THE Mastery Program
Recipe Collection

www.VegHealth.com
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Lesson 1.32: Balsamic Orange Glazed Tempeh  
By Raederle Phoenix in 01: Quick Start  
Find more from Raederle at www.raederle.com

- 1 package tempeh, cut into 1 inch cubes
- ½ cup balsamic vinegar
- 2 Tbs orange juice
- 2 medjool dates, minced
- 2 Tbs tamari
- 2 cloves garlic, minced
- ¼ cup olive oil
- 1 tsp dried thyme
- 2 tsp arrowroot starch

Getting the Marinade Ready
1. In a bowl, mix together the balsamic vinegar, orange juice, dates, tamari, garlic, olive oil, and thyme.
2. Add the tempeh to the bowl, stir and cover.
3. Let sit in the fridge for two to twenty-four hours, mixing occasionally.

Cooking
1. Preheat oven to 350ºF.
2. Place tempeh and sauce in a glass dish and cook covered for 20 minutes.
3. Remove from oven, stir around and bake for another 20 minutes.
4. Remove tempeh cubes from sauce and set aside.
5. Place remaining sauce in a pan over medium heat.
6. Add arrowroot starch and stir constantly to thicken.
7. Plate tempeh with fresh leafy greens and scoop marinade over top as a sauce and dressing.
Lesson 6.1: Seitan Merguez Sausage
By Eric Tucker in 06: Meaty Recipes

This recipe creates a vegan version of a highly spiced North African sausage. The textures and flavors are similar to the real thing and add an intense burst of flavor and texture when chopped and added to a tagine, pasta sauce or pizza topping. The smoked paprika is a fairly crucial ingredient, but you can use 4 drops liquid smoke or smoked salt to achieve a smoky resonance.

Seitan Merguez Sausage

**Ingredients for sausage:**
- 2 cup vital gluten flour
- 4 cloves garlic minced
- 1 Tablespoon smoked paprika
- 2 teaspoons toasted whole cumin seed
- 1 teaspoon dried oregano
- 1 teaspoon dried mint (substitute mint tea leaves)
- ½ teaspoon ground clove
- ½ teaspoon crushed red pepper flakes
- ½ teaspoon course ground black pepper
- ½ teaspoon salt
- ¼ cup olive oil
- 1 Tablespoon tamari (or other soy sauce)
- 1 cup water

**Ingredients for braising liquid:**
- 1 quart vegetable stock
- 1½ cup red wine
- 4 Tablespoons tamari
- 2 Tablespoons olive oil

**Preparation:**
1. Combine the first ten ingredients (flour through salt) in a mixing bowl. In a separate bowl, mix together the oil, tamari and water. Slowly add the wet to dry ingredients. Knead the mixture with your hand until all of the liquid is absorbed and the dough has the consistency of firm bread dough.
2. Heat an oven to 400°F. Place the dough in a large baking dish. Cover with the braising liquid. Cover the baking dish with foil and bake for 60 – 75 minutes, until most of the liquid is absorbed and the sausage is not runny or gummy on the surface.
3. Cool down to room temperature before slicing. This creates a loaf that is firm and porous with small air pockets when sliced. Can be sliced and grilled or broiled with a brush of olive oil and tamari for sandwiches, or cubed and used in stews and sautés.

**Alternative Preparation:**
1. For a firmer textured traditional looking sausage... Divide the dough into six portions and roll into logs about 2” in diameter. Wrap as tightly as you can in cheese cloth. Continue with step 2 above for braising, then cool as directed below.
2. Again cool to room temperature before unwrapping. If the cheese cloth sticks, dampen the sausage with water and proceed. This version is great sliced in thin coins and used as a topping on pizza and flat bread as well as cubed and sautéed.
Lesson 6.2: Pecan – Black Bean Cakes with Mango & Habanero Sauce, Pear-Jicima Relish
By Eric Tucker in 06: Meaty Recipes

The gluten flour in this preparation gives these bean cakes a real toothsomeness you can sink your teeth into. Gluten flour is a powerful binder. In effect you are making seitan. Try shaping the bean cake mix into “meat balls” and bake. Serve them gratin style, swimming in a cinnamon infused tomato sauce with toasted bread crumbs and/or your favorite vegan cheese that melts.

Pecan-Black Bean Cakes
Serves 6 as an appetizer.

2 teaspoons olive oil
½ red onion, small dice
2 cloves garlic minced
1 teaspoon whole cumin seed, ground
½ teaspoon dried thyme
¼ teaspoon ground allspice
2 cup cooked black beans
1 cup toasted crushed Pecans
¼ cup chopped cilantro
½ cup vital gluten flour
Salt to taste

1. Sauté the onions and garlic in the oil until softened. Add the cumin, thyme, and allspice; continue to sauté 30 seconds.
2. Remove to a mixing bowl. Add the black beans, pecans, and chopped cilantro, mix well.
3. With your hands knead in the gluten flour. Taste for salt. Shape into 12 cakes, about three inches in diameter. Pan fry in a minimum of oil, 2 minutes per side, then bake in a preheated 350°F oven for 7 minutes.

Mango, Mustard and Habanero Sauce.
½ ripe mango, flesh only
½ habanero or scotch bonnet chile
2 Tablespoons Agave nectar
¼ cup Dijon mustard
Water, as needed
Salt, to taste

Place all ingredients in a blender. Blend until smooth. Add salt to taste.

Pear-Jicima Relish.
½ red onion, small dice
Juice of 1 lime
Pinch of salt
1 cup diced pear
1 cup diced jicima
3 Tablespoons cilantro leaves (optional)

1. In a mixing bowl, toss the onion with the lime and salt. Let marinate 10 minutes. Mix with all of the remaining ingredients.
2. To Serve: Place 2 cakes over the salsa with 1oz of the Mango Sauce next to the cakes.
Lesson 6.4: Yuba Rolls with Black Chanterelles and Anise Scented Tofu
By Eric Tucker in 06: Meaty Recipes

This makes a great filling for dumplings and pot stickers. Caramelizing the shallots really brings out the tofu’s meaty qualities. If you can’t find fresh yuba (tofu skin), look for sheets of frozen yuba in Asian markets. If you can’t find chile jam, use an Asian chile sambal and agave nectar.

Yuba Rolls with Black Chanterelles
- 2 Shallots, peeled and sliced thin
- 2 teaspoon vegetable oil
- 1 teaspoon minced fresh ginger
- 1 teaspoon unrefined sugar
- ½ teaspoon ground star anise
- ½ pound medium Tofu, drained and crumbled
- 1 teaspoons nutritional yeast
- 2 teaspoons tamari
- Salt, to taste
- ½ pound black chanterelles, cleaned (or gold chanterelles or shiitakes)
- Olive or vegetable oil, as needed
- Sesame oil, as needed
- Salt and pepper, to taste
- 3 Tablespoons tamari (soy sauce)
- 1 teaspoon Sesame oil
- 6 Sheets Fresh Yuba

1. Sauté the shallots over low with the ginger, sugar and anise until caramelized. Add the tofu, nutritional yeast and tamari. Sauté for 1 minute scraping the pan. Adjust seasoning and reserve.

2. Sauté the mushrooms in a minimum of oil until soft and their liquid evaporates. Season with a small amount sesame oil and salt and pepper. Mix sesame oil and tamari in a bowl.

3. Spread 1/6 of the tofu mixture over a yuba sheet. Sprinkle with mushrooms. Roll jelly roll style, place on a parchment lined sheet pan. Repeat with remaining yuba. Brush with the tamari mixture. Bake in oven at 400°F for 15 minutes. Allow to cool to close to room temperature before serving.

Tierra Vegetable Chile Jam Dipping Sauce
- ¼ cup Chile Jam
- 2 teaspoon rice vinegar
- 1 teaspoon Tamari
- 1 teaspoon Sesame Oil

1. Melt the chile jam in a sauce pan.

2. Whisk in the vinegar, tamari and sesame oil to taste.

3. Cool to room temperature.
Lesson 6.5: Grilled Oyster Mushrooms
By Eric Tucker in 06: Meaty Recipes

High heat grilling brings out the surprisingly meaty quality of these mushrooms. Chop them up and use with pizza and pasta, or even a sandwich filling with grilled tofu and a remoulade.

Grilled Oyster Mushrooms

2 pounds oyster mushrooms
2 cloves garlic minced
1/3 teaspoon crushed chili flake (or try ground Cascabel or Ancho chili)
1/3 teaspoon dried thyme
3 Tablespoons tamari
1/3 teaspoon unrefined sugar or maple
4 Tablespoons olive oil
Black Pepper, to taste

1. Remove any tough stems of the oyster mushroom. Heat a grill, grill pan or broiler to high.
2. Mix all of the marinade ingredients together. Toss the mushrooms in the marinade and allow to marinate for 10 minutes. Grill the mushrooms until nicely browned on the cap side. Remove and cool to room temperature.

Linguini with Grilled Oyster Mushrooms, White Beans and Arugula

4 cloves garlic minced
3 Tablespoons olive oil
1 teaspoon rosemary leaves
1 pound grilled oyster mushrooms, sliced into bite sizes
1 1/2 cup drained white cannellini beans
4 servings cooked linguini
1 1/2 cup loosely packed fresh Arugula
3 Tablespoons fruity extra virgin olive oil
1/4 cup capers
Fresh herbs or parsley, to taste
Spices: Salt, pepper and chili flakes, to taste

1. Heat a large skillet over medium. Add the garlic, oil and rosemary. Sauté until the garlic is just starting to turn translucent, add the oyster mushrooms and white beans. Heat through. Place the just cooked pasta in a large bowl.
2. Pour on the mushroom – bean mix followed by the arugula and olive oil. Mix together, adjust salt, pepper and chile. Portion into pasta bowls, top with the capers and fresh herbs.
Lesson 6.6: Black Pepper and Smoke Salt Charred Portobello Mushroom Bruschetta
By Eric Tucker in 06: Meaty Recipes

Paper thin slices of smoky, salty broiled Portobello mushrooms layered on a toasted bruschetta — with a horseradish aioli — make for a real hearty appetizer. The caramelized, slightly charred top of the mushroom cap enhances the meatiness of the mushroom.

Serves 4–6 as an appetizer

Black Pepper and Smoke Salt Charred Portobello Mushroom Bruschetta

3 medium-large Portobello Mushroom caps
Olive oil as needed
Juice of 1 orange
1 teaspoon agave nectar
2 teaspoons chopped fresh rosemary
2 teaspoons finely minced garlic (or crushed to a paste)
1½ teaspoon coarsely ground black pepper
1½ teaspoon hickory or alder smoked salt

For the aioli:
½ cup vegan mayonnaise
½ teaspoon finely minced garlic or crushed to a paste
½ teaspoon lemon or orange zest
1–1½ teaspoon prepared white horseradish
12 half-inch thick slices of toasted baguette

1. Preheat a broiler. Brush the Portobello caps with a small amount of oil and place them in the broiler. Broil for 1 minute or until the caps start to wilt and release moisture. Remove from the broiler.

2. Combine the orange juice, agave, rosemary, garlic, pepper, and hickory smoked salt with 1 teaspoon of olive oil. It should resemble a granular paste. Brush or rub this mixture on the Portobello caps and return to the broiler. Broil for approximately two minutes or until the tops are nice and browned. Cool to room temperature and slice each cap into 4-6 very thin bias slices.

3. For the aioli, combine the mayonnaise, garlic, zest, and horseradish. Place a dollop of the aioli on each baguette slice, and top with a slice of the Portobello cap.

Lesson 6.7: Tempeh Picadillo Empanadas
By Eric Tucker in 06: Meaty Recipes

For this recipe, we pan roast the crumbled tempeh with coarsely ground nuts and spices to bring out its meaty, nutty quality. The resulting filling is very savory.

Tempeh Picadillo
1 yellow onion, small, diced
2 cloves garlic, minced
2 Tablespoons extra virgin olive oil
½ pound crumbled tempeh
1 cup course ground almonds, cashews or walnuts
1 teaspoon ground cumin
2 teaspoons New Mexican chili powder (or other mild to medium chili powder)
½ teaspoon ground cinnamon
1 Tablespoon Tamari
Juice of 1 orange

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Tablespoon unrefined sugar
1 Tablespoon tomato paste mixed into ½ cup vegetable stock
3 Tablespoons currants
3 Tablespoons chopped pitted green olives
2 Tablespoons chopped cilantro
Salt and pepper to taste

1. In a large skillet, sauté the onion and garlic in the oil over medium heat until soft. Add crumbled tempeh, nuts, cumin, chili and cinnamon. Sauté stirring for 2 minutes.
2. Deglaze with the tamari and orange juice. Sauté another 2 minutes until nicely caramelized. Add the sugar, tomato paste and stock, raisins and olives. Simmer until the mixture is thick with just a little moisture. Add cilantro, salt and pepper to taste. Cool to room temperature.

Empanada Dough
2 cups all purpose flour
1 cup whole wheat flour
½ teaspoon cumin seed
1 teaspoon salt
1 cup unrefined vegetable shortening, cut into very small cubes
Ice water, as needed to form dough

1. Mix the first four ingredients in a bowl. Cut in shortening. Knead in as much water as needed to form a firm dough.
2. Roll into a ball, then refrigerate 30 minutes before using. Divide into 4 balls. Roll each ball into a circle about 6 inches in diameter.
3. Place 3-4 teaspoons of filling in the center and fold the dough over the filling. Crimp the edges, poke 3 holes in the top and transfer to a parchment lined sheet pan. Preheat oven to 350°F. Repeat with remaining dough.
4. Bake for 20 – 25 minutes until the dough is nicely browned.
5. Serve with the Mint Mojo and pickled onions. This can be a substantial appetizer, or an entrée accompanied by seared summer squash or a salad.

Mint Mojo
1 cup of mint leaves, loosely packed
1 clove garlic
½ Serrano chili
Juice of 1 lime
1/3 cup light olive oil
Salt, to taste

Place all ingredients in a blender and blend until fairly smooth.

Alex Arguello’s Pickled Red Onion.
2 red onions, sliced into thin crescents
1 Tablespoon unrefined sugar
2 Tablespoons cider vinegar
½ teaspoon salt

Combine all ingredients together, let marinate before serving.
Lesson 7.21: Lemon-Rosemary Tempeh
By Meredith McCarty in 07: Iron

In this recipe, Meredith drizzles lemon juice (Vitamin C) over tempeh (iron). She likes tempeh because it’s fermented, and fermented soybeans are easiest to digest.

Tempeh naturally contains 20% calories from fat. With 1 tablespoon oil, fat content is 36% and with 2 tablespoons oil (the amount called for in many recipes), 47% calories come from fat. To keep meals including a braised tempeh dish under 20% calories from fat, serve with a fat-free whole grain or vegetable dish.

To check out Meredith’s other recipes, visit www.healingcuisine.com

Lemon-Rosemary Tempeh
Makes 3 servings

- 1 or 2 teaspoons olive oil
- 8-ounce package tempeh, cut into ½-inch slices (I prefer our local Wildwood brand)
- ½ to 1 cup water (more with Lightlife tempeh which is larger in size)
- 2 Tablespoons lemon juice
- 2 teaspoons natural soy sauce or tamari/wheat-free soy sauce (I prefer Nama Shoyu brand)
- 1 clove garlic, pressed
- ½ teaspoon minced fresh rosemary

1. Heat oil in a pan that will accommodate tempeh slices. Add tempeh and cover to brown lightly, 3 to 5 minutes on each side.
2. Mix remaining ingredients and pour over tempeh, being aware that liquid may spatter. Quickly set cover in place to cook tempeh until liquid is absorbed, about 10 minutes.

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<td>Calories from Carbohydrates: 45.2 %</td>
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| Fat: 4.6g | Fat: 6g |
| Saturated Fat: 0.6g | Saturated Fat: 0.85g |

| Cholesterol: 0 | Cholesterol: 0 |
| Sodium: 169mg | Sodium: 169mg |
| Carbohydrates: 18g | Carbohydrates: 18g |
| Fiber: 6g | Fiber: 6g |
| Protein: 12g | Protein: 12g |
Lesson 7.3: Spicy Thai Wraps
By Elaina Love in 07: Iron

In this recipe, Elaina marinates collard greens (rich in both iron and Vitamin C) in lemon juice (Vitamin C), then wrapped around cabbage (Vitamin C), and dressed with tahini (iron). To check out Elaina’s other recipes, visit www.purejoyplanet.com.

**Ingredients for Wraps:**
- 6-8 Collard Leaves

**Ingredients for Filling:**
- ¼ red or green cabbage, sliced very thin
- 3 carrots, shredded or julienned
- ½ bunch cilantro, stems removed
- ½ bunch mint, leaves sliced into thin strips
- 2 cups mung bean sprouts
- 3 cups combination of sunflower, buckwheat, and green pea sprouts
- 1 red bell pepper, julienned
- 6 scallions, thinly sliced

**Ingredients for Thai Dressing:**
- ¾ cup raw tahini
- ¼ cup grated ginger
- 6 Tablespoons lemon juice
- ¼ cup agave nectar
- 6 Tablespoons tamari
- 2 cloves garlic
- 1 cup shredded coconut
- 1 jalepeno pepper with seeds, chopped
- 2 cups water

1. Remove the stems from the collards, or cut the excess bulge of stem from the back of each collard leaf, without cutting into the leaf.
2. Use one of these methods to soften them:
   a. Lay them flat in the freezer and freeze them overnight, then run them under warm water to defrost.
   b. Blanche them like Annemarie Gianni does in this video: [Raw Vegetable Wraps with Collard Greens and Tahini Sauce](#).
3. Use the collard leaves like tortillas to wrap your filling.
4. Blend dressing until smooth. You can put the dressing inside or use as a dipping sauce.

Note: The dressing will keep for up to 2 weeks. The salad will keep in a glass jar for up to 4 days.
Lesson 13.8: Sweet Potato and Cashew Korma with Rice
By Lara Adler, CHHC in 13: Vitamin A
Find more from Lara at www.laraadler.com/coaches

Sweet Potato and Cashew Korma with Rice.
This dish is incredibly warming with an incredible aroma from all the spices. Sweet potatoes provide the beta carotene. Cashews provide the zinc and fat. (Tomatoes also have a small amount of zinc.) You can serve this with quinoa for an extra protein kick. Any kind of rice will work nicely.

1 Tablespoon olive oil
1 large onion, chopped
1 Tablespoon minced fresh ginger
2 teaspoons ground coriander
2 teaspoons garam masala
2 cloves garlic, minced
4 cups chopped sweet potato
1 cup water
1 cup chopped tomatoes
½ teaspoon salt
¼ cup chopped fresh cilantro
1 teaspoon chili paste or ½ teaspoon red pepper flakes
¼ cup whole cashews

1. In a large pot, on medium heat, heat the olive oil. Add the onions, and cook 7-10 minutes until tender and lightly golden. Add ginger, coriander, garam masala and garlic. Cook for another 2-3 minutes until spices are fragrant. Don’t let them burn.
2. Add the water, chopped sweet potato, tomato, chili paste or red pepper flakes and salt. Bring to a boil and cover. Reduce heat, and simmer 10-15 minutes until sweet potatoes are tender (this depends on how large your pieces are).
3. Stir in the cilantro and cashews, adjust salt to taste and serve over quinoa or rice.
Lesson 14.42: Black Bean Quinoa Burgers
By Jill Nussinow, R.D. in 14: Protein
Find more from Jill at theveggiequeen.com.

Makes 6 medium burgers.

This will likely work with any cooked grain or bean with slight adjustments in amounts. I developed this recipe for one of the Bararas in my life who wanted something tasty and easy to eat.

- ½-¾ cup cooked quinoa
- 1½ cups cooked black beans
- ¼-½ cup onion
- 2 cloves garlic
- Fresh herbs such as parsley, basil or cilantro
- 2 Tablespoons nutritional yeast
- ½ teaspoon salt, if using fresh-cooked beans, rather than canned
- 2 Tablespoons hemp seed, optional

1. Preheat oven to 350ºF.
2. Put the quinoa, beans and onion in the food processor. Pulse a few times until slightly mixed. Add the garlic, herbs, yeast, and salt, if using. Pulse again, adding 1-2 tablespoons bean liquid, stock or Bragg’s liquid amino acids if it needs it.
3. Stir in hemp seeds. Form into patties. If the mixture doesn’t feel thick enough, add more quinoa and combine again.
4. Bake on oiled baking sheet for 10 minutes. Turn over and bake another 10 minutes. Refrigerate or freeze.

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Lesson 14.43: Hearty Cabbage Casserole
By Jo Stepaniak in 14: Protein

Makes 4 to 6 servings

1 Tablespoon extra-virgin olive oil
1 cup chopped onions
1 pound (16 ounces) of crumbled veggie burgers
1 cup cooked rice, any kind
1 teaspoon salt
¼ teaspoon garlic powder
¼ teaspoon dried oregano
¼ teaspoon ground black pepper
¼ teaspoon dried thyme, crushed
6 cups coarsely shredded cabbage (about 1 small head)
2 cups vegan tomato soup

1. Preheat the oven to 350°F. Oil a medium casserole dish, or mist it with nonstick cooking spray.
2. Pour the olive oil into a large skillet over medium-high heat. Add the onions and cook and stir until tender. Stir in the vegan burger crumbles, cooked rice, salt, garlic powder, oregano, pepper, and thyme. Mix well.
3. Spread half of the cabbage over the bottom of the prepared casserole dish. Cover it with the burger crumble mixture, and sprinkle with the remaining cabbage. Pour the tomato soup evenly over the top. Cover tightly and bake for 1 hour, or until the cabbage is tender.

Lesson 14.5: Faux Salmon (almond-based)
By Nomi Shannon in 14: Protein

This attractive dish resembles salmon casserole. But we know it’s not! Add more kelp, dulse or any other sea vegetables that you have on hand to increase the seafood flavor.

For fun, press the mixture into a mold and unmold it onto a platter, surrounded with kale and parsley, and top with almonds or olives. If you don’t have carrot juice on hand, be sure to make it first.

Serves 4-6.

2 cups almonds, soaked 8-12 hours
2 large carrots
½ cup coarsely chopped red onion
1½ cups minced celery
½ minced parsley
¼ cup minced scallions
¼ cup lemon juice
2 teaspoons kelp powder
1 teaspoon dulse powder or granules
1 Tablespoon liquid aminos
Pinch of sea salt
1/3 cup carrot juice, or more

1. To masticate the almonds, carrots and onions, put them through a heavy-duty juicer (such as a Champion or Green Life juicer) with the blank screen. Use a large bowl to catch the processed mixture. If you don’t have a juicer with a blank screen, you can masticate them in a food processor, but the mixture will be a little more chunky.
2. Stir in the celery, parsley, scallions, lemon juice, kelp, dulse, liquid aminos and salt and mix thoroughly.
3. Add enough carrot juice to achieve desired consistency.
4. Shape the mixture into a loaf or place it in a pie crust.

Note: This mixture will keep for several days. Keep it covered in your refrigerator.
Lesson 14.51: Sun Garden Burgers
By Nomi Shannon in 14: Protein

These raw burgers are delicious served in a cabbage leaf bun.

Fold a cabbage leaf over the burger with any condiments you like, or cut a few squares of cabbage from the large leaves and place the burger in between them.

Makes 6 patties.

3 Tablespoons flax seeds, ground (see note)
6 Tablespoons water
1 cup carrot pulp (see note below)
1 cup sunflower seeds, ground
½ cup finely minced celery
6 Tablespoons finely minced onion
2 Tablespoons finely minced parsley
2 Tablespoons finely minced red pepper
2 teaspoons Tamari

1. In a blender, combine the ground flax seeds and water. Blend thoroughly. Immediately pour the mixture into a bowl and set aside. (Rinse the blender container immediately before the mixture left in it hardens and becomes difficult to wash out.)

2. In a medium sized bowl, thoroughly mix the carrot pulp, sunflower seeds, celery, onion, parsley, red pepper and liquid aminos.

3. Add the flax seed mixture and mix thoroughly. Add more water if necessary so that the mixture can be formed into patties.

4. Form into six ½ inch (1 cm) thick patties. Place immediately in the dehydrator and dehydrate the burgers for 4-8 hours, leave them in the sun until warm or place them in a warm oven for 10-15 minutes.

Note: To grind flax seeds, place in a clean electric coffee grinder and grind until powdered. To make carrot pulp, put carrots through a heavy-duty juicer, using a juicing screen. Drink the juice and use the pulp for this the recipe.
Lesson 30.3: Basic Braised Tempeh
By Meredith McCarty in 30: Fermented Soy

Makes 2 to 3 servings

2 teaspoons olive oil
8-ounce package tempeh, cut in ½-inch slices (I prefer Wildwood brand)
1/3 – 1/2 cup water, more with Lightlife tempeh (which is larger in size)
2 teaspoons natural soy sauce or tamari/wheat-free soy sauce (I prefer Nama Shoyu brand)

1. Heat oil in a pan that will accommodate tempeh slices.
2. Add tempeh and cover to brown, about 5 minutes.
3. Turn tempeh.
4. Mix remaining ingredients and pour over tempeh, being aware that liquid may splatter. Quickly set cover in place to cook tempeh until liquid is absorbed, about 10 minutes.

Variations:
Convert favorite chicken recipes to ones based on tempeh. Like chicken, tempeh is a protein-rich food with substantial texture that takes on flavors well. Unlike chicken, tempeh is a plant food with lots of fiber (chicken has none), and with no animal hormones nor cholesterol.

Lemon-Rosemary Tempeh: Add 2 tablespoons lemon juice, 1 clove pressed garlic, ½ teaspoon minced fresh rosemary, and some freshly ground pepper when stirring together liquid ingredients in step 4.

Tempeh Italiano: Add olives, capers, garlic and fresh basil or Italian seasonings.

Tex-Mex Tempeh: Substitute orange juice for water and add 2 tablespoons lime juice, cilantro, garlic, chili powder and salsa.

Additional Note: To make large amounts when stove top space is valuable, oven-braise tempeh.

1. Preheat oven to 400°F.
2. Spread oil on a baking sheet.
3. Lay up to 4 slabs sliced tempeh on sheet, then pour water and soy sauce over tempeh, increasing ingredients proportionately to the amount of tempeh.
4. Cover with parchment paper under aluminum foil and bake for 30 minutes.
5. Turn tempeh and leave uncovered to brown, about 15 minutes.

Nutrition Facts for Basic Braised Tempeh
For 3 servings, per serving

Calories: 173
Calories from Protein: 27%
Calories from Fats: 31%
Calories from Carbohydrates: 42%
Protein: 12 g
Fat: 6 g
Saturated Fat: 0.85 g
Carbohydrates: 18 g
Fiber: 6 g
Cholesterol: 0
Sodium: 169 mg

Note: Tempeh naturally contains 20% calories from fat. To keep meals including a braised tempeh dish under 20% fat calories, serve with a fat-free whole grain or vegetable dish, or dessert. With just 1 teaspoon oil, fat calories are 25%. With 1 tablespoon oil, fat content is 36%. With 2 tablespoons oil, as many recipes call for, 47% calories come from fat.
Lesson 30.4: Braised Tempeh with Green Herb Coulis
By Meredith McCarty in 30: Fermented Soy

Green Herb Coulis
Makes ¾ to 1 cup

You can make this sauce a couple of days ahead. Color, flavor and consistency are maintained with refrigeration. A smaller volume is difficult to blend in a food processor.

2 two-ounce bunches basil or 3 cups, leaves only, gently packed
1 two-ounce bunch mint or 3 cups, leaves only, gently packed
2 large cloves garlic
2 Tablespoons lemon juice
½ teaspoon soy sauce or tamari
¼ teaspoon unrefined sea salt
1 teaspoon olive oil (optional)
1 Tablespoon water (optional)

1. To make coulis, process all ingredients in food processor except water until fine. If needed, add water gradually until texture is as desired.
2. To serve, spread 2 tablespoons coulis on each plate and lay Braised Tempeh on top. Garnish with a sprig of basil or mint.
Lesson 30.5: Tempeh Marbella
By Meredith McCarty in 30: Fermented Soy

Tempeh Marbella
Makes 3 to 4 servings

Fashioned after the recipe for Chicken Marbella in The Silver Palate Cookbook, my friend Donna, who gave me the original recipe, exclaimed: “This tastes much better than the one I made from the cookbook, and I thought that was fantastic!”

This recipe is also a lot quicker and easier to make because you don’t have to marinate the tempeh, then cook it for an hour. Instead, you just cook it with the enticingly flavorful ingredients for 10 minutes. Great with brown rice and greens such as broccoli.

2 Tablespoons balsamic vinegar or red wine vinegar
2 Tablespoons pure maple syrup or brown rice syrup
¼ cup pitted prunes, chopped
2 Tablespoons pitted green olives, chopped
2 large cloves garlic, pressed
1 Tablespoon capers with brine
2 bay leaves, broken in halves
1 teaspoon oregano
¼ teaspoon sea salt
1/8 teaspoon freshly ground black pepper
¼ cup white wine
¼ cup water
2 teaspoons olive oil
8 ounces tempeh, cut in half for 2 thin slabs, then crosswise in half, thirds or quarters to make 4, 6, or 8 cutlets
2 Tablespoons parsley, finely chopped, for garnish

1. Assemble the first 12 ingredients in a bowl and stir with a whisk.
2. In a medium skillet over medium heat, warm oil and add tempeh. Cover to brown on one side, 3 to 5 minutes.
3. With a spatula, turn tempeh.
4. Add other ingredients and cover until liquid is almost absorbed, about 10 minutes. Leave some flavorful juices to pour on top when serving.
5. Discard bay leaves. Sprinkle with parsley and serve.

Nutrition Facts
For 4 servings, per serving
Calories: 220
Calories from Protein: 17%
Calories from Fats: 27%
Calories from Carbohydrates: 60%
Protein: 9.5 g
Fat: 6.6 g
Saturated Fat: 0.6 g
Carbohydrates: 30.7 g
Fiber: 6.6 g
Cholesterol: 0
Sodium: 293 mg
Lesson 30.6: Grilled Tempeh Cutlets
By Jill Nussinow, R.D. in 30: Fermented Soy

Serves 4.

Steaming tempeh opens up the pores in the cake, allowing deep penetration of flavors when marinated. Use a simple marinade based either on citrus juice, red wine or water mixed with tamari and a small amount of oil. Add herbs or spices to your liking.

- Prep Time: 30 to 40 minutes
- Cooking Time: 3 to 5 minutes
- Marinating Time: 10 to 20 minutes

8 ounces tempeh
2 Tablespoons lemon juice
2 Tablespoons reduced-sodium tamari
1 Tablespoon water
1 teaspoon toasted sesame oil

1. Cut tempeh in half lengthwise and then in half crosswise to create four equal pieces.
2. Steam tempeh in a steamer basket over at least 1 inch of simmering water for 15 to 20 minutes.
3. While still hot, place tempeh in a shallow pan in which you’ve mixed the lemon juice, tamari, water and sesame oil.
4. Marinate pieces for 10 to 20 minutes, turning if necessary to coat the tempeh on all sides.
5. Remove tempeh from marinade.
6. Grill over hot coals until heated through, about 3 to 5 minutes, being careful not to burn it.
7. Serve on buns or with your favorite side dishes.

Variations: Add minced ginger and garlic to the marinade. If you like barbecue sauce, brush on just before the tempeh is done and continue grilling for 30 seconds to 1 minute. Any longer and it’s likely to burn.

Nutrition facts for Grilled Tempeh Cutlets
For 4 servings, per serving
Calories: 125
Calories from Fat: 31%
Protein: 11 g
Fat: 4 g
Carbohydrate: 11 g
Cholesterol: 0
Lesson 30.7: Tempeh Veggie Stir-Fry
By Jill Nussinow, R.D. in 30: Fermented Soy

The carrots, asparagus and red peppers in this dish create a spectacular array of color. Use the most beautiful vegetables you can find. This stir-fry works well served over rice, quinoa or noodles. Serves 4.

