A		<b>247.5%</b>
Vitamin C		<b>70.6%</b>
Calcium		<b>11.5%</b>
Iron		<b>43.8%</b>

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

- 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.
- White Wave makes a prepared seitan. If you want make this dish without gluten, leave the seitan out or use tempeh instead since seitan is pure gluten.

### STEW

- 1 1/2 teaspoons olive oil
- 2 large onions, diced
- 5 carrots, diced
- 3 celery stalks, diced
- 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 (include cooking liquid or can liquid) (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 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. Saute onion, carrots, celery, red bell pepper, and garlic, sealing them one at a time (sealing is important for developing a good flavor) (about 30 minutes total). 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), water, 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).
- Use a fresh, low-salt vegetable broth in place of water for a fuller flavor.
- 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.
- Use thick, leftover stew as the filling for a "Pizza Roll" (see recipe).

Per serving: 184 Calories; 2g Fat (9% calories from fat); 15g Protein; 29g Carbohydrate; 0mg Cholesterol; 286mg Sodium

# 03-Chana Dal with Collards

## Nutrition Facts

Servings Per Recipe 4

### Amount Per Serving

Calories 286  
Calories from fat 55

### % Daily Value\*

Total Fat 6.6g 10%  
Saturated Fat 0.7g 3%  
Cholesterol 0mg 0%  
Sodium 401mg 17%  
Carbohydrate 42.8g 14%  
Dietary Fiber 21.8g 87%  
Protein 19.0g 38%

Vitamin A 131.4%  
Vitamin C 113.0%  
Calcium 30.6%  
Iron 36.7%

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

Makes 4 servings.

Preparation Time: 55 minutes

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

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  
  
3/4 teaspoon sea salt  
  
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  
1 1/2 pounds collard greens, chopped  
(no long stringy pieces)  
(about 24 leaves)

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.

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

When dal is cooked, stir in salt, and cook gently for another 3 minutes.

Add the cooked vegetables to the cooked chana dal and simmer together for 5+ minutes. Add more water if the soup is too thick.

### VARIATIONS:

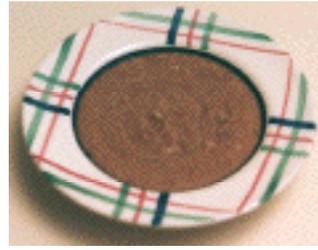
- Use other types of legumes like red lentils or mung beans.
- Use other types of greens like kale or spinach (spinach would be the most common green used in India).

Per serving: 286 Calories; 7g Fat (19% calories from fat); 19g Protein; 43g Carbohydrate; 0mg Cholesterol; 401mg 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	61
Calories from fat	25
<b>% Daily Value*</b>	
Total Fat 3.0g	5%
Saturated Fat 0.3g	1%
Cholesterol 0mg	0%
Sodium 327mg	14%
Carbohydrate 7.5g	2%
Dietary Fiber 2.2g	9%
Protein 2.3g	5%
Vitamin A	1.1%
Vitamin C	34.7%
Calcium	4.8%
Iron	4.8%

\* 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 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. Saute onion and cauliflower, sealing them one at a time (about 17 minutes total). Tie the rosemary in a cheese cloth, and add it with the water, 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 flame tamer to keep the bottom from burning). Cook for 10 minutes. Remove pot from heat; release pressure before opening.

Remove the rosemary wrapped in cheese cloth from the soup.

Finish by blending soup. (Try using a hand 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.

Per serving: 61 Calories; 3g Fat (41% calories from fat); 2g Protein; 7g Carbohydrate; 0mg Cholesterol; 327mg Sodium

# 03-Tempeh Bourguignon

**Nutrition Facts**  
Servings Per Recipe 4

Amount Per Serving	
Calories	433
Calories from fat	107
<b>% Daily Value*</b>	
Total Fat 11.5g	<b>18%</b>
Saturated Fat 1.6g	<b>8%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 740mg	<b>31%</b>
Carbohydrate 51.5g	<b>17%</b>
Dietary Fiber 6.4g	<b>26%</b>
Protein 27.7g	<b>55%</b>
Vitamin A	<b>473.5%</b>
Vitamin C	<b>48.3%</b>
Calcium	<b>18.0%</b>
Iron	<b>28.2%</b>

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

Makes 4 servings.

Preparation Time: 40 minutes

Serving Ideas: Serve over brown rice.

- 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.

1 1/2 teaspoons olive oil	1 cup peas, frozen
2 large onions, diced	1 cup red wine
5 carrots, diced	1 1/2 cups water
8 garlic cloves, minced	1 bay leaf
1/4 teaspoon olive oil	1/4 teaspoon sea salt
16 ounces tempeh, defrosted, cubed	1/4 teaspoon ground black pepper
1 tablespoon Tamari soy sauce	1 tablespoon Tamari soy sauce
1/2 teaspoon ground thyme	<b>GARNISH</b>
1/4 cup brown rice flour, (or spelt flour)	3/4 cup green onions, chopped fine (about 6 stalks)

Heat a large pot over medium-high heat and add oil. Saute onion, carrots, and garlic, sealing them one at a time (sealing is important for developing a good flavor) (about 15 minutes total).

During this process, prepare tempeh. First, 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 tamari evenly on all pieces all around the pan. Set aside.

After vegetables 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, water, bay leaf, salt, and black pepper and simmer for 10+ minutes, or until it has thickened to a sauce consistency.

Before serving, remove bay leaf and stir in tamari. Serve over brown rice. Garnish each plate with green onions.

1 Serving Size = 3/4 cup.

#### VARIATIONS:

- Use a fresh, low-salt vegetable broth in place of water for a fuller flavor.
- 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: 433 Calories; 11g Fat (25% calories from fat); 28g Protein; 51g Carbohydrate; 0mg Cholesterol; 740mg Sodium

# 03-Thai 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 221mg	<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>4.7%</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 heart fresh lemon grass, minced  
(white part only - use rest for the broth)

3 1/2 cups kombu-ginger broth  
(see NOTES)  
14 ounces coconut milk  
1/2 teaspoon sea salt  
1 tablespoon miso  
4 tablespoons fresh basil, chopped fine

### 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. Add leeks, carrots, red bell pepper, garlic, and white part of lemon grass, all at once, and saute for about 4 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 inch piece of kombu, a 1/2 inch piece of fresh ginger (sliced), and the part of the lemon grass stem not used in the stew, in 4 cups water for 20 minutes.

### VARIATIONS:

- To reduce the fat in this recipe, use water in place of the coconut milk, and then add coconut extract to taste to the stew (to obtain some coconut flavor).

Per serving: 151 Calories; 12g Fat (68% calories from fat); 3g Protein; 10g Carbohydrate; 0mg Cholesterol; 221mg Sodium

# o3-Thai Stew

**Nutrition Facts**  
Servings Per Recipe 8

Makes 8 servings.

Preparation Time: 1 hour, 10 minutes

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

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

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

## 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 1/2 tablespoons Green Curry Paste-Thai Kitchen-Fat Free  
14 ounces coconut milk  
1 tablespoon Sucanat 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)  
4 tablespoons fresh basil, chopped fine

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

## 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. Saute mushrooms, onions, leeks, carrots, red bell pepper, celery, yellow squash, and garlic, sealing them one at a time (sealing is important for developing a good flavor) (about 30 minutes total).

During this process, prepare tempeh. First, 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, Thai paste, coconut milk, Sucanat 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.

## 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-Tomato-Lentil Soup with Polenta Balls

**Nutrition Facts**  
Servings Per Recipe 8

Amount Per Serving	
Calories	473
Calories from fat	49
<b>% Daily Value*</b>	
Total Fat 5.6g	<b>9%</b>
Saturated Fat 1.0g	<b>5%</b>
Cholesterol 2mg	<b>1%</b>
Sodium 1725mg	<b>72%</b>
Carbohydrate 85.5g	<b>29%</b>
Dietary Fiber 24.7g	<b>99%</b>
Protein 23.7g	<b>47%</b>
Vitamin A	<b>271.3%</b>
Vitamin C	<b>68.4%</b>
Calcium	<b>16.7%</b>
Iron	<b>51.8%</b>

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

Makes 8 servings.

Preparation Time: 1 hour, 30 minutes

- A hearty soup that makes a complete meal.
- Polenta balls add color and texture to this soup. An interesting use for left over polenta also.
- Polenta can be made well before preparing the soup, but if the polenta is cold, either warm 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  
1 large fennel bulbs, diced  
4 garlic cloves, minced  
2 cups lentils, washed  
(see "Glossary of Cooking Terms" for more information about washing beans)  
28 ounces tomatoes, low sodium, chopped  
3 large carrots, diced  
6 cups vegetable broth, (or water)  
1 bay leaf

1 tablespoon dried basil  
1 teaspoon rosemary  
1 tablespoon Pernod liqueur, optional  
1 pound spinach, chopped  
(no long stringy pieces)  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper

## POLENTA

5 cups water  
1 teaspoon salt  
2 cups cornmeal, whole-grain

Place the oil in a large soup pot over medium-high heat. Sauté the onions, fennel, and garlic until browned, about 12 minutes.

Add the lentils, tomatoes, carrots, and broth. Then add the bay leaf, basil, and rosemary, along with the Pernod.

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. Add chopped spinach. Remove the bay leaf. Season with sea salt and pepper as desired and cook another 2 minutes.

To make polenta balls, heat water and sea salt in a large sauce pan until boiling. Lower heat, and slowly add corn meal mixing continuously (if lumps form, add corn meal more slowly). Mixture will become very thick. Once all the corn meal 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: 473 Calories; 6g Fat (10% calories from fat); 24g Protein; 86g Carbohydrate; 2mg Cholesterol; 1725mg Sodium

# 05-Asian Sweet Potato Salad

Makes 8 servings.

Preparation Time: 1 hour

## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	198
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 254mg	<b>11%</b>
Carbohydrate 40.0g	<b>13%</b>
Dietary Fiber 4.3g	<b>17%</b>
Protein 2.3g	<b>5%</b>
Vitamin A	<b>573.8%</b>
Vitamin C	<b>55.0%</b>
Calcium	<b>4.0%</b>
Iron	<b>5.6%</b>

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

### BAKED SWEET POTATOES

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

3 tablespoons maple syrup  
1 teaspoon lime zest  
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)

### MARINADE

1 1/2 tablespoons dark (toasted) sesame oil

Take sweet potatoes and rub canola oil on them. Then rub them with sea salt. Bake whole potatoes directly on an oven rack in a 350 degrees F (175 degrees C) oven (no need to preheat the oven) for 50 minutes until soft, but not mushy.

Cool and place in refrigerator overnight. When thoroughly chilled, remove peel, and slice into 1/2 inch slices. Set aside.

Mix all marinade ingredients in bowl large enough to hold all sliced sweet potatoes.

Add sweet potatoes, and toss to coat. Let marinade in refrigerator for at least 2 hours.

Per serving: 198 Calories; 4g Fat (16% calories from fat); 2g Protein; 40g Carbohydrate; 0mg Cholesterol; 254mg 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.



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

## Nutrition Facts

Servings Per Recipe 4

Amount Per Serving	
Calories	461
Calories from fat	68
<b>% Daily Value*</b>	
Total Fat 7.8g	<b>12%</b>
Saturated Fat 1.2g	<b>6%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 639mg	<b>27%</b>
Carbohydrate 85.2g	<b>28%</b>
Dietary Fiber 8.8g	<b>35%</b>
Protein 15.8g	<b>32%</b>
Vitamin A	<b>31.3%</b>
Vitamin C	<b>97.1%</b>
Calcium	<b>13.9%</b>
Iron	<b>62.7%</b>

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

### BEAN

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

### GRAIN

1 1/2 cups brown basmati rice, washed  
3 cups 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 zucchini squash, sliced 1/4" thick  
2 small yellow squash, sliced 1/4" thick  
1 tablespoon olive oil  
1/4 teaspoon sea salt

### MARINADE

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

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.

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

While rice is cooking, combined all cut vegetables 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). Mix on sheet as needed so all sides get evenly browned/roasted (and not burnt).

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 very well 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" - 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: 461 Calories; 8g Fat (15% calories from fat); 16g Protein; 85g Carbohydrate; 0mg Cholesterol; 639mg Sodium

# o6-Blueberry Muffins

**Nutrition Facts**  
Servings Per Recipe 12

Amount Per Serving	
Calories	263
Calories from fat	48
<b>% Daily Value*</b>	
Total Fat 5.4g	<b>8%</b>
Saturated Fat 0.5g	<b>3%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 176mg	<b>7%</b>
Carbohydrate 51.1g	<b>17%</b>
Dietary Fiber 2.0g	<b>8%</b>
Protein 3.4g	<b>7%</b>
Vitamin A	<b>0.7%</b>
Vitamin C	<b>1.7%</b>
Calcium	<b>12.6%</b>
Iron	<b>7.7%</b>

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

Makes 12 servings.

Preparation Time: 40 minutes

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

- Muffins with less than 15% calories from fat!

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2 1/2 cups brown rice flour, (or spelt flour)	2 2/3 tablespoons canola oil
4 tablespoons tapioca, finely ground	7 1/3 tablespoons applesauce, unsweetened
1/4 cup flax seeds, ground	1 cup maple syrup
1/2 teaspoon sea salt	2 tablespoons vanilla extract
3 teaspoons baking powder, (double acting)	1/2 cup water
1 teaspoon ground cinnamon	1 teaspoon lemon zest
2 cups frozen blueberries	(from one fresh lemon)

---

Pre-heat oven to 400 degrees F (200 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.

#### NOTES:

- For every 3 cups of flour, if 2 2/3 tablespoons of canola oil and 7 1/3 tablespoons of applesauce are used, the calories from fat less than or equal to 15%, and if 7 tablespoons of canola oil and 3 tablespoons of applesauce are used, the calories from fat is less than or equal to 30%.