- Prep Time: 20 to 30 minutes
- Cooking Time: 15 minutes
- Marinating Time: 15 minutes

8 ounces tempeh, cubed
2 cloves garlic, minced
2 Tablespoons reduced-sodium tamari
2 Tablespoons water
2 teaspoons oil
1 Tablespoon minced ginger
2 carrots, sliced diagonally
1 medium onion, chopped
1 cup asparagus, cut into 2-inch pieces
1 red bell pepper, cut into strips
2 teaspoons sesame oil
1 Tablespoon rice or cider vinegar
1 Tablespoon Sucanat® or honey
2 teaspoons arrowroot or cornstarch
2 Tablespoons water or vegetable broth 2 green onions, chopped for garnish

1. Steam tempeh cubes for 5 to 10 minutes over simmering water.
2. Combine the garlic, 1 tablespoon tamari and water in a medium bowl.
3. Add steamed tempeh cubes and let marinate at least 15 minutes.
4. Heat oil in a hot wok or large sauté pan over medium-high heat.
5. Add ginger and cook for 1 minute, then add carrots and continue to stir-fry 2 minutes. If they begin to stick, add water a teaspoon at a time.
6. Add onion and stir-fry for about 5 minutes.
7. Finally, add the tempeh, its marinade, the asparagus and bell pepper. Stir-fry over medium heat until the asparagus turns bright green and starts to soften.
8. Combine remaining tamari, sesame oil, vinegar, Sucanat® or honey, water or vegetable broth and arrowroot in a bowl.
9. Remove stir-fry from heat and stir in the tempeh-veggie mixture.
10. Return pan to stovetop and cook until sauce thickens, about 1 minute.
11. Sprinkle with green onions and serve immediately.

**Nutrition Facts for Tempeh Veggie Stir-Fry**

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<th>Per serving (recipe serves 4)</th>
<th>Protein: 13 g</th>
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Lesson 35.4: Greens Sushi
By Meredith McCarty in 35: Sea Vegetables

Greens Sushi
Makes 2 to 6 servings or 2 rolls.

This recipe combines collard greens (rich in both iron and Vitamin C) with red bell peppers (Vitamin C), and wraps them in Nori seaweed. Seaweeds are full of all the minerals that exist in nature, including iron.

Preparing the whole bunch of greens at once saves time and energy because you have the cooked greens to use in a couple of dishes.

½-pound collard greens, midribs and stems discarded
Colorful vegetable strips such as carrot, yellow zucchini, red, yellow or orange sweet peppers or daikon radish
2 sheets sushi nori
½ teaspoon umeboshi paste

1. Bring 2 inches of water to boil in a large wide pot.
2. Add greens and press to submerge.
3. Boil greens until tender and bright green in color, about 6 or 7 minutes, adding vegetable strips after a few minutes of cooking.
4. Remove from pot with a flat strainer or skimmer and allow to cool.
5. Squeeze or pat dry. Makes 1½ to 2½ cups.
6. To assemble sushi, lay sushi nori on bamboo sushi mat.
7. Spread ume paste along bottom and lay greens and vegetables in a horizontal pile to cover lower ¾s of nori.
8. Moisten top ½ inch of nori and roll up.

Variations: Substitute kale, mustard or turnip greens for collards. Mustard and turnip greens are soft greens that take a little less time to cook, about 5 minutes.

Nutritional Facts
For 6 servings, per serving.
Calories: 32
Calories from Protein: 24%
Calories from Fats: 8%
Calories from Carbohydrates: 69%
Protein: 2 g

Fat: 0.63 g
Saturated Fat: 0.044 g
Carbohydrates: 6 g
Fiber: 3 g
Cholesterol: 0
Sodium: 142 mg
Lesson 39.2: Open-Faced Burritos
By Meredith McCarty in 39: Kid Friendly Food

Open-Faced Burritos
Makes 2 servings.

This satisfying and colorful lunch or dinner entrée is easy to pull together and is fun to make with children or friends.

2 whole grain flour tortillas or 4 corn tortillas
2 cups cooked pinto beans
2 cups lettuce or mixed greens, chopped
½ avocado, cubed
½ cup salsa
1 lime, cut in quarters

1. Warm the tortillas either by steaming or by heating in a pan you have lightly brushed with oil.
2. Transfer tortillas to serving plates. Top with beans, then greens, avocado, and salsa. Serve with lime for extra flavorful seasoning.
Lesson 42.61: Mix & Match Burritos
By Lara Adler, CHHC in 42: Saving Time

I love making and eating burritos, but I hate messing up my kitchen with a pot on every burner and a dozen different fillings crowding my countertops.

So when I make burritos, I make a lot, and then wrap and store them in my freezer for quick lunches and dinners on days when I don’t have time to cook. Ingredients like guacamole and vegan sour cream (made from tofu or cashews) don’t freeze very well. So make those fresh as you plan on eating the burritos.

Mix and match the ingredients below to create different tasting burritos, such as:

- Rice & smokey seitan with cilantro lime corn.
- Rice, white beans, broccoli, and sour cream.
- Rice, black beans, mushrooms, sautéed spinach.
- Rice, black beans, peppers and onions, and cilantro lime corn.

Add your favorite fillings for even more mix and match ideas. Make sure you label each one so you know what’s inside before tossing into the freezer.

2½ cups cooked rice
2½ cups cooked black beans, white beans, or both
1½ cups chopped tomatoes
1 cup cooked corn tossed with cilantro, salt & lime juice
1 cup sautéed red onions & green peppers
2 cups crumbled seitan or tempeh, browned, and sautéed with minced onion, garlic, and hot smoked paprika
2 cups steamed or sautéed spinach or kale
1 cup steamed broccoli florets
1 cup sautéed mushrooms
12 sprouted grain tortillas
1 cup guacamole
1 cup cashew or tofu sour cream
½ cup salsa

1. Have all of your cooked ingredients laid out buffet style.
2. Working with one tortilla at a time, add ingredients to the center of the circle. Fold them over to seal and wrap first in plastic wrap, then in foil before freezing.
3. If eating right away, serve with a dollop of guacamole, sour cream, and salsa either inside or atop your burrito.
Lesson 43.3: Red Pepper, Corn and Quinoa Pilaf
By Jill Nussinow, R.D. in 43: Pressure Cooking

Makes 4 to 5 cups.

Takes 5 minutes of high pressure and enough time for the pressure to release naturally.

This is incredibly quick in the pressure cooker, yet also easy on the stove top, if your cooker is already in use. It makes a great side dish. When leftover, turn it into a cold salad.

1 teaspoon oil
1 cup chopped onion
1 medium red pepper, chopped
1 1/2 cups quinoa, washed, rinsed and drained
1 ear corn, kernels cut off or 1 1/2 cups frozen corn
2 1/4 cups stock or water
1/2 teaspoon salt

1. Add the oil to the pressure cooker over medium heat. Add the onion and sauté for 2 minutes. Add the pepper and sauté another minute. Add the quinoa and toast for 1 minute.
2. Stir in the corn and stock. Lock the lid in place and bring to high pressure over high heat. Reduce the heat to maintain high pressure and cook for 5 minutes.
3. Remove the pot from the heat and allow the pressure to come down naturally. Remove the lid, tilting it away from you. Add the salt and fluff the quinoa.

Note: If you’d like this more seasoned, add 1-2 teaspoons ground cumin and 1/2 teaspoon ground coriander when you add the quinoa.

Lesson 1.3: How to Cook Quinoa, Millet, and Amaranth

By Trevor Justice in 01: Quick Start

To make a delicious hot cereal out of quinoa or amaranth, stir in raisins, chopped apple, chopped dates, chopped almonds, and/or your favorite “butter” or sweetener. Fruit combined with grain is not an ideal food combination, so listen to your digestive system. If you have indigestion, use a sweetener instead of fruit.

Basic Quinoa Recipe

Makes 4 servings.

2 cups water
1 cup quinoa

Start by soaking and rinsing the grains in cold water. This will remove the saponin, which can have a bitter flavor. Combine the water and grain in a medium-sized pan. Bring to a boil. Then reduce heat and simmer, covered, until the water is gone. Depending on your stove and cookware, this takes 10-15 minutes. Remove from heat and let steam for 5 minutes. You’ll know it’s ready when you see a ring around each seed, which is the germ of the grain.

Basic Amaranth Recipe

Makes 1-2 servings.

1 cup water
½ cup amaranth
¼ tsp sea salt

Stir amaranth and sea salt into water and heat to boiling in a 2-quart saucepan. Reduce the heat and cook, covered. Stir occasionally to prevent sticking, until tender, about 20 minutes. If the mixture still seems watery after 20-25 minutes, remove from heat and leave it covered for 5-10 minutes to absorb the water.

Basic Millet Recipe

Makes 3-4 servings.

4 cups water
1 cup whole millet
1 tsp sea salt

Bring water to a boil. Stir in millet and sea salt. Lower heat and simmer, covered, 30-40 minutes, or until millet is tender and water is absorbed. To keep it fluffy and rice-like, do not stir. Check at 30 minutes, but do so quickly and replace lid immediately so you don’t lose steam. If it’s sticking, or too dry, lower heat and/or add ¼ cup water.
Lesson 1.36: Quinoa Pilaf
By Raederle Phoenix in 01: Quick Start

Quinoa with apricot and fig sauce.

- 2 cups cooked quinoa, hot
- 2 cups baby spinach (counts toward 2 daily cups of spinach)
- 1 cup cooked brown lentils
- 4-6 dried apricots, chopped
- 4 dried figs, chopped
- 1 cup vegetable broth
- ½ teaspoon minced ginger
- ⅛ teaspoon sea salt, to taste
- ⅛ teaspoon fresh-ground black pepper, to taste
- 2 Tablespoons nuts, crushed or chopped (topping)

1. Add lentils and baby spinach to hot quinoa.
2. Mix, cover and set aside.
3. To a skillet, add all other ingredients except nuts.
4. Cook at medium heat stirring frequently, until fruits are soft and sauce thickens. This will take five to seven minutes.
5. If fruit starts to stick to the pan, then they are likely to be done. Avoid over-cooking.
6. Add nuts at the end and serve warm with quinoa.
Lesson 7.61: Spinach with Warm Lentils
By Lara Adler, CHHC in 07: Iron

In this recipe, Lara combines spinach (rich in both iron and Vitamin C) with lentils (iron) and celery (Vitamin C). To check out Lara’s other recipes, visit www.laraadler.com/blog.

This is a cinch to make, is delicious, and is perfect either warm of cold. French green lentils are ideal here as they hold their shape better than other lentil varieties.

2 cups french green lentils
1 Onion, quartered
2 cloves garlic, smashed, skins removed
2 Bay leaves
1 Carrot, finely diced
1 Celery rib, finely diced
Salt & pepper
2 Tablespoons extra virgin olive oil
Red wine vinegar
Chopped parsley
1 pound spinach, washed, and dried

1. Add the lentils, onion, garlic, bay leaves, carrot, celery, salt & pepper to a large pot along with 6 cups of water, and bring to a boil. Lower the heat and simmer for 25 min or until lentils are tender, but not falling apart. A little toothsome bite is okay.

2. Strain and reserve the broth to use (soup stock, or to cook rice in). Remove the onion, garlic, and bay leaves, and discard. Season with salt & pepper.

3. Lay spinach in a shallow bowl and top with lentils, a drizzle of olive oil, red wine vinegar, and parsley. The warm lentils will wilt the spinach. Serve with a piece of crusty bread.
Lesson 14.41: Curried Lentils and Rice
By Jill Nussinow, R.D. in 14: Protein

Serves 4.

This recipe is highly adaptable. You can add other vegetables to it while it is cooking or at the end. Try stirring in chopped spinach at the end of cooking or adding potatoes to the pot at the beginning. It is also really good wrapped in a whole grain tortilla and it’s great for a hearty breakfast.

- 2 teaspoons canola or vegetable oil
- 1 1/2 cups onion, chopped
- 2 slices ginger, finely minced to equal about 1 teaspoon
- 2 cloves of garlic, finely minced
- 1 small hot pepper, finely minced
- 1 cup brown or green lentils, rinsed and drained
- 1/2 cup basmati or other long grain rice
- 2 3/4 cups water or broth
- 1 Tablespoon curry powder
- 1/2-1 teaspoon salt
- 1 cup frozen peas, defrosted
- 1 cup diced tomatoes, fresh or canned
- 3-4 Tablespoons chopped cilantro, for garnish
- Hot sauce or chutney, to taste

1. Pour the oil into a medium or large saucepan with a lid over medium heat.
2. Add the onion, ginger, garlic and pepper. Sauté for 1 to 2 minutes.
3. Cook until onion begins to slightly soften, about 5 minutes.
5. Cover the pan and bring to a boil. Reduce heat to low and simmer for 35 minutes.
6. Remove from heat, add peas to pot, replace cover and let sit undisturbed for 5 more minutes.
7. Add tomatoes and salt and fluff with a fork.
8. Transfer to a serving plate. Top with cilantro. Serve immediately.

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Lesson 40.5: Short Grain Brown Rice with Variations & Sesame Salt
By Meredith McCarty in 40: Macrobiotic Diet

Makes 4 to 10 servings or 5 cups.

Phytic acid prevents the absorption of mineral in grains. Therefore, soaking rice for at least an hour before cooking allows this acid to leach into the soaking water to be discarded. For bread grains such as wheat, spelt, kamut and rye — fermentation, as in sourdough bread — is the other technique for neutralizing phytic acid.

2 cups short grain brown rice or a combination of short, sweet, and/or medium grain brown rices
2½ to 3 cups water, less in pressure cooker, more in pot
3-inch piece kombu
Small pinch sea salt
1/3 cup Sesame Salt, refer to Lesson 40.4

1. Rinse and drain rice(s) in pressure cooker or pot. Add measured amount of fresh water and soak for at least an hour.
2. Drain soaking water into measuring cup, measure, and discard. Add fresh water, in the amount measured, to the pot with the rice.
3. Add kombu and sea salt and bring to pressure or boil. Cook over low heat for 45 minutes.
4. If using pressure cooker, allow pressure to come down naturally or bring it down by running cold water over top of pot. When pressure gauge can be lifted easily without hissing, it’s all right to open cooker.
5. Transfer cooked rice to serving bowl by spreading out large spoonfuls at a time to aerate rice, or fluff it with a fork. This ensures a light texture as the rice cools.
6. Keep refrigerated, reheating rice with a little water in a pot or steamer basket, or sautéing it either alone, with onions or garlic, or with a variety of vegetables and seasoned tofu for a complete meal in one dish.

Variations:

For variety, substitute ¼ cup other whole grains for brown rice, such as wheat or rye berries or whole oat groats.

Another option is to include ½ cup beans, such as garbanzo beans, for that amount of grains. Soak, drain, and then cook together.

You may also substitute 2 teaspoons vegetable bouillon for salt.
Lesson 42.6: Seasoned Lentils
By Lara Adler, CHHC in 42: Saving Time

This is a cinch to make, is delicious, and perfect either warm or cold. French green lentils are ideal here as they hold their shape the best out of most lentil varieties.

Make this in double or triple batches and freeze the lentils in 1 cup containers for use in other recipes.*

- 2 cups French green lentils
- 1 onion, quartered
- 2 cloves garlic, smashed, skins removed
- 2 bay leaves
- 1 carrot, finely diced
- 1 celery rib, finely diced
- salt & pepper

1. Add the lentils, onion, garlic, bay leaves, carrot, celery, salt & pepper to a large pot along with 6 cups of water, and bring to a boil.
2. Lower the heat and simmer for 25 min or until lentils are tender, but not falling apart. A little toothsome bite is okay.
3. Strain and reserve the broth to use (soup stock, or to cook rice in). Remove the onion, garlic, and bay leaves, and discard. Season with salt & pepper.

*Defrost the lentils in the fridge overnight. Add them to cooked rice and sautéed kale or toss them with romaine, cherry tomatoes & a mustard vinaigrette and stuff inside a pita or ciabatta bread.
Lesson 43.1: Three Minute Steel Cut Oats  
By Jill Nussinow, R.D. in 43: Pressure Cooking

Makes 4 Servings.

Oats are so good for you but most people eat the rolled kind because the steel cut version takes too long. Here it takes only 3 minutes on the heat to cook. You can flavor them any way that you like. My favorite is with half a vanilla bean and a cinnamon stick, raisins and walnuts, plus extra cinnamon.

- 2 cups water
- 1 cup unsweetened, plain or vanilla soy, oat, multigrain, nut or rice milk
- Pinch of salt
- 1 cup steel cut oats
- ½ vanilla bean
- 1 cinnamon stick
- ¼ cup raisins
- 1 teaspoon ground cinnamon
- ¼ cup toasted walnuts
- ¼ cup raisins
- 1-2 Tablespoons agave syrup or other sweetener

1. Add the water, milk, salt, oats, vanilla bean, cinnamon stick and ¼ cup raisins to the pressure cooker.
2. Lock on the lid and bring to high pressure over high heat. Lower the heat and time for 3 minutes.
3. Remove from the heat and let the pressure come down naturally.
4. Carefully remove the lid, tilting it away from you.
5. Remove the vanilla bean and cinnamon stick and set aside. Stir and add the cinnamon, walnuts, remaining raisins and sweetener to taste.
6. Refrigerate leftovers and eat another morning. This will last about 4 days in the refrigerator.

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Lesson 43.2: Basic Pressure Cooked Black Beans
By Jill Nussinow, R.D, in 43: Pressure Cooking

Makes 2-3 cups.

Pressure cooking takes so little time that there’s no need to buy canned beans any more nor to be concerned about the BPA in the cans. They also taste better from the pressure cooker. I always presoak my beans, however you can cook them from dried. They will take much longer, about 25 minutes, and require 3 cups of water.

5 minutes high pressure; natural pressure release
1 cup black beans, soaked overnight or quick soaked
⅔ cup water
1 piece kombu seaweed
1 sprig epazote, if available
1-2 cloves garlic
½ teaspoon cumin seeds
Salt, for after cooking

1. Put the soaked beans, water, kombu, garlic, herb and spices in the pressure cooker. Bring to high pressure over high heat. When the button pops up, start timing.
2. After 5 minutes, remove the pot from the heat and let the pressure come down naturally.
3. Taste to be sure that the beans are cooked through. If not, put them back on the heat and bring to pressure for another minute or two.
4. If bringing them to pressure to cook longer, remember to let the pressure come down naturally again.
5. Open the pot, tilting the lid away from you. Remove the kombu and epazote. Salt the beans, to taste.

Lesson 1.33: Yellow Split Pea Soup with Rye
By Raederle Phoenix in 01: Quick Start

2 Tablespoon olive oil
1 large onion, minced (2 cups)
3 ribs celery, sliced (¾ cup)
2 medium carrots, minced (1 cup)
1 clove garlic, minced
1 Tablespoon paprika
1 tsp. ground turmeric
½ tsp. cayenne pepper (optional)
1⅛ cups yellow split peas
2 Tablespoons lemon juice
2 Tablespoons chives, minced
⅛ teaspoon sea salt, to taste
2 sliced unsweetened rye bread, to be served with soup

1. Heat oil in large pot or Dutch oven over medium heat.
2. Add onion, celery, carrots, garlic and sauté for 10 minutes, or until vegetables have begun to brown.
3. Add paprika, turmeric, and cayenne, and sauté for 30 seconds.
4. Add split peas and 4½ cups water.
5. Bring to a boil, then reduce heat to medium-low, cover, and simmer 45 to 60 minutes, or until split peas have broken down and soup is thick and creamy.
7. Stir in lemon juice, and season with salt and pepper.
8. Garnish with chives and serve with warm rye bread.
Lesson 1.34: Lentil Stew
By Raederle Phoenix in 01: Quick Start

- 6 cups vegetable broth (vegan)
- 2 cups dry green or red lentils
- 2 large tomatoes, diced (or 2 cups cherry tomatoes, chopped)
- 1 large yellow onion, minced
- 1 large carrot, minced
- 3 ribs celery, minced
- 1 small zucchini, minced
- 3 garlic cloves, minced
- ¼ cup fresh basil or 1 tsp dried basil
- 1 tsp dried thyme
- ½ tsp ground coriander
- ⅛ teaspoon sea salt, to taste
- ⅛ teaspoon freshly ground black pepper, to taste
- Garnish with fresh parsley and/or cilantro

1. Heat up a large pot to medium heat.
2. Once warm, add the onion, garlic, carrot, zucchini, celery and salt, and cook until the onions are translucent, approximately 6 to 7 minutes, whilst stirring continually to avoid burning.
3. Add the lentils, tomatoes, broth, spices and stir to combine.
4. Increase the heat to high and bring just to a boil.
5. Reduce the heat to low, cover with a lid and cook at a low simmer until the lentils are tender, approximately 35 to 40 minutes.
6. Marinate the lentils by letting them simmer gently for two hours. Check every half an hour to see if more broth needs to be added.
7. Serve warm, garnished with some fresh chopped celery, parsley and/or cilantro.
Lesson 3.3: Lemony Lentil and Potato Chowder
By Jill Nussinow, R.D. in 03: Calcium

Jill says: “I love lentils and the red ones break down so nicely. This is comfort food at its best. The lemon and mint also makes it incredibly refreshing and fresh tasting, something not always easy to do mid-winter.”
Lentils are high in magnesium, and kale is high in absorbable calcium.

Serves 6-8.

1 tablespoon olive oil
1 medium onion, sliced
1 tablespoon minced garlic
¼ teaspoon cayenne pepper
2 cups red lentils
6 cups water mixed with 3 teaspoons soup and stock mix or 6 cups vegetable broth
3 cups unpeeled diced potatoes, red look nice but any will work
2 cups chopped greens like kale, mustard, collards or sorrel
1 teaspoon lemon zest
4 tablespoons lemon juice
¼ cup chopped mint
Salt and freshly ground black pepper, to taste

1. Heat the oil over medium heat in a large stockpot.
2. Add the onion and sauté for 3 to 4 minutes until they begin to soften.
3. Add the garlic and cayenne and cook for 1 minute more.
4. Add the lentils, broth and potatoes. Bring the mixture to a boil, then reduce to a simmer.
5. Simmer, covered, for about 25 minutes or until the lentils and potatoes are tender.
6. Puree the mixture with a hand blender.
7. Add the greens and cook 5 more minutes until they are wilted.
8. Stir in the lemon zest and juice and the mint.

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Lesson 3.6: Bean & Vegetable Soup

By Meredith McCarty in 03: Calcium

Meredith says: “Greens like kale are high in calcium. Beans are good sources of magnesium. This basic recipe is wonderful with all beans, including heirloom varieties.

“Heirloom beans are native, non-hybridized beans with names like Anasazi, Scarlet Runner, Red Calypso, Steuben Yellow Eyes, Rattlesnake, Christmas or Chestnut Limas, Gigandes, and Swedish Brown Beans. Anasazi beans, also called Painted Desert Beans, have been cultivated in America since 1100 A.D. The name means ‘ancient ones’ or ‘predecessor’ in the Navajo language. They have a pinto-like flavor. Find heirloom beans in specialty food stores and some natural food stores. You can vary the vegetables according to what’s in season. Serve with brown rice, also high in magnesium, for a nutrient-dense meal.”

Makes 6 to 8 servings or 8 cups.

1 cup beans (black-eyed peas, pinto, etc., etc.)
5½ cups or more water, Divided: 2 cups to soak, 2½ cups or more to cook
1 Bay leaf
3-inch piece kombu sea vegetable
1 Onion, diced, or leek white, cut in ¼-inch half moons
4 cloves garlic, minced or pressed
1 Carrot, cut in ¼-inch half moons
1 rib celery, sliced
1 Red potato, cut in ½-inch dice (or parsnip, rutabaga or turnip)
2 cups winter squash (10 ounces kabocha), peeled and cut in 1/2-inch dice
½ teaspoon sea salt and freshly-ground pepper, to taste
Water, about 3 cups, to cover soup-solids
1 Tomato, chopped
Up to ½ cup fresh herbs (½ cup or ¾ ounce fresh basil with 1 teaspoon fresh rosemary), chopped
¼ cup white miso or part light barley miso
Half a bunch cooked hardy greens such as kale, or raw arugula or parsley, chopped

1. Sort through beans by spreading them on a white plate in batches. Rinse, drain and soak 8 hours. (Or, if you are especially sensitive to the gas in beans, repeat this process: drain beans and soak in fresh water for another 8 hours, or until bubbles form, around 24 hours.) Drain beans.

2. Bring beans and fresh water to boil in pressure cooker or in a 2-quart pot. Turn heat low to simmer uncovered for 5 minutes, then add bay leaf and sea vegetable. Cover and cook by either method, 20 to 60 minutes in pressure cooker (less with Anasazi beans, more with garbanzo beans/chickpeas), or 45 minutes (for Anasazi beans) to 3 hours in a pot adding more water as necessary. Vigorously whisk kombu to dissolve it in the hot bean broth. Makes 2 1/2 cups Anasazi beans.

3. In a 3-quart pot, place vegetables, salt, and water to barely cover, about 3 cups. Bring to boil then turn heat to medium to cook until tender, about 10 minutes. Add tomato, herbs and pepper with beans and some of their broth. Cook a couple of minutes more. Dissolve miso in a little of the hot soup broth and add to pot. Stir in greens and serve.

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Lesson 13.5: Zucchini Chedda Soup

By Jo Stepaniak in 13: Vitamin A

Makes 3½ quarts.

Here’s a recipe from my book *The Ultimate Uncheese Cookbook*. In this recipe, red peppers provide the beta-carotene, and tahini and cashews provide the zinc and fat.

8 cups vegetable broth or water
6 medium zucchini, diced
1 large onion, diced
1 cup roasted red peppers (skin and seeds removed) or pimiento pieces
½ to 1 cup nutritional yeast flakes
½ cup sesame tahini
½ cup flour (any kind)
½ cup raw cashews
¼ cup tamari
3 Tablespoons freshly squeezed lemon juice
1 Tablespoon dried oregano
2 teaspoons salt
½ to 1 teaspoon crushed garlic
½ teaspoon ground allspice
½ teaspoon pepper

1. Combine the broth, zucchini, and onion in a large soup pot and bring to a boil. Lower the heat heat, cover, and simmer once or twice until the vegetables are very tender, about 20 minutes.

2. Place 2 cups of the soup broth, including some of the cooked onion and zucchini (leave the remaining broth, onion, and zucchini in the soup pot), in a blender with red peppers, nutritional yeast, tahini, flour, cashews, tamari, lemon juice, oregano, salt, garlic, allspice, and pepper. Process until completely smooth.

3. Stir the blended mixture back into soup pot with remaining broth and vegetables. Heat gently, stirring often, until slightly thickened and warmed through, about 10 minutes. Do not boil. Serve hot.

Lesson 14.4: Tuscan White Bean Soup
By Meredith McCarty in 14: Protein

Makes 8 one-cup servings.

- 2 cups white beans, such as lima, navy, cannellini [Italian white kidney beans], great northern
- 8 cups water or mild-tasting vegetable broth, divided: 4 cups to soak, 4 cups to pressure-cook beans
- 2 Tablespoons olive oil
- 2 onions, diced
- 2 large cloves garlic, pressed
- 1 six-inch piece kombu sea vegetable
- 2 bay leaves
- 1 teaspoon dried Italian herbs
- ¼ cup white miso
- ½ teaspoon sea salt
- ¼ teaspoon pepper
- ½ cup fresh basil, minced
- Italian parsley leaves for garnish

1. Sort through beans for stones by spreading them on a white plate. Rinse beans in water to cover. Drain, and soak 8 hours (all day or overnight) or until bubbles form, up to 24 hours.
2. In pressure cooker, heat oil and sauté onion and garlic until barely tender, about 5 minutes.
3. Drain beans reserving liquid for plants or garden. Transfer beans to pressure cooker with 4 cups fresh water. Bring to boil and slow-boil uncovered for 5 minutes to allow initial gas to escape in the form of froth or steam. Add kombu and bay leaf and cover to bring to pressure, then turn heat low to cook for 1 hour.
4. When pressure subsides, set aside 1 cup of the broth. (Keep to add next day, if needed. The exception is canellini beans when you may need to add 1 cup of eater.)
5. With a wire whisk or in a food processor or blender, purée halfway cooked beans, vegetables, and kombu with dry herbs, miso, salt, and pepper.
6. Add fresh basil and heat through to blend flavors, about 5 minutes.
7. Adjust seasonings to taste and amount of liquid to consistency desired. Garnish to serve.

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Lesson 14.44: Heirloom Bean & Vegetable Soup
By Meredith McCarty in 14: Protein

Heirloom beans are native, non-hybridized beans with names like Anasazi, Scarlet Runner, Red Calypso, Steuben Yellow Eyes, Rattlesnake, Christmas or Chestnut Limas, Gigandies, and Swedish Brown Beans.

Anasazi beans, also called Painted Desert Beans, have been cultivated in America since 1100 A.D. The name means “ancient ones” or “predecessor” in the Navajo language. They have a pinto-like flavor. Find heirloom beans in specialty food stores and some natural food stores. Online sources include: www.goldminenaturalfoods.com and www.ranchogordo.com.

Like other plant foods, beans contain fiber and phytochemicals. Especially high in calcium, iron, and magnesium, beans can replace meat, poultry, eggs, and other animal protein foods. The USDA recommends we eat at least four servings of beans per week, up from the less than one cup the average American consumes.

1 cup heirloom beans, such as Anasazi
5½ cups or more water, divided: 2 cups to soak, 2½ cups or more to cook
1 bay leaf
1 three-inch piece kombu sea vegetable
1 Tablespoon olive oil
1 onion, diced, or leek white, cut into quarter-inch half moons
4 cloves garlic, minced or pressed
1 carrot, cut into quarter-inch half moons
1 rib celery, sliced
1 red potato, cut into half-inch dice — may be substituted with parsnip, rutabaga or turnip
2 cups winter squash (such as 10 ounces kabocha), peeled and cut into half-inch dice
½ teaspoon sea salt
1 tomato, chopped
Up to ½ cup fresh herbs (such as ½ cup fresh basil with 1 teaspoon fresh rosemary), chopped
Freshly-ground pepper
¼ cup white miso or part light barley miso
Half a bunch arugula or parsley, chopped, or cooked hardy greens such as kale

1. Sort through beans by spreading them on a white plate in batches. Rinse, drain and soak 8 hours. If you are especially sensitive to the gas in beans, repeat this process: drain beans and soak in fresh water for another 8 hours, or until bubbles form, around 24 hours. Drain beans.

2. Bring beans and fresh water to boil in pressure cooker or in a two-quart pot. Turn heat low to simmer uncovered for 5 minutes, then add bay leaf and sea vegetable. Cover and cook by either method, 20-60 minutes in pressure cooker (less with Anasazi beans, more with garbanzo beans/chickpeas), or 45 minutes (for Anasazi beans) to 3 hours in a pot adding more water as necessary. Vigorously whisk kombu to dissolve it in the hot bean broth. Makes 2½ cups Anasazi beans.

3. Heat oil in a three-quart pot. Add onion and garlic and sauté briefly. Add carrot, celery, potato, squash, salt and water to barely cover, about 3 cups. Bring to boil then turn heat to medium to cook until tender, about 10 minutes. Add remaining vegetables, seasonings and beans with some of the broth, and cook a couple of minutes more. Dissolve miso in a little of the hot soup broth and add to pot. Stir in greens and serve.

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<td>Calories: 178</td>
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Lesson 20.4: Sproutman’s® Sprout Vegetable Soup
By Steve Meyerowitz in 20: Sprouting

The following is extracted from Sproutman’s Kitchen Garden Cookbook by the late Steve Meyerowitz. Reprinted with permission. Find more recipes at sproutman.com.