#### VARIATIONS:

- For a more decadent muffin (that would have more fat), replace some or all of the applesauce with canola oil, and use coconut milk in place of water.
  - 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: 263 Calories; 5g Fat (18% calories from fat); 3g Protein; 51g Carbohydrate; 0mg Cholesterol; 176mg Sodium

# o6-Orange-Pecan Muffins

**Nutrition Facts**  
Servings Per Recipe 12

Amount Per Serving	
Calories	286
Calories from fat	83
<b>% Daily Value*</b>	
Total Fat 9.2g	<b>14%</b>
Saturated Fat 0.9g	<b>4%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 136mg	<b>6%</b>
Carbohydrate 47.0g	<b>16%</b>
Dietary Fiber 1.7g	<b>7%</b>
Protein 3.6g	<b>7%</b>
Vitamin A	<b>0.4%</b>
Vitamin C	<b>1.5%</b>
Calcium	<b>12.3%</b>
Iron	<b>7.7%</b>

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

Makes 12 servings.

Preparation Time: 40 minutes

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

---

2 1/2 cups brown rice flour, (or spelt flour)	4 tablespoons canola oil
4 tablespoons tapioca, finely ground	6 tablespoons applesauce, unsweetened
1/4 cup flax seeds, ground	7/8 cup maple syrup
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	1 tablespoon orange zest
3/4 cup pecans, toasted	(either candied or from one fresh orange)

---

Pre-heat oven to 400 degrees F (200 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 more decadent muffin (that would have more fat), replace some or all of the applesauce with canola oil, and use coconut milk in place of water.
  - 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: 286 Calories; 9g Fat (29% calories from fat); 4g Protein; 47g Carbohydrate; 0mg Cholesterol; 136mg 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
<b>% Daily Value*</b>	
Total Fat 0.4g	<b>1%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 3mg	<b>0%</b>
Carbohydrate 32.1g	<b>11%</b>
Dietary Fiber 5.4g	<b>22%</b>
Protein 0.9g	<b>2%</b>
Vitamin A	<b>13.8%</b>
Vitamin C	<b>42.6%</b>
Calcium	<b>2.1%</b>
Iron	<b>3.4%</b>

\* 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)

Grind washed cranberries about 30 seconds (want them all chopped up, but not into a paste).

Add remaining ingredients, mix and serve.

### VARIATIONS:

- Add 2 tablespoons of coconut shreds.

- For a more elegant presentation, serve in filo cups (see "Glossary of Ingredients" for instructions).

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.



## 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.

- A nice way to serve fruit on a cold day.
- See the "Glossary of Ingredients" for more information about making ginger juice.

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 consistency desired. 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, serve the compote in filo cups (see "Glossary of Ingredients" for instructions).

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>1%</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 too 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 medium 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, serve the salad in filo cups (see "Glossary of Ingredients" for instructions).

Per serving: 80 Calories; 1g Fat (13% calories from fat); 1g Protein; 19g Carbohydrate; 0mg Cholesterol; 9mg Sodium

# 07-Orange-Nut Pancakes

**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 2.0g	<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.

Makes 8 servings.

Preparation Time: 40 minutes

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

---

1 1/2 cups brown rice flour, (or spelt flour)	
1 cup whole-grain teff flour, (or spelt flour)	1/4 cup safflower 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
1 teaspoon cinnamon	(either candied or from 3 fresh oranges)
1/2 cup brazil nuts, chopped and toasted	

---

Pre-heat oven to 400 degrees F (200 degrees C). Oil and flour a 12-muffin pan.

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

# o8-Garlicky Quinoa Patties

**Nutrition Facts**  
Servings Per Recipe 8

Amount Per Serving	
Calories	146
Calories from fat	29
<b>% Daily Value*</b>	
Total Fat 3.5g	<b>5%</b>
Saturated Fat 0.5g	<b>2%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 243mg	<b>10%</b>
Carbohydrate 25.9g	<b>9%</b>
Dietary Fiber 3.6g	<b>14%</b>
Protein 5.4g	<b>11%</b>
Vitamin A	<b>1.1%</b>
Vitamin C	<b>5.5%</b>
Calcium	<b>2.2%</b>
Iron	<b>13.8%</b>

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

Makes 8 servings.

Preparation Time: 1 hour, 20 minutes

Serving Ideas: Serve topped with "Tofu Sour Cream" (see recipe).

- Serve with a hot nut sauce or a not-too-thick bean or flour sauce.

---

1 cup quinoa, washed	6 garlic cloves, minced
2 cups water	1/2 teaspoon sea salt
1/2 teaspoon sea salt	1/3 cup pumpkin seeds, roasted, ground, optional
	2 cups corn, frozen
3 tablespoons pine nuts	
1 teaspoon ume vinegar	1/4 cup water
	1 tablespoon ume vinegar

---

At least 4 hours before wanting to make the patties, cook the quinoa:  
Once quinoa is washed, place in sauce pan with water and sea salt, bring to a boil. Once boiling, turn to low, and simmer for 15 to 20 minutes. Refrigerate.

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.

To make the patties:  
Combine the refrigerated cooked quinoa with the pine nuts, garlic, sea salt, ground pumpkin seeds (if desired), and corn.

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.

Oil a baking sheet if it is not non-stick.

Shape mixture into patties (it should make about 16 patties), and place on the baking sheet.

Bake in a 350 degree F (175 degree C) oven (no need to preheat oven) for 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.
- 

Per serving: 146 Calories; 4g Fat (20% calories from fat); 5g Protein; 26g Carbohydrate; 0mg Cholesterol; 243mg Sodium

# o8-Millet Mash

**Nutrition Facts**  
Servings Per Recipe 8

Amount Per Serving	
Calories	101
Calories from fat	13
<b>% Daily Value*</b>	
Total Fat 1.5g	<b>2%</b>
Saturated Fat 0.2g	<b>4%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 215mg	<b>9%</b>
Carbohydrate 19.8g	<b>7%</b>
Dietary Fiber 3.6g	<b>15%</b>
Protein 3.2g	<b>6%</b>
Vitamin A	<b>91.3%</b>
Vitamin C	<b>25.8%</b>
Calcium	<b>5.3%</b>
Iron	<b>5.6%</b>

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

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. Or prepare with second-stage methods such as refrying, deep frying, or braising.

---

1 1/4 teaspoons sesame oil	1 1/2 tablespoons whole fennel seeds
2 large onions, diced	1 1/2 cups millet, raw, washed
2 medium fennel bulbs, diced, fine	4 1/2 cups water, (or vegetable broth)
3 cups cauliflower, chopped (about 1 head - florets + core chopped)	3/4 teaspoon sea salt
2 medium carrots, diced	

---

Heat an uncovered pressure cooker over medium-high heat and add oil. Saute onion, fennel, cauliflower, carrot, and fennel seeds, sealing them one at a time (about 30 minutes total). Add the millet and cook (stirring frequently) for 2 minutes.

Add water (or vegetable 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 flame tamer). Cook for 20 minutes.

Remove pot from heat; release pressure before opening.

#### 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: 101 Calories; 2g Fat (13% calories from fat); 3g Protein; 20g Carbohydrate; 0mg Cholesterol; 215mg 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	132
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 214mg	<b>9%</b>
Carbohydrate 24.3g	<b>8%</b>
Dietary Fiber 2.9g	<b>11%</b>
Protein 5.1g	<b>10%</b>
Vitamin A	<b>1.4%</b>
Vitamin C	<b>21.3%</b>
Calcium	<b>5.2%</b>
Iron	<b>20.4%</b>

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

1 teaspoon olive oil  
1/2 pound mushrooms, quartered  
(about 2 cups)  
1 large onion, diced  
1 medium fennel bulb, diced  
3 cups cauliflower, chopped  
(about 1 head - florets + core chopped)

3 celery stalks, chopped  
2 1/2 teaspoons thyme, crushed  
1 teaspoon rosemary, crushed  
1 1/4 cups quinoa, washed  
2 1/2 cups water, (or vegetable broth)  
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. Sauté mushrooms, onion, fennel bulb, cauliflower, and celery, sealing them one at a time (about 30 minutes total). 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. 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 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.
- Peas could be used as a decorative vegetable added at the end.
- 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: 132 Calories; 2g Fat (16% calories from fat); 5g Protein; 24g Carbohydrate; 0mg Cholesterol; 214mg Sodium

# o8-Southwestern Millet

**Nutrition Facts**  
Servings Per Recipe 8

Amount Per Serving	
Calories	203
Calories from fat	31
<b>% Daily Value*</b>	
Total Fat 3.7g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 220mg	<b>9%</b>
Carbohydrate 35.6g	<b>12%</b>
Dietary Fiber 7.1g	<b>28%</b>
Protein 10.7g	<b>21%</b>
Vitamin A	<b>199.2%</b>
Vitamin C	<b>66.0%</b>
Calcium	<b>10.5%</b>
Iron	<b>15.5%</b>

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

Makes 8 servings.

Preparation Time: 55 minutes

- |  |  |
|--|--|
| 1/2 teaspoon unrefined corn oil  | 1 3/4 cups water, (or vegetable broth)                 |
| 2 medium onions, diced   | 1/4 teaspoon sea salt                                  |
| 3 cups cauliflower, chopped<br>(about 1 head - florets + core chopped) | 1 1/2 cups corn, frozen                                |
| 4 medium carrots, diced  | 8 ounces tempeh, thawed and cubed                      |
| 1 1/2 tablespoons dried oregano  | 1 tablespoon Tamari soy sauce                          |
| 1/4 teaspoon cumin seed  | <b>GARNISH</b>   |
| 5 garlic cloves, minced  | 2 tablespoons cilantro, chopped fine                   |
| 3 tablespoons green chili peppers, chopped                             | 3/4 cup green onions, chopped fine<br>(about 6 stalks) |
| 1 1/2 cups millet, raw, washed   |  |
| 28 ounces tomatoes, low sodium, blended                                |  |

Heat an uncovered pressure cooker over medium-high heat and add oil. Saute onion, cauliflower, carrot, oregano, cumin seeds, garlic, and green chili peppers, searing them one at a time (about 30 minutes total). Add the millet and cook (stirring frequently) for 2 minutes.

Add blended canned tomatoes and water (or vegetable broth), sea salt, corn, and cubed tempeh. Seal pressure cooker and bring up to pressure. Begin timing at this point and adjust heat to maintain pressure (use a flame tamer). Cook for 20 minutes.

Remove pot from heat; release pressure before opening. Finish by adding tamari.

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

#### VARIATIONS:

- Add diced potatoes.
- 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).

Per serving: 203 Calories; 4g Fat (15% calories from fat); 11g Protein; 36g Carbohydrate; 0mg Cholesterol; 220mg Sodium

# o8-Spanish Rice

Makes 8 servings.

Preparation Time: 1 hour, 20 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving		
Calories		135
Calories from fat		14
		<b>% Daily Value*</b>
Total Fat	1.5g	<b>2%</b>
Saturated Fat	0.2g	<b>4%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	287mg	<b>12%</b>
Carbohydrate	27.4g	<b>9%</b>
Dietary Fiber	1.9g	<b>7%</b>
Protein	3.2g	<b>6%</b>
Vitamin A		<b>7.9%</b>
Vitamin C		<b>28.2%</b>
Calcium		<b>2.5%</b>
Iron		<b>7.4%</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 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. Saute onion, green bell pepper, celery, coriander, and cumin, searing them one at a time (about 20 minutes total). Add the rice and cook (stirring frequently) for 2 minutes.

Add water, tomato puree, and sea salt to pot. 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 since both brown rice and quinoa take 2 parts water to 1 part grain when cooked on the stove top).

Per serving: 135 Calories; 2g Fat (10% calories from fat); 3g Protein; 27g Carbohydrate; 0mg Cholesterol; 287mg Sodium

# 09-Lentils with Mushrooms

**Nutrition Facts**  
Servings Per Recipe 10

Amount Per Serving	
Calories	194
Calories from fat	20
<b>% Daily Value*</b>	
Total Fat 2.4g	<b>4%</b>
Saturated Fat 0.2g	<b>4%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 264mg	<b>11%</b>
Carbohydrate 33.1g	<b>11%</b>
Dietary Fiber 13.8g	<b>55%</b>
Protein 14.2g	<b>28%</b>
Vitamin A	<b>0.4%</b>
Vitamin C	<b>18.6%</b>
Calcium	<b>4.5%</b>
Iron	<b>26.5%</b>

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

Makes 10 servings.

Preparation Time: 45 minutes

- Use either button mushrooms or (for a richer flavor) wild mushrooms.

---

30 grams dried mushrooms	2 cups lentils, washed (see "Glossary of Cooking Terms" for more information about washing beans)
1 tablespoon olive oil	7 cups water
3 large onions, chopped	1/4 teaspoon sea salt
2 pounds mushrooms, sliced (about 8 cups)	2 tablespoons tamari soy sauce
8 garlic cloves, minced	
2 teaspoons rosemary, crushed	

---

Set dried mushrooms to soak in water. Set aside.

Heat a large pot over medium-high heat and add oil. Saute onion, fresh and soaked, sliced mushrooms, and garlic, sealing them one at a time (sealing is important for developing a good flavor) (about 15 minutes total). Add the rosemary and cook 2 more minutes.

Add the lentils and water (use the water from the mushroom soak) and simmer for 30+ minutes until the lentils are soft, but not mushy. Stir in sea salt and cook another 5 minutes.

Before serving, stir in 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; 264mg Sodium

# 10-Tuscan Roasted Vegetable-Rice Casserole

Makes 8 servings.

Preparation Time: 2 hours

- The quickest way to make this dish or any 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.). Depending on what you use, it could be a completely different dish.

## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	422
Calories from fat	87
<b>% Daily Value*</b>	
Total Fat 9.8g	<b>15%</b>
Saturated Fat 1.5g	<b>7%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 522mg	<b>22%</b>
Carbohydrate 73.9g	<b>25%</b>
Dietary Fiber 5.9g	<b>24%</b>
Protein 11.8g	<b>24%</b>
Vitamin A	<b>109.6%</b>
Vitamin C	<b>43.9%</b>
Calcium	<b>11.5%</b>
Iron	<b>23.8%</b>

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

**ROASTED VEGETABLE FILLING**  
8 servings 13-Roasted Mixed Vegetables  
(see recipe)

5 cups water  
1/2 teaspoon sea salt

**RICE**  
2 1/2 cups brown basmati rice, washed

**WHITE BEAN-PESTO SAUCE**  
8 servings 15-White Bean-Pesto Sauce  
(see recipe)

**ROASTED VEGETABLE FILLING**  
Prepare according to recipe instructions. Set aside.

**RICE**  
While vegetables are roasting, prepare the rice by combining the rice, water, and sea salt in a pot. Cover and bring to a boil. Turn to low and simmer for 1 hour.

**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, edible flowers, basil leaves, or shredded carrots).

**VARIATIONS:**  
- Use quinoa instead of rice.  
- Try other combinations of roasted vegetables.

Per serving: 422 Calories; 10g Fat (21% calories from fat); 12g Protein; 74g Carbohydrate; 0mg Cholesterol; 522mg Sodium

# 11-Asian Lasagna

Makes 10 servings.

Preparation Time: 2 hours, 30 minutes

Serving Ideas: As a side: brown rice with "Cilantro Sauce" (see recipe).



## Nutrition Facts

Servings Per Recipe 10

Amount Per Serving	
Calories	399
Calories from fat	158
<b>% Daily Value*</b>	
Total Fat 18.7g	<b>29%</b>
Saturated Fat 9.3g	<b>47%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 311mg	<b>13%</b>
Carbohydrate 49.6g	<b>17%</b>
Dietary Fiber 6.1g	<b>25%</b>
Protein 14.4g	<b>29%</b>
Vitamin A	<b>183.4%</b>
Vitamin C	<b>94.0%</b>
Calcium	<b>18.8%</b>
Iron	<b>23.9%</b>

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

3/4 pound rice lasagna noodles  
(or whole wheat lasagna noodles, but only  
if the dish can have some gluten)  
(about 15-12 inch pieces)

### FILLING

2 cups broccoli florets  
1/2 cup broccoli stalks, peeled, sliced  
(florets and stalks from 1 bunch)

1 teaspoon dark (toasted) sesame oil  
180 grams portobella mushrooms, sliced 1/2" thick  
(about 2 large mushrooms, stems chopped)  
1 large onion, diced  
4 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, (or mirin)  
1 tablespoon brown rice syrup  
1/2 teaspoon sea salt

### TEMPEH

1/2 teaspoon dark (toasted) sesame oil  
8 ounces tempeh, defrosted  
1/4 cup water  
1 tablespoon Tamari soy sauce  
1 tablespoon sweet sherry, (or mirin)

### SAUCE

18 ounces water  
14 ounces coconut milk  
2 tablespoons ginger juice, fresh  
(squeezed from fresh, grated ginger root)  
8 garlic cloves, crushed  
5 tablespoons tahini

4 tablespoons brown rice flour  
(or whole-grain wheat flour)  
4 teaspoons miso

### GARNISH

4 tablespoons basil, fresh, chopped  
3/4 cup green onions, chopped  
(about 6 stalks)

Soak the lasagna noodles in warm water (just enough to cover the noodles) before starting to cook. Do not let them soak too long or they will fall apart when you try to take them out. This is the fast method of preparing lasagna noodles - avoids having to boil a pot of water. This step makes the noodles moist, and when it bakes, the noodles become soft. These soaked noodles are also much easier to work with than fully cooked noodles (which have a tendency to tear).

To prepare the broccoli: a) cut off the florets, b) peel the stalks, and c) dice the stalks.

To prepare the filling, heat a skillet over medium-high heat and add oil. Saute mushroom, onion, diced broccoli stalks, carrots, red bell pepper, collard greens, broccoli florets, and garlic, sealing them one at a time (about 40 minutes total). After sealing, season vegetable mixture with ginger juice, sherry, brown rice syrup, and salt. Turn off heat.

During this process, prepare tempeh. 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.

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. Heat over low to medium-low heat for about 7 minutes to integrate and thicken (may use a flame tamer). 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 mix. Turn off heat.

To assemble, lightly oil a large (about 9"x13") baking pan. Spread a thin layer of sauce in the bottom of the pan.

Place one layer of lasagna noodles (about 1/3 of the noodles) in the bottom of the pan. 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 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.
  - 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.
- 

Per serving: 399 Calories; 19g Fat (40% calories from fat); 14g Protein; 50g Carbohydrate; 0mg Cholesterol; 311mg Sodium

# 11-Enchiladas

**Nutrition Facts**  
Servings Per Recipe 12

Amount Per Serving		
Calories		165
Calories from fat		22
		<b>% Daily Value*</b>
Total Fat	2.5g	<b>4%</b>
Saturated Fat	0.4g	<b>2%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	235mg	<b>10%</b>
Carbohydrate	26.6g	<b>9%</b>
Dietary Fiber	4.8g	<b>19%</b>
Protein	10.4g	<b>21%</b>
Vitamin A		<b>12.3%</b>
Vitamin C		<b>24.4%</b>
Calcium		<b>8.9%</b>
Iron		<b>25.8%</b>

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



Makes 12 servings.

Preparation Time: 1 hour, 30 minutes

- White Wave makes a prepared seitan. If you want make this dish without gluten, leave the seitan out or use tempeh instead since seitan is pure gluten.
- Round out 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
- 3 medium zucchini squash, diced
- 4 garlic cloves, minced
- 1/8 teaspoon sea salt

## SEITAN FILLING

- 1 1/2 teaspoons olive oil
- 8 ounces seitan, prepared, in strips, optional (do not use seitan if want the dish to be gluten free)
- 1 tablespoon tamari soy sauce

## BEAN FILLING

- 1/2 teaspoon olive oil
- 1/2 large onion, diced
- 1 1/2 cups black beans, cooked

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

- 1/8 teaspoon sea salt
- (see the instructions for a replacement to this bean filling)

## SAUCE

- 1/2 teaspoon olive oil
- 1 large onion, finely chopped
- 1 1/2 tablespoons cumin powder
- 1/2 tablespoon dried oregano
- 1/4 teaspoon cayenne
- 1/4 cup brown rice flour, (or spelt flour)
- 28 ounces tomatoes, low sodium, blended
- 1/8 teaspoon sea salt

12 whole corn tortillas

For vegetable filling, heat a large pot over medium-high heat and add oil. Saute onions, zucchini, and garlic, sealing them one at a time (sealing is important for developing a good flavor) (about 12 minutes total). Add the salt and cook another 3 minutes.

During this process, 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. (Alternatively, simply use fajita-style seitan.)

Additionally, prepare the beans by heating a pan over medium-high heat, adding the oil, and then adding the onion. Seal (about 7 minutes total). Add the cooked black beans and salt, and mash beans while slowly cooking. (Alternatively, simply use a can of low-fat refried black or pinto beans and completely skip this step.)

Prepare the enchilada sauce by heating a sauce pan over medium-high heat, adding the oil, and then adding the onion. Seal (about 7 minutes total). 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 tomatoes and salt. Simmer for 20+ minutes.

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. Dip a corn tortilla into the enchilada sauce (this makes it soft so it can be rolled). 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 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) - this makes the corn tortillas the only source of gluten in this dish.

Per serving: 165 Calories; 3g Fat (13% calories from fat); 10g Protein; 27g Carbohydrate; 0mg Cholesterol; 235mg Sodium

# 11-Greek Spinach Pie

**Nutrition Facts**  
Servings Per Recipe 10

Makes 10 servings.

Preparation Time: 1 hour, 20 minutes

- 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 without gluten because filo needs to be made with a flour containing gluten to achieve the desired effect. This recipe is not suitable for people who want to or need to avoid gluten.
- This "pie" calls for a combination of spinach and collard greens for it's familiar flavor with enhanced nutritional density.
- This dish is also called spanakopita if made into triangular, hand-sized pastries (see Variations).

Amount Per Serving	
Calories	189
Calories from fat	87
<b>% Daily Value*</b>	
Total Fat 10.2g	<b>16%</b>
Saturated Fat 1.4g	<b>7%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 449mg	<b>19%</b>
Carbohydrate 16.1g	<b>5%</b>
Dietary Fiber 3.7g	<b>15%</b>
Protein 11.2g	<b>22%</b>
Vitamin A	<b>40.8%</b>
Vitamin C	<b>47.7%</b>
Calcium	<b>20.6%</b>
Iron	<b>37.1%</b>

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

1 pound fresh spinach	1/2 teaspoon ground nutmeg
1 tablespoon olive oil	1/4 teaspoon ground nutmeg
1 large onion, chopped	1/4 teaspoon ground black pepper
1 pound collard greens, chopped (about 16 leaves)	1/4 cup fresh dill, chopped
	1/4 cup fresh parsley, chopped
	1/2 teaspoon sea salt
<b>TOFU-"FETA" MIXTURE</b>	
1/2 cup almonds	160 grams whole wheat filo, thawed (about 8 18"x13" pieces)
1 pound tofu, firm	1/2 tablespoon olive oil, for brushing
1 tablespoon olive oil	
1 1/4 teaspoons sea salt	

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. Saute onion, collard greens, and steamed-chopped spinach, adding them one at a time and letting it cook a few minutes before adding the next (about 12 minutes).

During this process, prepare the tofu-"feta" mixture using a food processor. Add almonds first, and grind. Add 2/3 of the 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.

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.

To assemble the "pie", oil a large (about 9"x13") baking pan. Lay 1/4 of the filo sheets (about 2 18"x13" pieces) into the bottom of the pan, brushing each layer of filo with olive oil. 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, 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.

## 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 inside filo sheets).
- Use any combination of greens (spinach, collards, kale) to create the 2 pounds 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.
- For faster preparation, use thawed frozen greens.
- "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 filo, then bake on a baking sheet for 20 minutes. This should make about 20 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.

Per serving: 189 Calories; 10g Fat (46% calories from fat); 11g Protein; 16g Carbohydrate; 0mg Cholesterol; 449mg Sodium

# 11-Millet-Bean Patties

**Nutrition Facts**  
Servings Per Recipe 8

Amount Per Serving	
Calories	88
Calories from fat	9
<b>% Daily Value*</b>	
Total Fat 1.0g	<b>2%</b>
Saturated Fat 0.1g	<b>1%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 312mg	<b>13%</b>
Carbohydrate 16.7g	<b>6%</b>
Dietary Fiber 3.9g	<b>16%</b>
Protein 3.8g	<b>8%</b>
Vitamin A	<b>91.4%</b>
Vitamin C	<b>39.9%</b>
Calcium	<b>3.4%</b>
Iron	<b>6.4%</b>

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

Makes 8 servings.

Preparation Time: 1 hour, 10 minutes

Serving Ideas: Serve with salsa if desired.

- 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.
- It is best to make the millet mixture the day before you want to make the patties.

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3/4 cup millet, washed	1 teaspoon olive oil
2 1/2 cups water	1/4 teaspoon sea salt
1/2 teaspoon sea salt	
1/2 teaspoon cumin powder	3 ounces chopped green chilies, packaged or fresh
(or leftover cooked millet and skip millet cooking instructions)	1 cup pinto beans, cooked, mashed
	(see "Glossary of Cooking Terms" for more information about cooking beans)
1 small onion, chopped	(or refried beans)
2 large carrots, sliced 1/4" thick	1 tablespoon tamari soy sauce
16 garlic cloves, cut in half	

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Place millet in sauce pan with water, salt, and cumin. Cover and bring to a boil. Once boiling, simmer for 40 minutes.

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.

When millet is finished cooking, stir in chilies, beans, and tamari. When vegetables are roasted, add this to the millet mixture as well.

Dish can be eaten now if you do not want to make patties. To continue and make patties, it is best to firm up the millet mixture by refrigerating it overnight because the mixture is quite hot and wet and will be difficult to form into patties. Once mixture is firm, continue making patties.

Oil a baking sheet if it is not non-stick.

Using your hands, take about 1/3 cup of the mixture, shape it into a patty, and place it on a the baking sheet. Repeat using all mixture. You should end up with about 16 small patties.

Roast in a 450 degree F (230 degree C) oven (no need to preheat oven) for about 20 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.

#### VARIATIONS:

- For richer patties, add some ground pumpkin seeds when combining millet, beans, and vegetables.
- Simply use leftover cooked millet and leftover roasted vegetables for faster preparation.

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Per serving: 88 Calories; 1g Fat (10% calories from fat); 4g Protein; 17g Carbohydrate; 0mg Cholesterol; 312mg Sodium

# 11-Rice-Sweet Potatoes-Collard Torte

**Nutrition Facts**  
Servings Per Recipe 8

Amount Per Serving	
Calories	302
Calories from fat	49
<b>% Daily Value*</b>	
Total Fat 5.5g	<b>9%</b>
Saturated Fat 0.7g	<b>4%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 258mg	<b>11%</b>
Carbohydrate 57.0g	<b>19%</b>
Dietary Fiber 4.4g	<b>18%</b>
Protein 7.3g	<b>15%</b>
Vitamin A	<b>137.4%</b>
Vitamin C	<b>44.8%</b>
Calcium	<b>15.4%</b>
Iron	<b>13.2%</b>

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

Makes 8 servings.

Preparation Time: 2 hours

Serving Ideas: Serve with "Creamy Garlic Sauce" (see recipe).

- 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.

## SWEET POTATO FILLING

2 medium sweet potatoes, cut in 1" cubes  
1/4 teaspoon dark (toasted) sesame oil  
1/4 teaspoon sea salt

1/2 teaspoon sea salt

2 tablespoons tahini

1/4 cup pecans

## COLLARD GREEN FILLING

1/4 teaspoon dark (toasted) sesame oil  
1 medium onions, chopped  
1 pound collard greens, chopped (about 16 leaves)  
1/4 teaspoon sea salt

## RICE

2 1/2 cups brown rice, short-grain, washed  
6 cups water

## SWEET POTATO FILLING

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 with pecans. Set aside.

## RICE

While potatoes are roasting, prepare the rice by combining the rice, water, and sea salt in a pot. (This recipe uses a bit more water 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.

## COLLARD GREEN FILLING

While potatoes are roasting and rice is cooking, prepare the collards. Heat a skillet over medium-high heat and add oil. Saute onion and collard greens, sealing them one at a time (about 11 minutes total). Add the sea salt and cook for about 3+ minutes.

Briefly blend mixture.