3-4 cups Pure water
½ inch Ginger root
¼ cup Radish sprouts
¾ cup Cabbage sprouts
1 Lemon, juiced
3 Tablespoons Tamari
2 Tablespoons Olive oil
1½ cups Sunflower greens
1 cup Buckwheat lettuce sprouts
1 bunch Garlic or Onion sprouts

Here’s a soup that’s hot without being heated!

Just blend the ingredients together, that’s all. It’s easier than opening a can.

1. Start with half the water.
2. Add the ingredients in sequence, then slowly add the rest of the water as needed.
3. The last 3 ingredients should not be fully blended, only chopped. This gives your soup a thick, hearty texture.

Vary the recipe by adding your own favorite spices. Hot spice enthusiasts may add cayenne pepper. No chives? Substitute with 1-2 scallion greens.
If you are out of buckwheat sprouts, substitute with alfalfa. If you are out of sunflower greens, substitute with spinach. (Try not to run out; even Popeye would prefer sunflower greens.) These sprouts make a great tasting, nutritious soup. Mmm, mmm good!
Lesson 40.3: Vegetable-Miso Soup with Tofu, Fresh Shiitake Mushrooms & Ginger
By Meredith McCarty in 40: Macrobiotic Diet

Vegetable-Miso Soup with Tofu, Fresh Shiitake Mushrooms, & Ginger
Makes 4 to 7 servings or about 7 cups

Miso is a fermented soybean paste used like a bouillon. It may be added to any of your favorite soups for seasoning. Miso tastes great and is a healing food as well. According to The Book of Miso, miso contains zybicolin, an element that attracts to itself and expels from the body toxic substances such as radiation, pollution, and nicotine.

Sea vegetables have similar detoxifying properties from an element called sodium alginate. Seaweeds are also the highest food source of minerals and trace elements and so contribute to a strong immune system. Shiitake mushrooms are luscious-tasting and have medicinal properties useful in the prevention and treatment of cancer, AIDS, and high cholesterol.

6-inch piece wakame seaweed or a large pinch ready-to-use wakame flakes
6 cups water or vegetable cooking broth
1 onion family member, such as yellow, white, or red onions or leeks, cubed
1 root vegetable, such as carrot, turnip, rutabaga, or parsnip, sliced
1 cup hardy greens, such as kale, cabbage, or collards and/or 2 cups soft greens, such as arugula or watercress, sliced
¼ pound firm tofu, cubed
4 shiitake mushrooms, stems trimmed, cut in cubes
Miso to taste, about 1/3 cup barley, brown rice, or other miso, or part natural soy sauce (up to 1 Tablespoon miso per cup water)
Knob of fresh ginger, peeled and finely grated

1. Submerge seaweed in water in a 3-quart pot. Bring to boil while you cut the fresh vegetables. Strain out regular (not ready-to-use variety) seaweed and when cooled somewhat, cut and return to pot with onion and root vegetable.
2. Bring to boil, then simmer covered until barely tender, 5 to 10 minutes depending on size of vegetables. Add hardy greens, tofu and mushrooms, and cook about 5 minutes more.
3. Dissolve miso in a little of the hot soup broth and add to soup with soft greens and ginger to simmer very gently for a minute or two before serving.

Note: To maintain an attractive bright green color, cook the hardy greens separately — leave the soft greens fresh & raw — and add greens to hot soup just before serving.

Nutrition Facts
For 7 servings, per serving.
Calories: 87
Calories from Protein: 22%
Calories from Fats: 19%
Calories from Carbohydrates: 59%
Protein: 4.8 g
Fat: 1.8 gm
Saturated Fat: 0.2 g
Carbohydrates: 12.7 g
Fiber: 1.8 g
Cholesterol: 0
Sodium: 332 mg

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Lesson 42.63: Red Lentil Soup
By Lara Adler, CHHC in 42: Saving Time

Red lentils are ideal for soups because they break down into a soft puree on their own, and take on a lovely golden color. You can use brown lentils in place of red, but the color will not be as nice.

1 medium onion, diced
2 clove garlic, minced
½ teaspoon crushed red pepper flakes
¼ teaspoon ground chipotle pepper or smoked paprika (optional)
4 cups vegetable stock
2 cups water
1½ cups red lentils, picked over, and rinsed
Sea salt
Olive oil
Squeeze of lemon

1. In a large pot, heat 1-2 tablespoons of olive oil. Add the chopped onion and sauté for 4 or 5 minutes until softened.
2. Add the garlic, red pepper flakes, and chipotle pepper or paprika and cook for another minute.
3. Add the broth and water and bring to a boil. Stir in the lentils and reduce to a simmer over medium-low heat.
4. Cook for 30-40 minutes until lentils have fallen apart.
5. If needed, add more water. Season with salt & pepper, and lemon juice to taste.
6. Serve this hearty soup with a crusty bread and a large green salad or roasted Brussels sprouts. You can also add hearty greens like spinach or mustard greens during the last few minutes of cooking.
Lesson 47:3 Luz Zelaya’s Mineral Rich Raw Soup
By Luz Zelaya, RDH in 47: Dental Health

Here is the mineral rich raw soup recipe I described on the Q&A call for this lesson.

1 handful of watercress, baby greens, parsley, cilantro, baby spinach, arugula (adjust amounts to taste)
1 cucumber
2-3 lemons or limes peeled whole
2-4 cloves of garlic
1/3 of a medium size red onion
pinch of cayenne
Celtic gray sea salt to taste
1 Tbsp olive oil
1 Tbsp raw apple cider vinegar
1 avocado
1 handful of pumpkin seeds
3 cups water

1. Blend until smooth.
2. Serve and enjoy immediately.
Lesson 48.5: Red Lentil Corn Chowder
By Lenore Baum, M.A. in 48: Soups — From Sublime Soups: Vegetarian Soups and Quick Breads.

For years, this has been the favorite soup of my beginning students. Most tell me that even their meat-and-potato eaters love it!

6 cups filtered water
1 cup red lentils
2 ears of corn, husked
1 6-inch strip kombu
½ tsp. coconut oil
1 medium onion, diced small
2 carrots, cut into rounds, ¼-inch thick
3 celery stalks, diced small
4 Tbs sweet, white miso
1 Tbs fresh parsley, minced, to garnish, optional

1. Bring 6 cups of water to a boil in a large stock pot.
2. Meanwhile, pick over the lentils to remove debris and set aside.
3. Add the corn to the stock pot and boil for 10 minutes. This makes a simple, sweet soup stock. Remove the cobs and allow to cool. Cut the kernels off the cobs and set aside. Discard the cobs.
4. Add the rinsed lentils to the pot. Simmer uncovered for 15 minutes, skimming off foam from the surface until it subsides.
5. Meanwhile, cover the kombu with water and let soak for 5 minutes. Cut it into ½-inch squares and add it to the pot.
6. Heat the oil in a large, nonstick skillet. Sauté the onion until translucent, about 5 minutes. Move the onion to one side of the skillet and add a few more drops of oil to the cleared space. Add the carrots and sauté for several minutes. Repeat with the celery. Add all the vegetables to the stock pot.
7. Place a flame tamer under the pot. Simmer, with the lid ajar, until the lentils are soft and creamy, about 45 minutes. Stir occasionally.
8. Place a small amount of the hot chowder in a small bowl, add the miso, whisk until smooth and return it to the pot. Stir and serve garnished with parsley.

Variation: Substitute chickpea miso for the sweet, white miso.

Notes: Lay the corn cob horizontally on the board to slice off kernels to minimize clean-up. The kernels from 2 ears of corn = 1 cup frozen corn kernels.
Lesson 48.6: Cuban Black Bean Soup
By Lenore Baum, M.A. in 48: Soups — From Sublime Soups: Vegetarian Soups and Quick Breads.

Note: Be sure to place the bay leaf in a mesh tea ball or tied up in a piece of cheesecloth so that you can easily remove it before blending.

1 cup dried black beans
3 1/2 cups water
1 6-inch strip kombu, diced
1 bay leaf, in a tea ball
1 tsp. coconut oil
1 large onion, diced small
3 garlic cloves, minced
3/4 tsp. ground cumin
1/2 tsp. ground oregano
1 tsp. mild chili powder
2 TBS. mirin, optional
1 TBS. brown rice vinegar
2 tsp. unrefined sea salt
1 TBS. tamari
2 TBS. scallion, thinly sliced, to garnish

1. The day before, pick over the black beans to remove debris and broken beans. Rinse the beans and place them in a large bowl. Cover them with water, 2 inches above the level of the beans and soak overnight.

2. Bring 3 1/2 cups of water to a boil in a 6-quart pot. Add the rinsed beans and return to a boil. Simmer uncovered for 15 minutes, skimming off foam from the surface until it subsides.

3. Meanwhile, cover the kombu with water and let soak for 5 minutes. Cut it into 1/2-inch squares and add it to the pot. Add the bay leaf to the pot. Place a flame tamer under the pot. Simmer for 45 minutes, with the lid ajar.

4. Meanwhile, heat the oil in a large, nonstick skillet. Sauté the onion until translucent, about 5 minutes. Add the garlic, cumin, oregano and chili powder. Stir constantly for 1 minute. Scrape the contents of the skillet into the soup pot and simmer for 1 hour with the lid ajar.

5. Add the mirin, vinegar, salt and tamari. Simmer for 15 minutes.

6. Remove and discard the bay leaf. Transfer 2 – 3 cups of the soup to a blender and process until uniform in color. Return the purée to the pot and stir. Serve garnished with scallions.

Variation: In step #2, pressure-cook the black beans for 10 minutes, then quick-release.
Lesson 48.7: Curried Split Pea Soup
By Lenore Baum, M.A. in 48: Soups — From Sublime Soups: Vegetarian Soups and Quick Breads.

This soup is a welcome antidote for the winter blues. Cumin, fennel and black mustard are the three robust seeds that transform split peas into a curried delight which will wake up your taste buds.

2 cups green split peas
1 6-inch strip kombu
2 tsp. coconut oil
1 tsp. whole cumin seeds
½ tsp. fennel seeds
1 tsp. black mustard seeds
1 large onion, diced small
1 TBS. fresh ginger, peeled and minced
1 tsp. minced garlic
3 large carrots, cut into ¼-inch rounds
6 cups boiling water
2 TBS. mild curry powder
1 TBS. unrefined sea salt, or more to taste

1. Pick over the peas for debris and set aside. Cover the kombu with water and let soak for 5 minutes. Cut it into ½-inch squares and set aside.
2. Heat the oil in a pressure cooker and add the cumin, fennel and mustard seeds. Sauté until they sizzle and pop, 5 – 10 seconds. Add the onion, ginger and garlic. Stir constantly for 1 minute.
3. Add the rinsed peas, carrots, boiling water, curry powder and kombu to the pressure cooker. Lock the lid in place. Bring up to full pressure over high heat. Place a flame tamer under the pressure cooker and reduce the heat. Maintain high pressure for 20 minutes.
4. Quick-release the pressure. If the beans are not tender, simmer until they are, then add the salt. Close the lid and let stand for 5 minutes, off the heat.

Variation: Rather than pressure-cooking, simmer in a regular pot for 1½ hours.
Lesson 48.8: Gingered Lentil Soup
By Lenore Baum, M.A. in 48: Soups — From Sublime Soups: Vegetarian Soups and Quick Breads.

The inviting aroma of ginger makes this soup irresistible. Fingerhot chiles “kick it up a notch,” as Emeril Lagasse says. Serve with whole wheat pita bread and a salad.

2 cups red or brown lentils
7 cups water
2 6-inch strips kombu
1 tsp. coconut oil
1 large onion, diced small
1 2-inch piece fresh ginger root, peeled and minced
1 tsp. ground coriander
2 green fingerhot chiles, diced small
2 tsp. curry powder
¼ tsp. chili powder, or more to taste
2 tsp. unrefined sea salt
2-3 Tbs. sweet white miso
2 Tbs. fresh parsley, minced, to garnish

1. Pick over the lentils to remove debris. Bring 7 cups of water to a boil in a pressure cooker. Add the rinsed lentils and return to a boil. Simmer uncovered for 5 minutes, skimming off foam from the surface until it subsides.
2. Meanwhile, cover the kombu with water and let soak for 5 minutes. Cut it into ½-inch squares and add it to the pressure cooker.
3. Heat the oil in a nonstick skillet and sauté the onion for 3 minutes. Move the onion to one side of the skillet and add a few drops of oil to the cleared space. Add the ginger, coriander, chiles, curry and chili powder. Sauté for 3 minutes. Add the contents of the skillet to the pressure cooker.
4. Close and lock the lid in place. Place a flame tamer under the pressure cooker. Over high heat, bring up to pressure. Then reduce the heat and maintain high pressure for 15 minutes.
5. Remove the pressure cooker from the heat and let stand for 15 minutes. Then, quick-release the pressure.
6. If the lentils are not soft, simmer until they are, then add the salt. Close the lid and let stand for 5 minutes, off the heat.
7. Place a small amount of the hot soup in a small bowl, add the miso, whisk until smooth and return it to the pot. Stir and garnish with parsley.

Variations:
- Rather than pressure-cooking, simmer in a regular pot for 1 1/2 hours.
- Substitute barley miso for the sweet, white miso.
- Substitute 1 habanero chile for 2 fingerhot chiles.

Find more from Lenore Baum at www.lenoresnatural.com.
Lesson 48.81: Rice & Peas Risotto Soup
By Raederle Phoenix in 48: Soups

Risi e Bisi or Rice & Peas
Somewhere between risotto and soup, this recipe should have just enough fluid to desire a spoon.

3 tbsp. coconut oil
1 yellow onion, peeled, finely chopped
3 lbs. fresh peas, shelled to yield 3 cups
2 pinches sea salt
1 cup vegetable broth
1 cup arborio rice
2 tbsp. chopped fresh flat-leaf parsley
Optional garnish: currants, minced cilantro, powdered sunflower seeds and/or fresh basil

1. Melt coconut oil in a medium saucepan over medium heat.
2. Add onions and cook for 5 minutes.
3. Add peas and salt, and cook, stirring constantly, for 2 minutes.
4. Add broth and 2 cups water, and bring to a boil.
5. Stir in rice and parsley.
6. Reduce heat to medium-low and cover.
7. Cook, stirring occasionally, until rice is “al dente” and peas are very soft, about 20 minutes.
8. Adjust seasonings and serve immediately (before rice absorbs all the liquid).
9. Top with fresh currants, minced cilantro, powdered sunflower seeds and/or fresh basil.
Lesson 48.9: Sweet Miso Soup

By Lenore Baum, M.A. in 48: Soups

This is from my book, Sublime Soups: Vegetarian Soups and Quick Breads.

Soup for breakfast! It sounds crazy, but once you try it, you may be hooked. Warm and nourishing, it gives you a better jump-start than any cup of java, without the caffeine.

8 cups water
1 6-inch strip wakame
1 small buttercup squash
1 medium onion, cut into thin 1⁄2 rounds
1 small daikon radish, cut into thin 1⁄2 rounds
6 TBS. barley miso or to taste
1 scallion, thinly sliced, to garnish, optional

1. Bring 8 cups of water to a boil in a large stock pot.
2. Meanwhile, cover the wakame with water and let soak for 5 minutes. Cut it into 1⁄2-inch squares and set aside.
3. Remove the blemished areas from the squash skin. Leave the remaining skin intact. Cut in half lengthwise, from top to bottom and scoop out the seeds. Trim away the stem and blossom ends. Cut into ½-inch cubes and set aside.
4. Add the onion and wakame to the pot. Simmer uncovered 5 minutes. Add the daikon and simmer until fork-tender, about 5 minutes.
5. Add the squash and simmer uncovered until fork-tender, about 5 minutes. Remove from the heat.
6. Place a small amount of the hot soup in a small bowl, add the miso, whisk until smooth and return it to the pot. Stir and serve garnished with scallion.

Variations
• Substitute carrots, rutabaga, parsnips, cabbage or butternut squash for the buttercup squash.
• Add 1 cup of diced daikon greens or other greens in step #5.
• Add 2 slices of fresh ginger in step #6.

Cook’s Tips
• To make a one-pot breakfast meal, add leftover cooked rice, millet or noodles to the soup just before serving.
• Use an 8-inch chef’s knife to cut through the dense skin of buttercup squash. Hold the squash securely on a cutting board, stem side up. Place the tip of the knife into the top of the squash, next to the stem, and cut with a rocking downward motion. Repeat on the other side.
• To preserve the friendly bacteria and enzymes in miso soup, do not boil it when reheating. For the same reason, do not freeze it. Since it will keep refrigerated, I make a batch large enough to provide a bowl of miso soup every morning for a week.
Lesson 48.91: Dilled Broccoli or Green Bean Soup
By Lenore Baum, M.A. in 48: Soups
This is from my book, Sublime Soups: Vegetarian Soups and Quick Breads.

Dill adds a distinct undertone to this velvety broccoli soup. Since it is pressure-cooked, you will have it on your table in about twenty minutes. This recipe was adapted from Lorna Sass’ Complete Vegetarian Kitchen.

4 cups water
1 large bunch broccoli
½ tsp. Herbamare®
¼ tsp. unrefined sea salt
1 jumbo onion, cut into large pieces
⅜ cup rolled oats
2 TBS. sweet, white miso
¼ cup fresh dill, tightly packed
1 fresh dill sprig per serving, to garnish

1. Bring 4 cups of water to a boil in a pressure cooker. Meanwhile, separate the broccoli into florets. Peel the broccoli stalks and cut them into large pieces. Add all of the broccoli, the Herbamere®, onion and oats to the pressure cooker.
2. Lock the lid in place. Bring up to full pressure over high heat. Place a flame tamer under the pressure cooker and reduce the heat. Maintain high pressure for 5 minutes.
3. Quick-release the pressure under cool, running water.
4. Transfer the soup to a blender with the miso and the dill. Process until smooth. Serve in individual soup bowls, each garnished with a fresh dill sprig.

Variations
• Rather than pressure-cooking, simmer in a regular pot for 20 minutes.
• Substitute about 6 cups of chopped green beans for the broccoli.
Crazy Cranberry Sauce
Recipe by Raw Chef Raederle

1 cup fresh or frozen cranberries (or currants)
1 red apple, core removed, chopped (such as a pink lady or gala)
2 green apples, core removed, chopped (such as a granny smith)
5 medjool dates, pitted and minced
1 lemon’s juice (optional if serving immediately, but important if keeping the dish for several days)
½ teaspoon cinnamon
3 pinches sea salt
1 pinch nutmeg

1. Put all ingredients into your food processor or high-speed blender. (If you only have a regular blender, add a little grape juice, apple juice or water. If you buy sliced pineapple, the pineapple juice at the bottom is also a great addition.)
2. Blend all ingredients until smooth.

Find more from Raederle at www.Raederle.com.
Lesson 3.5: Black-Eyed Peas & Spinach
By Angie Spinelli in 03: Calcium

Angie says: “This dish is one of those meals that you can make in 5 minutes. There’s minimal stove-top cooking time, and there is little clean-up.

“Black eyes peas are rich in magnesium, iron, folate and protein. I use Eden Organic black-eyed peas not only because of their organic agricultural practices, but also because they are one of the few companies that does not use the controversial chemical bisphenol-A in their canned goods.

“Bisphenol-A, a chemical used in the lining of canned foods to extend shelf-life, when consumed at low doses mimics estrogen and has been linked to certain cancers, infertility, and behavioral disorders in children.

“It is essential to embrace cooking as part of a healthy lifestyle. What goes into your body is one of the most important things you can spend your time on – and whether gluten/dairy-intolerant or not, we should all strive to live the kind of lifestyle that allows us to enjoy slow, home-cooked meals.

“As I create my meals, I savor the aromas, colors, and textures of the foods I prepare, knowing that they will both nourish my body and indulge my taste buds. But every once in a while, it is nice to have a simple, low-maintenance meal that is both nutritious and appetizing.”

Serves 2.

2 T olive oil
1 cippolini onion or shallot, chopped
1 bunch spinach, washed
1 can Organic black-eyed peas
1 tsp salt

1. Heat the olive oil in a large skillet and saute the onion or shallot for a couple minutes, then add the spinach and black-eyed peas.
2. Simmer until the spinach reduces and becomes soft and dark green in color.
3. Sprinkle with salt and serve.

Find more from Angie at gluten-dairy-sugarfree.com.
Lesson 4.15: Yummy Cornbread  
By Meredith McCarty in 04: Vegan Comfort Food  

Sometimes I make this cornbread with two batters and swirl them together. Hopi blue corn makes beautiful cornbread as well as the traditional yellow variety.

Makes 16 servings.

1 ½ cups yellow corn flour (preferred) or cornmeal  
1 ½ cups unbleached white pastry flour  
1 tablespoon plus 1 teaspoon aluminum-free baking powder  
1/2 teaspoon sea salt  
6 tablespoons light vegetable oil  
6 tablespoons pure maple syrup or brown rice syrup (Aunt Patty's or Sweet Cloud brands preferred)  
2 cups soymilk  
Kernels from one small ear of corn (optional, in season)  
2 small serrano or jalapeno peppers, halved, seeded and very thinly sliced (optional, in season)

1. Preheat oven to 350°F. Brush a 2- or 2 ½-quart baking dish or a cast-iron skillet with oil. Heat the pan in the oven while you make the batter. This is an optional step.  
2. To make the batter, mix dry ingredients. Mix wet ingredients in a separate bowl and gently whisk with dry ingredients. Batter should be thin and pourable.  
3. Pour blue cornmeal batter into baking dish. Bake until cornbread tests done, 30 to 35 minutes.

Nutritional Information:  
Per serving – 16 servings in recipe.  
Calories: 182  
Protein: 4gm  
Saturated Fat: 0.4gm  
Fiber: 2gm  
Carbohydrates: 27gm  
Fat: 6 gm  
Cholesterol: 0  
Sodium: 178mg  
Calories from Protein: 9%  
Calories from Fats: 31%  
Calories from Carbohydrates: 60%
Lesson 6.3: Lapsang Souchong Tea Lacquered Tofu

By Eric Tucker in 06: Meaty Recipes

In this recipe, tofu is basted and baked with a smoky tea infused marinade. Baking firms up the texture, giving it more “chew”. The tea adds smoke. The tamari and maple syrup give it more savory umami qualities.

Serves 4.

**For the marinade**

- ½ cup tamari
- ½ cup maple syrup
- 2 teaspoons toasted sesame oil
- 1½ cup water
- 4 star anise pods
- ½ teaspoon ground black pepper
- ½ teaspoon Lapsong Suchong tea leaves

1. Combine all of the ingredients in a sauce pan.
2. Bring to a boil, then remove from the heat.
3. Allow to steep for 10 minutes.
4. Then pass through a strainer into a mixing bowl.

**For the tofu**

- 1 pound Firm Chinese-style tofu, drained and pressed to remove excess moisture
- Vegetable oil for oiling the pan

1. Preheat an oven to 350°F. Slice the tofu into ½” thick slices across the width. If using baker’s parchment, line a sheet pan with the parchment. Oil the parchment or pan.
2. Immerse each piece of tofu in the marinade, then place on the pan, leaving about ⅓ inch of space between pieces. Bake for fifteen minutes. Remove from the oven and flip each piece of tofu over and brush with the marinade.
3. Bake another 15 minutes then flip and brush again. Bake 5-7 minutes. Brush one more time with marinade and bake another 5-7 minutes. The tofu should be brown and lacquered with the glaze. Cool to room temperature before using.

**For the dressing**

Mix together and reserve:
- 1 Tablespoon tamari
- 4 Tablespoons Orange Juice
- 2 teaspoons minced fresh ginger
- 2 teaspoons sesame oil

**The rest**

- 4 cups washed spinach, Bloomdale or savoy if possible (try a mix of greens like tot soy, frisee, & orach)
- ½ Red onion sliced thin
- 1 clove garlic minced
- 1-2 Tablespoons vegetable oil
- 1 Carrot, peeled sliced into 1/3” thick batons
- ½ pound lacquered tofu sliced into 1/3” thick slices
- Sea salt, to taste
- 1-2 Oranges or mandarins cut into segments
- 1 Tablespoon Toasted sesame seeds
- Fresh ground black pepper
- 2 Tablespoons julienned Shiso leaf (optional)

1. Place the Spinach in a large bowl. Heat a large skillet over medium – high heat. Sauté the onion and garlic in the oil for 30 seconds. Add the carrot and sauté another 30 seconds or until the garlic just starts to brown.
2. Add the tofu and sauté for thirty seconds.
3. Add the dressing and a pinch of salt and bring to a boil. Pour the reserved mixture over the spinach, tossing with a pair of tongs, until wilted. Divide among 4 serving plates, top with orange segments.
4. Sprinkle with sesame seeds and a grind or two of black pepper and julienned Shiso leaf if using.
**Lesson 6.8: Asian Long Bean and Tempeh Salad**
By Eric Tucker in 06: Meaty Recipes

Tempeh really lends itself to sweet and spicy glazes. Being seared with coconut oil gives it a nutty quality. If you can get your hands on really fresh tempeh, all the better. It’s nuttier and usually doesn’t contain vinegar (which tempers the mold growth but gives it a slightly sour flavor).

Here in the San Francisco Bay area, we use Dragon Line Tempeh, a local artisan product, which showcases tempeh’s nutty umami qualities.

**Tempeh**

3 Tablespoons Tamari  
2 Tablespoons Palm Sugar or Agave nectar  
½ teaspoons chili sambal or chili paste  
1 pound Tempeh, cut into half-inch cubes  
1 Tablespoon coconut oil  
1 Tablespoon lemongrass, thin sliced  
2 teaspoons minced garlic  
1 Tablespoon shredded coconut  
Thai Basil leaves

1. Combine the tamari, sugar and chili. Reserve.  
2. Heat coconut oil over medium heat. Sauté tempeh, moving often for 5 minutes or until it develops a crust. Add the lemon grass and sauté until it browns. Add the garlic and shredded coconut and sauté until the coconut starts to brown. Add the tamari mixture and sauté until it glazes onto the tempeh. Toss with the basil leaves and place over the long bean salad.

**For the Long Bean Salad:**

4 cups long beans, cut into 3-4” lengths  
Vegetable oil  
¼ cup thinly sliced shallot  
2 Kaffir lime leaves, fine chiffonade  
Juice of 2 limes  
Salt, to taste

1. Heat a wok or large pan over high.  
2. Sear the beans in two batches, until just barely starting to wilt.  
3. Remove to a bowl.  
4. Toss with remaining ingredients.  
5. Top with the glazed tempeh and serve.
Lesson 7.4: Spinach Salad With Orange-Tahini Dressing
By Nomi Shannon in 07: Iron

Trevor’s Note: In this recipe, Nomi combines spinach (rich in both iron and Vitamin C) with mustard greens and tomato (Vitamin C), then tops it with a dressing of orange juice (Vitamin C) and tahini (iron). To check out Nomi’s other recipes, visit www.rawgourmet.com.

Makes 1 serving.

Ingredients for Salad:
- A handful each of baby spinach and mustard greens
- 1 tomato, chopped

Ingredients for Orange-Tahini Dressing:
- 2 Tablespoons raw tahini
- ½ cup fresh orange juice
- 1 teaspoon dulse flakes
- 1 teaspoon grated ginger root
- ¼ teaspoon cinnamon
- ⅛ teaspoon curry powder
- Pinch sea salt

1. Place the tahini in a small bowl. Using a spoon, gradually mix the orange juice into the tahini. Add the dulse, ginger, cinnamon, curry, and salt. Yields approximately ½ cup.
2. Serve over the baby spinach leaves, mustard greens, and chopped tomato.

Serving Suggestions:

This delightful light dressing only takes a few minutes to make. Its simplicity invites variation. For example, try adding 1-2 teaspoons tamari, or 2 teaspoons poppy seeds and ¼ teaspoon Chinese 5-spice powder.
Lesson 7.42: Spinach Puree
By Nomi Shannon in 07: Iron

Trevor's Note: In this recipe, Nomi combines spinach (rich in both iron and Vitamin C) with pumpkin seeds (iron). Blending the spinach breaks open the cell walls, making its minerals more available.

This is a Variation of Popeye's Secret on page 74 of The Raw Gourmet. To check out Nomi's other recipes, visit www.rawgourmet.com.

Serves 1-2 as a side dish.

½ pound spinach
1 clove garlic, chopped or smashed
2-4 Tablespoons rough chopped sweet onion
1 Tablespoon fresh mint (or 1 teaspoon dried)

1. Blend all ingredients in a blender or food processor.
2. Top with 1-2 tablespoons pumpkin seeds.

Serving Suggestions:
If you eat cooked foods, try lightly steaming the spinach before blending the ingredients.
Lesson 7.5: Greens Braised with Tomatoes and Thyme
By Jill Nussinow, R.D. in 07: Iron

In this recipe, Jill combines greens (rich in both iron and Vitamin C) with tomatoes (Vitamin C). To check out Jill’s other recipes, visit www.theveggiequeen.com. Jill is always looking for new ways to cook greens to make them tasty and interesting. It seems almost impossible to eat too many of them!

Serves 4.

6 cups chopped greens, such as kale, turnip or collards
1½ cups fresh or canned tomatoes, peeled, seeded, and diced
½ cup red wine
1 teaspoon sugar or agave nectar
3 cloves garlic, minced
1-2 sprigs fresh thyme
1 cinnamon stick
¼-½ teaspoon salt
2 Tablespoons fruity olive oil

1. Combine all ingredients in a nonreactive saucepan and simmer covered for 30 minutes.
2. Uncover and cook another 15 minutes, or longer to reduce slightly if you prefer a thicker sauce.
3. Remove the cinnamon stick and thyme stems.
4. Serve as a side dish or over noodles, quinoa or other grain.

Serving Suggestions:
To turn this into a complete meal, add a drained can of your favorite light colored bean to the dish for the last 15 minutes of cooking.

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**Lesson 7.6: Kale and Potato Smash**

By [Lara Adler, CHHC](https://www.laraadler.com/blog) in **07: Iron**

In this recipe, Lara combines kale (rich in both iron and Vitamin C) with potatoes (iron). This is total comfort food, and is a wonderful way to jazz up regular mashed potatoes.

To check out Lara’s other recipes, visit [www.laraadler.com/blog](http://www.laraadler.com/blog).

- 2 pounds kale, stems and center ribs removed and leaves chopped
- 1½ pounds large boiling potatoes, peeled and chopped
- 2 cups vegetable stock (or whole milk)
- 4 cloves garlic, peeled and left whole
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- Olive oil, for drizzling

1. Bring a large pot of boiling, lightly salted water to a boil. Add kale and cook for about 4-6 min. Remove from the pot, drain, and set aside.

2. In the same pot add the milk or vegetable stock and bring to a simmer, and add the potatoes, garlic cloves, salt and pepper. Cook covered, until tender, about 15-20 minutes.

3. Once cooked and soft, remove the potatoes from the heat, and use a potato masher to smash the potatoes. You may remove all or some of the garlic cloves before you mash, but the flavor is mild. Add the cooked kale, and mash again to distribute evenly. Adjust salt to taste and serve drizzled with a good extra virgin olive oil.
Lesson 13.7: Sesame Ginger Kale
By Lara Adler, CHHC in 13: Vitamin A

This simple dish has a robust flavor thanks to a good amount of sesame oil. Kale provides the beta carotene and sesame seeds provide the zinc. Minced, and with some ginger seitan added, this makes an incredible dumpling filling. Or serve it over a bed of soba noodles for a hearty meal.