## TORTE ASSEMBLY

To assemble the torte, oil a deep dish pie pan very well (especially the bottom). Spread 1/3 of the rice in the bottom of the pie pan. Spread sweet potato filling on top of bottom rice layer. Layer another 1/3 of the rice on top of the sweet potatoes. 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, and then turn 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: 302 Calories; 6g Fat (16% calories from fat); 7g Protein; 57g Carbohydrate; 0mg Cholesterol; 258mg Sodium

# 11-Savory Cutlets

## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving		
Calories		172
Calories from fat		35
		<b>% Daily Value*</b>
Total Fat	4.0g	<b>6%</b>
Saturated Fat	0.5g	<b>3%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	446mg	<b>19%</b>
Carbohydrate	24.9g	<b>8%</b>
Dietary Fiber	3.8g	<b>15%</b>
Protein	10.6g	<b>21%</b>
Vitamin A		<b>83.6%</b>
Vitamin C		<b>39.6%</b>
Calcium		<b>7.5%</b>
Iron		<b>18.1%</b>

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

Makes 8 servings.

Preparation Time: 1 hour, 20 minutes

Serving Ideas: Serve topped with "Orange-Juniper Sauce" (see recipe).

- Serve with a hot nut sauce or a not-too-thick bean or flour sauce.
- This is a good dish for the winter holidays.

4 servings 12-Roasted Tempeh and Vegetables

skip quinoa cooking instructions)

3/4 cup quinoa, washed  
1 1/2 cups water  
1/2 teaspoon sea salt  
(or leftover cooked quinoa and

2 cups frozen green peas  
1 tablespoon tamari soy sauce  
1 1/2 teaspoons ground rosemary

If not already prepared, start to make the roasted tempeh and vegetables dish.

Once quinoa is washed, place it in a sauce pan with water and sea salt, bring to a boil. Once boiling, turn to low, and simmer for 15 to 20 minutes.

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.

To make the cutlets:

Mix water into the mixture only as need to make it so the mixture sticks together and can be formed into cutlets (square patties).

If the mixture seems a little dry or crumbly, and would not stick together to form cutlets, add some water in small increments until it gets a little mushy so that cutlets can be formed.

Oil a baking sheet if it is not non-stick.

Shape mixture into cutlets (it should make about 8 cutlets), and place on the baking sheet.

Bake in a 350 degree F (175 degree C) oven (no need to preheat oven) for 30 minutes. Flip cutlets and bake another 15 or 20 minutes, or until they are golden brown and have crispy edges.

VARIATIONS:

- Use rice in place of the quinoa.

Per serving: 172 Calories; 4g Fat (20% calories from fat); 11g Protein; 25g Carbohydrate; 0mg Cholesterol; 446mg Sodium

# 11-Sicilian Rice Balls (Arancini di Riso)

Makes 8 servings.

Preparation Time: 2 hours

Serving Ideas: Serve with some simple vegetables with no added fat.

- 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.



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	405
Calories from fat	83
<b>% Daily Value*</b>	
Total Fat 9.4g	<b>14%</b>
Saturated Fat 1.4g	<b>7%</b>
Cholesterol 1mg	<b>0%</b>
Sodium 1222mg	<b>51%</b>
Carbohydrate 63.7g	<b>21%</b>
Dietary Fiber 6.2g	<b>25%</b>
Protein 17.7g	<b>35%</b>
Vitamin A	<b>54.2%</b>
Vitamin C	<b>28.9%</b>
Calcium	<b>16.7%</b>
Iron	<b>22.6%</b>

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

### 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

1/2 teaspoon ground black pepper  
6 ounces tomato paste

### REMAINING INGREDIENTS FOR RICE

1/4 cup vegan parmesan cheese alternative  
5 ounces frozen peas

### "MEAT" FILLING

3 tablespoons olive oil  
14 ounces gimme lean - sausage style, cut in small dice  
1 large onion, finely chopped  
6 cloves garlic, finely chopped

### ASSEMBLY

2 tablespoons flax seeds, ground  
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.

Once rice is finished cooking, stir in tahini and set aside.

### "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, onion, and garlic, sealing them one at a time (about 15 minutes total). 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 vegan parmesan cheese alternative in to the mixture. 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. Roll rice ball in the flax-water mixture, and then dredge in the cornmeal. Set rice ball aside, and continue making rice ball. 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.

Per serving: 405 Calories; 9g Fat (21% calories from fat); 18g Protein; 64g Carbohydrate; 1mg Cholesterol; 1222mg Sodium

# 11-Stuffed Portobella Mushrooms

**Nutrition Facts**  
Servings Per Recipe 4

Amount Per Serving	
Calories	400
Calories from fat	31
<b>% Daily Value*</b>	
Total Fat 4.0g	<b>6%</b>
Saturated Fat 0.7g	<b>3%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 288mg	<b>12%</b>
Carbohydrate 93.8g	<b>31%</b>
Dietary Fiber 14.9g	<b>59%</b>
Protein 12.6g	<b>25%</b>
Vitamin A	<b>45.7%</b>
Vitamin C	<b>26.8%</b>
Calcium	<b>2.9%</b>
Iron	<b>13.7%</b>

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

Makes 4 servings.

Preparation Time: 30 minutes

Serving Ideas: Serve with a dollop of "Creamy Garlic Sauce" (see recipe).

1 pound portobella mushrooms  
(4 medium sized mushrooms)  
2 teaspoons olive oil  
1/4 teaspoon sea salt

2 servings 11-Millet-Bean Patties  
(prepared, but not baked/roasted)  
(see recipe)

Take the stems out of the portobella mushrooms and set aside to use for another dish. Brush dirt from mushroom caps. Lightly coat the outsides of the mushroom caps with olive oil and then with 1/8 teaspoon salt.

Place caps on baking sheet (it should not need to be oiled since the vegetables are oiled) with the insides of the caps facing upwards. Sprinkle the remaining 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.

#### VARIATIONS:

- Simply use leftover cooked grain mixed with some leftover roasted or sauted vegetables for faster preparation of this dish.

Per serving: 400 Calories; 4g Fat (8% calories from fat); 13g Protein; 94g Carbohydrate; 0mg Cholesterol; 288mg Sodium

# 12-Barbequed Tempeh

Makes 4 servings.

Preparation Time: 5 minutes



- A simple, high-protein, satisfying, iron-rich, home-style dish that has lots of flavor, and fairly low in fat.
- Just combine, heat, and eat.

## Nutrition Facts

Servings Per Recipe 4

Amount Per Serving		
Calories		223
Calories from fat		43
	<b>% Daily Value*</b>	
Total Fat	5.1g	<b>8%</b>
Saturated Fat	0.7g	<b>3%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	155mg	<b>6%</b>
Carbohydrate	35.8g	<b>12%</b>
Dietary Fiber	1.1g	<b>5%</b>
Protein	11.9g	<b>24%</b>
Vitamin A		<b>12.1%</b>
Vitamin C		<b>9.9%</b>
Calcium		<b>15.7%</b>
Iron		<b>21.8%</b>

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

8 ounces tempeh, thawed and cubed

1 1/2 cups 15-Barbeque Sauce, (see recipe)

In a skillet, gently cook tempeh in sauce for about 5 minutes to integrate flavors.

### 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.
- "Barbequed Baked Beans" - use beans (primarily pinto, but other types should be good too) instead of tempeh.

Per serving: 223 Calories; 5g Fat (19% calories from fat); 12g Protein; 36g Carbohydrate; 0mg Cholesterol; 155mg Sodium

# 12-Corn-Tofu Saute

Makes 8 servings.

Preparation Time: 40 minutes

## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	125
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 130mg	<b>5%</b>
Carbohydrate 10.8g	<b>4%</b>
Dietary Fiber 2.0g	<b>8%</b>
Protein 10.3g	<b>21%</b>
Vitamin A	<b>3.3%</b>
Vitamin C	<b>7.6%</b>
Calcium	<b>12.7%</b>
Iron	<b>34.1%</b>

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

1 teaspoon unrefined corn oil  
2 large onions, diced  
4 ears of corn

16 ounces tofu, firm  
1/2 teaspoon sea salt  
4 garlic cloves, minced

Heat large skillet on medium to medium-high heat and add oil. Saute onion for a few minutes. While the onions are cooking, cut the corn off the cobs. Add the corn, and cook for about 3 minutes.

Add the tofu, salt, and garlic and cook a few more minutes.

### VARIATIONS:

- Add some sliced carrots after the onion.

Per serving: 125 Calories; 6g Fat (38% calories from fat); 10g Protein; 11g Carbohydrate; 0mg Cholesterol; 130mg Sodium

# 12-Mexican-Style Tempeh

**Nutrition Facts**  
Servings Per Recipe 8

Amount Per Serving	
Calories	126
Calories from fat	31
<b>% Daily Value*</b>	
Total Fat 3.8g	<b>6%</b>
Saturated Fat 0.5g	<b>2%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 204mg	<b>9%</b>
Carbohydrate 17.9g	<b>6%</b>
Dietary Fiber 3.0g	<b>12%</b>
Protein 8.2g	<b>16%</b>
Vitamin A	<b>19.5%</b>
Vitamin C	<b>35.0%</b>
Calcium	<b>8.8%</b>
Iron	<b>14.2%</b>

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

Makes 8 servings.

Preparation Time: 1 hour, 10 minutes

Serving Ideas: Serve with "Tofu Sour Cream" (see recipe).

- Can be served either as a side dish, or as a filling in enchiladas or burritos.

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1 1/2 teaspoons olive oil	1 1/2 tablespoons dried basil
2 teaspoons cumin seed	8 ounces tempeh, thawed, diced small
1/8 teaspoon cayenne, (or more to taste)	32 ounces tomatoes, low sodium, diced
1 large onion, chopped	1/4 teaspoon sea salt
1/2 pound mushrooms, sliced	1/4 cup brown rice flour, (or spelt flour)
(about 2 cups)	1 tablespoon Tamari soy sauce
6 garlic cloves, minced	
1/2 teaspoon ground fennel seed	

---

Heat a large pot over medium-high heat and add oil. Saute cumin seed and cayenne briefly, and then add the onion, mushrooms, and garlic, sealing them one at a time (sealing is important for developing a good flavor) (about 30 minutes total). Add the ground fennel seeds, and basil and cook 2 more minutes. Add the tempeh, tomatoes, and salt and simmer for 30+ minutes.

To thicken, add the flour, sprinkling in 2 tablespoons at a time, stirring well after each addition. If the mixture is quite thick, you may not need 1/4 cup and if it is quite thin, you may need more than 1/4 cup flour.

Before serving, stir in tamari.

---

Per serving (excluding unknown items): 126 Calories; 4g Fat (25% calories from fat); 8g Protein; 18g Carbohydrate; 0mg Cholesterol; 204mg Sodium

# 12-Roasted Tempeh and Vegetables

Makes 8 servings.

Preparation Time: 40 minutes

## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	165
Calories from fat	49
<b>% Daily Value*</b>	
Total Fat 5.8g	<b>9%</b>
Saturated Fat 0.8g	<b>4%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 314mg	<b>13%</b>
Carbohydrate 17.6g	<b>6%</b>
Dietary Fiber 2.4g	<b>10%</b>
Protein 12.8g	<b>26%</b>
Vitamin A	<b>156.4%</b>
Vitamin C	<b>57.2%</b>
Calcium	<b>10.8%</b>
Iron	<b>12.5%</b>

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

1 large onion, thinly sliced  
3 large carrots, cut into 1/2" pieces  
16 ounces tempeh, thawed, diced small  
5 garlic cloves, halved  
1 1/2 teaspoons dark sesame oil  
2 tablespoons dried basil  
1 teaspoon sea salt

2 cups broccoli florets  
1/2 cup broccoli stalks, peeled, sliced  
(florets and stalks from 1 bunch)  
1/2 teaspoon dark sesame oil  
1/4 teaspoon sea salt  
3 tablespoons sweet sherry, (or mirin)

Toss cut onions, carrots, tempeh, garlic, oil, basil, 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 30 minutes.

Toss broccoli, oil, and salt in a bowl. Add this broccoli to the baking sheet and mix with the carrot mixture. Continue to roast until the vegetables are not hard, and have browned (about 20 more minutes). Toss vegetables every 10 minutes during this final period to ensure they do not burn on any one side.

When vegetables are not hard any more and broccoli is browned, remove from oven and splash with sweet mirin.

### VARIATIONS:

- Mix roasted vegetables and tempeh with cooked grain for a complete meal in one dish.

Per serving: 165 Calories; 6g Fat (30% calories from fat); 13g Protein; 18g Carbohydrate; 0mg Cholesterol; 314mg Sodium

# 12-Savory Tempeh Patties

Makes 6 servings.

Preparation Time: 45 minutes

Serving Ideas: Serve "Creamy Garlic Sauce" (see recipe) over patties.

- An easy way to grind flax seeds is in a coffee grinder.

## Nutrition Facts

Servings Per Recipe 6

Amount Per Serving	
Calories	111
Calories from fat	49
<b>% Daily Value*</b>	
Total Fat 5.7g	<b>9%</b>
Saturated Fat 0.7g	<b>4%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 297mg	<b>12%</b>
Carbohydrate 7.3g	<b>2%</b>
Dietary Fiber 0.1g	<b>0%</b>
Protein 8.6g	<b>17%</b>
Vitamin A	<b>5.6%</b>
Vitamin C	<b>0.1%</b>
Calcium	<b>4.5%</b>
Iron	<b>7.3%</b>

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

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8 ounces tempeh, thawed	(or water)
2 tablespoons flax seeds, ground	1/4 teaspoon ground sage
(or brown rice flour)	1/4 teaspoon ground rosemary
2 teaspoons unrefined corn oil	1/2 teaspoon ground thyme
1 3/4 tablespoons Tamari soy sauce	1/4 teaspoon marjoram
2 tablespoons sweet sherry, (or mirin)	

---

Oil a baking sheet if it is not non-stick.

Steam tempeh for 10 minutes. Shred tempeh into mixing bowl. Add remaining ingredients and mix well. 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 (and if you like, a bit crusty).

---

Per serving: 111 Calories; 6g Fat (45% calories from fat); 9g Protein; 7g Carbohydrate; 0mg Cholesterol; 297mg Sodium

# 12-Spicy Tempeh with Green Chilies

Makes 3 servings.

Preparation Time: 20 minutes

## Nutrition Facts

Servings Per Recipe 3

### Amount Per Serving

Calories		198
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	422mg	<b>18%</b>
Carbohydrate	19.7g	<b>7%</b>
Dietary Fiber	1.5g	<b>6%</b>
Protein	16.1g	<b>32%</b>
Vitamin A		<b>14.0%</b>
Vitamin C		<b>88.8%</b>
Calcium		<b>9.2%</b>
Iron		<b>18.2%</b>

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

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1 teaspoon olive oil	1 teaspoon cumin powder
1 large onion, chopped	1/8 teaspoon sea salt
8 ounces tempeh, defrosted	1 tablespoon Tamari soy sauce
3 ounces chopped green chilies, packaged or fresh	

---

Heat large skillet on medium to medium-high heat and add oil. Saute onion until well browned (about 7 minutes).

Cut tempeh into about 10 large pieces. Add tempeh and seal for about 5 minutes. Add green chilies, cumin, and salt. Cook for 5+ minutes. Add tamari.

---

Per serving: 198 Calories; 8g Fat (32% calories from fat); 16g Protein; 20g Carbohydrate; 0mg Cholesterol; 422mg 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
<b>% Daily Value*</b>	
Total Fat 7.4g	<b>14%</b>
Saturated Fat 1.0g	<b>5%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 340mg	<b>14%</b>
Carbohydrate 13.6g	<b>5%</b>
Dietary Fiber 0.1g	<b>0%</b>
Protein 15.0g	<b>30%</b>
Vitamin A	<b>10.4%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>7.2%</b>
Iron	<b>10.5%</b>

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

8 ounces tempeh, defrosted  
1 teaspoon dark (toasted) sesame oil

1 tablespoon Tamari soy sauce  
1 tablespoon sweet sherry, (or mirin)

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

# 13-Braised Broccoli

Makes 6 servings.

Preparation Time: 25 minutes

## Nutrition Facts

Servings Per Recipe 6

### Amount Per Serving

Calories		55
Calories from fat		8
<b>% Daily Value*</b>		
Total Fat	1.0g	<b>1%</b>
Saturated Fat	0.1g	<b>1%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	188mg	<b>8%</b>
Carbohydrate	9.1g	<b>3%</b>
Dietary Fiber	3.5g	<b>14%</b>
Protein	4.2g	<b>8%</b>
Vitamin A		<b>30.3%</b>
Vitamin C		<b>135.4%</b>
Calcium		<b>5.6%</b>
Iron		<b>5.2%</b>

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

4 cups broccoli florets  
1 cup broccoli stalks, peeled, sliced  
(florets and stalks from 2 bunches)

1 large onion, diced  
4 garlic cloves, minced  
1 tablespoon Tamari soy sauce  
1 tablespoon sweet sherry, (or mirin)

3/4 teaspoon olive oil

To prepare the broccoli: a) cut off the florets, b) peel the stalks, and c) dice the stalks.

Heat large skillet on medium to medium-high heat and add oil. Saute onion for a few minutes, then add the diced 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 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: 55 Calories; 1g Fat (14% calories from fat); 4g Protein; 9g Carbohydrate; 0mg Cholesterol; 188mg 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	97
Calories from fat	10
<b>% Daily Value*</b>	
Total Fat 1.2g	<b>2%</b>
Saturated Fat 0.2g	<b>4%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 254mg	<b>11%</b>
Carbohydrate 21.6g	<b>7%</b>
Dietary Fiber 3.3g	<b>13%</b>
Protein 4.1g	<b>8%</b>
Vitamin A	<b>143.0%</b>
Vitamin C	<b>110.0%</b>
Calcium	<b>5.1%</b>
Iron	<b>5.2%</b>

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

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1 teaspoon olive oil	(about 2 bunches)
1 large onion, diced	4 cups red cabbage, chopped
1/4 pound shiitake mushrooms, halved (about 1 cup)	(about one medium head)
5 cups broccoli rabe, chopped	4 garlic cloves, minced
	3/4 teaspoon sea salt

---

Heat large skillet on medium to medium-high heat and add oil. Saute onion for a few minutes, then add the mushrooms. 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.

---

Per serving: 97 Calories; 1g Fat (10% calories from fat); 4g Protein; 22g Carbohydrate; 0mg Cholesterol; 254mg 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>

- Collards are one of the very nutritionally strong 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. This dish could convert some of those who have not liked greens in the past.

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

- |                                  |                       |
|----------------------------------|-----------------------|
| 1/2 teaspoon olive oil           | (about 48 leaves)     |
| 1 large onions, chopped          | 1/2 teaspoon cayenne  |
| 1 medium red bell peppers, diced | 1 cup corn, frozen    |
| 3 pounds collard greens, chopped | 3/4 teaspoon sea salt |

Heat a skillet over medium-high heat and add oil. Saute onion, red bell pepper, and collard greens sealing them one at a time (about 14 minutes total). 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-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>2.0%</b>

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

3 ounces arame sea vegetable

2 tablespoons Tamari soy sauce

2 tablespoons sweet sherry, (or mirin)

1 teaspoon dark (toasted) sesame oil

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

- 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. This dish could convert some of those who have not liked greens in the past.

## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	122
Calories from fat	14
<b>% Daily Value*</b>	
Total Fat 1.7g	<b>3%</b>
Saturated Fat 0.1g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 226mg	<b>9%</b>
Carbohydrate 22.8g	<b>8%</b>
Dietary Fiber 7.5g	<b>30%</b>
Protein 6.3g	<b>13%</b>
Vitamin A	<b>265.4%</b>
Vitamin C	<b>110.3%</b>
Calcium	<b>27.1%</b>
Iron	<b>9.3%</b>

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

1/2 teaspoon olive oil  
2 large onions, chopped  
3 medium carrots, sliced  
3 pounds mixed hearty greens, chopped  
(e.g., collards, kale, and/or chard)  
(about 48 leaves)

3/4 cup chickpeas, cooked, drained  
1/4 cup red wine  
1/4 teaspoon sea salt  
2 tablespoons sucanat  
1/2 teaspoon sea salt

Heat a skillet over medium-high heat and add oil. Saute onions, carrots, and mixed hearty greens sealing them one at a time (about 14 minutes total).

While vegetable are sautding, combine chickpeas, wine, salt, and sugar in a small pan and cook together. The idea is to impact a sweetened red wine flavor into the chickpeas (with no liquid left).

When vegetables are done sauteing, add the remaining sea salt and chickpeas and cook for about 2+ minutes.

### VARIATIONS:

- Instead of using chickpeas, try another bean such as white beans.

Per serving: 122 Calories; 2g Fat (12% calories from fat); 6g Protein; 23g Carbohydrate; 0mg Cholesterol; 226mg 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 strong 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. 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  
1/4 teaspoon olive oil

1 large onions, chopped  
3 pounds kale, 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. Saute onion and kale, sealing them one at a time (about 12 minutes total).

Drain the sun-dried tomatoes and slice them. Add them with the water and 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	141
Calories from fat	15
<b>% Daily Value*</b>	
Total Fat 1.8g	<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.

4 cups broccoli florets  
1 cup broccoli stalks  
(need ~2 bunches to have enough florets)  
  
3/4 teaspoon olive oil  
1 large onion, diced  
3 carrots, sliced  
1 1/2 pounds kale, chopped  
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 stalked called for in the ingredients), and c) sliver the stalks.

Heat large skillet on medium to medium-high heat and add oil. Saute onion for a few minutes, then add the diced 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. Add sea salt. 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: 141 Calories; 2g Fat (10% calories from fat); 7g Protein; 28g Carbohydrate; 0mg Cholesterol; 377mg Sodium

# 13-Roasted Green Beans

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>1%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	124mg	<b>5%</b>
Carbohydrate	8.1g	<b>3%</b>
Dietary Fiber	3.4g	<b>14%</b>
Protein	1.9g	<b>4%</b>
Vitamin A		<b>13.3%</b>
Vitamin C		<b>28.2%</b>
Calcium		<b>4.0%</b>
Iron		<b>6.0%</b>

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

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2 pounds green beans  
5 garlic cloves, crushed  
1 teaspoon olive oil

1/2 teaspoon sea salt  
3 tablespoons balsamic vinegar

---

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) for 40 minutes.

Before serving, toss with balsamic vinegar.

### 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; 124mg Sodium

# 13-Roasted Mexican-Style Vegetables

Makes 8 servings.

Preparation Time: 40 minutes



- Depending on the chilies used, and on the amount of cayenne used, this dish can be very spicy.

## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving		
Calories		83
Calories from fat		12
		<b>% Daily Value*</b>
Total Fat	1.4g	<b>2%</b>
Saturated Fat	0.2g	<b>4%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	251mg	<b>10%</b>
Carbohydrate	14.9g	<b>5%</b>
Dietary Fiber	4.0g	<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>14.0%</b>

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

1 large onion, thinly sliced  
 3 large red bell peppers, cut into 2" pieces  
 2 large carrots, cut into 2" pieces  
 1/2 medium red cabbage, cut into 2" pieces  
 2 medium Anaheim chili peppers, cut into 2" pieces  
 1 cup kidney beans, cooked  
 (see "Glossary of Cooking Terms" for more

information about cooking beans)  
 1 1/2 teaspoons unrefined corn oil  
 2 teaspoons cumin powder  
 2 tablespoons dried oregano  
 1/8 teaspoon cayenne, to taste  
 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: 83 Calories; 1g Fat (15% calories from fat); 4g Protein; 15g Carbohydrate; 0mg Cholesterol; 251mg Sodium

# 13-Roasted Mixed Vegetables

**Nutrition Facts**  
Servings Per Recipe 8

Amount Per Serving	
Calories	88
Calories from fat	9
<b>% Daily Value*</b>	
Total Fat 1.0g	<b>2%</b>
Saturated Fat 0.1g	<b>1%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 247mg	<b>10%</b>
Carbohydrate 18.4g	<b>6%</b>
Dietary Fiber 3.1g	<b>12%</b>
Protein 2.6g	<b>5%</b>
Vitamin A	<b>95.0%</b>
Vitamin C	<b>37.3%</b>
Calcium	<b>2.9%</b>
Iron	<b>5.6%</b>

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

Makes 8 servings.

Preparation Time: 40 minutes

- These vegetables are great for using other dishes because they have their flavor heightened so much after roasting.

---

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: 88 Calories; 1g Fat (10% calories from fat); 3g Protein; 18g Carbohydrate; 0mg Cholesterol; 247mg Sodium

# 13-Roasted Root Vegetables

**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.

Makes 8 servings.

Preparation Time: 40 minutes

- 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.

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:

- 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-Spiced Butternut Squash Puree

Makes 10 servings.

Preparation Time: 25 minutes

Serving Ideas: Serve with toasted, shredded coconut and/or hazelnuts.



## Nutrition Facts

Servings Per Recipe 10

Amount Per Serving	
Calories	68
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 53mg	<b>2%</b>
Carbohydrate 16.9g	<b>6%</b>
Dietary Fiber 2.0g	<b>8%</b>
Protein 1.3g	<b>3%</b>
Vitamin A	<b>178.4%</b>
Vitamin C	<b>32.6%</b>
Calcium	<b>6.7%</b>
Iron	<b>5.5%</b>

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

2 medium butternut squash, baked  
(about 4 pounds total)

1/2 teaspoon olive oil  
1 tablespoon ground fennel seeds  
3/4 teaspoon ground cardamom  
1 tablespoon green chili peppers, minced

2 tablespoons maple syrup, or to taste  
1/4 teaspoon sea salt

**GARNISH**  
3 tablespoons lime juice  
(from 2 fresh limes)

Cut open, seed, and peel the cooked squash. The squash should be very tender when it is fully cooked. Place the pulp in a bowl and puree with a hand mixer or a potato masher (alternatively, puree in a food processor).

Heat a skillet over medium-high heat and add oil. Add the fennel seed, cardamom, and the chilies. Within 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: 68 Calories; less than one gram Fat (5% calories from fat); 1g Protein; 17g Carbohydrate; 0mg Cholesterol; 53mg Sodium

# 13-Tsimmes

Makes 8 servings.

Preparation Time: 30 minutes

- A simple Eastern European-Jewish dish.

## Nutrition Facts

Servings Per Recipe 8

### Amount Per Serving

Calories		42
Calories from fat		3
<b>% Daily Value*</b>		
Total Fat	0.4g	1%
Saturated Fat	0.1g	0%
Cholesterol	0mg	0%
Sodium	81mg	3%
Carbohydrate	9.9g	3%
Dietary Fiber	1.9g	8%
Protein	0.7g	1%
Vitamin A		361.0%
Vitamin C		10.2%
Calcium		2.1%
Iron		2.3%

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

1/2 teaspoon unrefined corn 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 to heat and add oil. Saute carrots (cut like disks) in the pan until soft, but do not let them brown. Add spices, salt, and brown rice syrup, and cook briefly 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-<sup>+</sup> Dessert Notes - 1 <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 - 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 it's 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 canola oil in place of applesauce and/or prune puree.
- 2) use unrefined coconut oil in place of canola oil and/or applesauce and/or prune puree (see below for more information about unrefined coconut oil).
- 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 it's place - replace each 3 tablespoons of cocoa with 1 ounce (27 grams) of hard chocolate.

### FAT REPLACERS

To the 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 with a sharp blade). In general, 1 small cored apple is equal to about 3 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.

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 powder. You just don't want to use too much, or it will make the texture too gooey.

Whether using freshly ground flour or already ground flour (i.e., from a bag), 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, whole-grain amaranth, whole-grain teff, and/or whole-grain millet.

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) will make baked goods denser).

In general, when a recipe calls for non-gluten flour (like brown rice flour), it also often calls for finely ground tapioca powder and/or ground flax seed to assist in the binding of the non-gluten flour. 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.

---

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
% 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.

### 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), it's flavor is very pleasant, it adds moisture, and it goes well with many desserts. Agave nectar 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 it's 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 and sorghum syrup which have very distinctive flavors. These are generally only good for certain situations where these strong flavors work with the dessert.

Other alternative sweeteners include: sucinat 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 chapter.

#### SWEETENER SUBSTITUTIONS

As mentioned above, when replacing a liquid sweetener (such as maple syrup) with a dry sweetener (such as sucinat), 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 custard recipes because the dry sweeteners tend to be gritty in icings and custards.

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, sucinat, 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 which type of sweetener is 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 recipe (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., sucinat). 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 sucinat. 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 canola because it is not a heavy oil and it has very little flavor, allowing the flavor of the dessert to shine through. As with all oils, unrefined is best, but make sure the oil you use can go up to at least 212 degrees F (100 degrees C) (some unrefined oils should only be used at lower cooking temperatures). Other options are sunflower oil or safflower oil, although in their unrefined states, they will add more of their own flavor, and may be a little heavier than canola oil. In addition, sometimes I call for unrefined coconut oil.