1 large bunch kale
2 cloves garlic, minced
1 Tablespoon minced ginger
2 teaspoons sesame oil
1 Tablespoon water
1 teaspoon tamari (or soy sauce)
3 Tablespoons toasted sesame seeds
Salt and pepper to taste

1. Remove the stalks from the kale and roughly chop. Wash the leaves but do not dry them.
2. Heat the sesame oil in a large skillet over medium heat. Add the garlic and ginger and cook for only 30 seconds. Add the kale (with water still clinging to the leaves), and the extra tablespoon of water, toss with garlic, and cover.
3. Cook for 3-4 minutes until kale is fully wilted. Add the tamari and sesame seeds and toss to distribute. Season to taste and serve immediately.
Lesson 14.62: Kale with Orange-Tahini Dressing
By Meredith McCarty in 14: Protein

Kale with Orange-Tahini Dressing
Makes 4 servings or 3 ¼ cups.

This recipe is a good example of how nuts and seeds, and their “butters,” add fat to a plant-based diet. While the percentage of calories from fat is high in this recipe, the number of calories is quite low. When we put the same sauce on carbohydrate-rich starchy vegetables such as sweet potatoes, as compared with low-starch leafy greens, the percentage calories from fat is much less.

1 quart water
1 half-pound bunch Tuscan/black/dinosaur/lacinato kale, about 7 cups, thinly sliced
1/3 cup Orange-Tahini Dressing, recipe follows

1. Bring water to boil in a 3-quart pot. It should measure about 1 ½ inches deep. Add kale and press with a skimmer (flat strainer) to submerge kale.
2. Cook until tender, about 5 minutes. Drain.
3. Top kale with Orange-Tahini Dressing and Serve.

Note: If desired, transfer broth to heat proof jars to refrigerate and drink later or feed to garden plants. Yields 3 ¼ cups broth.

Orange-Tahini Dressing
Makes 3 servings or 1 cup.
Including a very small amount of orange zest and natural sweetener punches up the flavor when the oranges aren’t super sweet. I’ve chosen sea salt over soy sauce or tamari in this recipe because salt allows the color of the dressing to be retained.

Zest of ¼ orange
½ cup orange juice, 1 large Navel orange yields ⅔ cup
2 teaspoons brown rice vinegar
½ cup sesame tahini
1 teaspoon brown rice syrup
1 teaspoon unrefined sea salt

To make dressing, whisk or blend ingredients until creamy smooth. Because nut and seed butter textures vary, feel free to whisk in a little more juice or tahini to texture desired. Dressing thickens as it sits.

| Nutrition Facts |
|-----------------|-----------------|
| For 4 servings, per serving. | Fat: 5.1 g |
| Calories: 99 | Saturated Fat: 0.8g |
| Calories from Protein: 14.9% | Carbohydrates: 9.4g |
| Calories from Fats: 47.3% | Fiber: 1.6g |
| Calories from Carbohydrates: 37.8% | Cholesterol: 0 |
| Protein: 3.7g | Sodium: 155mg |

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Lesson 20.5: Sprouted Sweet Green Peas (Vegetable Side-Dish)
By Steve Meyerowitz in 20: Sprouting

The following is extracted from Sproutman’s Kitchen Garden Cookbook by the late Steve Meyerowitz. Reprinted with permission. Find more recipes at sproutman.com.

Enjoy fresh garden peas any time of year! Sprout our Alaskan green peas for 4 days in your sprout bag. The tail should grow to approximately ¾-inch long. Cook in pure water until soft as follows:

1. First, bring water to a boil.
2. Add a dash of salt and the sprouted peas. Ensure that there is enough water to cover the peas.
3. Simmer for 30-45 minutes. A higher temperature will speed up the cooking process, although at a sacrifice of some nutrition.
4. When done, pour out the water, add butter and salt and stir.

Yes, you can eat sprouted peas raw, but for best digestion, cooking is recommended when consuming in quantity.
Sprout Root Salad

Serves: 2

1 cup Sunflower sprouts
1 cup Alfalfa sprouts
1 cup Cabbage sprouts
1 cup Carrots, shredded
¼ cup Beets, shredded
Generous Tahini-Ginger Dressing, recipe below

Toss ingredients together and serve.

Tahini-Ginger Dressing

Yields 2 cups.

½ cups Pure Water
1½ inch Ginger, diced
1 cup Tahini, raw
1 Tablespoon Tamari
1 Lemon, juiced

1. Add ingredients to a vinaigrette dressing bottle or suitable serving container.
2. Shake well before serving.
Lesson 28.03: Ginger Celery Fruit Salad
By Trevor Justice in 28: Oil-Free Greens

2 pieces of sub-acid fruit (nectarines, peaches, pluots, plums, mangos)
1 celery stalk
1 teaspoon ginger, grated

1. Chop the fruit and celery stalk into a bowl.
2. Top with finely grated ginger.

Variation:
   Replace the celery with chopped lettuce.
Lesson 28.04: Arugula Salad with Fennel, Bosc Pears & White Balsamic Vinaigrette
By Meredith McCarty in 28: Oil-Free Greens

It’s interesting to note that without the fennel and tomato added to this lettuce-based salad, and with 3 tablespoons oil in the dressing, calories from fat is 72%.
With 2 tablespoons oil, 69%; with 1 tablespoon oil, 63%; and with 2 teaspoons oil, 60%.
Adding complex carbohydrates to the salad in the form of vegetables, and cutting down dramatically on the oil content, brings the salad to a manageable 24% calories from fat, an amount that is easily balanced by the other dishes or foods eaten throughout the day.
Makes 8 servings.

⅖ pound mixed lettuces, predominantly arugula
⅖ small bulb fennel, very thinly sliced
1 tomato, thinly sliced in wedges
1 small Bosc pear, thinly sliced in wedges
White Balsamic Vinaigrette, to taste, recipe below

1. Prepare dressing and allow to sit for best flavor.
2. Toss greens with fennel and dressing to taste.
3. Serve topped with tomato and pears.

White Balsamic Vinaigrette
Prepare this a few hours in advance to give the flavors sufficient time to meld together.
Makes ⅓ cup.

3 Tablespoons white balsamic vinegar
2 Tablespoons water
1 teaspoon extra virgin olive oil
¼ teaspoon sea salt
Freshly-ground pepper, to taste

1. Mix ingredients together, ideally in a vinaigrette bottle.
2. Shake or mix together thoroughly and allow to sit for a few hours.

Nutrition Facts for Salad with Dressing
For 8 servings, per serving.

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Lesson 28.05: Broccoli with White Balsamic Vinaigrette
By Meredith McCarty in 28: Oil-Free Greens

Broccoli with White Balsamic Vinaigrette

This is a wonderful way to enjoy all greens. Because they contain much more complex carbohydrates and fiber when compared with raw lettuces, dressings on hardy greens contribute a lot less fat.

Makes 3 servings.

¾ pound bunch broccoli, about 4 cups, cut in 2-inch florets, stems peeled and sliced
¼ inch water
2 Tablespoons White Balsamic Vinaigrette, recipe in Lesson 28.04

1. In a saucepan, bring water to boil with broccoli.
2. Cover to cook until tender, about five minutes.
3. Dress to serve.

Variation: Lacinato Kale with White Balsamic Vinaigrette
1. Substitute the broccoli with a bunch of lacinato (dinosaur) kale, cut in ¼- to ½-inch pieces.
2. Cook in 2 inches boiling water until tender, about 5 to 7 minutes.
3. Dress to serve.

Nutrition Facts for Broccoli with Vinaigrette
For 3 servings, per serving.
Calories: 46
Calories from Protein: 29.8%
Calories from Fats: 17.5%
Calories from Carbohydrates: 52.6%
Protein: 3.4 g
Fat: 0.9 g
Saturated Fat: 0.2 g
Carbohydrates: 6 g
Fiber: 3.4 g
Cholesterol: 0
Sodium: 83 mg
Lesson 28.06: Chinese Cabbage, Watercress and Red Radish Pressed Salad with Lemon and Cilantro

By Meredith McCarty in 28: Oil-Free Greens

Makes 4 to 5 servings or about 1 1/2 cups.

- 4 cups Chinese (nappa) cabbage, 1 pound, quartered lengthwise
- 1 cup watercress or arugula
- 1/4 cup red radish, about 2 fat radishes, including greens if bright green
- 1/4 cup carrot
- 1/4 cup parsley, dill or cilantro
- 1 1/2 teaspoons sea salt (1 teaspoon per 4 cups vegetables)
- Citrus or vinegar, for seasoning (optional)

1. Thinly slice vegetables and herbs and, in a bowl, mix with the salt.
2. In the bowl or in a salad press (available in Japanese hardware or grocery stores), press ingredients until submerged in liquid, about an hour.
3. Drain (reserving liquid if storing salad longer) and fluff vegetables to serve. Season further with citrus or vinegar if desired.
4. Refrigerate up to a week in a glass container with pressing liquid. To serve, toss in a little more parsley to refresh color.

Variation: Bahamian Pressed Salad with Coconut and Lime

This delicious recipe evolved while giving a shiatsu massage and macrobiotic cooking seminar in Hopetown, Abaco, Bahamas. With this variation, fat calories are 34%, but calories per serving are only 41, so not to worry.

- Meat of 1/2 coconut, freshly grated or 1/4 cup shredded, dried coconut
- Fresh juice of 2 limes
- All ingredients from above recipe

Prepare as in recipe above, but add coconut and lime juice to bowl when mixing vegetables with salt in step 1.

Nutrition Facts for Chinese Cabbage, Watercress, and Red Radish Pressed Salad

For 5 servings, per serving

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Lesson 28.07: Zesty Kraut and Sprout Salad
By Meredith McCarty in 28: Oil-Free Greens

Zesty Kraut and Sprout Salad

This recipe appeared in the bimonthly publication, Macrobiotics Today. I've included nutritional analyses for both including and excluding a small amount of toasted sesame oil. At just 20 calories per serving, a little oil is a very tasty addition.

Makes 6 servings or 3 cups.

2 cups water
2 cups mung bean sprouts, 4 ounces
1 cup mixed bean sprouts (azuki, garbanzo, peas and lentils)
1 cup sauerkraut, drained and gently squeezed (Non-pasteurized, such as Bubbies or Cultured brand)
¼ cup green onion tops and/or parsley, minced
1 Tablespoon brown rice vinegar
1 teaspoon toasted sesame oil (optional)
6 butter lettuce leaves for serving

1. Bring water to a boil in a 2-quart saucepan.
2. Add sprouts and cook until just tender, about 60 seconds.
3. Drain. When cool, toss with other ingredients.
4. Serve on lettuce leaf cups.

Variation:
Substitute edamame for mixed bean sprouts. If necessary, cook with mung bean sprouts to remove some of the salt.

Nutrition Facts for Zesty Kraut and Sprout Salad

For 6 servings, per serving, without oil.
Calories: 13
Calories from Protein: 30.3%
Calories from Fats: 0%
Calories from Carbohydrates: 69.7%
Protein: 1 g
Fat: 0.1 g
Saturated Fat: 0 g
Carbohydrates: 2.3 g
Fiber: 0.7 g
Cholesterol: 0
Sodium: 13 mg

For 6 servings, per serving, with oil.
Calories: 20
Calories from Protein: 19.8%
Calories from Fats: 34.7%
Calories from Carbohydrates: 45.5%
Protein: 1 g
Fat: 0.9 g
Saturated Fat: 0.1 g
Carbohydrates: 2.3 g
Fiber: 0.7 g
Cholesterol: 0
Sodium: 13 mg
Lesson 28.08: Italian Dinner Salad with 5 Vegetables and Balsamic Vinaigrette

By Meredith McCarty in 28: Oil-Free Greens

Italian Dinner Salad with 5 Vegetables and Balsamic Vinaigrette

*Leave it to the Italians. This great vegetable-rich salad may be found everywhere in northern Italy, even in fast food restaurants like McDonald’s.* Makes 4 servings.

1 quart water
2 ears corn
1 large carrot, cut in matchsticks
1 bunch red radishes or French breakfast radishes (also called rainbow or Easter Egg radishes), quartered
1 large bulb fennel, quartered and very thinly sliced
1 large head butter lettuce, torn
4 leaves radicchio, torn
Balsamic vinaigrette, recipe below

1. Bring water to boil in a 3-quart saucepan.
2. Boil corn and carrot for 5 minutes and remove. Then, cut the kernels from cob. This cooking technique retains nutrients in the corn that are lost when corn is cut before cooking.
3. Add radish to boiling water for a minute and remove.
4. Refrigerate corn, carrot, and radish until chilled.
5. Arrange lettuce and radicchio on the bottom of individual salad bowls.
6. Compose 4 small mounds of each of the chilled vegetables on top of the lettuce.
7. Dress with Balsamic Vinaigrette and serve.

Variations:
Substitute seasonal vegetables such as halved baby tomatoes, asparagus (sliced on diagonal), green beans (diagonally sliced in halves) or sugar snap or English peas.

Balsamic Vinaigrette

This dressing has been changed from the original version containing ¼ cup each oil and vinegar (54% calories from fat), down to 1 tablespoon oil (27% calories from fat), to this delicious and far healthier version with just 2 teaspoons oil (22% calories from fat). When you reduce the oil, the overwhelmingly sour flavor from the vinegar is softened with the addition of water or vegetable broth. Makes ½ cup.

¼ cup balsamic vinegar
3 Tablespoons water or vegetable broth
2 teaspoons extra virgin olive oil
1 clove garlic, pressed
½ teaspoon sea salt
Freshly-ground pepper, to taste

1. Combine vinaigrette ingredients and mix or shake together.
2. Allow to sit a couple hours for flavors to meld. Consider preparing corn, carrot, and radish for the Italian Dinner Salad so that they may chill while you wait.

Nutrition Facts for Salad with Dressing

For 4 servings, per serving.

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<tbody>
<tr>
<td>Calories: 146</td>
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Lesson 28.1: Warm Vegetable Salad with Lemon-Miso-Tahini Dressing & Fresh Dill

By Meredith McCarty in 28: Oil-Free Greens

Warm Vegetable Salad with Lemon-Miso-Tahini Dressing & Fresh Dill

This classic dressing comes with many variations. To reduce the fat, you can eat another dish at the same meal that doesn’t contain added fat such as a little brown rice or quinoa. Makes 3 servings or 3 cups.

Butter-lettuce leaves, for serving

1/3 cup Lemon-Miso-Tahini Dressing with Fresh Dill, recipe below
1 lb. of vegetables of your choice, cut in similar size

Try one of the following combinations:

- for Autumn/Winter/Spring — combined Brussels sprouts and half-bunch red radishes, quartered, with carrot, roll cut small
- for Autumn/Winter/Spring — broccoli, rutabaga, carrot, parsnip
- for Spring — sugar snap or snow peas, asparagus, broccoli, carrot, and red radishes
- for Summer — green beans and summer squash.

1. Prepare Dressing as explained in the recipe below.
2. Boil/steam vegetables in an inch of water for about 3 minutes.
3. Adding radishes and boil further until the other vegetables are tender, about 2 more minutes.
4. Serve on a butter lettuce leaf and drizzle dressing over vegetables.

Variations:

For a slightly sweet taste, if desired, add 1 to 2 tablespoons brown rice syrup, agave syrup, or mirin — Japanese rice wine, for cooking.

Lemon-Miso-Tahini Dressing with Fresh Dill

Makes 1/2 to 3/4 cup.

1/4 cup sesame tahini
2 Tablespoons lemon juice
1 Tablespoon any light-colored miso
1 Tablespoon fresh dill, minced
1 clove garlic, minced or pressed
3-4 Tablespoons water, start with less

1. Whisk dressing ingredients until smooth, adding water gradually to texture desired.
2. Drizzle over Warm Vegetable Salad.

Variation: Tahini-Lime Dressing — Substitute lime juice for lemon juice and umeboshi (pickled plum) vinegar, natural soy sauce, or 1/2 teaspoon sea salt for miso. Omit dill.

Nutrition Facts for Warm Vegetable Salad with Lemon-Miso-Tahini Dressing & Fresh Dill

For 3 servings, per serving, with 1/3 cup dressing

Calories: 157
Calories from Protein: 12.2%
Sodium: 86 mg
Fat: 5.9 g
Saturated Fat: 0.8 g
Carbohydrates: 21.2 g

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### Nutrition Facts for Warm Vegetable Salad with Lemon-Miso-Tahini Dressing & Fresh Dill

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Lesson 28.11: Hardy Greens (Kale/Collard/Mustard) with Fat-Free 1-, 2-, and 3-Taste Dressings

By Meredith McCarty in 28: Oil-Free Greens

Hardy Greens with Fat-Free 1-, 2-, or 3-Taste Dressing

For quick and easy homemade dressings, a variety of flavors come from combining a broad spectrum of acid and alkaline (slightly salty) dressing ingredients. Makes about 3 servings.

½ pound hardy greens, ends trimmed — Use Kale, Collards, Mustards, or a similar green
1-, 2-, or 3-Taste Dressing, recipe below
Water

1. Rinse, stack and cut greens down center midrib, then in ¼- or 1/2-inch pieces crosswise.
2. Bring 2 inches water to boil in a large pot.
3. Add greens and cook until tender and bright green, 5 or 6 minutes.
4. Drain, reserving broth to drink later or give to house or garden plants.
5. Serve with 1-, 2-, or 3-Taste Dressing.

1-, 2-, and 3-Taste Dressings

The ingredients from this dressing are chosen from the following three categories.

1. **Tart seasonings:**
   - citrus juice (lemon, lime or grapefruit)
   - vinegars (listed by acidity content: sherry vinegar 4%, brown rice vinegar 4.5%, apple cider and red wine vinegars 5%, balsamic and white wine vinegars 6%)

2. **Salty seasonings:**
   - natural soy sauce
   - tamari (wheat-free soy sauce)
   - umeboshi vinegar (serves as a vinegar also with 4.3% acidity)
   - miso (soybean and grain paste)
   - or sea salt

3. **Sweet seasonings:**
   - brown rice syrup
   - pure maple syrup
   - mirin (Japanese sweet rice cooking wine)
   - agave
   - or honey

1. Choose one, two, or three ingredients from different categories to make a dressing. For example, soy sauce from the salty category and lemon juice from the tart category.
2. Mix the ingredients together as a dressing. For simplicity, start with equal volumes of each ingredient, then vary quantities to your taste.

Variations:

To make dressings with a richer flavor, add a touch of cholesterol-free plant-based fat such as extra virgin olive oil, toasted nut or seed oil (walnut, almond, hazelnut, or sesame), or part flax seed oil.
Lesson 28.12: Broccoli with Creamy Ranch Dressing
By Meredith McCarty in 28: Oil-Free Greens

Broccoli with Creamy Ranch Dressing
Makes 3 servings or 3 cups.

Water
½ pound broccoli, 3½ cups, stems peeled and sliced, tops cut in florets
½ cup Creamy Ranch Dressing, recipe below

1. Cook broccoli in a 2- or 3-quart saucepan in ½ inch water.
2. Remove broccoli and transfer to serving dishes about 5 minutes after boiling begins.
3. Pour Creamy Ranch Dressing across vegetable and serve.

Creamy Ranch Dressing
Tofu replaces buttermilk and mayonnaise in this popular dairy-free version of the classic Midwestern salad dressing. Because tofu is naturally high in fat (about 50%), there’s no added oil in this recipe.
Makes 1½ cups.

½ pound tofu, about 1 cup, fresh, any texture except extra firm
1 green onion, sliced
1 Tablespoon parsley
1 Tablespoon fresh dill or 1 teaspoon dry dill
1 clove garlic
1½ Tablespoons lemon juice
1 Tablespoon umeboshi (pickled plum) paste
1 teaspoon natural soy sauce
2 teaspoons brown rice vinegar
¼ teaspoon white pepper
¼-½ cup water

1. Purée dressing ingredients, adding water gradually, until smooth.
2. Serve over Broccoli, salad, or other greens.

Nutrition Facts for broccoli with dressing
For 3 servings, per serving.

Calories: 103
Calories from Protein: 25.1%
Calories from Fats: 45.5%
Calories from Carbohydrates: 29.4%
Protein: 6.5 g

Fat: 0 g
Saturated Fat: 0.7 g
Carbohydrates: 7.6 g
Fiber: 3.4 g
Cholesterol: 0
Sodium: 164 mg
Lesson 28.13: Bok Choy with Gingered Mushroom Sauce
By Meredith McCarty in 28: Oil-Free Greens
www.healingcuisine.com

Bok Choy with Gingered Mushroom Sauce
Makes 4 servings or about 4 cups

1 pound bok choy, 8 cups, sliced
¼ cup kuzu root starch or arrowroot powder
2-1/3 cups cool water
3-inch piece kombu sea vegetable
4 large fresh healing mushrooms (3 ounces shiitake, or oyster or maitake/hen of the woods), sliced
2 Tablespoons natural soy sauce
½ teaspoon fresh ginger, peeled and grated small

1. To prepare sauce, first dissolve kuzu in 1/3 cup of the cool water and set aside.
2. Place remaining 2 cups of water in a small saucepan with kombu and bring to boil.
3. Simmer 5 minutes covered, then add mushrooms and cook 5 minutes more.
4. Add soy sauce, ginger, and dissolved kuzu. Stir over high heat until mixture becomes thick, clear and shiny, about 2 minutes.
5. Consider preparing the Bok Choy while waiting on the sauce. To prepare the bok choy, take a 3-quart pot and bring ½-inch of water to boil.
6. Add bok choy and simmer until done, about 3 minutes. As an alternative, you may instead choose to steam the bok choy.
7. Mix sauce with greens and serve.

If you wish to prepare the Gingered Shiitake Mushroom Sauce for another meal, simply follow steps 1-4 above. The recipe makes 2 to 2¼ cups of sauce.

Nutrition Fact for Bok Choy with sauce
For 4 servings, per serving.

Calories: 67
Calories from Protein: 14.9%
Calories from Fats: 3%
Calories from Carbohydrates: 82.1%
Protein: 2.5 g
Fat: 0.2 g
Saturated Fat: 0 g
Carbohydrates: 13.8 g
Fiber: 1.8 g
Cholesterol: 0
Sodium: 464 mg
Lesson 28.14: Balsamic Braised Greens
By Meredith McCarty in 28: Oil-Free Greens
www.healingcuisine.com

Balsamic Braised Greens

Braising greens are a nice assortment of bitter and winter greens including red kale, lacinato or dinosaur kale, radicchio, escarole, beet greens, and chard greens.

I found ornamental or peacock kale in the mix at our farmer’s market. Braising greens are larger in size and firmer in texture than baby salad greens, but smaller and softer than mature greens.

Makes 2 servings or 1½ cups.

½ teaspoon olive oil
2 cloves garlic, pressed or minced
½ pound whole braising greens, about 8 cups gently packed, lacinato kale and large leaves sliced in 2-inch pieces
⅛ teaspoon sea salt
⅓ cup water, vegetable broth or part white wine
1½ teaspoons balsamic vinegar
Carrot slices, blanched and cut with hors d’oeuvre cutters for garnish

1. Heat oil in a 3-quart pot.
2. Add garlic, stir then add a teaspoon water, and cover pot to allow it to season the oil for a couple of minutes.
3. Rinse and drain greens.
4. Add them to the pot and sprinkle with salt. Stir.
5. Add liquid and bring to boil, then simmer until greens are tender, about 5 minutes.
6. Drain greens.
7. Sprinkle vinegar over greens and serve garnished with a carrot cutout.

Nutrition Facts for Balsamic Braised Greens

For 2 servings, per serving.

Calories: 83
Calories from Protein: 18.9%
Calories from Fats: 20.6%
Calories from Carbohydrates: 60.5%
Protein: 3.9 g
Fat: 0 g
Saturated Fat: 0.3 g
Carbohydrates: 12.5 g
Fiber: 2.4 g
Cholesterol: 0
Sodium: 147 mg
Lesson 28.15: Mustard Greens with Shallots & Shiitake Mushrooms
By Meredith McCarty in 28: Oil-Free Greens
www.healingcuisine.com

Makes 2 to 3 servings or 2 cups.

2 quarts water
½ pound mustard greens, halved lengthwise and sliced crosswise
1 teaspoon olive oil
2 shallots, sliced
4 large shiitake mushrooms, about 4 ounces, stems discarded, caps sliced large
¼ teaspoon sea salt
2 teaspoons brown rice vinegar OR 1 teaspoon each brown rice and balsamic vinegars
½ teaspoon soy sauce
2 Tablespoons water

1. Bring water to boil in a large pot.
2. Cook these greens by fully submerging them in the water. When boiling resumes, time for 5 minutes.
3. Drain.
4. In a 2-quart pot, heat oil and add shallots and mushrooms.
5. Sprinkle with salt, stir briefly, and add a tablespoon of water.
6. Cover to cook over low heat until barely tender, about 2 minutes.
7. Mix remaining ingredients, add to pot, and cook for another minute or so.
8. Stir in mustard greens and heat to serve.

Nutrition Facts
For 3 servings, per serving.
Calories: 74
Calories from Protein: 16.3%
Calories from Fats: 20.3%
Calories from Carbohydrates: 63.4%
Protein: 3 g
Fat: 1.8 g
Saturated Fat: 0 g
Carbohydrates: 11.7 g
Fiber: 3.8 g
Cholesterol: 0
Sodium: 192 mg

Nutrition note: Using a tablespoon of oil in this recipe, 42% of the calories would come from fat.
Lesson 28.16: Blanched Spinach with Toasted Sesame Dressing
By Meredith McCarty in 28: Oil-Free Greens
www.healingcuisine.com

Spinach is a great source of calcium and magnesium. However, it does contain oxalic acid that binds up minerals, preventing their absorption. The Oriental way of cooking spinach by a quick boiling gets rid of some of the acid, 5% to 15%.

The delicious and very simple dressing of brown rice vinegar and soy sauce is free of any fat. The 33% calories from fat comes from the spinach (containing a surprising 11% calories from fat) and the sesame seeds, not a problem when you consider a serving has just 52 calories...

Makes 2 servings or 1 cup.

1 quart water
½ pound spinach, 8 to 10 cups, gently packed
1 teaspoon brown rice vinegar (I prefer Eden brand)
½ teaspoon natural soy sauce (I prefer Ohsawa brand Nama Shoyu) or tamari (wheat-free soy sauce)
2 teaspoons sesame seeds, toasted (in a skillet or for 15 minutes at 300°F)

1. Bring water to boil in a 3-quart pot.
2. Add spinach and boil for 1 minute.
3. Drain, gently pressing spinach against strainer to remove excess water. Chop.
4. Mix spinach with brown rice vinegar, soy sauce or tamari, and seeds. Serve.

**Nutrition Facts**
For 2 servings, per serving.
Calories: 53
Calories from Protein: 30.7%
Calories from Fats: 35.6%
Calories from Carbohydrates: 33.7%
Protein: 4.1 g
Fat: 2.1 g
Saturated Fat: 0.3 g
Carbohydrates: 4.5 g
Fiber: 3.5 g
Cholesterol: 0
Sodium: 151 mg

_Nutrition note:_ With just ½ teaspoon seeds, fat calories are only 20%.
Lesson 28.17: Broccoli Rabe with Wild Mushrooms and Garlic

By Meredith McCarty in 28: Oil-Free Greens

www.healingcuisine.com

Makes 2 to 4 servings or 2½ cups.

- 2 teaspoons olive oil
- 2 large cloves garlic, pressed or minced
- 8 large chanterelle or oyster mushrooms, sliced
- ½ teaspoon sea salt
- Freshly-ground black pepper
- 1 pound bunch broccoli rabe, 6 to 7 cups, stem ends discarded, stems, leaves and florets cut in 1-inch pieces
- ½ cup water, or ¼ cup each light white wine and water
- 1 roasted red pepper, sliced (optional)
- 1 Tablespoon balsamic vinegar

1. Heat oil in a large skillet or a wide pot.
2. Add garlic and mushrooms, and sprinkle with salt and pepper.
3. Cover to cook until mushrooms release their juices, about 2 minutes. Stir occasionally.
4. Add broccoli rabe and stir. Add water, cover, and continue to cook until broccoli rabe is tender, 5 to 10 minutes. (To get rid of the slightly bitter taste, you may first boil the broccoli greens separately for just 3 minutes before draining and adding to the pot.)
5. Add red pepper to heat through.
6. Drain excess liquid, if necessary, and dress with vinegar to serve.

Nutrition Facts

For 4 servings, per serving.

Calories: 201
Calories from Protein: 31.3%
Calories from Fats: 18.9%
Calories from Carbohydrates: 49.8%
Protein: 15.7 g
Fat: 4.1 g
Saturated Fat: 0.3 g
Carbohydrates: 25 g
Fiber: 10.5 g
Cholesterol: 0
Sodium: 318 mg
Lesson 35.5: Sea Vegetable Sensation
By Elaina Love in 35: Sea Vegetables

1 head of dinosaur kale, de-stemmed and thinly sliced
½ cup hijiki soaked at least 1 hour (2 cups after soaking)
¼ cup kombu that has been soaked and finely chopped
1 cup sprouted quinoa* or white sesame seeds
1 sheet crumbled, raw nori
1 Tablespoon grated ginger
1 Tablespoon miso paste (mellow white is good)
1 Tablespoon tamari
2 Tablespoons raw, unrefined sesame oil
¼ teaspoon toasted sesame oil (this adds a great flavor punch)
Juice of ½ orange (3 Tablespoons)
¼ teaspoon orange zest
Juice of 1 lemon (3 Tablespoons)
1 Tablespoon tahini
Optional: a squirt of agave or honey
Top with tomatoes, if desired

1. Drain the liquid off the soaked sea vegetables and put it aside or discard then rinse the sea vegetables well.
2. Blend everything except the kale, sea vegetables and sesame seeds in a blender until smooth.
3. Pour the sauce over the sea veggies, kale and sesameseeds and stir well.
4. Adjust tastes to your liking as desired.

*Note: To sprout quinoa, soak ½ cup for 1-2 hours, then pour into a Nut Milk Bag. Hang the bag from the drawstring and let the quinoa sprout overnight. Rinse again the following day and check for ½ inch tails. The whole sprouting time takes about 24 hours. Full of protein, enzymes and nutrients. You can order Nut Milk Bags from www.purejoyplanet.com.
Lesson 35.6: Sea Vegetable Salad
By Elaina Love in 35: Sea Vegetables

Makes 4 servings.

1 oz arame, soaked 1 hour and drained
1 cucumber, seeded and diced
½ cup grated carrot
1 green onion, sliced
1 clove crushed garlic
½ teaspoon sea salt
1 teaspoon garlic powder
1½ Tablespoons grated ginger
2 Tablespoons toasted sesame oil
¼ teaspoon Thai red chili paste, or dash cayenne
1 Tablespoon tamari
1 Tablespoon lemon juice
1 Tablespoon sesame seeds

1. Squeeze the grated ginger through cheesecloth or a sprout bag over a bowl.
2. Discard the pulp and reserve the juice.
3. Combine all ingredients, including the ginger juice.
4. Allow to sit for 30 minutes before serving.
Lesson 36.1: Chana Saag
By Trevor Justice in 36: Kid Friendly Veggies

Serves 4 as a main dish, 6 as a side dish.

We recommend that you start cooking a pot of Basmati rice before making this recipe. Then you can eat as soon as the Chana Saag is cooked!

2 Tablespoons vegetable oil
2 medium onions, chopped
6 cloves garlic, minced
2 teaspoons ground coriander
½ teaspoon ground turmeric
2 teaspoons garam masala
½ teaspoon ground ginger
10 oz fresh spinach (bagged works great), chopped
2 medium red peppers, diced
1 jalapeno pepper, seeded and coarsely chopped, optional
1 can diced tomatoes, drained — 14.5 oz, preferably low-sodium
1 can chickpeas/garbanzos, drained — 14.5 oz, preferably low sodium
½ cup milk or rice milk
Salt, to taste

Note: If you want the dish to be more chickpea-stewy than spinachy, feel free to use a second can of garbanzos.