Coconut oil is a saturated fat, but the unrefined version (which you never find 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 canola oil). See "Mail Order Companies" at the end of the cookbook for sources of unrefined coconut oil (some of which are also organic). Generally, canola oil can be used in place of coconut oil with good results.

Additionally, you may like to experiment with other oils like safflower, sunflower, hazelnut, and walnut if these fit with the flavor of the dessert you are making.

#### 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 nuts). 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 book.

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

# 14-+ Cake Notes +

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.

### 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, this is not such a big deal, 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 does not stick to the pan when being removed. 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 it's 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 canola oil in place of applesauce and/or prune puree
- 2) use coconut oil in place of canola oil and/or applesauce and/or prune puree (see the notes about coconut oil 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, and is not as gritty as 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. Powdered sucanat (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. Also, if sucanat is used in place of maple syrup, additional liquid will be needed to make the cake.

I have not had good luck in using heavier syrup-type sweeteners (like brown rice syrup and barley malt syrup) - 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). These 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.

#### 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 nuts). 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 thin "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 is a good choice. Alternatively, low-fat dessert sauces can be made from fruit puree.

#### 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 minimize these negative effects. These cakes will generally keep covered in the refrigerator for up to 5 days, but the lower the fat content, the worse it will keep (dries out/becomes stale faster with less fat). Covering the cakes should also keep undesirable odors from permeating the cake. As long as icing is covering the cake, moisture loss is minimized. When cut, the exposed cake surfaces will dry out fairly fast 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.

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

# 14-Carob-Walnut Cookies

Makes 24 servings.

Preparation Time: 35 minutes



## Nutrition Facts

Servings Per Recipe 24

Amount Per Serving	
Calories	158
Calories from fat	43
<b>% Daily Value*</b>	
Total Fat 4.9g	<b>8%</b>
Saturated Fat 1.4g	<b>7%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 55mg	<b>2%</b>
Carbohydrate 26.6g	<b>9%</b>
Dietary Fiber 2.7g	<b>11%</b>
Protein 3.3g	<b>7%</b>
Vitamin A	<b>0.2%</b>
Vitamin C	<b>0.6%</b>
Calcium	<b>5.7%</b>
Iron	<b>7.1%</b>

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

- This makes a crispy/crunchy cookie. See variations for making the cookie softer.
- An easy way to grind flax seeds is in a coffee grinder.

### DRY INGREDIENTS

- 1 1/2 cups brown rice flour, (or spelt flour)
- 1 cup whole-grain teff flour, (or spelt flour)
- 1/2 cup whole hemp flour, (or spelt flour)
- 1/2 cup whole-grain amaranth flour, (or spelt flour)
- 1/4 cup flax seeds, ground
- 1/4 cup carob flour, (carob powder)
- 1/3 cup Sucanat sugar
- 1/4 teaspoon sea salt
- 2 teaspoons baking powder, (double acting)
- 1/2 cup walnuts, (pieces or halves)

### WET INGREDIENTS

- 1/3 cup brown rice syrup
- 1/3 cup maple syrup
- 3 tablespoons canola oil
- 2 tablespoons unrefined coconut oil, (or canola oil)
- 1 tablespoon vanilla extract

### GARNISH

- 1/4 cup walnuts, (pieces or halves)

Preheat oven to 350 degrees F (175 degrees C). Oil a cookie sheet if it is not non-stick.

Combine dry ingredients including walnuts in a large bowl.

Blend wet ingredients in a separate bowl.

Add the wet mixture to the dry mixture, and mix together. It may seem a bit dry at first, but once you get all the ingredients integrated, it will form a slightly sticky, shapable dough. (If other flours besides those being called for are used, additional flour may be needed to create a stiff enough dough. The dough is too wet if you can not form cookies with your hands.)

Form balls of dough and place on the cookie sheet. They may be a bit crumbly, but should bake together nicely. Garnish cookies by pressing the remaining walnuts into the tops of the cookies.

Bake for about 15-20 minutes. To prevent the bottoms of the cookies from burning, you may like to put an extra cookie sheet in the oven to protect the main cookie sheet from the oven heating element.

After removing cookies from oven, they will be quite soft. This is partially due to the fact that the brown rice syrup "melts" during baking. Let the cookies sit on the cookie sheet for 5 to 10 minutes to allow them to cool and firm up. They will then be much easier to remove from the sheet. If you wait too long before removing them from the sheet, it will be more difficult to get them off because the brown rice syrup will have hardened too much.

Cookies freeze very well.

### VARIATIONS:

- "Chocolate-Walnut Cookies" - use cocoa in place of the carob flour.
- Use a combination of maple syrup, brown rice syrup, and barley malt syrup as the liquid sweetener. The current ratio of maple syrup to brown rice syrup makes this cookie quite crunchy/crisp, whereas if more maple syrup were used in place of the brown rice syrup, the cookie would be softer. See the "Sweetener Substitutions" section in "Dessert Notes" earlier in the book for more information.
- Could use any combination of the following flours: brown rice flour, whole-grain millet flour, whole-grain amaranth flour, whole-grain teff flour, whole hemp flour, ground sesame seeds, and/or ground flax seed OR if you don't mind using a flour with gluten: whole-grain pastry wheat flour, whole-grain spelt flour, whole-grain kamut flour, and/or whole-grain oat flour.
- To lower the fat content, replace some of the canola oil with applesauce and/or prune puree - note this will create a more cake-like cookie rather than a crispy/chewy type cookie.
- See the "Dessert Notes" at the front of this chapter for more variation ideas.
- Alternative nuts can be used such as: almonds, hazelnuts (filberts), pecans, etc.
- Alternative flavorings can be added such as: amaretto or other liqueur, dark chocolate chunks, grain coffee, spices, etc.

Per serving: 158 Calories; 5g Fat (27% calories from fat); 3g Protein; 27g Carbohydrate; 0mg Cholesterol; 55mg Sodium

# 14-Carrot Cake

Makes 20 servings.

Preparation Time: 1 hour, 10 minutes



## Nutrition Facts

Servings Per Recipe 20

Amount Per Serving		
Calories		332
Calories from fat		104
	<b>% Daily Value*</b>	
Total Fat	11.8g	<b>18%</b>
Saturated Fat	4.8g	<b>24%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	152mg	<b>6%</b>
Carbohydrate	54.3g	<b>18%</b>
Dietary Fiber	2.6g	<b>1%</b>
Protein	4.5g	<b>9%</b>
Vitamin A		<b>70.3%</b>
Vitamin C		<b>4.2%</b>
Calcium		<b>11.6%</b>
Iron		<b>10.3%</b>

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

- 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 how to cut the fat or make the cake "decadent").
- To make prune puree, soften prunes in a little hot water, and then puree. The resulting mixture should be as thin as oil.

### CAKE

3 1/2 cups brown rice flour, (or spelt flour)  
 1 tablespoon flax seeds, ground  
 4 tablespoons tapioca, finely ground  
 3/4 teaspoon sea salt  
 1 tablespoon baking powder, (double acting)

1/2 cup canola oil  
 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, (see recipe)  
 1 teaspoon citrus zest, in long, thin strips  
 (from 1 piece of citrus fruit)

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 a 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 a 9 inch by 13 inch pan).

### 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. Optionally garnish with 1/2 cup toasted, glazed walnuts (or pecans) (chopped nuts around the edge and halves for the top).

Per serving: 332 Calories; 12g Fat (31% calories from fat); 4g Protein; 54g Carbohydrate; 0mg Cholesterol; 152mg 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	54
Calories from fat	18
<b>% Daily Value*</b>	
Total Fat 2.0g	<b>3%</b>
Saturated Fat 1.1g	<b>6%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 14mg	<b>1%</b>
Carbohydrate 7.7g	<b>3%</b>
Dietary Fiber 0.7g	<b>3%</b>
Protein 1.5g	<b>3%</b>
Vitamin A	<b>0.4%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>1.9%</b>
Iron	<b>3.7%</b>

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

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100 grams chocolate, bittersweet, dairy-free, melted (about 2/3 cup when cut) (or 2/3 cup dairy-free chocolate chips)	1 teaspoon vanilla extract
12 1/3 ounces tofu, low-fat silken, (extra-firm)	1/4 cup brown rice syrup
	1/4 cup maple syrup

---

Blend all ingredients with a small electric hand blender (easier clean up) or a food processor until smooth.

Spread on cooled cake and refrigerate briefly to set the icing.

Should have enough icing to cover a double-layered-10-inch round cake.

### VARIATIONS:

- 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).
- For a lower fat icing, use 2/3 cup cocoa powder in place of 100 grams of 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).

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Per serving: 54 Calories; 2g Fat (33% calories from fat); 1g Protein; 8g Carbohydrate; 0mg Cholesterol; 14mg Sodium

# 14-Chocolate-Raspberry Cake

Makes 20 servings.

Preparation Time: 1 hour, 10 minutes



## Nutrition Facts

Servings Per Recipe 20

Amount Per Serving	
Calories	404
Calories from fat	138
<b>% Daily Value*</b>	
Total Fat 16.2g	<b>25%</b>
Saturated Fat 7.1g	<b>36%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 150mg	<b>6%</b>
Carbohydrate 64.4g	<b>21%</b>
Dietary Fiber 6.2g	<b>25%</b>
Protein 5.9g	<b>12%</b>
Vitamin A	<b>0.9%</b>
Vitamin C	<b>14.0%</b>
Calcium	<b>12.5%</b>
Iron	<b>19.1%</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 how to cut the fat or make the cake "decadent").
- An easy way to grind flax seeds is in a coffee grinder.

### CAKE

3 1/4 cups brown rice flour, (or spelt flour)  
4 tablespoons tapioca, finely ground  
1 tablespoon flax seeds, ground  
1 cup cocoa, (unsweetened)  
3/4 teaspoon sea salt  
1 tablespoons baking powder, (double acting)

1/2 cup canola oil  
4 tablespoons applesauce, unsweetened  
1 3/4 cups maple syrup  
1 1/2 tablespoons vanilla extract  
14 ounces coconut milk, (or water)  
1 cup water

150 grams chocolate, bittersweet, dairy-free, chopped

(about 1 cup when cut)  
(or 1 cup dairy-free chocolate chips)

### FILLING

20 ounces raspberries, frozen  
(or 2 pints fresh raspberries)  
(or .5 cup jam mixed with 2 T lemon juice)  
1 tablespoon brown rice syrup, (or maple syrup)

### GARNISH

20 servings 14-Chocolate Icing, (see recipe)  
1 pint fresh raspberries  
1 teaspoon citrus zest, in long, thin strips  
(from 1 pieces of citrus fruit)  
1 teaspoon chocolate, bittersweet, dairy-free, shaved  
1/2 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 a 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. Combine liquids, then stir into the flour mixture. Gently stir in chopped chocolate (or chocolate chips). Pour into the prepared cake pans.

Bake for 30-40 minutes (longer if using a 9 inch by 13 inch pan).

### 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 chips in place of chopped chocolate/ chocolate chips, 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 or drained cherries from a can).
- "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: 404 Calories; 16g Fat (34% calories from fat); 6g Protein; 64g Carbohydrate; 0mg Cholesterol; 150mg Sodium

# 14-Lemon-Ginger Icing

**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 14mg	<b>1%</b>
Carbohydrate 5.4g	<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>1.5%</b>
Iron	<b>1.4%</b>

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

Makes 20 servings.

Preparation Time: 10 minutes

Serving Ideas: Excellent on "Maple Cake" (see recipe).

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

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12 1/3 ounces tofu, low-fat silken, (extra-firm)	1/4 cup brown rice syrup
2 teaspoons ginger juice, fresh	1/4 cup maple syrup
(squeezed from fresh, grated ginger root)	
2 teaspoons lemon zest, chopped fine	

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Blend all ingredients with a small electric hand blender (easier clean up) or a food processor until smooth.

Spread on cooled cake and refrigerate briefly to set the icing.

Should have enough icing to cover a double-layered-10-inch round cake.

#### VARIATIONS:

- 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).

- "Lime-Ginger Icing" - Use lime zest in place of lemon zest.

---

Per serving: 26 Calories; less than one gram Fat (4% calories from fat); 1g Protein; 5g Carbohydrate; 0mg Cholesterol; 14mg Sodium

# 14-Mango Cream Pie Filling

Makes 8 servings.

Preparation Time: 20 minutes

Serving Ideas: Can be served in a pie crust, or in ramekins as mousse.



- Agar makes this pie filling set up so it is cutable.

## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	146
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 22mg	<b>4%</b>
Carbohydrate 35.7g	<b>12%</b>
Dietary Fiber 1.7g	<b>7%</b>
Protein 1.0g	<b>2%</b>
Vitamin A	<b>41.7%</b>
Vitamin C	<b>27.0%</b>
Calcium	<b>1.7%</b>
Iron	<b>1.4%</b>

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

1/2 cup almonds

1 cup water

1 pinch salt

1 cup brown rice syrup

1 tablespoon agar flakes

1 tablespoon tapioca, finely ground

3 tablespoons water

2 mangos

1 tablespoon lemon juice  
(from half of a lemon)

### GARNISH

1 mango, sliced

1 teaspoon lemon zest  
(from half of a lemon)

Prepare and bake a pie crust if filling is for a pie.

Blend almonds, water, and salt to make a thick, smooth, sweet nut milk. Strain mixture, and add back to the blender. Add brown rice syrup 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 powder and water separately, and then add to nut milk mixture when it is hot. Cook until thick. Put nut milk mixture, mango, and lemon juice into a food processor and process until very smooth. Pour into a cooled-baked pie crust and garnish with mango slices and lemon zest.

Refrigerate until firm, at least 4 hours or overnight.

### 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).

- "Papaya Cream Pie Filling" - Use papayas in place of the mangos.

Per serving: 146 Calories; 2g Fat (11% calories from fat); 1g Protein; 36g Carbohydrate; 0mg Cholesterol; 22mg Sodium

# 14-Maple Cake

Makes 20 servings.