1. Heat the oil in a large saucepan over medium heat. Add onions and saute until translucent (~5 min).
2. Add garlic and spices (except salt) and saute for another 2 minutes until spices are fragrant and onions are well-covered in spices, careful not to burn the garlic.
3. Add the spinach, half of the diced red peppers, jalapeno, tomatoes and salt and bring to a boil.
4. Reduce heat and simmer for 10 minutes, partially covered, stirring occasionally
5. Remove from heat and let it sit for a bit until its not too hot to transfer to a blender. Transfer vegetables in batches to a blender, and puree it until it’s a smooth, even consistency.
6. Once saucepan is empty, use it to saute the remaining half of the diced red peppers until they soften.
7. Return the puree to the pan with the sauteed red pepper pieces and add the chickpeas.
8. Stir in milk or rice milk. Simmer uncovered until desired thickness is reached.
9. Salt to taste and serve!
Lesson 38.44: Corn Muffins with Salsa Filling
By Meredith McCarty in 38: Healthy Baking

Corn Muffins with Salsa Filling
Makes 1½ dozen muffins.

1½ cups yellow corn flour (preferred) or cornmeal
1½ cups unbleached white pastry flour
1 Tablespoon aluminum-free baking powder
½ teaspoon sea salt
1/3 cup light vegetable oil, such as Spectrum walnut oil
1/3 cup pure maple syrup or brown rice syrup, such as Aunt Patty’s or Sweet Cloud
1½ cups soymilk
2 cups salsa, drained, for filling

1. Preheat oven to 350°F. Line muffin tin(s) with unbleached paper baking cups.
2. To make batter, mix dry ingredients in a bowl. Mix wet ingredients in another bowl and gently whisk with dry ingredients. Batter should be thin and pourable. This will give 4¾ cups batter.
3. Pour half the batter into muffin tin(s). Spoon in a tablespoon of salsa, then cover with remaining batter.
4. Bake until muffins test done, about 20 minutes.
5. Allow to cool completely before serving for best texture.

Low Temperature Variation:
1. Bake at 118°C / 245°F, increasing the time from 20 minutes to 40 minutes. The inner temperature will measure 180°F. Our results were very satisfying.

Nutrition Facts:
For 18 servings, per serving.
Calories: 132
Calories from Protein: 6%
Calories from Fats: 30%
Calories from Carbohydrates: 64%
Protein: 2 g
Fat: 5 g
Saturated Fat: 0.4 g
Carbohydrates: 21 g
Fiber: 1 g
Cholesterol: 0
Sodium: 122 mg
Lesson 40.2: Quinoa-Vegetable Salad with Lemon Vinaigrette
By Meredith McCarty in 40: Macrobiotic Diet

Quinoa-Vegetable Salad with Lemon Vinaigrette
Makes 3 to 6 servings or 6 to 7 cups.

| Quinoa is a “super grain” because it’s a complete protein by itself and it grows in almost any terrain. It’s also homechef-friendly because it cooks up light and fluffy in just 20 minutes. |
| Ingredients for Quinoa: |
| Makes 2 1/2 to 4 cups. |
| 1 cup quinoa, about 7 ounces |
| 1 1/2 cups water |
| 1-inch piece kombu seaweed |
| 1/8 teaspoon sea salt |

| Ingredients for Lemon Vinaigrette: |
| Makes 6 tablespoons. |
| 2 Tablespoons lemon juice |
| 2 Tablespoons brown rice vinegar or white balsamic vinegar |
| 1 Tablespoon water |
| 1 teaspoon extra virgin olive oil or flax oil |
| 2 teaspoons natural soy sauce or umeboshi vinegar |
| 1 small clove garlic, pressed |

| Ingredients for Vegetable Salad: |
| Kernels of 2 ears yellow corn |
| 1 cup green beans or sugar snap peas, about 4 ounces, cut in 1/2-inch pieces; or 1/2 cup English peas |
| 1 carrot, diced small |
| 2 green onions, thinly sliced |
| 1 rib celery, diced small |
| 1/4 cup fresh dill or cilantro, chopped |
| 3-6 butter lettuce leaves for serving |

1. Rinse, drain, and soak 1 cup quinoa in 1 1/2 cups of water for 15 to 60 minutes; no longer or quinoa absorbs too much water.
2. Drain water into measuring cup. Note the amount, discard it, and bring measured amount of fresh water to boil in a small pot.
3. Add quinoa and salt. When boiling resumes, turn heat low to cook covered until liquid is absorbed and grains are tender, 15 to 20 minutes. Grains are done when they appear translucent and the germ ring is visible.
4. Transfer quinoa to a bowl by fluffing with a fork. Allow to cool.
5. To make dressing while quinoa is cooking, mix dressing ingredients together.
6. Wait until quinoa is done or nearly done to prepare salad vegetables.
7. For salad, steam or boil corn, carrot, and green beans or peas until tender, 5 to 7 minutes.
8. Drain and toss with quinoa, remaining vegetables, and dill or cilantro. Dress and serve on individual lettuce leaf cups.

Optional ingredients: You may also like to add 1/4 cup lightly toasted pine nuts or almonds, or 1/2 cup cooked chickpeas to the final product.

Nutrition Facts
For 6 servings, per serving.  Fat: 3.43 g
Calories: 196  Saturated Fat: 0.22 g
Calories from Protein: 13%  Carbohydrates: 37 g
Calories from Fats: 15%  Fiber: 4 g
Calories from Carbohydrates: 72%  Cholesterol: 0
Protein: 7 g  Sodium: 54 mg

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Lesson 40.6: Kale with Ume-Tahini Dressing
By Meredith McCarty in 40: Macrobiotic Diet

Kale with Ume-Tahini Dressing
Makes 2 to 3 servings.

1/2 pound bunch kale
Ume-Tahini Dressing, to taste, recipe below

1. Sliced kale and boil 5 minutes or steam.
2. Serve with Ume-Tahini Dressing

Ume-Tahini Dressing
Makes 1/4 cup.

Umeboshi — pickled salted plum — is known as “the king of alkaline foods” in Japan. It adds a pleasing taste to dressings that is both salty and fermented. You can use the bright red plum, its paste or the vinegar that is the liquid that is created as the plums ferment.

1/4 teaspoon ume vinegar
2 Tablespoons sesame tahini
Water to texture desired, up to 1/4 cup

1. To prepare dressing, whisk ume vinegar with sesame tahini.
2. Whisk in water gradually to texture desired.
Lesson 41.2: Lacto Fermented Sauerkraut
By Jill Nussinow, R.D. in 41: Lacto-Fermentation

Here I share my recipe for sauerkraut, based on the book Wild Fermentation by Sandor Katz, otherwise known as Sandorkraut.

To help you understand the variables in fermenting, let me tell you about my last completed batch of sauerkraut.

We had a cool spell here in Sonoma County. While sauerkraut at this time of year often takes 3 to 4 days to ferment, when I checked at that time, nothing at all was happening to my cabbage.

I kept watching and waiting but when I’d taste a little of the cabbage, it remained salty. It made me realize that I had to be patient.

After about a week, the flavor of the kraut changed and developed the sour taste that it ought to have. That batch of kraut was the best that I’ve ever made — the long, slow fermentation developed amazing flavors.

Unfortunately, fermented foods are almost impossible to exactly replicate because there are so many factors that influence the outcome.

5 pounds of cabbage, thinly sliced or shredded
One whole outer leaf of the above cabbage, to cover
2-3 Tablespoons of pure sea salt — I often like a bit less
Optional ingredients: There are a slew of other vegetables that can be added to the mix. Just do not add too many things — right now my batch is green cabbage, garlic and dill.
These include:
Vegetables such as beets, onions, garlic, kohlrabi, turnips, carrots
Herbs such as dill or parsley
Grated ginger root
Sea vegetables such as nori, wakame or kombu

1. Combine cabbage, salt, and optional ingredients in a medium to large bowl. Work the salt into the vegetables with your hands until they decrease to about half the volume.
2. Pack this mixture, a little bit at a time, into an extremely clean glass jar or crock, pressing down well between additions. You want it to be juicy. Take your outer cabbage leaf and put on top of the mixture. On top of that put a jar filled with water, a water-filled plastic bag or a stone. Press down.
3. Put your vessel in another vessel to catch any spills. Cover with a cloth and put in a relatively cool spot. Check once a day, pressing down to get juice flowing. Taste after 2 to 3 days.
4. The liquid will go from clear and salty to cloudy and sour. There may be scum but there shouldn’t be any mold.
5. Refrigerate the mixture when it tastes just the right amount of sour to you.
Lesson 41.3: Easy Cabbage Kimchee
By Lara Adler, CHHC in 41: Lacto-Fermentation

Makes 2-3 quarts.

1 lb Savoy or other Asian cabbage (about ½ a large head), cut into bite sizes pieces (about 2 inches)
1 lb daikon radish, halved length-wise, and sliced thin
½ lb carrots, sliced into thin rounds
3 Tablespoons salt
2 Tablespoons minced fresh ginger
1½ Tablespoons minced garlic
5-6 scallions, cut into ½-inch pieces
1 Tablespoon cayenne, hot Korean red pepper, or regular pepper flakes
1 teaspoon sugar

1. Take a very large mixing bowl and add 5 cups of water plus 2 tablespoons and 2 teaspoons of salt.
2. Add the sliced & chopped cabbage, the peeled and chopped radish, and sliced carrots.
3. Submerge all the vegetables, cover loosely, and set aside from 12 hours, turning and tossing the vegetables a few times.
4. Mix the ginger, garlic, scallions, cayenne, sugar, and remaining 1 teaspoon of salt in a large bowl. Mix well and set aside.
5. Remove the cabbage, radish and carrots out of the salt water bath, reserving the water, and add these to the bowl with the mixed spices. Mix well until vegetables are evenly coated with seasonings.
6. Pack the vegetable mixture into 2 clean quart mason jars, leaving about 2 inches of headspace from the top. Add enough of the reserved salt water to the jars, leaving 1 inch of headspace. Make sure no vegetables are sticking up above the waterline.
7. Cover loosely with a clean cloth and set aside for 3-7 days to ferment. In warmer weather, fermentation will occur more quickly.
8. Taste the kimchee after the 3rd day, and each day thereafter, until desired level of sourness is reached. When the flavor is good, place the jars in the refrigerator.
Lesson 1.31: Chipotle Black Bean Spread
By Raederle Phoenix in 01: Quick Start

- 3 cups cooked black beans
- 2 Tablespoons olive oil (use a little more if you desire a thin spread)
- 1 lime’s juice
- 1 organic roma tomato, chopped
- 1 clove garlic, peeled and roughly chopped
- 1 small onion, roughly chopped
- 2 chipotle chilies or 1 chopped banana pepper and 1 teaspoon chili powder
- ½ tsp dry adobo
- ½ tsp cumin
- ¼ tsp sea salt
- 5 sprigs cilantro, minced, for garnish

1. Add all ingredients except cilantro to your vitamix or food processor and process until smooth.
2. Transfer to a serving bowl.
3. Sprinkle with minced cilantro.

Note: Refrigerate leftovers. Will last for several days in the fridge. Spread is firmer when cold. If you desire a thinner spread, add the juice of a lemon, a little vinegar, a little water, or some tahini.
Lesson 1.35: Tahini-Lime Dressing
By Meredith McCarty in 01: Quick Start

Makes ½ to ¾ cup.

¼ cup sesame tahini
2 Tablespoons lemon juice
1 Tablespoon lime juice
1 Tablespoon soy sauce or ½ teaspoon sea salt
1 clove garlic, minced or pressed
1 Tablespoon fresh dill, minced or 1 teaspoon dry dill
3-4 Tablespoons water, start with less

1. If you chop the dill and garlic finely, you can whisk the ingredients together in a bowl, adding water gradually until you achieve the texture you desire.
2. Alternative: While this dressing is too thick for most regular blenders to puree, if you have a Vitamix, you can blend it all without having to chop the garlic and dill so finely.
Lesson 4.16: Al Fredo Sauce
By Nomi Shannon in 04: Vegan Comfort Food

I have never heated this. If serving with hot pasta, make this recipe ahead of time because it takes awhile to thicken. Let it get to room temperature. Then after you drain your pasta, put the pasta back in the same pot (which is still hot) along with the sauce and mix it up.

2 cups raw macadamia nuts
2 cups raw cashews
1 cup raw pine nuts
2 cups water (start with 1 cup for a thicker consistency, then add more as needed)
4 lemons juiced (start with 3 lemons for a thicker consistency, then add more as needed)
3 Tablespoons Nutritional yeast
1 tablespoon Nama Shoyu or a ½ teaspoon of salt or more to taste

1. Soak the macadamia nuts, cashews and pine nuts in water to cover for 2 hours. Drain, rinse well and drain again.
2. Place the soaked nuts, 1 cup of water, and the remaining ingredients in a blender and blend until smooth. Refrigerate 2-3 hours until thickened.
3. Add approximately 2 cups of water to give the sauce the consistency of sour cream. If it’s too thick, thin it with a small amount of additional water. Start with 1 cup of water for a thicker, spreadable cheese.

For variation and also to fill out this sauce recipe into a meal, here are some herbs, seasonings, and veggies you can add: finely minced basil, garlic, rosemary, shallots, mushrooms fresh or dried, red pepper, spinach, tomato, onion, or add an Italian seasoning mix and allow some time for the sauce to absorb the flavors and the spices and herbs to soften.
Lesson 5.6: Omega 3’s

Quick Lemon-Flax Oil Vinaigrette

By Meredith McCarty

Makes 6 Tablespoons.

¼ cup lemon juice
1 Tablespoon water
1 teaspoon flax oil
2 teaspoons umeboshi vinegar
1 small clove garlic, pressed (optional)

Mix all ingredients with a fork or whisk.

Herbed Flax Salad Dressing

This dressing offers all the benefits of flax, sunflower and evening primrose oils with a flavor that complements winter greens. Try it drizzled over salad greens or steamed vegetables. Makes 1/2 cup.

3 tablespoons apple cider vinegar or lemon juice
1 tablespoon chopped chives
1 tablespoon chopped parsley
½ teaspoon dried basil
½ teaspoon dried oregano
½ teaspoon dry mustard
1 large clove garlic, roughly chopped
3 tablespoons flaxseed oil blend
Pinch of cayenne
Salt and pepper

1. In a blender or food processor, combine vinegar, chives, parsley, basil, oregano, mustard, and garlic and blend until smooth.
2. Slowly add oil in a fine stream and blend until slightly creamy. Season with cayenne, salt and pepper.

Nutritional Information:
Per serving (2 Tbsp/26g-wt.):
100 calories (90 from fat)
10g total fat
1g saturated fat
0mg cholesterol
300mg sodium
1g total carbohydrate
0g dietary fiber
0g sugar
0g protein
Lesson 7.43: Orange-Cashew Crème
By Nomi Shannon in 07: Iron

Trevor's Note: In this recipe, Nomi combines cashews (iron) with orange juice (Vitamin C). To check out Nomi's other recipes, visit www.rawgourmet.com.

1 cup cashews, soaked 4-6 hours and drained
½ to 1 cup fresh orange juice
1-2 dates or (for proper food combining) 1-2 Tablespoons of your favorite sweetener

1. Blend cashews with enough orange juice to make a whipped cream consistency.
2. Add 1-2 dates or your favorite sweetener, taste, then adjust juice and dates for sweetness.
3. Use as a topping on your favorite dessert.

Lesson 13.4: Basil-Red Pepper Sauce
By Jo Stepaniak in 13: Vitamin A

Here's a simple recipe from my book The Saucy Vegetarian. The red bell pepper provides beta-carotene, and the nut butter provides zinc and fat. For even more beta-carotene, serve it over sweet potato, kale, collards, or other greens high in beta-carotene.

Makes about 1 cup.

1 Red bell pepper, coarsely chopped
2 Tablespoons tahini or cashew butter
1 Tablespoon Dijon mustard
½ teaspoon dried basil
Pinch cayenne
Pinch salt
¼ cup water, more or less as needed

1. Combine all the ingredients in a blender, using just enough water to make a thick, but pourable, sauce.
2. Process until smooth and creamy.

From The Saucy Vegetarian, © 2000 Jo Stepaniak, reprinted by permission.
**Lesson 13.6: Curried Cashew Crème Sauce**

By [Jill Nussinow, R.D.](https://www.veghealth.com) in 13: Vitamin A

This is an easy sauce to make and can be flavored many different ways – with curry, smoked paprika, or Italian herbs. The cashews are high in zinc. Serve it over a sweet potato, kale, collards, or other greens high in beta carotene. *Makes about 1½ cups*

½ cup finely ground cashews  
1 cup of your favorite “milk”  
1 cup water  
4 Tablespoons Red Star nutritional yeast  
½ teaspoon salt  
1-2 teaspoons curry powder or other favorite spice blend  
Freshly ground black pepper to taste

1. Grind the cashews in a coffee grinder or blender until they are powdered.  
2. Combine the soy milk, water, nutritional yeast, salt and curry powder in a saucepan over medium high heat.  
3. Bring to a boil, being careful not to let it boil over. Whisk in the ground cashews. Continue whisking for a minute, until the mixture thickens. Taste and adjust seasonings, adding pepper, if you like. If the mixture seems too thick, add water, or more soy milk.

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**Lesson 15.11: Cashew Cheez Sauce**

By [Jo Stepaniak](https://www.theveggiequeen.com) in 15: Vegan Cheese/Cream

Create instant cheesy noodles or au gratin dishes with this rich and remarkable dairy-free sauce. It’s also great served chilled over salads or fresh tomatoes wedges. *Makes about 2 cups.*

½ cup cashew butter  
2-3 Tablespoons freshly squeezed lemon juice  
3 Tablespoons nutritional yeast flakes  
1½ Tablespoons light or chickpea miso  
1 teaspoon onion powder  
Pinch garlic powder  
1 cup water, more or less as needed  
Salt, as needed

1. Put all the ingredients in a blender or food processor. Process until very smooth and creamy, using just enough water to make a thick but pourable sauce.  
   Alternatively, combine the cashew butter, lemon juice, nutritional yeast, miso, onion powder, and garlic powder in a bowl. Mix until smooth.  
2. Then, using a whisk, gradually beat in just enough water to make a thick but pourable sauce.  
3. Serve chilled, at room temperature, or warm. To serve warm, transfer to a saucepan and heat over low heat, stirring almost constantly. Do not boil. Add more water if the sauce becomes too thick.

Lesson 15.12: Herb Cheese Spread  
By Cherie Soria in 15: Vegan Cheese/Cream

This herb cheese spread, which is chunky and has a hint of dill, is great as a filling for mushrooms, celery, or cherry tomatoes. It’s also a delicious dip when served with crackers or raw veggies.

Makes 1½ cups.

¾ cup Almond Cheese or Cashew Cheese, see recipes in Lessons 15.11 and 15.13  
¼ cup pine nuts, chopped  
¼ cup red onion, minced  
1 green onion, minced  
1 Tablespoon light miso  
½ Tablespoon nutritional yeast  
1 clove garlic, crushed  
2 Tablespoon parsley, minced  
1 teaspoon dill weed  
Freshly ground pepper, to taste

1. Combine ingredients.  
2. Stir well.

Find more from Cherie Soria at rawfoodchef.com.
Lesson 15.13: Almond Cheese  
By Cherie Soria in 15: Vegan Cheese/Cream

Makes 2 cups.

Creamy, soft, ricotta like cheese is the result of culturing pureed almonds. It’s remarkably versatile in spreads and fillings, and delightful when sweetened for use in desserts.

Photo courtesy of Living Light International, RawFoodChef.com

2 cups whole raw almonds,  
1 cup or more Rejuvilac, second to third day  
or ½ teaspoon of powdered probiotics

1. Twenty-five hours ahead, prepare container with purified water and begin soaking 2 cups of almonds.
2. After twenty-four hours, drain the almonds and rinse them. Soak the almonds another hour in warm, not hot, water so that you can remove the skins.
3. Remove the skins. Take a small, non-serrated paring knife in one hand. While holding an almond in the other hand, scrape along the long edge of the almond to loosen the skin. The remainder of the skin will simply slide off!
4. Rinse the almonds and place them in a blender.
5. Add Rejuvilac to cover, or add 1 cup of water and ½ tsp of probiotic powder. Blend until smooth and creamy, adding more Rejuvilac or water, if necessary, to keep the mixture blending.
6. Pour into a sprout bag or cheesecloth-lined colander and allow to drain for 1 to 2 hours.
7. Place in a warm, not hot, location and allow to ferment for another 7 to 10 hours. If a thick cheese is desired, place a clean weight on top of the cheese and allow it to continue draining. For a firmer texture, allow cheese to remain in the sprout bag or cheesecloth-lined colander after fermentation, then place it in the refrigerator for several more hours with a weight on top to allow additional whey to escape. Store in an airtight container in the refrigerator, it will last for up to two weeks.
8. Season or sweeten Almond Cheese as desired before using.
Lesson 15.14: Cashew Cream Cheese
By Cherie Soria in 15: Vegan Cheese/Cream

Miracles do exist! This cream cheese is almost identical in flavor to Philadelphia Cream Cheese and can be used in similar ways.

Makes 2 cups.

Photo courtesy of Living Light International, RawFoodChef.com

2½ cups raw cashews
Purified water, as necessary
1 cup or more Rejuvilac, second or third day

1. Ahead of preparation, fill a container with purified water and cashews. Allow cashews to soak for twelve hours, then drain and rinse.
2. Place cashews in a blender. Fill with enough Rejuvilac to cover, or add ½ tsp of probiotic powder and enough water to cover.
3. Blend until smooth and creamy, adding only as much Rejuvilac or water as necessary to keep the mixture blending.
4. Pour into a sprout bag or cheesecloth-lined colander and allow to drain for 1 to 2 hours.
5. Place in a warm, not hot, location and allow to ferment for another 7 to 10 hours. If a thick cheese is desired, place a clean weight on top of the cheese and allow it to continue draining.
6. For a firmer texture, allow cheese to remain in the sprout bag or cheesecloth-lined colander after fermentation, then place cheese in the refrigerator for several more hours with a weight on top to allow additional whey to escape. Stored in an airtight container in the refrigerator, it will last for up to two weeks.
7. Season or sweeten Cashew Cheese as desired before using.

Lesson 15.15: Tofu Sour Cream
By Cherie Soria in 15: Vegan Cheese/Cream

Makes ¾ cup.

5-6 ounces silken tofu, crumbled
2 Tablespoons Cashew or Almond Cheese
1 Tablespoon Lemon Juice
½ teaspoon brown rice syrup

1. Puree ingredients together until completely smooth.
2. Pour into a sprout bag or jar and allow to ferment at room temperature for 8 to 12 hours.
Lesson 15.16: Almond or Cashew Whip
By Nomi Shannon in 15: Vegan Cheese/Cream

Use this recipe instead of mayonnaise, or as a base for creating a wide variety of tasty and colorful dressings. Make it green by adding herbs like parsley or basil, or yellow by mixing in turmeric, saffron or curry powder.

Yields 1½-1¾ cups.

1 cup almonds or cashews, soaked 8-12 hours, then rinsed and drained
¾ cup water

1. In a blender, place the nuts and enough fresh water to allow the blender to operate.
2. Blend, gradually adding enough water to achieve a smooth consistency.

Note: If using almonds, a smoother consistency can be obtained by peeling them. Directions are included in preparation steps 2 & 3 of Almond Cheese.

Variation: if you want to imitate whipped cream (for a dessert recipe or bowl of chopped fruit) blend in 1 Tablespoon maple syrup and ½ teaspoon vanilla.

Lesson 15.17: Mock Sour Cream
By Nomi Shannon in 15: Vegan Cheese/Cream

Many raw fooders eat fermented foods because they are a source of enzymes. A popular recipe called “seed cheese” is a seed or nut pate that is left out in the open air and allowed to ferment. A fermented liquid made from spouted wheatberries helps speed up the process. If you’d like to experiment more with fermented seed cheeses, refer to any of the books by Ann Wigmore.

Fermenting is somewhat controversial because harmful bacteria can develop in fermented food, and people with compromised health have difficulty tolerating it. For this reason, Mock Sour Cream can be made with or without fermenting. For variety, add chopped chives or shallots.

Yields 1½ cups.

1 cup sunflower seeds, soaked 8-12 hours, then rinsed and drained
½ cup cucumber, peeled, seeded, and chopped
¼ cup celery juice
¼ cup onion, chopped
½ lemon, peeled, seeded, and chopped
1 teaspoon garlic, minced
¼ teaspoon sea salt
1 Tablespoon water, or more

1. In a blender, combine the cucumber with the celery juice and liquefy.
2. Add sunflower seeds and blend until smooth.
3. Add the onion, lemon, garlic and sea salt; blend until smooth, adding enough water to achieve desired consistency.
4. Refrigerate until needed. For a more authentic “sour cream” taste, cover the container with cheesecloth and leave on the counter until slightly fermented. Depending on the temperature, this will take from 4-8 hours.

Lesson 15.18: Basic Sunflower Pate
By Nomi Shannon in 15: Vegan Cheese/Cream

Because soaked sunflower seeds are quite soft, you can use a food processor to make this recipe. You can also use a heavy-duty juicer with the blank screen. Do not make this recipe in a regular blender as you could burn out the motor. (Although, one or two Vitamixes would work.)

This recipe makes a great substitute for cheese dip. Serve with raw vegetable sticks.

Yields 6-7 cups.

3 cups sunflower seeds
Water, to soak Sunflower Seeds
1 cup lemon juice, or to taste
¼ cup Nama Shoyu, or to taste
Chopped garlic, to taste

1. Prepare sunflower seeds about 12-16 hours ahead of time.
2. Soak the seeds 8-12 hours, then pour out the soak water and rinse. Set aside and allow to sit at room temperature for 2-4 hours. This will allow them to germinate before you process them into a pate.
3. In a food processor, process the sunflower seeds, lemon juice, Nama Shoyu and garlic until smooth. Store in a covered container in the refrigerator for up to 2 weeks.

Variation 1: For Sunflower and Almond Pate, replace 1 of the cups of sunflower seeds with 1 cup almonds, soaked for 8-12 hours. Yields 5-6 cups.

Variation 2: For Basic Sunflower, Almond and Sesame Pate; use 1 cup sunflower seeds, 1 cup almonds soaked 8-12 hours, and 1 cup sesame seeds soaked & germinated. Yields 4-5 cups.
Lesson 30.2: Six Yummy Miso Recipes
By South River Miso in 30: Fermented Soy

Mighty Instant Soup

1 heaping teaspoon Garlic Red Pepper Miso  
Hot water  
1 dash onion, finely chopped  
1 dash parsley, finely chopped  

1. Pour a little hot water into a mug.  
2. Mix 1 heaping teaspoon of Garlic Red Pepper Miso into the mug.  
3. Add finely chopped onions and fresh parsley.  
4. Fill mug the rest of the way with boiling hot water.  
5. Stir and let sit until cool enough to drink.

Alternatives:  
Other varieties of miso can be used. Dandelion Leek Miso is especially good for this instant soup.

Easy Miso Dressing

1 teaspoon Dijon type mustard  
2½ Tablespoons rice or cider vinegar  
½ cup extra virgin olive oil  
1 Tablespoon unrefined flaxseed oil (optional)  
1 Tablespoon Sweet White Miso  

1. With fork, mix miso into mustard, vinegar, and oil in a glass jar.  
2. Screw on lid and shake vigorously immediately before using.

Miso-Ginger Hot Shot

Here is a special recipe that some people use as a home remedy for colds.  

2 teaspoons Garlic Red Pepper or other light Miso  
1-2 teaspoons grated fresh ginger  
2 teaspoons chopped scallions or onion  
Hot water  

1. Put all the ingredients in a mug and fill with hot boiling water.  
2. Stir and drink before going to bed.  
3. Next morning you will wake up in great shape.

Miso Tahini Spread

¼ cup tahini  
2 Tablespoons light miso  
2 Tablespoons water  

1. Blend and enjoy!

Serving Suggestions:  
Spread on whole grain breads or crackers. Thin with water for a sauce to use over rice or other whole grains.
Miso Potato Salad
Adapted from Shurtleff and Aoyagi’s “The Book of Miso”, this is best with those little red creamer potatoes. Go for the ones about 1” in diameter if you can find them.

1 Tablespoon sweet white miso
1½ teaspoons red miso
1/2 teaspoon honey
1 Tablespoon sake
1 teaspoon minced ginger
1/4 cup water
3/4-1 lb baby potatoes, quartered
2 Tablespoons water

1. Mix red and white miso, honey, sake, ginger, and water together well. Set aside.
2. Heat pot and add quartered potatoes and 2 Tablespoons water.
3. Sautee for 5 minutes or until potatoes begin to cook partway.
4. Add miso mixture and simmer, covered, for 10 minutes or until potatoes are fully cooked.
5. Serve hot or cold.

Lowfat Pesto
Adapted from Vegetarian Times.
Serves 6.

2 cups chopped fresh basil leaves
1 cup chopped flat leaf parsley
1/4 cup toasted breadcrumbs
2 cloves minced garlic
3 Tablespoons light miso paste
1/4 - 1/3 cup water

1. In food processor, combine everything except water.
2. Pulse until finely minced.
3. With machine running, slowly add water until the pesto reaches desired consistency.

From more from South River Miso at www.southrivermiso.com.
Lesson 30.8: Tempeh Pâté
By Colleen Patrick-Goudreau in 30: Fermented Soy

Yields 1¾ cup.
The texture of the mashed tempeh is perfect as a pâté, which, incidentally has nothing to do with duck or goose livers and simply means “paste” in French. The geese and ducks thank you for leaving them off your menu.

8-oz package of tempeh
½ cup eggless mayonnaise, or more to taste
½ cup finely chopped green onions
¼ cup finely chopped fresh dill
½ teaspoon minced fresh ginger
2-4 Tablespoons tamari soy sauce

1. Cut the tempeh into four squares, and add to steamer basket.
2. Steam for 10 minutes, until its nutty aroma fills the air and it turns a lighter color.
3. Transfer to a bowl, and let cool.
4. Add the steamed tempeh to a food processor, and process until it is “paste-like.”
5. Add the mayonnaise, green onions, dill, ginger, and just 2 tablespoons of the tamari. Mix well.
6. Taste, and add additional tamari or mayo, as needed.

Serve on crackers or on crispy bread.
*Wheat-free

About Compassionate Cooks:

Compassionate Cooks is dedicated to empowering people to make informed food choices and to debunking myths about vegetarianism and animal rights through cooking classes, recipes and resources, workshops and lectures, articles and essays, a cooking DVD, the popular Vegetarian Food for Thought podcast, and Colleen’s cookbooks, the award-winning The Joy of Vegan Baking and the new The Vegan Table. Compassionate Cooks gives people the tools and resources they need to prevent disease, optimize their health, and create new habits that benefit the Earth and all its inhabitants.

Lesson 32.2: Simple Red Pepper Sauce
By Jill Nussinow, R.D. in 32: Oil Free Dressings

Makes about 1½ cups.

This recipe doesn’t contain fatty ingredients like nut butter or tofu. But it’s amazingly rich (and tangy). And if you cut the vegetable stock in half, it can be used as a dipping sauce.

1 cup roasted red pepper, chopped
¼ cup chopped green onions
1 clove garlic, chopped
¾ cup vegetable broth
2 Tablespoons each orange juice and vinegar
2 Tablespoons packed basil leaves, freshly chopped
2 Tablespoons Italian parsley
2 teaspoons soy sauce or Tamari

To save time, you can buy roasted red peppers in a jar. However, if you want to roast red peppers yourself, we’ve included directions after this recipe.

1. Start with half the vegetable stock and the rest of the ingredients. Begin to blend.
2. Add more vegetable stock until you achieve the texture you desire.

Roasted Red Peppers

1. Roast the peppers until they’re charred or crisping all over. To do this you may use any of the following:
   • A gas burner or outdoor grill. Roast the pepper by putting it right on the flame until it’s charred all over.
   • A broiler. Cut the peppers in half and put them under the broiler until they get charred. If they are small peppers, you can broil them whole.
   • An oven with no broiler. Roast the peppers at 450°F until they start crisping.
2. Put the peppers into a covered bowl or paper bag, and let them steam until they’re cool enough to handle.
3. Peel off the charred part with your fingers. Don’t run it under water, but do clean your hands before doing anything else.
Lesson 32.21: Sweet and Sour Dressing
By Sergei and Valya Boutenko in 32: Oil Free Dressings

Here’s another recipe that has no fatty foods. Yet it’s surprisingly rich. The tanginess of the tomatoes and lemon juice is offset by the honey.

2 large ripe tomatoes, chopped
½ bunch basil, about ½ cup packed
3-4 Tablespoons honey, or the sweetener of your choice
1-2 teaspoons salt — I prefer 1½
¼ cup lemon juice
4-5 cloves garlic — I prefer 5

Blend all ingredients together.

Lesson 32.22: Guacamole
By Nomi Shannon in 32: Oil Free Dressings

Although it’s thicker than traditional dressings, guacamole provides a rich creamy topping for any salad. Avocados provide the fat and lemon juice provides the tanginess.

Meredith McCarty likes to point out that while avocado is very nutritious, it has as much fat as cream cheese; about 80% of the calories in avocado are from fat.

However, topping your salad with guacamole is far less fattening than chopping avocado into your salad, and then pouring traditional oil-based dressing over that!

Serves 1-2.

1 avocado, chopped
1 red pepper, chopped
1 scallion, chopped
1 celery stalk, chopped
1 clove garlic, minced
3 Tablespoons lemon juice
½ teaspoon Tamari or soy sauce, or more to taste
Pinch cayenne

1. In a bowl, mash the avocado and lemon juice with a fork.
2. Then mix in the other ingredients.
3. Taste and adjust the seasonings.
Lesson 32.23: Jeanne’s Berry Dressing
By Nomi Shannon in 32: Oil Free Dressings

As mentioned in Lesson 28, fruit is full of flavor. So when you mix chopped fruit with lettuce, you may not need a dressing at all. But if you do want dressing over a bowl of fruit and lettuce, try this one.

For proper food combining, serve this tangy dressing over lettuce, acid fruit — such as oranges or kiwi — and/or subacid fruit — such as mangoes or pears.
It’s also delicious when poured over a salad of endive, basil strips, and strawberries.

This recipe requires almost no fat — just 1 tablespoon of avocado. The tanginess of the lemon juice, lemon zest, strawberries, and raspberries is offset by the honey or sweetener.

Serves 2-4.

8 strawberries
16-20 raspberries
4 teaspoons honey, or your favorite liquid sweetener
1 Tablespoon avocado
1 Tablespoon water
2 Tablespoons lemon juice
2 teaspoons lemon zest
2 fresh basil leaves
Sea salt and pepper, to taste

1. Combine all ingredients in a blender.
2. Puree.
3. Serve over salad.
Lesson 32.3: Indonesian Yum-Yum Dressing
By Nomi Shannon in 32: Oil Free Dressings

If your mouth waters when you hear the words “Thai Peanut sauce”, this healthier version will be a Godsend for you. It tastes great over raw salads and steamed vegetables alike.

Unlike almond oil, which is 100% fat, almond butter provides all of the fiber, vitamins, and minerals of whole almonds — which are one of the only alkaline nuts.

Almond butter has two benefits over peanut butter. First, unlike peanuts, almonds are alkaline-forming, not acid-forming.

Second, almonds don’t contain the carcinogenic “aflatoxin” from a fungus naturally occurring in peanuts. Although peanut crops are inspected for this fungus, a certain percentage is “allowed”.

½ cup water
3 Tablespoons raw almond butter
2 teaspoons of your favorite liquid sweetener
1 teaspoon Nama Shoyu or Tamari
½ teaspoon Chinese 5 spice powder
1 clove garlic, chopped
1 teaspoon ground flax seeds, see note

1. Combine all ingredients in a blender. Blend well.
2. Refrigerate.

Note: to grind flax seeds, place in a clean electric coffee grinder and grind until powdered.
Lesson 32.31: Lemon-Miso-Tahini Dressing & Fresh Dill
By Meredith McCarty in 32: Oil Free Dressings

Lemon-Miso-Tahini Dressing & Fresh Dill
Makes ½ to ¾ cup.

Tahini is a purée of hulled sesame seeds. Because the kernels have been removed, tahini doesn’t contain all of the seed’s original fiber. But it’s still closer to being a whole food than sesame oil. It’s more bitter than almond butter, but equally creamy. Like avocado, it contains 80% calories from fat.

¼ cup sesame tahini
2 Tablespoons lemon juice
1 Tablespoon any light-colored miso
1 Tablespoon fresh dill, minced
1 clove garlic, minced or pressed
3-4 Tablespoons water, start with less

1. If you chop the dill and garlic finely, you can whisk the ingredients together in a bowl, adding water gradually until you achieve the texture you desire.

2. Alternative While this dressing is too thick for most regular blenders to puree, if you have a Vitamix, you can blend it all without having to chop the garlic and dill so finely.

Suggestion: Trevor likes to add a little more dill and a pinch of sea salt.
Lesson 32.32: Tahini-Lime Dressing  
By Meredith McCarty in 32: Oil Free Dressings

Tahini-Lime Dressing  
Makes ½ to ¾ cup.  
Here's a variation on the previous recipe.

Ingredients:  
¼ cup sesame tahini  
2 Tablespoons lemon juice  
1 Tablespoon soy sauce or ½ teaspoon sea salt  
1 clove garlic, minced or pressed  
1 Tablespoon dill, minced or 1 teaspoon dry dill  
3-4 Tablespoons water, start with less

1. If you chop the dill and garlic finely, you can whisk the ingredients together in a bowl, adding water gradually until you achieve the texture you desire.  
2. Alternative While this dressing is too thick for most regular blenders to puree, if you have a Vitamix, you can blend it all without having to chop the garlic and dill so finely.

Lesson 32.33: Trevor’s Tangy Tahini Dressing  
By Trevor Justice in 32: Oil Free Dressings

In this dressing, tahini provides the fat and an orange provides the tanginess. I like to use a whole orange. But you can also use 1 cup of orange juice.

- 1 orange, peeled and pulled apart into wedges  
- 1 scallion  
- ½ cup tahini  
- ½ cup tightly packed cilantro  
- ½ tsp sea salt

1. Combine the orange, scallion, cilantro, and sea salt together in a blender and puree.  
2. Add the tahini and blend again. If you start with the tahini, your blender may have a hard time.
Lesson 32.34: Elaina’s Thai Dressing
By Elaina Love in 32: Oil Free Dressings

¾ cup raw tahini
¼ cup grated ginger
6 Tablespoons lemon juice
¼ cup agave nectar
6 Tablespoons tamari
2 cloves garlic
1 cup shredded coconut
1 jalepeno pepper with seeds, chopped
2 cups water

1. Blend all ingredients together to make dressing.
2. If your blender is not particularly strong, add the Tahini after everything else is well-blended.
Lesson 32.4: Creamy Ranch Dressing
By Meredith McCarty in 32: Oil Free Dressings

Creamy Ranch Dressing
Makes 1½ cups.

Although tofu isn’t quite a whole food, it’s more nutritious and lower in fat than oil. It also makes wonderful creamy dressings. It replaces buttermilk and mayonnaise in this popular dairy-free version of the classic Midwestern salad dressing.

Because tofu is naturally high in fat — about 50% — there’s no need for oil in tofu dressings. Tofu made with Calcium Sulfate has 50% calories from Fat, 40% calories from Protein, and 10% calories from Carbohydrate.

Tofu made with Nigari has 56% calories from Fat, 38% calories from Protein, and 6% calories from Carbohydrate.

½ pound tofu, about 1 cup, fresh, any texture except extra firm
1 green onion, sliced
1 Tablespoon parsley
1 Tablespoon fresh dill or 1 teaspoon dry dill
1 clove garlic
1½ Tablespoons lemon juice
1 Tablespoon umeboshi (pickled plum) paste
1 teaspoon natural soy sauce
2 teaspoons brown rice vinegar
¼ teaspoon white pepper
¼-½ cup water

Purée dressing ingredients, adding water gradually, until smooth.
Lesson 32.41: Tofu Mayonnaise
By Trevor Justice in 32: Oil Free Dressings

Here’s another example of tofu’s versatility.

- 12.3 oz package Mori-Nu Silken Lite Tofu, firm
- 3 small garlic cloves
- 1 teaspoon dried dill weed
- 1 teaspoon onion powder
- 1 Tablespoon soy sauce
- 1 Tablespoon maple syrup, or sweetener of your choice
- 1 1/2 Tablespoons lemon juice
- Water, if needed to thin

Combine ingredients in a blender and puree until smooth, using as much water as needed to achieve desired consistency.

Lesson 32.42: Garlic Vegannaise
By Cherie Soria in 32: Oil Free Dressings

Makes 1 pint.

- 10 1/2 ounces (1 carton) silken tofu
- 2 Tablespoons tahini
- 1/4 cup lemon juice
- 1 clove garlic
- 1 Tablespoon brown rice syrup
- 1 teaspoon nutritional yeast
- 1 teaspoon Dijon style mustard
- 1 teaspoon sea salt

1. Combine ingredients in a blender.
2. Puree until smooth, using as much water as needed to achieve desired consistency.
Lesson 36.2: Sasha’s Sprouted Sunflower Dip
By Sasha Lucy, CHHC in 36: Kid Friendly Veggies

- 3 Tablespoons sprouted sunflower seeds
- 1 Tablespoon tahini
- 1 Tablespoon flax oil
- 2 Tablespoons water
- 1 Tablespoon fresh dill
- Pinch of sea salt

You can review how to sprout sunflower seeds here:

To make the dip, just blend all ingredients in a food processor.

Lesson 42.7: Sunflower Pâté
By Nomi Shannon in 42: Saving Time

Yields a large mixing bowl of pâté, approximately 8 cups.

- 3 cups sunflower seeds, soaked 8-12 hours, sprouted for 2-4 hours
- 1 cup fresh squeezed lemon juice
- ½ cup chopped scallions
- ¼-½ cup raw tahini
- ¼ cup liquid aminos, 2 Tablespoons nama shoyu, a pinch of sea salt with added water, or none at all
- 2-4 slices red onion, cut in chunks
- 4-6 Tablespoons coarsely chopped parsley
- 2-3 medium cloves garlic, coarsely chopped
- ½ teaspoon cayenne pepper (or more to taste)

1. Soak sunflower seeds 8-12 hours, drain, allow to sprout for 3-4 hours, leaving out on counter, then thoroughly rinse and drain. Remove as many of the thin inner husks that float to the top as possible.

2. In a food processor, process the sunflower seeds, lemon juice, scallions, tahini, liquid aminos, onion, parsley, garlic and cayenne until the mixture is a smooth paste.

3. When thoroughly blended taste and adjust the seasoning. The pâté will develop a stronger garlic taste in a few hours.

This yummy pâté holds a secret. Made just as above, it will keep for three weeks in a modern, properly maintained temperature refrigerator! The trick is to keep it well-refrigerated, take out a portion and put the rest back immediately.

If you do a variation on this recipe for example add or exchange some or all of the sunflower seeds with Almonds, it will taste wonderful but it will not keep for as long. You can also dehydrate little mounds of this pâté, about 1/3 cupfuls, and rehydrate when ready to use. Great for camping!

Another great recipe from The Raw Gourmet that can be dehydrated to last indefinitely is Sun Garden Burger on page 132. Double the recipe and dehydrate til very dry throughout for long term storage.

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Lesson 42.71: Marinara Sauce
By Nomi Shannon in 42: Saving Time

I designed this marinara sauce for raw cuisine. However, if you’re making traditional cooked pasta, you can stir this sauce in with the hot pasta immediately after pouring out the cook water.

2-3 cups dry (not oil packed) sun dried tomatoes, soaked in water for 2 hours
8-10 fresh Tomatoes
Parsley, to taste
Onion, to taste
Garlic, to taste
Fresh basil, to taste
Oregano, to taste
Sea salt, to taste
Olive oil, to taste

1. If making this marinara sauce to use on zucchini ‘pasta’ that has been tossed in pesto sauce, this will make more than enough for 8 people as an entrée, and 16 people as a side dish.
2. For lasagna, a blender full of marinara should be just enough for one large lasagna, but have enough ingredients on hand to make a bit more sauce if you need to.
3. Cut up and blend the tomatoes in a blender. You should have approximately 3 cups of puréed tomato. Drain the sun dried tomatoes, saving the liquid to thin the sauce later if you need to, and add enough of them to the tomato puree until the mixture is quite thick.
4. Add the following to your taste: garlic, onion, a little olive oil, parsley, fresh basil, sea salt, oregano. You may wish to add any other ingredients that you like in a tomato or marinara sauce; for example, cut up olives would be nice.
5. While this sauce will keep nicely for 3-4 days in the refrigerator, it can also be frozen and thawed out when ready to use it.
**Lesson 42.72: Pesto Sauce**  
By Nomi Shannon in *42: Saving Time*

Good tossed over cooked or raw spaghetti — which can be made out of parsnip, zucchini, beet, carrot or another hard veggie — this pesto sauce can also be frozen. Some folks make up a large batch when their basil has come in, then pour into ice cube trays and freeze into small cubes.

Once frozen, they can be put in baggies and used throughout the year not only as pesto but to flavor soups and other dishes. Think of it as your secret flavor weapon.

*Yields approx 1½ cups.*

1. Blend ingredients well until very smooth.
2. Serve over raw or cooked spaghetti.

- 4 Tablespoons pine nuts, soaked for about 20 minutes if possible
- ¾ cup organic extra virgin olive oil
- 6 cloves garlic
- ¾ cup chopped fresh basil or more to taste
- 2 Tablespoons chopped parsley
- ½ teaspoon sea salt.
CONDIMENTS

Lesson 9.4: Integrating Red Star Nutritional Yeast Into Your Meals
By Trevor Justice and Meredith McCarty in 09: Vitamin B12

Red Star nutritional yeast has a cheese-like flavor. Here are a few ways to use it:

- Sprinkle over popcorn.
- Mix nutritional yeast with dulse flakes (or other sea vegetables) and seeds — such as sesame, sunflower, or hemp seeds. Then sprinkle the mixture over soup, salad, grains, beans, polenta, etc.
- Make nutritional yeast gravy. Here’s a recipe from Jo Stepaniak that tastes great on top of veggies, potatoes, or whole grains. To check out her other recipes, visit www.grassrootsvegan.com.

Nutritional Yeast Gravy
By Jo Stepaniak

2 Tablespoons Red Star nutritional yeast flakes
2 Tablespoons whole wheat pastry flour
¾ cup water or vegetable broth
1 Tablespoons soy sauce
1 teaspoon olive oil or canola oil
¼ teaspoon onion granules
Pinch of ground black pepper

1. Place the nutritional yeast flakes and flour in a dry 1-quart saucepan, and toast them over medium heat, stirring constantly, until they are lightly browned and fragrant.
2. Remove saucepan from heat. Gradually whisk in the water or vegetable broth, soy sauce, and oil until the gravy is smooth. Then whisk in the seasonings.
3. Cook the gravy over medium heat, stirring constantly with the wire whisk, until it’s thickened, smooth, and bubbly. Serve at once.
Lesson 40.4: Sesame Salt
By Meredith McCarty in 40: Macrobiotic Diet

Makes 1¼ cups.

1 cup whole, unhulled sesame seeds
2 teaspoons unrefined sea salt

1. Preheat oven to 300°F and spread seeds on a baking sheet one-layer-thick.
2. Toast in the oven for 7 to 12 minutes, adding salt in last few minutes of baking if it feels moist to the touch.
3. Transfer seeds and salt to food processor or blender and grind until ⅔ seeds are pulverized.
4. Store in a sealed glass container in the refrigerator.

**Nutrition Facts:**

For 10 servings, per serving.
Calories: 159
Calories from Protein: 9%
Calories from Fats: 16%
Calories from Carbohydrates: 75%
Protein: 4 g
Fat: 3 gm
Saturated Fat: 0.48 g
Carbohydrates: 30 g
Fiber: 2 g
Cholesterol: 0
Sodium: 148 mg
Lesson 41.4: Quick Pickled Fennel
By Lara Adler, CHHC in 41: Lacto-Fermentation

Fennel is a vegetable that people either love or hate, or worse, have never tried before! It can be eaten cooked or raw — or pickled! — and has a distinct anise/licorice flavor.

Roasted, fennel sweetens and mellows. Pickled, fennel retains it’s crispness. This condiment can be served atop a veggie burger for a totally new flavor, used in an arugula salad with sliced oranges and beets, or just eat it on it’s own!

1 medium fennel bulb, trimmed, core removed, and thinly sliced
2 cups white wine vinegar
½ cup sugar
¼-½ cup water
1 teaspoons kosher salt
¼ teaspoon celery seeds
¼ teaspoons caraway seeds
¼ teaspoons peppercorns
1 sprig of fresh thyme

1. Thinly slice fennel and set aside.
2. In a small pot, bring the vinegar, sugar, water, and salt to a boil.
3. Pack the fennel into clean jars and add the seasonings and thyme.
4. Pour the hot vinegar mixture over the fennel in each jar to cover.
5. Let cool and then refrigerate.
Lesson 12.5: Chipotle Kale Chips (Dehydrated)
By Chef Dina Knight in 12: Wholesome Snacks

Want a healthy crunchy snack that is loaded with nutrition but still tastes like you’re eating something naughty? Try kale chips! You can make your own with just a few minutes of work. On average they take 3½ – 4 hours to dry at a low-temperature setting. In more humid climates, they make take overnight to turn crisp.

2 Bunches Curly Green Kale, or Lacinato Kale
1 Tablespoon olive oil, cold pressed and organic
2 cloves garlic, crushed
Juice of one lemon
1 teaspoon agave nectar (optional)
1 teaspoon chipotle chili powder
¼ teaspoon cayenne pepper (optional)
1½ teaspoon sea salt

1. Remove kale from stem. Wash and spin in salad spinner. Place in large mixing bowl. Drizzle with oil, add remaining ingredients.

2. Toss and lightly massage until the oil and spices are evenly dispersed. Place onto two dehydrator trays outfitted with the grid sheets. Place in dehydrator 4-6 hours at 115°F.

3. Allow to cool completely before placing in an airtight container. Store at room temperature for as long as they will last — because we are sure you will eat these up very quickly!

Variations: Substitute sesame oil for olive oil, or add cumin. You can also try adding Agave nectar or liquid Stevia to taste for a sweet hot chip! Other variations include taking the nacho cheese dip below and covering the kale with it, for a delicious decadent treat!

Variation: Chipotle Cheesy Kale Chips
Serves 2

1 not-yet-dehydrated batch Chipotle Kale Chips
1 batch Spicy Nacho “Cheese” (Recipe below)

Combine kale with spicy nacho “cheese” for a delicious treat! Dehydrate, as in recipe above, until dry.

Most people love a good dip. Spicy Nacho “Cheese” is one of my favorites because it’s so easy to make and tastes delicious. It can be used as a topping for nachos, pizza, and broccoli or served over any veggies that you’d like such as a crudités platter for a party.

When I’m hungry and want something quick to eat, this dip curbs cravings while preparing a salad or main meal. I also like to bring this to parties because my friends all love it.

The pine nuts act as a natural appetite suppressant because of the pinolenic acid — so they may help reduce the overall amount of food you eat. This dip is also extremely versatile and can be easily adapted for different flavors.

Spicy Nacho “Cheese”

1 cup cashews
¼ cup pine nut or macadamia nuts
¼ cup lemon juice
¼–½ teaspoon Himalayan sea salt
¼ small jalapeno pepper or ¼ teaspoon chipotle powder (optional)
1 teaspoon paprika
1 Tablespoon chili powder
1 garlic clove
1 medium red bell pepper
¼ cup water, add only as needed to achieve desired creaminess

1. Combine all ingredients in high-powered blender and blend thoroughly until creamy and smooth.

2. Adjust seasonings to taste.

3. Serve over tacos, burritos, enchiladas, or within a taco salad. Serve with crudités or flax tortillas as a delicious dip.
Lesson 12.51: Kale Chips (Baked)
By Lara Adler, CHHC in 12: Wholesome Snacks

Selfishly Serves 1!

1 large head of Curly Kale
1 Tablespoon Apple Cider Vinegar
1 Tablespoon Olive Oil
Coarse sea salt, to taste

1. Preheat oven to 350°F.
2. Wash and de-stem kale by holding the stalk in one hand, and pulling down on the leaves with the other. Tear into bite sized pieces and dry thoroughly, preferably using a salad spinner. This step is important!
3. Spread onto a large baking sheet. Toss with the apple cider vinegar, and oil, and sprinkle with sea salt.
4. Bake for about 20 minutes; until crispy, but keep your eye on them.
Lesson 12.52: Spicy Oven-Roasted Chickpeas
By Lara Adler, CHHC in 12: Wholesome Snacks

This is a perfect party snack, movie snack, or high protein snack to keep in your bag, and is a nice alternative to trail mixes.

1½ cups cooked chickpeas, drained and rinsed; or one 15 ounce can organic chickpeas, drained and rinsed
1 Tablespoon olive oil
½ teaspoon sea salt
2 teaspoons spices (garam masala, curry powder, or any combination of favorite spices)

1. Heat oven to 400ºF. Spread chickpeas out on a clean dishtowel, and pat dry.
2. Toss the chickpeas with the olive oil, salt, and spices and transfer to a baking sheet, or large cast iron skillet.
3. Roast for 30-40 minutes until brown and crispy, making sure to shake the pan or stir the chickpeas.

Lesson 12.53: “Cheesy” Popcorn
By Lara Adler, CHHC in 12: Wholesome Snacks

1 Tablespoon olive oil
½ cup popcorn kernels
2 teaspoons fine grain sea salt
¼ cup nutritional yeast
½ teaspoon garlic powder

1. Add oil and popcorn kernels to a 4 quart pot with a lid.
2. Cook over medium-high heat, shaking pan constantly to move kernels around and to prevent burning. When popping subsides to about 3 seconds between pop, remove from heat. Leave the lid on for another minute to prevent stray kernels from popping out.
3. Pour popcorn into a large bag or bowl along with the nutritional yeast, salt and garlic powder. Shake the bag, or if using a bowl, toss with your hands. Enjoy!

Infinitely adaptable, popcorn is a great crunchy snack that takes both sweet and savory flavorings well. I particularly like the addition of garlic powder to this recipe, but you can leave it out if you’re planning a date night!!
**Lesson 20.3: Sprouted Wheat Nuts**

By [Steve Meyerowitz](https://www.sproutman.com) in [20: Sprouting](https://www.sproutman.com/)

The following is extracted from Sproutman’s Kitchen Garden Cookbook by the late Steve Meyerowitz. Reprinted with permission. Find more recipes at [sproutman.com](https://www.sproutman.com).

- 2 cups Lentil Sprouts
- 2 Tablespoons Onion Powder
- 1 teaspoons Garlic Powder
- 3 Tablespoons Tamari Sauce
- Pinch Cayenne Pepper (optional)

1. Sprout the lentils for 5 days in a sprout bag.
2. Place the mature sprouts in a bowl and mix in the other ingredients.
3. Spread the sprouts out on a dehydrator tray and dehydrate for 6-8 hours.

*Alternative:* If you do not own a dehydrator, lay on a cookie sheet and bake at a 250 degree temperature for 30-60 minutes. They’re ready when dry and crispy.

**Lesson 22.3: Essene Sprout Cracker**

By [Steve Meyerowitz](https://www.sproutman.com) in [22: Whole Grain Baking](https://www.sproutman.com/)

- 2 cups Soft White Wheat Berries

1. Sprout two cups of soft white wheat berries (instead of hard wheat berries). Soft wheat has less gluten, and is traditionally the preferred wheat for making pastries.
2. After two days of sprouting, grind the sprouts into a smooth paste using the types of grinders suggested in Lesson 22.2.
3. Knead the dough into a ball and flatten the bottom onto a cutting board.
4. Next, use your hands or a moistened rolling pin to flatten the dough into a ¼-inch thick wafer.
5. Carefully place it onto a non-stick dehydrator tray, or use baking or parchment paper. Dry in the dehydrator at 115°F until it is dry. This will take approximately 12 hours.

If you want faster service, crank up the dehydrator temperature. If you don’t have a dehydrator, heat the bread in your oven at its lowest possible temperature, about 200°–250°F.

You can use parchment paper on a flat cookie tray. Or you can spread sesame or poppy seeds on the cookie sheet as a buffer between the dough and the cookie tray. Check after one hour, and again every half hour after that. It’s ready when it is firm and dry. It will continue to harden as it cools, and achieve the consistency of a cracker.

**Sour Dough Sprout Cracker**

If you want a sour dough version of this cracker, it’s simple. At the dough stage, place the ball of dough on a cutting board and cover it with a moist towel. Let the ball sit for 24-36 hours at room temperature. It will sour naturally as it sits. Proceed to dehydrate or slow oven bake the sour dough as in the recipe above. Now you have a sour dough sprout cracker.
Lesson 24.2: Baked Kale Chips Recipe
By Lara Adler, CHHC in 24: Traveling

Selfishly Serves 1!

1 large head of Curly Kale  
1 Tablespoon Apple Cider Vinegar  
1 Tablespoon Olive Oil  
Coarse sea salt, to taste

1. Preheat oven to 350°F.
2. Wash and de-stem kale by holding the stalk in one hand, and pulling down on the leaves with the other. Tear into bite sized pieces and dry thoroughly, preferably using a salad spinner. This step is important!
3. Spread onto a large baking sheet. Toss with the apple cider vinegar, and oil, and sprinkle with sea salt.
4. Bake for about 20 minutes until crispy, but keep your eye on them.

Lesson 24.3: Raw Kale Chips Recipe
By Kevin and Annemarie Gianni in 24: Traveling

This recipe requires a dehydrator.

2 heads of kale, washed and torn, without stems  
3/4 cup Tahini  
1/4 cup Tamari  
1/4 cup Cider Vinegar  
1/2 cup Water  
2 scallions  
1 clove garlic  
1 lemon (juice of)  
1/4 teaspoon Sea Salt  
1/4 cup of nutritional yeast

1. Place kale in a large mixing bowl.
2. Combine the rest of the ingredients in a blender and blend until smooth to get a thick consistency. You may have to add more water.
3. Pour over kale and mix thoroughly with your hands to coat the kale. You want this mixture to be really glued onto the kale.
4. Place kale onto a Teflex sheet, on top of a mesh dehydrator screen, and dehydrate for 6 hours @ 115 degrees. You’ll need to use two trays.
5. Rotate kale occasionally to dry uniformly.

Find more from Kevin and Annemarie at renegadehealth.com.
Lesson 24.6: Basic Flax Cracker Recipe
By Rose Lee Calabro in 24: Traveling

4 cups whole flax seeds, soaked 4-6 hours in 3 cups water
1/3 – 1/2 cup Nama Shoyu
Juice of 2-3 lemons

1. Pour 4 cups of flax seeds in a bowl with 3 cups of water.
2. After four hours, add the Nama Shoyu and lemon juice.
3. Spread the mixture as thin as possible (about ¼” thick) on dehydrator trays with teflex sheets. Keeping your hands wet will help in the spreading of the flax seeds.
4. Dehydrate at 105 degrees for 5-6 hours.
5. Flip crackers over and remove the teflex sheets. Continue dehydrating for 4-5 hours, or until the mixture is completely dry.
6. For variety, add garlic, onions, carrot juice, taco seasoning, Italian seasoning, chili powder, or cumin in any combination.
Lesson 12.44: Apple-Raisin Squares (Basic Fruit Bar Recipe)
By Meredith McCarty in 12: Wholesome Snacks

Apple-Raisin Squares
Makes 9 or 12.

Ingredients for Crumb Pastry:
- 1 1/2 cups rolled oats
- 1 1/2 cups whole-wheat pastry flour
- 1/2 teaspoon sea salt
- 1/2 teaspoon aluminum-free baking powder
- 1/3 cup light walnut oil, Spectrum brand
- 1/3 cup brown rice syrup, pure maple syrup or agave syrup
- 1 teaspoon vanilla

Ingredients for Fruit Filling:
- 1 1/2 cups single (e.g. raisins) or mixed dried fruit (raisins, currants, cherries, fruit juice-sweetened cranberries, and/or quartered pitted prunes, apricots and stemmed figs)
- 2 pounds firm apples (Granny Smith or Pippin), 5 apples or 5 cups, peeled and cut in 1/2-inch cubes
- 3/4 cup apple cider or apple juice
- Zest of half a lemon
- 1 teaspoon ginger, freshly grated
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg or cardamom

Ingredients for Glaze (Optional):
- 1 Tablespoon brown rice syrup mixed with 1 teaspoon water

1. Preheat oven to 350°. To make crumb pastry, mix dry ingredients. Whisk together wet ingredients and add to dry. Mix and rub mixture between hands to form a crumbly texture.
2. To make fruit filling, layer ingredients in 3-quart pot in order listed so dried fruit is on the bottom. Bring to boil, then simmer covered until tender, about 10 minutes each. Stir a couple of times. Remove cover and continue to cook until liquid is absorbed or cooked off, 5 minutes more.
3. To assemble bars, press half crumbs into lightly-oiled 8-inch square baking dish. Cover with either the fruit filling. Press remaining crumbs over all. Bake until golden brown on top, 30 to 45 minutes. Glaze in last 5 minutes of cooking if desired. Allow to cool 30 minutes before cutting.

Nutrition Facts

For 12 servings, per serving:
Calories: 301
- Calories from Protein: 6%
- Calories from Fats: 22%
- Calories from Carbohydrates: 72%
Protein: 4.6g
Fat: 7g
- Saturated Fat: 0.7g
Carbohydrates: 54.1g
- Fiber: 5.2g
Cholesterol: 0
Sodium: 101mg
Lesson 12.45: Nut ‘n Raisin Rice Crispy Bars
By Meredith McCarty in 12: Wholesome Snacks

Nut ‘n Raisin Rice Crispy Bars
Makes 16 servings.

This timeless treat is especially wonderful when prepared with Erewhon brand Crispy Brown Rice made, since 1966, with organic brown rice, organic brown rice syrup and sea salt. It’s great for people who don’t want cookies based on wheat or that contain gluten.

The most popular brand of Rice Krispies contains (white) rice, sugar, salt, malt flavoring, synthetic vitamins and iron, and the preservative, BHT. Today’s natural food store brands are too sweet, containing 3 kinds of sweetener. (The texture is too soft when made with puffed cereals.)

- 4 cups brown rice crisp cereal
- 2 tablespoons nuts, toasted and chopped
- 1/3 cup raisins
- 3/4 cup brown rice syrup
- 1/2 teaspoon vanilla

1. Lightly oil an 8-inch square glass pan. In a bowl, mix cereal with nuts and raisins.
2. In a small saucepan, bring syrup to boil, watching for foaming. Turn heat down to cook over very low heat for a couple of minutes. Turn heat off and stir in vanilla. Pour over cereal and toss ingredients together.
3. Transfer mixture to pan and press evenly with moistened fingers or rubber spatula. Refrigerate to harden, overnight is best. Cut into squares to serve.

Nutrition Facts:
For 16 servings, per serving:
Calories: 107
- Calories from Protein: 3%
- Calories from Fats: 18%
- Calories from Carbohydrates: 79%
Protein: 0.9 g
Fat: 2.2g
- Saturated Fat: 0.1g
Carbohydrates: 21g
- Fiber: 0.2g
Cholesterol: 0
Sodium: 42mg
Lesson 12.47: Maple Nut Granola
By Lara Adler, CHHC in 12: Wholesome Snacks

You can clean out your pantry with this recipe, adding whatever nuts, seeds, and dried fruits you’d like. I particularly like this combination, but feel free to experiment!