Preparation Time: 1 hour, 10 minutes



## Nutrition Facts

Servings Per Recipe 20

Amount Per Serving		
Calories		303
Calories from fat		106
		<b>% Daily Value*</b>
Total Fat	12.0g	<b>18%</b>
Saturated Fat	4.8g	<b>24%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	147mg	<b>6%</b>
Carbohydrate	46.2g	<b>15%</b>
Dietary Fiber	1.4g	<b>6%</b>
Protein	4.1g	<b>8%</b>
Vitamin A		<b>0.4%</b>
Vitamin C		<b>1.8%</b>
Calcium		<b>9.8%</b>
Iron		<b>8.7%</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.
- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods used to make this a more "decadent" cake, and other methods if you want to make a cake lower in fat).

### CAKE

- 3 1/2 cups brown rice flour, (or spelt flour)
- 4 tablespoons tapioca, finely ground
- 3/4 teaspoon sea salt
- 1 tablespoon baking powder, (double acting)
- 1/2 cup canola oil
- 4 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

### GARNISH

- 20 servings 03-Lemon-Ginger Icing, (see recipe)
- 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 a 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 a 9 inch by 13 inch pan).

### 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.)

Per serving: 303 Calories; 12g Fat (35% calories from fat); 4g Protein; 46g Carbohydrate; 0mg Cholesterol; 147mg Sodium

# 14-Maple Cake-Low Fat

Makes 20 servings.

Preparation Time: 1 hour, 10 minutes

- This cake has less than 15% of it's 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 13%.
- 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, using water in place of coconut milk, and using less nuts) 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 used to make this a lower fat cake, and other methods if you want to make a cake more "decadent").

## Nutrition Facts

Servings Per Recipe 20

Amount Per Serving	
Calories	224
Calories from fat	30
<b>% Daily Value*</b>	
Total Fat 3.4g	<b>5%</b>
Saturated Fat 0.3g	<b>2%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 144mg	<b>6%</b>
Carbohydrate 45.4g	<b>15%</b>
Dietary Fiber 1.3g	<b>5%</b>
Protein 3.4g	<b>7%</b>
Vitamin A	<b>0.4%</b>
Vitamin C	<b>0.9%</b>
Calcium	<b>9.4%</b>
Iron	<b>6.8%</b>

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

**CAKE**  
3 1/2 cups brown rice flour, (or spelt flour)  
4 tablespoons tapioca, finely ground  
3/4 teaspoon sea salt  
1 tablespoon baking powder, (double acting)  
  
3 tablespoons canola oil  
9 tablespoons applesauce, unsweetened  
1 1/2 cups maple syrup

1 1/2 tablespoons vanilla extract  
1 1/2 cups water

**GARNISH**  
20 servings 03-Lemon-Ginger Icing, (see recipe)  
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 a 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 a 9 inch by 13 inch pan).

**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.)

Per serving: 224 Calories; 3g Fat (14% calories from fat); 3g Protein; 45g Carbohydrate; 0mg Cholesterol; 144mg Sodium

# 14-Non-Gluten Pie Crust

Makes 8 servings.

Preparation Time: 35 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	187
Calories from fat	104
<b>% Daily Value*</b>	
Total Fat 12.0g	<b>18%</b>
Saturated Fat 4.4g	<b>22%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 61mg	<b>3%</b>
Carbohydrate 18.8g	<b>6%</b>
Dietary Fiber 0.7g	<b>3%</b>
Protein 2.6g	<b>5%</b>
Vitamin A	<b>0.1%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>6.9%</b>
Iron	<b>7.6%</b>

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

- An easy way to grind tapioca and sesame seeds is in a coffee grinder.
- This crust is suitable for sweet dessert fillings (such as "Mango Cream Pie Filling" (see recipe)), as well as savory fillings (such as a tofu quiche).
- See the "Glossary of Ingredients" for more information about organic Non-Hydrogenated Vegetable Shortening.

1 cup brown rice flour  
2 tablespoons tapioca, finely ground  
6 tablespoons sesame seeds, ground  
1/4 teaspoon sea salt

5 tablespoons organic Non-Hydrogenated Veg.  
Shortening  
(or organic coconut oil or canola oil)  
  
1/3 cup water, (maybe a bit more)

Oil a pie dish.

Combine flour, ground tapioca, ground sesame seeds, and salt in a bowl. Cut shortening into the flour mixture. Add water and mix. Add additional water one tablespoon at a time until pastry is wet enough that when pressed together, it sticks together (forms a ball).

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 (like "Mango Cream Pie Filling" (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 (like pumpkin or apple), 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.

Per serving: 187 Calories; 12g Fat (56% calories from fat); 3g Protein; 19g Carbohydrate; 0mg Cholesterol; 61mg Sodium

# 14-Orange Icing

Makes 20 servings.

Preparation Time: 10 minutes

Serving Ideas: Excellent on "Carrot 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 14mg	<b>1%</b>
Carbohydrate 5.4g	<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>1.5%</b>
Iron	<b>1.4%</b>

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

12 1/3 ounces tofu, low-fat silken, (extra-firm)  
1 1/2 tablespoons orange zest, minced  
(from 1 orange)

3/4 teaspoon orange extract  
1/4 cup brown rice syrup  
1/4 cup maple syrup

Blend all ingredients with a small electric hand blender (easier clean up) or a food processor until smooth.

Spread on cooled cake and refrigerate briefly to set the icing.

Should have enough icing to cover a double-layered-10-inch round cake.

### VARIATIONS:

- 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).

- "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: 26 Calories; less than one gram Fat (4% calories from fat); 1g Protein; 5g Carbohydrate; 0mg Cholesterol; 14mg Sodium

# 14-Peach-Pecan Ice Cream

Makes 4 servings.

Preparation Time: 40 minutes

Serving Ideas: Garnish also with toasted, glazed pecans.



## Nutrition Facts

Servings Per Recipe 4

Amount Per Serving		
Calories		231
Calories from fat		44
	<b>% Daily Value*</b>	
Total Fat	5.3g	<b>8%</b>
Saturated Fat	0.4g	<b>2%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	34mg	<b>1%</b>
Carbohydrate	49.5g	<b>17%</b>
Dietary Fiber	2.2g	<b>9%</b>
Protein	1.2g	<b>2%</b>
Vitamin A		<b>9.1%</b>
Vitamin C		<b>14.4%</b>
Calcium		<b>2.7%</b>
Iron		<b>2.9%</b>

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

### CUSTARD

1/2 cup pecans, raw  
 1/2 cup brown rice syrup  
 1/4 cup maple syrup  
 4 medium peaches  
 1 pinch sea salt  
 2 tablespoons lemon juice

(from 1 lemon)

2 teaspoons vanilla extract  
 1/2 teaspoon lecithin

### GARNISH

1 medium peach, sliced

Start with all custard ingredients as cold as possible.

Blend nuts and liquid sweeteners (maple syrup and brown rice syrup) until nuts are completely pureed (not gritty) and mixture is smooth (about 5 minutes for pecans). Add remaining custard ingredients and blend again until well integrated, smooth, and frothy. Total time for blending should be about 7 minutes.

Freeze in an ice cream maker as directed (about 30 minutes).

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 individual serving with peach slices. 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).
- Can use any type of nut in place of pecans.

Per serving: 231 Calories; 5g Fat (19% calories from fat); 1g Protein; 50g Carbohydrate; 0mg Cholesterol; 34mg Sodium

# 14-Raspberry-Almond Pastry

Makes 10 servings.

Preparation Time: 3 hours

Serving Ideas: Serve with "Macadamia Nut Cream"  
(see recipe).



## Nutrition Facts

Servings Per Recipe 10

Amount Per Serving	
Calories	311
Calories from fat	93
<b>% Daily Value*</b>	
Total Fat 11.1g	<b>17%</b>
Saturated Fat 1.0g	<b>5%</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.

- This is one of the few recipes in this cookbook that contains gluten (from the spelt flour). I have included this recipe because 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).

### 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

1/3 cup soy milk  
3 tablespoons canola oil  
(or unrefined coconut oil)  
1/4 cup brown rice syrup  
1/4 cup maple syrup

### FILLING

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  
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

Combine yeast and water and let sit for 10 minutes until active.

Combine flour and salt in a large mixing bowl. Combine soy milk, oil, 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).

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.

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). 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: 311 Calories; 11g Fat (30% calories from fat); 7g Protein; 52g Carbohydrate; 0mg Cholesterol; 102mg Sodium

# 14-Simple Pie Crust

## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	145
Calories from fat	72
<b>% Daily Value*</b>	
Total Fat 8.5g	<b>13%</b>
Saturated Fat 3.8g	<b>19%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 60mg	<b>3%</b>
Carbohydrate 16.3g	<b>5%</b>
Dietary Fiber 2.7g	<b>11%</b>
Protein 3.1g	<b>6%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>0.8%</b>
Iron	<b>4.9%</b>

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

Makes 8 servings.

Preparation Time: 25 minutes

- 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 "Non-Gluten Pie Crust" for a non-gluten version.
- This crust is suitable for sweet dessert fillings (such as "Mango Cream Pie Filling" (see recipe)), as well as savory fillings (such as a tofu quiche).
- See the "Glossary of Ingredients" for more information about organic Non-Hydrogenated Vegetable Shortening.

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1 1/2 cups whole-grain pastry wheat flour (or organic coconut oil or canola oil)  
1/4 teaspoon sea salt  
3 tablespoons water, (maybe a bit more)

5 tablespoons organic Non-Hydrogenated Veg. Shortening

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Oil a pie dish.

Combine flour and salt in a bowl. Cut shortening into the flour mixture. Add water and mix. Add additional water one tablespoon at a time until pastry is wet enough that when pressed together, it sticks together (forms a ball).

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 (like "Mango Cream Pie Filling" (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 (like pumpkin or apple), 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.

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Per serving: 145 Calories; 9g Fat (50% calories from fat); 3g Protein; 16g Carbohydrate; 0mg Cholesterol; 60mg Sodium

# 15-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	0%
Saturated Fat 0.0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Carbohydrate 3.5g	7%
Dietary Fiber 0.0g	0%
Protein 0.2g	0%
Vitamin A	0.0%
Vitamin C	0.0%
Calcium	0.2%
Iron	0.1%

\* 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.

### 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

# 15-Apricot and Date Chutney

Makes 16 servings.

Preparation Time: 30 minutes

Serving Ideas: Serve with Indian Curry and Rice

- An extremely low-fat, tasty addition to a meal.

## Nutrition Facts

Servings Per Recipe 16

Amount Per Serving	
Calories	136
Calories from fat	2
<b>% Daily Value*</b>	
Total Fat 0.3g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 181mg	<b>8%</b>
Carbohydrate 36.4g	<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>1.5%</b>
Calcium	<b>2.2%</b>
Iron	<b>7.8%</b>

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

2 cups dried apricots, chopped  
1 1/2 cups raisins  
1 1/2 cups water  
1 1/2 cups rice vinegar  
(or apple cider vinegar)  
  
1/2 cup date sugar

1/4 cup brown rice syrup  
1 cup dates, chopped  
1 1/2 tablespoons ginger root, candied, chopped  
1 1/2 teaspoons sea salt  
1 1/2 teaspoons mustard seeds, whole  
1/4 teaspoon cayenne

Place apricots, raisins, water, and vinegar in a sauce pan and bring slowly to a boil, and simmer for 15 minutes. Stir in the remaining ingredients, and simmer until thickened.

This chutney can be stored in the refrigerator for about a week.

### 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: 136 Calories; less than one gram Fat (2% calories from fat); 1g Protein; 36g Carbohydrate; 0mg Cholesterol; 181mg Sodium

# 15-Barbeque Sauce

Makes 8 servings.

Preparation Time: 1 hour, 15 minutes

Serving Ideas: Serve over grain or beans.

- 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).

## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	176
Calories from fat	11
<b>% Daily Value*</b>	
Total Fat 1.3g	<b>2%</b>
Saturated Fat 0.1g	<b>1%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 175mg	<b>7%</b>
Carbohydrate 42.5g	<b>14%</b>
Dietary Fiber 1.9g	<b>8%</b>
Protein 1.9g	<b>4%</b>
Vitamin A	<b>7.2%</b>
Vitamin C	<b>16.7%</b>
Calcium	<b>15.0%</b>
Iron	<b>23.5%</b>

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

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1/2 teaspoon unrefined corn oil	1 teaspoon ground black mustard seed
1 small onion, chopped fine	2 teaspoons ground black pepper
5 garlic cloves, minced	1/3 cup apple cider vinegar
14 ounces tomatoes, low sodium, pureed (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 miso
2 teaspoons ground yellow mustard seed	

---

Heat sauce pan over medium-high heat and add oil. Saute onion and garlic. Add remaining ingredients, except for the miso. Heat over low to medium-low heat for 40 minutes to integrate and thicken (may use a 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.

### VARIATIONS:

- Add different seasonings like Garam Masala or curry powder for a different flavor.
- 

Per serving: 176 Calories; 1g Fat (6% calories from fat); 2g Protein; 42g Carbohydrate; 0mg Cholesterol; 175mg 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 brown rice flour, (or spelt flour)

2 tablespoons water

1/3 cup cilantro, chopped

1/2 teaspoon sea salt

Heat water in a small sauce pan. Dissolve flour in 2 tablespoons of water. Add flour mixture to the hot water in the sauce pan, and stir continuously until thick. Add cilantro and salt, and turn off heat.

### VARIATIONS:

- Use vegetable broth in place of water.

Per serving: 7 Calories; less than one gram Fat (9% calories from fat); 0g Protein; 1g Carbohydrate; 0mg Cholesterol; 69mg Sodium

# 15-Creamy Garlic Sauce

Makes 10 servings.

Preparation Time: 10 minutes

Serving Ideas: Serve over grain or tempeh.

- This sauce can be served as part of a low-fat meal.

## Nutrition Facts

Servings Per Recipe 10

### Amount Per Serving

Calories		16
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	12.6mg	<b>5%</b>
Carbohydrate	1.9g	<b>1%</b>
Dietary Fiber	0.2g	<b>1%</b>
Protein	0.8g	<b>2%</b>
Vitamin A		<b>0.1%</b>
Vitamin C		<b>1.7%</b>
Calcium		<b>0.8%</b>
Iron		<b>0.6%</b>

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

1/4 cup walnuts  
2 tablespoons miso  
2 tablespoons roasted garlic paste

(see the "Glossary of Ingredients")  
1/2 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 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: 16 Calories; 1g Fat (34% calories from fat); 1g Protein; 2g Carbohydrate; 0mg Cholesterol; 12.6mg Sodium

# 15-Macadamia Nut Cream

Makes 18 servings.