- 2 cups rolled oats (not instant oats)
- 1 cup slivered or chopped almonds
- ¼ cup chopped walnuts
- ¼ cup sesame seeds
- ½ cup toasted sunflower seeds
- ½ cup unsweetened coconut
- ¼ cup toasted wheat germ
- ½ teaspoon cinnamon
- ½ cup raisins
- Scant ¼ cup oil (can use melted coconut oil)
- ½ cup grade B maple syrup

1. Preheat oven to 300°F.
2. In a large bowl, mix all the dry ingredients except the dried fruits until fully combined.
3. Add the oil and maple syrup and toss until evenly coated. Pour into a large (9×13) baking dish.
4. Bake for 30 minutes, stirring every 10 minutes or so, until golden brown.
5. Remove from oven, add the dried fruit, stir to combine, and let cool completely before packing into airtight containers.

Insanely simple, and really delicious, this recipe is best made with a mini food-processor, unless you’re making a lot. The ingredient quantities here are up to you depending on how much you want to make!
Lesson 24.4: Oats with Almonds And Dates
By Nomi Shannon in 24: Traveling

¼ cup almonds, soaked 8-12 hours
½ cup raw whole oat groats, soaked 8-12 hours
2 pitted dates or 2 figs, soaked 8-12 hours (reserve soak water)
½ banana, peeled
Dash cinnamon

1. You can soak the almonds and oats in the same jar overnight.
2. After draining and rinsing them the soak water, pour them both into a blender or Vitamix.
3. Add the dates and their soak water.
4. Blend until smooth. If you don’t have a Vitamix, you may need to add ¼ cup water to assist your blender.
5. Add the banana and cinnamon and blend quickly.
6. Eat immediately.

Raw Oatmeal
Trevor’s Note: We’ve modified this recipe from the original in order to follow food combining guidelines.

¼ cup almonds, soaked 8-12 hours
½ cup raw whole oat groats, soaked 8-12 hours

1. You can soak the almonds and oats in the same jar overnight. After draining and rinsing them, pour them both into a blender or Vitamix.
2. Blend until smooth. If you don’t have a Vitamix, you may need to add ¼ cup water to help your blender get its mojo going.
3. Top with your favorite sweetener.
Lesson 24.5: Date Romaine Rollups
By Nomi Shannon in 24: Traveling

2 dates
1 leaf of romaine lettuce

Note: This one is complicated, so pay attention.

1. Pit two dates.
2. Tear them the long way (optional).
3. Place them along the spine of a romaine lettuce leaf.
4. Roll up the leaf.
Lesson 10.62: Banana Banana Bread
By Lara Adler, CHHC in 10: Vegan Baking

Makes one 9-inch loaf.

2 cups mashed bananas
¼ cup canola oil
¾ cup sugar
1 Tablespoon molasses
1 teaspoon vanilla
2 cups flour
¾ teaspoon baking soda
½ teaspoon salt

1. Preheat oven to 350ºF. Lightly grease a 9×5 inch loaf pan.
2. In a small bowl mix together mashed bananas, oil, sugar, molasses, and vanilla. Set aside.
3. In another bowl, sift together flour, baking soda and salt. Add slowly to the wet ingredients and mix until combined. If you want to add chocolate chips, or walnuts, fold those in now.
4. Transfer the batter to your baking pan, and smooth the surface. Bake for 45-50 minutes, or until a toothpick inserted in the center comes out clean. Remove from the oven, let cool for 10 minutes in pan before removing. Cool on a wire rack before slicing.
Lesson 22.2: Sproutman's Basic Sprout Bread Recipe
By Steve Meyerowitz in 22: Whole Grain Baking

Here are the basic instructions using hard Winter or Spring wheat. But the steps are the same whether you use Kamut, spelt, soft wheat, white wheat, or rye. These are the most popular grains for sprouting.

1 cup Hard Wheat Berries

1. Soak 1 cup of hard wheat in a glass jar for 8-10 hours.
2. Pour the soaked seeds into the sprout bag. Sprout them in your sprout bag (or jar if you must) for 2 days.
3. Examine the seed for the shoot. The shoot is short, thick and grows in the opposite direction of the hairlike roots.
4. In order to achieve the desired consistency, the shoot must be about the length of the berry. Longer makes the bread too chewy.
5. Now grind the sprouts in a food processor, a wheatgrass juicer, or even a cast iron meat grinder. Do not use a blender, not even the powerful Vita Mix blender.
6. It is crucial that the resulting “sprout dough” is ground to a smooth paste. If you use a meat grinder, you may need to reinsert the sprouts for a second run through the grinder.
7. Form a 12 x 3 inch loaf by hand. Rinse your hands frequently while shaping. Lay the loaf on a cookie baking sheet seeded generously with either sesame or poppy seeds. This keeps the bread from sticking.
8. Bake slowly at 250°F for approximately 3 hours. Lift the bread off the baking tray briefly after 1-2 hours of baking. This avoids sticking.
9. Bread is done when the underside is firm and the inside is no longer mushy. Beware that the inside will remain moist while the top of the bread may harden. Low temperature ovens set at 250°F may not be very accurate. That being the case, keep checking on your bread about hour before and an hour after the 3 hour suggested time.
Lesson 22.6: Sproutman’s Onion Rye Sprout Bread
By Steve Meyerowitz in 22: Whole Grain Baking

Yields 4-5 patties.

- 2 cups Sprouted Rye dough
- 1 medium Onion, chopped
- 2-3 cloves Garlic
- ¼ cup Miso, blonde
- 3 Tablespoons Caraway Seeds

1. Prepare according to the basic sprout bread recipe in Lesson 22.2.
2. Before step 5 of the basic recipe, gradually add and mix the additional ingredients into the dough.

About Miso:

Miso is a salty paste prepared from cultured soybeans. In this recipe, it replaces the salt normally used in baked goods and counters the natural sweetness of sprouted wheat. In addition, it adds its own unique flavor. Blonde or light colored miso is preferred because of its mild flavor.
Lesson 38.34: Banana Bread
By Meredith McCarty in 38: Healthy Baking

Banana Bread
Makes 8 servings.

This aromatic sweet bread is a favorite, delicious served with jam or apple butter. The inclusion of bananas adds to its moistness, helping reduce the amount of oil.

- 1½ cups whole wheat pastry flour
- 1½ teaspoons aluminum-free baking powder
- ¼ teaspoon sea salt
- ½ cup walnuts, toasted and coarsely chopped
- 1 cup ripe bananas, 2 or 3 bananas, mashed
- ¼ cup light vegetable oil (e.g. canola)
- ¼ cup brown rice malt syrup
- 2 Tablespoons pure maple syrup
- 1½ teaspoons vanilla
- ¼ teaspoon citrus zest (lemon, lime, or orange)
- 2 Tablespoons to ⅔ cup soymilk

1. Preheat oven to 350°F.
2. In a medium bowl, mix dry ingredients and stir in nuts.
3. In another bowl, whisk wet ingredients together starting with the smaller volume of soymilk. Note that in a warm environment such as the Bahamas, batter froths from the combined factors of a warm outside temperature, very soft bananas and soft syrup, thereby requiring a lot less soymilk than in a cold kitchen.
4. Add wet ingredients to dry to form a somewhat thick batter. Add more soymilk as needed.
5. Line the bottom of a 9- x 5- x 3-inch loaf pan with parchment paper. Oil the sides, then transfer batter to pan.
6. Bake until quite golden, 45 to 60 minutes. Turn onto rack to cool.

Variations:
Banana-Nut Muffins and Mini-Muffins: Bake until golden, about 20 minutes. Makes 8 to 12 regular size or 2 dozen mini-muffins.
Sweetener-free Banana Bread: Omit sweeteners substituting that much more soymilk. With very ripe bananas, it’s quite delicious.
Lesson 10.61: Lemon Coconut Pound Cake

By Lara Adler, CHHC in 10: Vegan Baking

Makes one 9-inch loaf.

1 cup blended silken tofu (like Mori-nu brand)
¾ cup coconut milk
1 cup sugar
1/3 cup canola oil
2 teaspoons vanilla
1 teaspoon lemon extract or ¼ teaspoon lemon essential oil
½ teaspoon coconut extract (optional)
2 cups flour
3 tablespoons arrowroot powder
1½ teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt

1. Preheat oven to 325ºF. Grease and flour a 9×5 inch loaf pan.
2. In a medium bowl, using a hand mixer, blend the tofu, coconut milk, sugar, oil, vanilla and lemon extract until smooth and completely uniform.
3. In a separate bowl, sift together all the dry ingredients. Fold the wet ingredients in, and using a spoon, mix until just combined. Mix using the hand mixer on slow speed for 15-20 seconds, just to remove lumps. Do not over-mix the batter.
4. Pour the batter into the pan, and smooth the top. Bake for 60-70 minutes until a toothpick or knife inserted in the center comes out clean (a few moist crumbs are okay.). Let cool in the pan for 10 minutes before removing. Cool completely on a baking rack before slicing.

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Lesson 10.64: Apple Spice Cake
By Lara Adler, CHHC in 10: Vegan Baking

Makes one 8-inch square cake.

1 1/2 cups all purpose flour
3/4 cup sucanat (dried sugar cane juice – can substitute granulated sugar)
1 teaspoon baking soda
1 teaspoon cinnamon
1/2 teaspoon ground cloves
1/2 teaspoon ground or grated nutmeg
1/2 teaspoon salt
1 cup milk, such as soy, rice, or nut milk
1 Tablespoon apple cider vinegar
Scant 1/4 cup maple syrup
Scant 1/2 cup canola oil
2 Tablespoons cognac
1 teaspoon vanilla
1 1/2 cups chopped apples

1. Preheat your oven to 350ºF, and line an 8-inch square baking dish with wax or parchment paper. Start by adding the apple cider vinegar to your 1 cup of soy milk. Set the milk aside. (It will sort of curdle a little, but that’s fine.)

2. In a large bowl, mix all the dry ingredients together. In another bowl mix all the wet ingredients together. Combine the wet and the dry, and then add the apples. If you wish, you may add chopped toasted almonds, walnuts, or pecans.

3. Pour/spread the batter into the pan and bake 40 min, or until a toothpick inserted in the center comes out clean.

4. The spices from this cake will fill your house with the most amazing scent. Worth baking for that reason alone. The cake is dark, moist, and perfectly sweet. Serve this with a dusting of powdered sugar to make it pretty, or serve it warm with a scoop of vanilla frozen dessert. This thing is so easy to make, and comes together so quickly. You could make muffins out of these too, but make sure to adjust the baking time.
Lesson 37.6: Fresh Peach Cobbler
By Elaina Love in 37: Replacing Sugar

Ingredients for the Crust:
- 1½ cups soaked and dehydrated almonds, walnuts, or pecans; about 1 cup before soaking
- ½ cup pitted dates
- ⅛ teaspoon Celtic sea salt
- Pinch of cayenne pepper

Preparation of the Crust:
1. Puree the nuts until they become a meal.
2. Add the dates, salt, and cayenne and continue to puree until the crust forms a ball.
3. Shape in a pie pan and refrigerate.

Ingredients for the Filling:
- ¼ cup soft, pitted dates
- 1 teaspoon lemon zest
- 1 teaspoon cinnamon
- 3 peaches, chopped
- 6 large peaches, sliced; reserve 1 for decoration

Preparation of the Filling:
1. Puree the dates, lemon zest, cinnamon, and 3 chopped peaches in a food processor.
2. In a large bowl, mix all the ingredients including the sliced peaches with your hands.
3. Pour the mixture into the pie crust and shape into a nice round pie.
4. Refrigerate for 1-2 hours before serving.

Ingredients for the Crumble Topping:
- 1 cup soaked and dehydrated walnuts or pecans
- ½-¾ cup Rapadura (whole food dehydrated cane juice) or Lakanto
- 1 Tablespoon cinnamon powder

Preparation of the Crumble Topping:
1. Puree everything in a food processor until crumbly.
2. Top the cobbler just before serving. No earlier or it will get soggy.
Lesson 38.32: Chocolate Cake with Chocolate Sauce and Raspberry Coulis

By Meredith McCarty in 38: Healthy Baking

To demonstrate the use of prunes in cake, here’s the Chocolate Cake recipe from my dessert book, Sweet & Natural. In this recipe, the prune purée from Lesson 38.3 is used to replace oil in a 1:1 ratio.

Dark-colored purées, such as prune puree, are a pretty good fat/oil replacement in dark-colored chocolate cakes. As you’ll see below, prune purée is a perfect substitute for oil; both the flavor and color are harmonious and unobtrusive. The only difference is that the cake bakes about 5 minutes sooner than normal.

Coulis (pronounced koo-lee) means “drip” in French. Actually a thick puree of fruit — or vegetables or even slowly stewed meat juices — a coulis is used as a flavorful and decorative undersauce that is spooned directly onto the serving plate for entrees or desserts.

For special effect, use two different coulis of compatible flavors and colors. You can also take a plastic bottle that has a pointed nozzle and fill it with plain tofu cream. Then, paint a design on the coulis before adding the slice of cake.

This recipe involves making ¾–1 cup of raspberry coulis and about 2 cups of chocolate icing for the cake.

Makes 12 to 16 servings, 1 or 2 layers or a Bundt cake.

Cake:

- 1 cup whole wheat pastry flour
- 1 cup unbleached white flour
- 1 cup cocoa powder, sifted
- 2 teaspoons aluminum-free baking powder
- 1 teaspoon baking soda
- ½ teaspoon sea salt
- ½ cup light vegetable oil or ½ cup prune purée (this replaces oil in a 1:1 ratio)
- 1 cup pure maple syrup
- 1 cup soymilk
- Zest of an orange
- ½ cup orange juice
- 1 Tablespoon vanilla

Raspberry Coulis:

- 1½ cups raspberries, about 6 ounces or 10-ounce bag frozen berries, about 1 cup + 2 Tablespoons
- ¼ – ½ cup brown rice syrup, more with frozen berries
- ½ teaspoon vanilla

Note: Try any very ripe fruit such as apricots, plums, or peaches, peeled. As for berries, two cups raspberries or blueberries yield ¾ cup purée. The same volume of blackberries yields 2/3 cup.

Chocolate Sauce or Icing:

- 1½ cups pure maple syrup
- 3 Tablespoons light vegetable oil, optional
- 2 cups cocoa powder, sifted
- 1 teaspoon vanilla

1. Preheat oven to 350°F. Oil the sides and cut parchment or waxed paper to fit the bottom of 2 cake tins or a 9-inch springform pan, or oil a Bundt pan.
2. To prepare cake, in a large bowl mix dry ingredients. In a medium bowl, mix wet ingredients and add to dry. Whisk gently to form a smooth batter. Pour batter into pan(s).
3. Bake until cake tests done, 25 to 30 minutes for layers, 50 to 60 minutes for springform cake, or 40 to 45 minutes for Bundt cake.
4. Transfer pan(s) to cooling rack for at least 15 minutes. Remove cake from pan(s) and allow to cool completely.
5. To make raspberry coulis, puree berries in a food processor or food mill. Strain through a fine strainer to remove seeds. Whisk in sweetener and vanilla and chill.

6. To make chocolate sauce or icing, in a 2-quart saucepan heat together sweetener and oil. (The oil adds a slightly more luscious quality, but may be omitted for a sweeter and less bittersweet taste.) Whisk in cocoa powder. Simmer for several minutes, less for sauce, more for icing. Turn heat off and stir in vanilla.

7. Pour 1 cup warm sauce over Bundt cake, or refrigerate icing until spreadable for layer or springform cake, up to an hour in a shallow bowl. For layers, spread jam in center and frost top and sides with chocolate icing. Keep cake cool.

8. Spoon coulis on individual plates and place a slice of cake on top to serve.
Lesson 38.33: Basic Vanilla Cake
By Meredith McCarty in 38: Healthy Baking

Makes 10 to 16 servings: two thin 9-inch layers (¾- to 1-inch thick), three 7½-inch heart-shaped layers, one 8-inch square cake, one 9- x 13- x 2-inch cake, one 9-inch springform cake, one Bundt cake, or 1 dozen cupcakes.

To demonstrate the use of applesauce in cake, here’s the Basic Vanilla Cake recipe from my dessert book, Sweet & Natural. Applesauce can replace oil in a 1:1 ratio. Replacing the oil in cornbreads, cakes, or cookies with applesauce, is simple. Substitute an equal volume of applesauce for oil.

It’s the cellulose in applesauce that holds in moisture and makes it suitable as a fat replacement. When you substitute applesauce for oil, the texture is a bit spongier but quite nice. I find that adding more than ½ cup of applesauce makes the texture too moist.

1½ cups whole wheat pastry flour
1½ cups unbleached white pastry flour
1½ Tablespoons aluminum-free baking powder
½ teaspoon sea salt
½ cup light vegetable oil or ½ cup applesauce ( => replaces oil in a 1:1 ratio)
1 cup pure maple syrup, brown rice syrup, barley malt syrup, or a combination
1½ cups plain soymilk or soymilk-rice milk blend; or 1¼ cups almond milk (homemade or commercial), rice milk, light amazake, or apple juice
1 Tablespoon vanilla

1. Preheat oven to 350°F. If appropriate depending on the pan(s), line the bottom with baking parchment (preferably) or waxed paper and brush the sides with oil. Line muffin tins with papers.
2. In a large bowl mix the dry ingredients well, sifting them only if desired, then in a medium bowl, whisk the wet ingredients together.
3. Add the wet ingredients to dry ingredients. Whisk until batter is smooth with no lumps remaining, but not so much that you over-develop the gluten; you do not want to toughen the texture. For this purpose, I like a whisk with large spaces between the wires. This will make 5 cups batter.
4. Pour batter into the pan(s) you have chosen. Bake until cake tests done in the middle when pierced with a wooden skewer, toothpick, broomstraw, cake tester or knife; looks golden on top; springs back when touched; and pulls away from the sides of the pan.
5. This will be approximately 20 minutes for muffins, 25 to 30 minutes for standard cake pans, 30 to 45 minutes for the larger cake pans, 30 minutes for a Bundt cake sweetened with brown rice malt syrup, 35 to 40 minutes for a cake sweetened with barley malt syrup.
6. Transfer pan(s) to wire rack and allow cake to cool in pans for 10 to 15 minutes, less for single layers, more for Bundt shape.
7. Serve warm or transfer cake to wire rack to cool completely before serving or frosting to avoid cake absorbing topping. Slice with a serrated knife.
Lesson 38.4: Peach Crisp
By Meredith McCarty in 38: Healthy Baking

Makes 8 or 9 servings.

Filling:
2 pounds peaches, about 7 peaches or 5 to 6 cups, cubed
2 Tablespoons arrowroot powder
1 teaspoon Chinese 5 Spice powder or cinnamon
¼ teaspoon sea salt
½ cup brown rice syrup or pure maple syrup
Zest of a small lemon
1 Tablespoon lemon juice
1 teaspoon vanilla extract

Topping:
½ cup rolled oats
½ cup whole wheat pastry flour
⅛ teaspoon sea salt
2 Tablespoons light vegetable oil, such as light walnut
2 Tablespoons brown rice syrup

1. Preheat oven to 400°F.
2. To prepare filling, combine fruit with dry ingredients (arrowroot, spice and salt), then stir in remaining ingredients.
3. Transfer to a small (1½–quart) baking dish or a 9-inch pie plate placed on a baking sheet (to avoid dripping). Cover dish with a sheet of parchment paper under a layer of foil.
4. Bake until fruit is tender when tested in the middle and juices bubble around the edges, about 30 minutes.
5. To prepare topping, mix dry ingredients. Stir in oil, then sweetener. Rub the topping mixture between your palms and distribute over fruit.
6. Return to oven to bake until topping is golden, 15 to 20 minutes more.
7. Low Temperature Variation:
8. After baking the filling at the temperature called for in the recipe (400°F), lower the oven temperature to 118°C / 245°F.
9. Sprinkle topping over fruit and bake 40 to 60 minutes more.

Nutrition Facts:
For 9 servings:
Calories: 195
Calories from Protein: 5%
Calories from Fat: 18%
Calories from Carbohydrate: 77%
Protein: 2 g
Fat: 4 g
Saturated Fat: 0.3 g
Carbohydrate: 39 g
Fiber: 3 g
Cholesterol: 0
Sodium: 47 mg
Lesson 38.41: Pear & Walnut Cobbler
By Meredith McCarty in 38: Healthy Baking

Makes 9 servings.

Filling:
  3 pounds pears, about 6 to 8 pears or 7 cups, peeled and thinly sliced
  2 Tablespoons arrowroot powder
  1 teaspoon each cinnamon, nutmeg and ginger
  ¼ teaspoon sea salt
  ¾ cup brown rice syrup or pure maple syrup
  Zest of an orange or lemon

Topping:
  ½ cup whole wheat pastry flour
  ½ cup unbleached white pastry flour
  1½ teaspoons aluminum-free baking powder
  ⅛ teaspoon sea salt
  1/3 cup brown rice malt syrup or pure maple syrup
  3 Tablespoons light vegetable oil
  3 Tablespoons soymilk or part orange juice
  ½ cup walnuts, toasted and chopped

1. Preheat oven to 400°F.
2. Mix filling ingredients and transfer to a standard 8-inch square baking dish or any casserole of 2-quart capacity.
3. Bake covered until fruit is tender and juicy, about 40 to 50 minutes.
4. Mix the dry ingredients for the topping, withholding the nuts. Whisk the wet ingredients together, then stir them into the dry ingredients. Stir in the nuts.
5. Spoon the dough over the pears spreading it as evenly as possible with the back of a spoon. Return dish to oven to bake until the top is nicely browned, about 10 minutes more.

Low Temperature Variation:
1. After baking the filling at the temperature called for in the recipe, lower the heat to 118°C / 245°F. Add the topping and return to the oven.
2. Baking time is increased from 10 minutes to 40 minutes. The inner temperature will measure 180°F while cooking. When finished, the topping looks good, lightly golden and the taste and texture are excellent.

Nutrition Facts:

For 9 servings, per serving.        Sodium: 184 mg
Calories: 360                        Fat: 10 g
Calories from Carbohydrate: 72%     Saturated Fat: 1 g
Calories from Fat: 25%               Carbohydrate: 67 g
Calories from Protein: 3%           Fiber: 10 g
Protein: 3 g                         Cholesterol: 0
Lesson 38.42: Apple & Dried Fruit Spice Pie
By Meredith McCarty in 38: Healthy Baking
This exotic-tasting pie is based on Granny Smith apples. Their dense texture is the clue that tells us they hold their shape best of all the cooking apples. Makes 10 servings.

Filling:
- 2 pounds Granny Smith apples, about 5 apples or 5 cups, peeled, cored and cut in ½-inch cubes
- 1/3 cup each raisins, currants, dried cherries and dried cranberries
- Zest of ½ orange and ½ lemon
- ½ cup maple granules or dehydrated sugar cane juice, sifted
- ½ teaspoon sea salt
- ¼ teaspoon each nutmeg, cinnamon, cloves, ginger, and allspice
- ¼ cup rum
- ¼ cup apple cider
- 2 Tablespoons kuzu root starch or arrowroot powder, dissolved in 3 Tablespoons apple cider

Pastry:
- 1½ cups combined whole wheat pastry flour and organic unbleached white pastry flour
- ¼ teaspoon sea salt
- ¼ cup light walnut oil
- Water to texture desired, about 2 Tablespoons

Glaze:
- 1 Tablespoon brown rice syrup mixed with 1 teaspoon water

1. In a large pot, place apples, dried fruit, zests, sweetener, seasonings, rum and cider. Stir well and bring to boil.
2. Turn heat to medium and cook covered until apples are tender, but hold their shape, and dried fruit is plumped, about 10 minutes. Stir occasionally.
3. To thicken juices, stir kuzu or arrowroot-cider mixture and drizzle over fruit in pot. Stir to distribute evenly. Watch sauce thicken upon simmering.
4. Preheat oven to 400°F.
5. Mix pastry ingredients starting with flours and salt, then stirring in oil followed by enough water to create a smooth moist dough.
6. Roll dough out between floured sheets of waxed paper and transfer to oiled 9-inch pie plate.
7. Transfer filling to pastry and either flip edges over the filling to create a rustic tart, or trim and flute edges.
8. Roll remaining dough out and cut small start shapes to distribute over top of pie. Bake until golden, 20-30 minutes.
9. Brush edge of pie with glaze and return to oven for 5 minutes more.

Low Temperature Variation: We’ve found that at 118°C / 245°F, the pastry takes 50 minutes to bake and comes out great! Flaky texture, but no browning.

Nutrition Facts:
- Calories: 283
- Calories from Protein: 4%
- Calories from Fats: 20%
- Calories from Carbohydrates: 76%

For 10 servings, per serving.
- Protein: 2 g
- Fat: 6 g
- Saturated Fat: 0.7 g
- Carbohydrates: 54 g
- Fiber: 5 g
- Cholesterol: 0
- Sodium: 84 mg

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Lesson 38.43: Almond-Orange Cake
By Meredith McCarty in 38: Healthy Baking

This recipe already has fruit substituted for some of the fat — with the inclusion of orange juice and just 2 Tablespoons oil. Makes 8 servings or one layer with \( \frac{2}{3} \) cup of Orange Glaze.

Cake

\[
\begin{align*}
\frac{3}{4} \text{ cup whole wheat pastry flour} \\
\frac{3}{4} \text{ cup organic, unbleached white flour} \\
\frac{1}{2} \text{ cup almonds, toasted and finely ground (2 tablespoons set aside for garnish)} \\
2 \text{ teaspoons non-aluminum baking powder} \\
\frac{1}{2} \text{ teaspoon 5-spice powder or nutmeg} \\
\frac{1}{4} \text{ teaspoon sea salt} \\
2 \text{ Tablespoons light almond oil, or any light vegetable oil} \\
\frac{1}{2} \text{ cup pure maple syrup} \\
\frac{3}{4} \text{ cup plain soymilk (Edensoy Original)} \\
\text{Zest of half an orange} \\
\frac{1}{4} \text{ cup orange juice} \\
\frac{1}{2} \text{ teaspoon vanilla extract} \\
\frac{1}{4} \text{ teaspoon almond extract}
\end{align*}
\]

Orange Glaze

\[
\begin{align*}
\frac{1}{2} \text{ cup fruit-juice sweetened marmalade (half a 10-ounce jar)} \\
2 \text{ Tablespoons water} \\
2 \text{ teaspoons arrowroot powder}
\end{align*}
\]

1. Preheat oven to 350°F.
2. Line the bottom of a 9-inch cake pan with parchment paper; for this recipe, I favor a heart-shaped pan. Brush the sides of the pan with oil.
3. In a large bowl, mix dry ingredients. In a medium bowl, whisk wet ingredients together then add to dry ingredients.
4. Whisk until batter is almost smooth and pour into pan.
5. Bake until cake tests done in the middle, about 30 minutes.
6. Allow cake to cool in pan for at least 10 minutes, then transfer to a wire rack to cool completely.
7. To make glaze, whisk ingredients together in a small saucepan then bring to a boil, still whisking occasionally.
8. Allow texture to firm, then spread over top of cake to edge.
9. Sprinkle reserved ground almonds over glaze around the edge.

Variations:

Strawberry-Hazelnut Heart Cake: Substitute hazelnuts for almonds and strawberry jam for marmalade. Increase vanilla extract to 1 teaspoon and remove almond extract.

Blueberry Tea Cake: Substitute Blueberry Jam for marmalade.
Gluten Free Cake: Substitute whole wheat and unbleached white pastry flours with 1/2 cup each brown rice, millet, and buckwheat flours. Quinoa, chestnut, and arrowroot flours work nicely too.

Low Temperature Variation: Bake at 118°C / 245°F increasing the time from 30 to 45 minutes.

Nutrition Facts:
Calories: 289
Calories from Protein: 6%
Calories from Fats: 26%
Calories from Carbohydrates: 68%

For 8 servings, per serving:
Protein: 4 g
Fat: 9 g
Saturated Fat: 0.7 g
Carbohydrates: 50 g
Fiber: 1 g
Cholesterol: 0
Sodium: 174 mg
Lesson 4.1: No-Fuss Pancakes
By Colleen Patrick-Goudreau in 04: Vegan Comfort Food

I frankly think these are the best pancakes I’ve ever had. They’re fluffy, flavorful and are perfect with maple syrup. And they’re so easy to make.

Makes about 8 pancakes.

1 cup unbleached all-purpose flour (or split it and use half whole wheat flour)
1 tablespoon baking powder
¼ teaspoon salt
1 cup nondairy milk, such as almond, rice, soy, oat, hemp, or hazelnut
2 tablespoons canola oil or non-hydrogenated, non-dairy butter, melted (optional)
3 tablespoons liquid sweetener, such as maple syrup, apple juice concentrate, or orange juice
Additional oil or butter for cooking (optional)

1. Combine the flour, baking powder, and salt in a bowl. In a separate bowl, combine the milk, oil/butter (if adding), and sweetener.
2. Add the milk mixture to the flour mixture and mix just until moistened; a few lumps are okay. Don’t overbeat, or pancakes will be tough.
3. Heat a nonstick griddle or sauté pan over a medium high flame. You may add some oil onto the griddle/sauté pan and heat until hot, but with a nonstick pan, you don’t even need it.
4. Pour batter onto the griddle to form circles about 4 inches in diameter. Cook the pancakes for a couple minutes on one side until bubbles appear on the surface. Slide a spatula under the pancake and flip it over.
5. Cook the pancakes on the other side for another 2 minutes or so. Continue until golden brown on each side, about 4 minutes in all.

Serving suggestions and variations:

- Add a handful of fresh blueberries, chopped peaches or apples, raisins, walnuts, pecans, or chocolate chips to your pancakes. A dash of cinnamon in the batter is nice, too.
- Serve with maple syrup or a fresh fruit puree.
- Top with berries.
- Serve with tempeh “bacon” and tofu scramble. (See Tofu recipes at www.compassionatecooks.com).
- Add a little orange juice to the batter.

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Lesson 4.11: Fast and Fabulous French Toast
By Colleen Patrick-Goudreau in 04: Vegan Comfort Food

If you need a way to use that loaf of stale Italian bread (or any bread!), French toast is the answer. This is such an incredibly easy and delicious breakfast or brunch, and you’ll wind up asking yourself why we ever use eggs at all. You won’t miss them one bit.

Fast and Fabulous French Toast.
Makes enough batter for 8 or 9 pieces.

1 cup nondairy milk, such as almond, rice, soy, oat, hemp, or hazelnut
1 teaspoon cinnamon
1 teaspoon vanilla extract
4 tablespoons Earth Balance (more or less for cooking) – or other non-dairy butter
Maple syrup for drizzling
Powdered sugar for dusting (optional)

1. In a shallow bowl, whisk together the milk, cinnamon, and vanilla with a fork. Set aside.
2. Melt the non-dairy butter in a large skillet over medium heat. Slice the bread into 4 thick slices. Dip each slice into the milk mixture, then place in the hot pan. Cook on each side until golden brown. You may need to add more Earth Balance as needed, especially as you finish cooking the first batch and need to add the second batch to the pan.
3. Drizzle with maple syrup and dust with confectioners’ sugar just before serving, if desired.

Serving suggestions and variations:
- Add a teaspoon of nutmeg to the milk mixture.
- Serve with maple syrup or a fresh fruit puree. Or mix together maple syrup with ground toasted pecan or walnuts. You can even add some raisins to this mixture.
- Top with berries.
- Use sourdough bread instead of a sweet Italian bread. Or use a loaf of cinnamon raisin bread.
- Serve with tempeh “bacon” and tofu scramble. (See Tofu recipes at www.joyfulvegan.com.)

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Lesson 4.14: Rich Fudgy Brownies
By Lara Adler, CHHC in 04: Vegan Comfort Food

These brownies are dense, rich, and moist, and can come together in only a few minutes. If you over bake these slightly, you can chop them into very small pieces, freeze them, and either use them to top ice cream, or in place of chocolate chips in your next cookie recipe.