Preparation Time: 10 minutes

- 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
<b>% Daily Value*</b>	
Total Fat 0.9g	<b>1%</b>
Saturated Fat 0.1g	<b>1%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 7mg	<b>0%</b>
Carbohydrate 5.1g	<b>2%</b>
Dietary Fiber 0.1g	<b>0%</b>
Protein 0.1g	<b>0%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>0.4%</b>
Iron	<b>0.4%</b>

\* 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.

### VARIATIONS:

- Can use any type of nut in place of macadamia nuts.
  - Other unrefined sweeteners can be used.
- 

Per serving: 26 Calories; 1g Fat (27% calories from fat); 0g Protein; 5g Carbohydrate; 0mg Cholesterol; 7mg Sodium

# 15-Mediterranean Tomato Sauce

Makes 8 servings.

Preparation Time: 30 minutes

## Nutrition Facts

Servings Per Recipe 8

### Amount Per Serving

Calories		70
Calories from fat		18
<b>% Daily Value*</b>		
Total Fat	2.2g	3%
Saturated Fat	0.3g	1%
Cholesterol	0mg	0%
Sodium	301mg	13%
Carbohydrate	12.2g	4%
Dietary Fiber	2.4g	10%
Protein	2.3g	5%
Vitamin A		29.2%
Vitamin C		120.4%
Calcium		10.7%
Iron		12.5%

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

---

1 tablespoon olive oil	4 tablespoons dried basil
2 medium onions, chopped	2 tablespoons capers, optional
1 medium red bell pepper, chopped	28 ounces tomatoes, canned
1 medium yellow bell pepper, chopped	1/2 teaspoon sea salt
8 garlic cloves, minced	
2 tablespoons dried oregano	

---

Heat a large pot over medium-high heat and add oil. Saute onion, red bell pepper, yellow bell pepper, and garlic, sealing them one at a time (sealing is important for developing a good flavor) (about 20 minutes total). Add the oregano, basil, and capers if desired and cook 2 more minutes. Add the tomatoes and salt and simmer for 10+ minutes.

### VARIATIONS:

- Add chopped up seasoned tempeh to the sauce with the tomatoes.
  - For a spicy sauce, add cayenne to the sauce with the oregano and basil.
- 

Per serving: 70 Calories; 2g Fat (26% calories from fat); 2g Protein; 12g Carbohydrate; 0mg Cholesterol; 301mg 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	0%
Saturated Fat 0.0g	0%
Cholesterol 0mg	0%
Sodium 34mg	1%
Carbohydrate 2.9g	1%
Dietary Fiber 0.1g	1%
Protein 0.2g	0%
Vitamin A	0.1%
Vitamin C	15.0%
Calcium	0.4%
Iron	0.7%

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

1 cup fresh squeezed orange juice  
2 teaspoons juniper berries

2 tablespoons water

1 1/2 tablespoons brown rice flour

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-Tahini-Miso Sauce

Makes 8 servings.

Preparation Time: 10 minutes

Serving Ideas: Serve over grain.



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	13
Calories from fat	9
<b>% Daily Value*</b>	
Total Fat 1.1g	2%
Saturated Fat 0.1g	1%
Cholesterol 0mg	0%
Sodium 27mg	1%
Carbohydrate 0.7g	0%
Dietary Fiber 0.1g	1%
Protein 0.4g	1%
Vitamin A	0.0%
Vitamin C	0.0%
Calcium	2.0%
Iron	2.3%

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

- This sauce can be served as part of a low-fat meal.

---

1 tablespoon tahini  
1 teaspoon miso

1/4 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 flame tamer). Add additional water if needed to make a thin sauce texture. Do not boil.

1 Serving Size = 1 teaspoon

### 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: 13 Calories; 1g Fat (67% calories from fat); 0g Protein; 1g Carbohydrate; 0mg Cholesterol; 27mg Sodium

# 15-Tofu Sour Cream

Makes 18 servings.

Preparation Time: 5 minutes

Serving Ideas: With "Mexican Tempeh" or "Quinoa Patties" (see recipes).

- This topping can be served as a part of a low fat meal.

## Nutrition Facts

Servings Per Recipe 18

Amount Per Serving	
Calories	22
Calories from fat	15
<b>% Daily Value*</b>	
Total Fat 1.6g	<b>3%</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>4%</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>1.3%</b>

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

---

12 1/3 ounces tofu, low-fat silken  
2 tablespoons lemon juice  
2 tablespoons unrefined corn oil

1/2 teaspoon sea salt

---

Blend all ingredients.

1 Serving Size = 1 tablespoon

### VARIATIONS:

- Use less oil for a lower fat dressing. This only has a minor impact on the flavor of the dressing.

---

Per serving: 22 Calories; 2g Fat (67% calories from fat); 1g Protein; 0g Carbohydrate; 0mg Cholesterol; 67mg Sodium

# 15-White Bean-Pesto Sauce

**Nutrition Facts**  
Servings Per Recipe 8

Amount Per Serving	
Calories	118
Calories from fat	61
<b>% Daily Value*</b>	
Total Fat 7.2g	<b>11%</b>
Saturated Fat 1.0g	<b>5%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 150mg	<b>6%</b>
Carbohydrate 10.2g	<b>3%</b>
Dietary Fiber 1.8g	<b>7%</b>
Protein 4.8g	<b>10%</b>
Vitamin A	<b>14.6%</b>
Vitamin C	<b>6.6%</b>
Calcium	<b>6.3%</b>
Iron	<b>12.4%</b>

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

Makes 8 servings.

Preparation Time: 10 minutes

Serving Ideas: Serve over grain or tempeh.

- This sauce can be served as part of a low-fat meal.

---

2 garlic cloves	1 1/2 cups cooked white beans
1/4 cup pine nuts, (or walnuts)	2 garlic cloves, minced
1 cup fresh basil leaves, packed	1/2 teaspoon sea salt
1/8 teaspoon sea salt	3/4 cup water
3 tablespoons olive oil	

---

Mince garlic in food processor. Add nuts and pulse to chop. Add basil and salt and blend until chopped and intergrated. Leave processor on and add olive oil until all ingredients are integrated.

Add beans, garlic, salt, and water and process until smooth. Add more water if needed to make a nice sauce consistency which is good for putting on rice or other grains.

Warm before serving.

1 Serving Size = 6 tablespoons

VARIATIONS:

- Try cilantro instead of basil.

---

Per serving: 118 Calories; 7g Fat (52% calories from fat); 5g Protein; 10g Carbohydrate; 0mg Cholesterol; 150mg Sodium

# 16-Almond Milk

## 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.

Makes 4 servings.

Preparation Time: 10 minutes

- 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-Strawberry Smoothie

Makes 2 servings.

Preparation Time: 5 minutes

## Nutrition Facts

Servings Per Recipe 2

### Amount Per Serving

Calories		243
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	11mg	<b>0%</b>
Carbohydrate	63.5g	<b>21%</b>
Dietary Fiber	4.9g	<b>20%</b>
Protein	1.9g	<b>4%</b>
Vitamin A		<b>44.0%</b>
Vitamin C		<b>174.2%</b>
Calcium		<b>3.8%</b>
Iron		<b>8.6%</b>

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

1 1/2 cups frozen strawberries  
2 tablespoons soy milk powder, (optional)  
1 cup apple juice  
1 peach

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)

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 (excluding unknown items): 243 Calories; 1g Fat (2% calories from fat); 2g Protein; 63g Carbohydrate; 0mg Cholesterol; 11mg 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 since seitan is basically 100% gluten))

and the inclusion of some nutritionally dense leafy greens like 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) a 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		781
Calories from fat		110
		<b>% Daily Value*</b>
Total Fat	13.1g	<b>20%</b>
Saturated Fat	1.3g	<b>7%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	946mg	<b>39%</b>
Carbohydrate	147.4g	<b>49%</b>
Dietary Fiber	20.8g	<b>83%</b>
Protein	32.4g	<b>65%</b>
Vitamin A		<b>741.6%</b>
Vitamin C		<b>399.6%</b>
Calcium		<b>62.0%</b>
Iron		<b>103.1%</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, Traditionally American, Asian-Indian, and Southern.

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: 781 Calories; 13g Fat (14% calories from fat); 32g Protein; 147g Carbohydrate; 0mg Cholesterol; 946mg Sodium

# 17-Easter Menu

Makes 8 servings.

Preparation Time: 4 hours



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving		
Calories		1230
Calories from fat		320
		<b>% Daily Value*</b>
Total Fat	37.5g	<b>58%</b>
Saturated Fat	4.5g	<b>23%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	1373mg	<b>57%</b>
Carbohydrate	197.9g	<b>66%</b>
Dietary Fiber	26.7g	<b>107%</b>
Protein	42.6g	<b>85%</b>
Vitamin A		<b>1002.8%</b>
Vitamin C		<b>181.9%</b>
Calcium		<b>74.6%</b>
Iron		<b>114.4%</b>

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

### MAIN MEAL

8 servings 08-Savory Mushroom Quinoa  
 8 servings 15-Tahini-Miso Sauce  
 8 servings 05-Asian Sweet Potato Salad  
 8 servings 11-Greek Spinach Pie  
 8 servings 12-Barbequed Baked Beans  
 (see recipe in "Barbequed Tempeh")

8 servings 13-Roasted Asparagus  
 (see recipe in "Roasted Green Beans")  
 8 servings 13-Tsimmes

### 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: 1230 Calories; 38g Fat (26% calories from fat); 43g Protein; 198g Carbohydrate; 0mg Cholesterol; 1373mg Sodium

# 17-Low Fat Appetizer Buffet/Menu

Makes 8 servings.

Preparation Time: 3 hours



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving		
Calories		406
Calories from fat		35
		<b>% Daily Value*</b>
Total Fat	4.1g	<b>6%</b>
Saturated Fat	0.6g	<b>3%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	570mg	<b>24%</b>
Carbohydrate	80.5g	<b>27%</b>
Dietary Fiber	9.0g	<b>36%</b>
Protein	16.8g	<b>34%</b>
Vitamin A		<b>352.5%</b>
Vitamin C		<b>68.0%</b>
Calcium		<b>14.5%</b>
Iron		<b>34.7%</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: 406 Calories; 4g Fat (9% calories from fat); 17g Protein; 80g Carbohydrate; 0mg Cholesterol; 570mg Sodium

# 17-Mexican Menu I

Makes 8 servings.

Preparation Time: 5 hours



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving		
Calories		852
Calories from fat		60
		<b>% Daily Value*</b>
Total Fat	7.1g	<b>14%</b>
Saturated Fat	0.9g	<b>2%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	734mg	<b>31%</b>
Carbohydrate	189.3g	<b>63%</b>
Dietary Fiber	25.1g	<b>101%</b>
Protein	23.9g	<b>48%</b>
Vitamin A		<b>108.4%</b>
Vitamin C		<b>420.8%</b>
Calcium		<b>32.2%</b>
Iron		<b>48.3%</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 servings mixed fruit

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: 852 Calories; 7g Fat (7% calories from fat); 24g Protein; 189g Carbohydrate; 0mg Cholesterol; 734mg Sodium

# 17-Mexican Menu II

## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	483
Calories from fat	96
<b>% Daily Value*</b>	
Total Fat 11.5g	<b>18%</b>
Saturated Fat 1.6g	<b>8%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 945mg	<b>39%</b>
Carbohydrate 84.6g	<b>28%</b>
Dietary Fiber 15.9g	<b>64%</b>
Protein 20.5g	<b>41%</b>
Vitamin A	<b>185.2%</b>
Vitamin C	<b>163.3%</b>
Calcium	<b>20.2%</b>
Iron	<b>44.4%</b>

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

Makes 8 servings.

Preparation Time: 3 hours

Serving Ideas: Serve Salsa and Chips before the meal.

### 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 (excluding unknown items): 483 Calories; 12g Fat (20% calories from fat); 20g Protein; 85g Carbohydrate; 0mg Cholesterol; 945mg Sodium

# 17-Picnic Menu

## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving		
Calories		893
Calories from fat		219
		<b>% Daily Value*</b>
Total Fat	25.5g	<b>39%</b>
Saturated Fat	5.1g	<b>25%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	1261mg	<b>53%</b>
Carbohydrate	144.4g	<b>48%</b>
Dietary Fiber	18.4g	<b>74%</b>
Protein	32.2g	<b>64%</b>
Vitamin A		<b>82.0%</b>
Vitamin C		<b>175.2%</b>
Calcium		<b>42.3%</b>
Iron		<b>111.7%</b>

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

Makes 8 servings.

Preparation Time: 3 hours

Serving Ideas: Serve Salsa and Chips before the meal.

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-Carob-Walnut 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.

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: 893 Calories; 26g Fat (25% calories from fat); 32g Protein; 144g Carbohydrate; 0mg Cholesterol; 1261mg Sodium

# 17-Thai Menu

Makes 8 servings.

Preparation Time: 4 hours



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving		
Calories		918
Calories from fat		69
		<b>% Daily Value*</b>
Total Fat	8.2g	<b>13%</b>
Saturated Fat	1.4g	<b>7%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	738mg	<b>31%</b>
Carbohydrate	199.0g	<b>66%</b>
Dietary Fiber	26.0g	<b>104%</b>
Protein	29.2g	<b>58%</b>
Vitamin A		<b>327.2%</b>
Vitamin C		<b>438.1%</b>
Calcium		<b>37.1%</b>
Iron		<b>59.6%</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: 918 Calories; 8g Fat (7% calories from fat); 29g Protein; 199g Carbohydrate; 0mg Cholesterol; 738mg 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:

- ENER-G Foods  
5960 1st Ave. S  
P.O. Box 84487  
Seattle, WA 98124-5787  
1-800-331-5222  
1-800-325-9788 (in WA)  
(206) 767-6660  
Fax: (206) 767-4088

Sells Egg Replacer (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  
5373 Guide Meridian, B2  
Bellingham, WA 98226  
1-800-661-FLAX (3529)  
(604)-253-4677  
Fax: (604)-253-4228  
e-mail: omega@istar.ca

Sells unrefined organic coconut oil in addition to many other very high quality oils (including other culinary oils like hazelnut and olive).

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