1 cup flour
¾ cup cocoa powder
1 cup sucanat
¼ teaspoon baking powder
½ teaspoon salt
¾ cup chocolate chips (optional)
½ cup soy, rice, or almond milk
scant ½ cup oil
½ cup silken tofu
2 tablespoons maple syrup
1 tablespoon vanilla extract

1. Preheat oven to 350ºF.
2. In a large bowl, sift together the flour and cocoa powder. Whisk in the sucanat, baking powder, salt, and chocolate chips.
3. In a blender or food processor, blend the milk, oil, tofu, maple syrup, and vanilla until completely smooth. Add to the flour mixture and stir until combined. Batter will be fairly thick.
4. Spread batter evenly into an 8-inch square oiled baking dish.
5. Bake for 30-35 minutes or until toothpick inserted into the center comes out clean.
Lesson 10.6: Oatmeal Cranberry Walnut Scones
By Lara Adler, CHHC in 10: Vegan Baking

Makes 8 scones.

1½ cup flour
½ cup whole wheat pastry flour
1 cup rolled oats
1 teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon salt
3 tablespoons Earth Balance buttery spread
2 tablespoons ground flax seeds
4 tablespoons water
1 tablespoons canola oil
¼ cup sugar + 2 tablespoons, divided
¼ cup milk, such as soy, rice, or nut + 2 tablespoons, divided
¼ cup chopped walnuts
¼ cup fresh cranberries, halved

1. Preheat oven to 425°F. Line a baking sheet with parchment paper.
2. In a small cup combine ground flax seeds and water and set aside.
3. In a large bowl whisk together flours, oats, baking powder, baking soda and salt. Using your fingers, or a pastry blender, cut the Earth Balance into the dry ingredients until it’s evenly distributed.
4. In a separate bowl combine oil, ¼ cup sugar, and ¼ cup milk and flax eggs mixture. Add to flour mixture and combine to make a dough. Add the walnuts and cranberries, and mix until combined.
5. On a lightly floured surface, roll or pat the dough out into a disk about 1 inch thick. Cut the disk into 8 wedges and transfer to the baking sheet. Brush tops with milk and sprinkle with sugar.
6. Bake for 12-18 minutes until tops are golden brown.
Lesson 10.63: Oatmeal Raisin Cookies
By Lara Adler, CHHC in 10: Vegan Baking

Makes 2.5 dozen small cookies.

1 cup margarine
1¼ cup granulated sugar
1 Tablespoon + 1 teaspoon molasses
2 teaspoons vanilla
Ener-G egg replacer for 2 eggs, mixed with water
1¼ cups flour
1 teaspoon cinnamon
1 teaspoon baking soda
½ teaspoon salt
3 cups rolled oats
1 cup raisins*

1. Preheat oven to 350ºF.
2. In a large mixing bowl, beat margarine, sugar, molasses, and vanilla until light and fluffy. Add egg replacer and beat until well blended.
3. In another bowl, combine flour, cinnamon, salt and baking soda. Gradually add to the wet ingredients and mix until well combined. Stir in oats and raisins. If using nuts, also stir those in.
4. On a baking sheet lined with parchment, drop dough by large spoonfulls, pat down slightly, and bake 11-13 minutes. Let stand 3 minutes before removing from baking sheet.

Alternative Ingredients:
*Try using currants, chocolate chips, chopped dried apricots, walnuts, pecans, shredded coconut, or combinations of all of them!

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Lesson 12.4: Quick and Easy Coco-Chocolate Orange Brownie
By Chef Dina Knight in 12: Wholesome Snacks

1 pound of almonds
2 ounces agave nectar, brown rice syrup or date paste
10 ounces dates (dried)
1 teaspoon vanilla extract
Pinch of sea salt
4 ounces raw cacao powder
1 cap orange extract
1 cap almond extract
2 ounces coconut creme, Artisana
½ teaspoon Spirulina or other green powder (optional)
*Optional — Add greens such as kale or spirulina to the mix for extra health benefits

1. Put all ingredients in your food processor with the S-blade. Process until desired smoothness and then spread evenly in a cake pan.
2. Slice and serve if texture is as desired. If mixture needs to be firmed up, then place in fridge or freezer for thirty minutes to an hour. If you want to serve warm, then place in dehydrator with a sealing lid for one hour at 115 degrees F. Then slice into squares and serve.

Note: You can cut this recipe in half if you have a small food processor.
Lesson 12.46: Orange-Ginger Oatmeal Crunch Cookies
By Meredith McCarty in 12: Wholesome Snacks

These crowd-pleasing cookies are modernized by the addition of complex carbohydrates, in the forms of whole grain flour and more natural sweeteners, in place of the simple carbohydrates from refined white flour and white sugar.

A smaller amount of fat than usual comes from light walnut oil instead of butter. To lower the fat content from 46% for this recipe in my cookbook, Sweet and Natural, for this version I’ve deleted the walnuts and cut the oil in half. Makes 2 dozen cookies.

1½ cups oatmeal
1½ cups whole wheat pastry flour
1 teaspoon aluminum-free baking powder
½ teaspoon sea salt
1 cup raisins
¼ cup light walnut oil
¾ cup brown rice syrup or barley malt, or part pure maple syrup
Zest of an orange
¼ cup orange juice
1 Tablespoon ginger, peeled and finely grated
1 teaspoon vanilla

Ingredients for Glaze (optional):
1 Tablespoon brown rice syrup mixed with 1 teaspoon water

1. Preheat oven to 350°. Line two baking sheets with parchment paper or brush with oil.
2. In a medium-large bowl, mix dry ingredients. In a smaller bowl, whisk together wet ingredients. Stir into dry.
3. Transfer heaping tablespoons of dough to baking sheet, leaving at least an inch of space in between cookies. If uniformity is important, use a 1/4-cup scoop, then divide dough in half. Flatten cookies with the back of fork to make 2- or 3-inch round shapes 1/2-inch thick. Dip scoop and/or fork in water to keep it from sticking.
4. Bake cookies until edges and undersides are quite golden, 20 minutes. For even browning, when baking on two levels of the oven, exchange sheets after 10 minutes. For a shinier surface, after 15 minutes of baking, lightly brush tops of cookies with glaze and return to oven for 5 minutes more.

Nutrition Facts:
For 24 servings, per serving.
Calories: 120
• Calories from Protein: 5%
• Calories from Fats: 22%
• Calories from Carbohydrates: 74%
Protein: 2g
Fat: 3 g
• Saturated Fat: 0.2g
Carbohydrates: 23g
• Fiber: 1g
Cholesterol: 0
Sodium: 66mg
Lesson 22.4: Sproutman’s Famous Sprout Cookies
By Steve Meyerowitz in 22: Whole Grain Baking

Yields 25–35 cookies.

- 2 cups Soft wheat berries
- 1 cup Raisins
- 1 cup Coconut, shredded
- 2 tsp Vanilla extract

1. Sprout 2 cups of soft white wheat berries for 2 days.
2. Grind them to a smooth paste following the procedure for making Basic Sprout Bread in Lesson 22.2.
3. Then, form the dough and mix it with the raisins, coconut and vanilla.
4. With clean, wet hands, shape the dough into little 1 inch balls. Rinsing your hands periodically helps keep your hands clean of the pasty dough.
5. Lay the balls on a cookie sheet matted with poppy or sesame seeds. These cookies do not rise, so if space is tight, they can be placed side by side, almost touching. Sprouts like it that way. Their shape resembles macaroons.
6. Bake at 250°F. for 1½ to 2 hours. They are done when firm but still moist.

Lesson 22.5: Trevor’s “Peanut Butter” Cookies
By Trevor Justice in 22: Whole Grain Baking

- 4 cups sprouted wheat berries
- 2 cups shredded coconut
- 1 cup nut butter (peanut, almond, or hazelnut butter)
- 1 cup water
- ½ cup agave nectar (or other liquid sweetener)
- 2 ½ Tablespoons coconut butter
- 2 teaspoons baking powder
- 2 teaspoons butterscotch extract (optional)
- 2 teaspoons cinnamon
- ¾ teaspoons sea salt

1. If the wheat berries are wet from being rinsed recently, lay them on a clean towel (or paper towel). Then lay another towel on top of them and press gently so they are mostly dry.
2. In a food processor with the “S” blade, blend the 4 cups of wheat berries and process until you have a smooth dough.
3. Add all other ingredients except the shredded coconut. Once you have a consistent blend, add the coconut.
4. Scoop out spoonfuls onto a cookie sheet greased with coconut butter. Bake at 225°F for 1½ to 2 hours.
Lesson 37.5: Black Forest Carob Brownies
By Elaina Love in 37: Replacing Sugar

4 cups soaked and dehydrated walnuts
¾ cup or 9 oz. pitted dates
¾ cup or 2.75 oz. carob powder or 1 cup raw cacao powder
2 teaspoons cherry extract or vanilla extract
½ cup coarsely chopped dried walnuts
½ cup or 4 oz. coarsely chopped dried cherries

Note: If you wish to make a large pan of these brownies, then double the recipe.

1. Soak the walnuts for 8-12 hours.
2. Rinse them well and dry them with a towel.
3. Dehydrate the walnuts in a food dehydrator at 105°F for 12 hours. This is an optional step which will give the brownies a more cake-like texture.
4. Puree the nuts in a food processor until it becomes a flour.
5. Add the dates and continue to puree until well mixed.
6. Add carob powder and extract and puree again.
7. Mix in the cherries and chopped nuts by hand.
8. Press with very firm pressure into a brownie pan.
9. Refrigerate and slice into squares.

These brownies will keep refrigerated for 4 weeks or more.

Note: This recipe is not recommended for people with tree nut allergies.
Lesson 38.45: Pumpkin Muffins
By Meredith McCarty in 38: Healthy Baking

Makes 12 muffins.

1 cup whole wheat pastry flour, or whole spelt flour
1 cup unbleached white pastry flour, or white spelt flour
2 teaspoons aluminum-free baking powder
2 teaspoons each cinnamon and powdered ginger
¼ teaspoon sea salt
3 Tablespoons light vegetable oil (I prefer Spectrum walnut oil)
½ cup pure maple syrup
1 cup soy milk (I prefer Eden brand)
1 teaspoon vanilla
1½ cups grated pumpkin or squash, grated on large holes

1. Preheat oven to 350°F and oil a muffin tin or line with muffin papers.
2. In a large bowl, mix dry ingredients. In a medium bowl, whisk wet ingredients with pumpkin or squash. Add wet mixture to dry and mix well. This will makes 2½ cups batter.
3. Pour batter into muffin cups and bake until muffins are golden and test done, about 35 minutes.
4. Transfer pan to cooling rack for 5 minutes, then remove muffins from tins and let cool before serving.

Low Temperature Variation:
Bake at 118°C / 245°F, increasing the time from 20 minutes to 40 minutes. Inner temperature will measure about 180°F. Our results were quite satisfying, even with no browning.

Nutrition Facts:
For 12 servings, per serving.
Calories: 179
Calories from Protein: 7%
Calories from Fat: 20%
Calories from Carbohydrate: 73%
Protein: 3 g
Fat: 4 g
Saturated Fat: 0.3 g
Carbohydrate: 33 g
Fiber: 2 g
Cholesterol: 0
Sodium: 150 mg
Lesson 38.46: Oatmeal Raisin Cookies
By Meredith McCarty in 38: Healthy Baking

Makes 2 dozen cookies.
These crowd-pleasing cookies are modernized by the addition of complex carbohydrates, in the forms of whole grain flour and more natural sweeteners, in place of the simple carbohydrates from refined white flour and white sugar.
A smaller amount of fat than usual comes from light walnut oil instead of butter. In my cookbook Sweet and Natural, the fat content for this recipe is 46%. To lower the fat for this version, I’ve removed the walnuts and cut the oil in half.

1½ cups oatmeal
1½ cups whole wheat pastry flour
1 teaspoon aluminum-free baking powder
½ teaspoon sea salt
1 cup raisins
¼ cup light walnut oil
¾ cup brown rice syrup or barley malt, or part pure maple syrup
¼ cup apple juice, cider or water
1 teaspoon vanilla

1. Preheat oven to 350°F. Line two baking sheets with parchment paper or brush with oil.
2. In a medium-large bowl, mix dry ingredients. In a smaller bowl, whisk together wet ingredients. Stir wet ingredients into dry.
3. Transfer heaping tablespoons of dough to baking sheet, leaving at least an inch of space in between cookies. If uniformity is important, use a ¼-cup scoop, then divide dough in half.
4. Flatten cookies with the back of fork to make 2- or 3-inch round shapes ½-inch thick. Dip scoop and/or fork in water to keep it from sticking.
5. Bake cookies until edges and undersides are quite golden, 20 minutes. For even browning, when baking on two levels of the oven, exchange sheets after 10 minutes.
6. For a shinier surface, after 15 minutes of baking, lightly brush tops of cookies with glaze and return to oven for 5 minutes more.

Low Temperature Variation: At 118°C / 245°F, double time to 40 minutes. We found these cookies good, even with no browning.

Nutrition Facts:
For 24 servings, per serving.
Calories: 120
Calories from Protein: 5%
Calories from Fats: 22%
Calories from Carbohydrates: 74%
Protein: 2 g
Fat: 3 g
Saturated Fat: 0.2 g
Carbohydrates: 23 g
Fiber: 1 g
Cholesterol: 0
Sodium: 66 mg
Lesson 4.12: The World’s Best (and Easiest) Chocolate Pudding
By Jo Stepaniak in 04: Vegan Comfort Food

Great homemade chocolate pudding in under five minutes? You’ll be an instant believer with this remarkable recipe.

Makes 1½ cups.

1 package (about 12 ounces) firm silken tofu, crumbled
1/3 to 1/2 cup organic “raw” sugar
1/3 cup unsweetened cocoa powder
2 teaspoons vanilla extract
Tiny pinch salt (optional)

1. Combine all the ingredients in a food processor or blender.
2. Process until very smooth, creamy, and thick.
3. Start with the smaller amount of sugar and add more to taste.

Note: The World’s Best (and Easiest) Chocolate Pudding will keep for about 5 days.


Lesson 4.13: Banana Maple “Ice Cream”
By Lara Adler, CHHC in 04: Vegan Comfort Food

Very ripe bananas, cut up and frozen
Maple syrup
Lime juice
Soy or rice milk, if needed

Place frozen bananas in a food processor and blend until smooth.
1. Add a few splashes of milk if needed, to move the food processor along.
2. Add a splash of lime juice and syrup, to taste and depending on the sweetness of the bananas.

This is best eaten right away, as re-freezing this will leave you with a solid, slightly icy block.
Lesson 12.42: Omega 3-Coco-Chia Pudding
By Chef Dina Knight in 12: Wholesome Snacks

1 cup dry Chia seed soaked in 8 cups of water
½ cup agave nectar or the sweetener that works best for your body
Meat of 2 young coconuts
2 teaspoons vanilla extract
Pinch of sea salt
¼ cup hemp seeds (optional)
¼ cup Goji berries (optional)
1 teaspoon cinnamon (optional)
½ teaspoon Spirulina or other green powder (optional)

1. Soak the cup of Chia seeds in a large glass bowl with the 8 cups of water for at least 1 hour and let sit until jello like consistency. Blend the coconut meat with the agave and vanilla. Add coconut water if needed for blending to a smooth and creamy consistency.
2. Add the soaked chia to the blender and mix well. Pour into bowl.
3. Add optional ingredients if desired and stir in until well combined. Add your favorite nut milk if a richer flavor is desired.

Nutritional facts:
Chia seeds are easy to digest, and they are a super endurance food. They’re full of many vitamins, minerals and essential fatty acids.
Once consumed, Chia seeds expand twelve to twenty times in volume. This keeps you satiated. Like hemp and flax seeds, they’re also rich in Omega 3 fats.
**Lesson 12.43: Raw Fudge**  
By Trevor Justice in 12: Wholesome Snacks

1 cup raw cacao powder  
1/3 cup maca powder  
1/3 cup room temperature coconut oil  
1/3 cup room temperature Artisana brand coconut butter  
2/3 cup raw honey, agave, brown rice syrup or date paste

Notes: I used to be a big agave nectar fan. But recent articles convinced me to give it up. I use brown rice syrup now. Why? The glycemic rating of a sweetener is more important to me than whether or not it’s raw. If you don’t want to buy Artisana coconut butter, either because it’s not available locally, or it’s too expensive, you can double the amount of coconut oil you use, and eliminate the coconut butter.

1. Using a fork, combine all ingredients in a large bowl. At room temperature, the fudge will be mushy. To harden it, you can cover the bowl and refrigerate it. (Use a bowl with a lid.)  
2. Or if you’re going to serve the fudge at a social function, you can divide the mushy fudge into the compartments of an ice cube tray instead, and refrigerate that. Then pop out the individual pieces of fudge prior to serving.

**Lesson 37.4: French Vanilla Ice Cream**  
By Elaina Love in 37: Replacing Sugar

Serves 6.

2 cups soaked almonds, soaked 6-8 hours, about 1¼ cup before soaking  
2 cups water  
1½ cups cashews or macadamia nuts, soak for a few hours then drain for easier blending  
2¼ teaspoons psyllium husk powder  
1 cup maple syrup or honey  
1 vanilla bean, soft center only  
1½ teaspoon vanilla extract  
1/8 teaspoon Himalayan salt crystals

1. Blend the almonds and water together until smooth then strain through The Amazing Nut Milk Bag.  
2. Pour the milk back into the blender and save the pulp for another recipe.  
3. Blend the milk with the remainder of ingredients.  
4. Pour into a freezable container and freeze overnight or until solid.  
5. Let the ice cream sit for 5-10 minutes at room temperature before scooping.  
6. Top with your favorite sauce.
Lesson 39.3: Banana-Berry Sorbet
By Meredith McCarty in 39: Kid Friendly Food

Banana-Berry Sorbet
Makes 5 to 7 servings or 5 to 6 cups.
This sorbet is berry pink and fragrant of sweet banana.

4 bananas, about 1½ pounds or 3 cups, peeled and cut into 1-inch pieces
3 cups strawberries, stemmed
½ cup brown rice syrup
1 Tablespoon lemon juice
3-6 slices strawberry for garnish

Preparation:
1. Purée ingredients until smooth in a food processor. Freeze, then purée again. Return to freezer for at least 4 hours.
2. Garnish to serve.

Variation: Substitute raspberries for strawberries.

Nutrition Facts:
Calories: 158
Calories from Protein: 3%
Calories from Fat: 5%
Calories from Carbohydrate: 92%
Protein: 1g
Fat: 1g
Saturated Fat: 0
Carbohydrate: 38g
Fiber: 3g
Cholesterol: 0
Sodium: 5mg
Lesson 7.41: Nomi’s Smoothie
By Nomi Shannon in 07: Iron

In this recipe, Nomi combines tahini (iron) with romaine lettuce and strawberries (Vitamin C). To check out Nomi’s other recipes, visit www.rawgourmet.com.

Note: In the forthcoming lesson on “Food Combining”, you’ll learn that combining tahini with sweet fruit like bananas and dates is not ideal. However, if it doesn’t upset your digestive system, you might like this one.

⅔ cup water
2-3 Tablespoons raw tahini
A few handfuls of romaine lettuce
1-2 Parsley sprigs
1-2 Frozen bananas
2-5 Frozen or fresh strawberries

1. Blend all ingredients.
2. If necessary, add 1-2 dates to sweeten.
3. Serve immediately.
Lesson 17.2: Green Juice
By Sergei and Valya Boutenko in 17: Juicing

Raw Family Green Juice
Serves 3-4.

1 large bunch kale, chopped
2 medium apples, chopped
½ lemon with peel, chopped
1 cup water

1. Blend well in a blender.
2. Strain through a nut milk bag or sprouting bag.

Lesson 17.3: Joint Lubricator
By Sergei and Valya Boutenko in 17: Juicing

Raw Family Joint Lubricator Green Juice

1 bunch celery
2 cucumbers
1 apple to sweeten a little

1. Juice.
2. Serve immediately.

This juice is good for making your joints more flexible. After juicing, drink fast before it oxidizes. Serves 1-2.

Find more from the Boutenko family at www.rawfamily.com.

Lesson 17.4: Kale-idoscope
By Sergei and Valya Boutenko in 17: Juicing

Kale-idoscope.
This juice is good chilled. Serves 1-2.

One bunch of your favorite kale
5 pears
1 lemon with peel

1. Juice.
2. Serve immediately.
Lesson 17.5: Homemade V8 Juice
By Trevor Justice in 17: Juicing

3 cups tomatoes, chopped
1 stalk celery
1 cucumber
2 carrots, optional
1 red bell pepper, optional
¼ onion, optional
Oregano, to taste, optional
Basil, to taste, optional
½ teaspoon himalayan sea salt
Black pepper and cayenne, to taste
3 drops stevia, optional

1. Juice the tomatoes, celery, cucumber in your juicer.
2. Add drops of stevia if you like a sweeter taste.
3. Then add salt, pepper, and cayenne to taste.

If you like, you can also add a ¼ onion, carrots, red bell pepper, oregano, and basil.
If you like more “body” to your juice or you don’t have a juicer, you can blend everything in a Vitamix or high speed blender.
Lesson 17.6: Carrot Celery Combo
By Trevor Justice in 17: Juicing

2 carrots
2 cucumbers
2 stalks of celery
1 piece of ginger, to taste
A handful of parsley
½ apple or citrus fruit

1. Juice all ingredients. If using a citrus fruit, juice it first.
2. Serve immediately.

Lesson 17.7: Tasty Green Juice
By Trevor Justice in 17: Juicing

2 green apples
4 ribs of celery
8 leaves of bok choy
¼ pound of spinach
1 bunch of parsley

1. Juice the apples first.
2. Juice everything else and combine with the apple juice.
3. Stir.
4. Enjoy.

Lesson 17.8: Spinach Juice
By Trevor Justice in 17: Juicing

This juice recipe is perfect for starters of veggie juicing. It’s soft and sweet. Very tasty. Not bitter or strong at all.

1 bunch spinach
2 apples
½ lemon, peeled (optional)

1. Wash produce.
2. Remove core from apples.
3. Slice into pieces to fit into your juicer.
5. Feel excellent.
Lesson 17.83: Battery Recharge Juice  
By Chef Mayra in 17: Juicing

The first example is a quick pick me-up that provides long term energy and is easy to make. Carrot juice is a great source of beta-carotene, the famous antioxidant that protects against the damaging effects of exercise and increases oxygen in the blood, tissues and brain. Ginseng is renown for providing strength and energy. Garlic, among its many other benefits, increases stamina.

- 8 fluid ounces carrot juice, preferably organic
- 1 clove garlic, juiced
- 1 teaspoon ginseng powder or granules

Notes: Ginseng is available at health and asian food stores. Also, you want organic carrots for the best tasting juice.

1. Juice the carrots and garlic.
2. Stir in the ginseng powder or granules.

Lesson 17.84: Juice for Stamina and Endurance  
By Chef Mayra in 17: Juicing

The second example involves banana and spirulina, good sources of potassium and important for the conversion of glucose to glycogen for energy. Almonds are also a high energy food, producing six calories per gram.

Magnesium from bran, almonds and spirulina is important for the storage and release of glycogen. Adequate levels of chromium, from bran and banana, and zinc, from spirulina, help balance blood sugar regulation and therefore energy production.

- 1 Cup Apple Juice
- 1 Banana
- 2 Tablespoons Oat, Rice or Wheat Bran
- 1 Tablespoon Spirulina, Chlorela or Blue-Green Algae
- 8-12 Almonds
- Pure water, to taste

1. Blend the banana and the bran in the juice until smooth.
2. Add the spirulina or other algae powder and blend gently to mix in.

For best digestion, almonds should be softened by pre-soaking them for several hours. If you like a crunchy, chewy drink, add the almonds at the end and just chop or blend them briefly.
Lesson 17.85: Muscle Milk  
By Chef Mayra in 17: Juicing  

Oats provide a rich source of carbohydrates that are easily converted into energy. They also increase stamina and are particularly fortifying for the heart muscle. Oat milk is available in health food stores, or you can make your own. You may also substitute soy milk.

The calcium contained in cocoa acts as a muscle tonic and helps with muscular contraction. Whey protein is the richest dietary source of BCAA’s, a form of amino acids that builds muscle mass. Whey protein prevents muscle loss and promotes muscle growth and repair. Honey provides glucose, a source of energy.

- 1 cup oat or soy milk  
- 1 teaspoon whey protein powder or hemp protein  
- 2 Tablespoons of hemp seeds  
- 1 Tablespoon cacao powder  
- 1 teaspoon honey

1. Shake or blend the powders and honey thoroughly into the milk.  
2. Serve cold.
Lesson 24.7: Almond or Pumpkin Seed Milk Recipe
By Trevor Justice in 24: Traveling

While cow’s milk is plentiful at hotels and conferences, vegans need to plan ahead.

One option is to bring a “3-pack” of soy milk or rice milk, but the ratio of food to disposable packaging is pretty dismal. Dried soy milk powder doesn’t wear so much packaging and it weighs a lot less. However, it’s only available in some health food stores.

Here’s a whole food alternative. Pack pumpkin seeds or almonds (both of which are alkaline forming), and blend them with water on an as-needed basis. Here’s the recipe.

1 cup soaked almonds or pumpkin seeds
3 cups water
3-5 soft pitted dates or other sweetener to taste, such as honey or stevia

1. Soak the almonds or seeds overnight (8-12 hours).
2. Discard the soak water & rinse the almonds or seeds.
3. If your dates are hard, soak them in water for ½ hour before blending.
4. Blend all ingredients for about 2 minutes — until smooth.
5. Blending almonds produces pulp that needs to be strained out using a “nut milk bag”. Pumpkin seeds produce so little pulp that there’s no need to strain it out.
6. Pour the finished milk into an airtight container such as a mason jar. Any milk you don’t use right away should be refrigerated and used within 3 to 5 days.

Lesson 28.02: Trevor’s Green Smoothie
By Trevor Justice in 28: Oil-Free Greens

1 cup of water
1 ripe banana
2-3 large leaves of kale
3 dried apricots (re-hydrated in water the night before)

Blend all ingredients.

Feel free to vary the recipe by adding fresh or rehydrated figs, rehydrated goji berries, or other fruit. Likewise, when you run out of kale, rotate other greens such as spinach and dandelion greens.
Lesson 37.2: Almond Milk
By Elaina Love in 37: Replacing Sugar

Makes 4 cups.

See Elaina Love’s almond milk demo at www.youtube.com/watch?v=TvXx8c2j2KA.

2 cups soaked almonds, about 1 cup before soaking
4 cups water
2-3 pitted dates or sweetener of choice
Vanilla extract, optional, to taste

1. Blend the water and almonds on high until smooth.
2. Strain through the Amazing Nut Milk Bag.
3. Pour the milk back into the blender and add the sweetener. Add vanilla, to taste. Blend again.
4. Store in a glass jar in the refrigerator.

Lesson 37.3: Chocolate, Vanilla or Butterscotch Milkshakes
By Elaina Love in 37: Replacing Sugar

Serves 2.

2 cups Sweetened Almond Milk
1 Tablespoon soaked chia or flax seeds
1 Tablespoon ground flax seeds
1 Tablespoon Maca powder
1 Tablespoon soy lecithin
1 teaspoon vanilla or butterscotch extract, optional
2 Tablespoons raw cocoa powder or carob powder, optional
¼ teaspoon liquid stevia or 2 teaspoons maple syrup or honey, optional
Ice cubes for a colder shake, optional

Blend until creamy.

Variation: Add a frozen banana instead of ice cubes.
MISCELLANEOUS

Lesson 10.4: Replacing Milk, Buttermilk, and Condensed Milk
By Lara Adler, CHHC in 10: Vegan Baking

Vegan Condensed ‘Milk’.

2 cups soy milk
1¾ cup brown sugar
2 Tablespoons corn starch

1. Measure the cornstarch into a small bowl and whisk in 2-3 Tablespoons of soy milk until smooth.
2. In a small saucepan heat the remaining soy milk and brown sugar. Whisk in the corn-starch/soy milk mixture.
3. Bring to a boil, stirring constantly until thick.

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Lesson 38.3: Prune Purée
By Meredith McCarty in 38: Healthy Baking

This Makes ¾ cup.

In the recipes below, I use prune puree to replace oil in a 1:1 ratio. However, in some baked goods, it may work better at 50% substitution.

1 cup pitted prunes, about 5½ ounces
2 teaspoons vanilla
½–¾ cup water, for soaking prunes then blending into purée

1. Rehydrate hard, dry prunes by soaking or poaching in water, ensuring that the water covers the prunes. They must be moist or they will not blend easily.
2. Purée prunes with measured amount of the soaking water.
3. Add vanilla and whip in food processor or blender until smooth.

Lesson 38.31: Date Paste Recipe
By Ritamarie Loscalzo, DC in 38: Healthy Baking

Date paste isn’t used in any of today’s recipes. However, we’re providing as an alternative to applesauce and prune puree, in case you want to experiment on your own.

½ pound pitted dates
1 cup drinking water, warm or room temperature

1. Soak pitted dates in 1 cup room temperature or warm water for 30 minutes.
2. Blend dates and the soak water until smooth.
3. Store in refrigerator.

Find more from Dr. Ritamarie at www.drritamarie.com.
Lesson 39.4: Jellied Fruit Jewels
By Jill Nussinow, R.D, in 39: Kid Friendly Food

Makes 4 servings.

This is a great vegetarian way to make gels. It works differently with different fruit and juices. However, Agar agar does not set well with mangoes, papaya, kiwi, or pineapple.

1 pint apple or other juice
1 teaspoon powdered agar agar or 3/4 of a bar
Juice of 1/2 lemon
2 Tablespoons agave, honey, or other sweetener
1 cup fruit, cut into chunks — my favorites are berries or banana

1. Dissolve the agar in apple juice by bringing the apple juice to a boil in a small saucepan.
2. Stir in the agar and reduce the heat to a simmer. Simmer for 2 to 3 minutes, stirring well so that the agar doesn’t stick on the bottom of the pan.
3. Add the lemon juice and honey and cook another minute.
4. Remove from heat. Put fruit into 4 glasses and pour juice mixture over fruit.
5. Chill until set.

Lesson 40.7: Very Berry Gel
By Meredith McCarty in 40: Macrobiotic Diet

Makes 5 to 9 servings.

- 1 quart apple juice or cider
- 1/3 cup agar sea vegetable flakes
- ¼ cup brown rice syrup or pure maple syrup, optional
- 2 cups mixed summer berries
- Flavoring agents, either Zest of ¼ orange and/or ½ teaspoon ginger juice
- Garnishes, either mint or lemon balm sprigs

1. Place juice and agar flakes in a 2- or 3-quart saucepan and stir to submerge agar.
2. Bring to boil (watch for foaming over upon boiling), then simmer until agar dissolves, 5 to 10 minutes
3. Whisk in remaining ingredients, including a flavouring agent of choice. To juice ginger: peel the ginger, grate finely, and then squeeze.
4. Transfer to 8-inch square glass baking dish of 2-quart capacity. Refrigerate to gel, for 1 to 1½ hours, or allow to gel at cool room temperature for about 2 hours.
5. Serve garnished.

**Nutrition Facts**
For 9 servings, per serving.
Calories: 81
Calories from Protein: 2%
Calories from Fats: 18%
Calories from Carbohydrates: 79%
Protein: 0.5 g
Fat: 2 gm
Saturated Fat: 0.16 g
Carbohydrates: 16 g
Fiber: 0.4 g
Cholesterol: 0
Sodium: 48 mg
Lesson 42.62: Summer Fruit Freezer Jam
By Lara Adler, CHHC in 42: Saving Time

Everyone loves jam, but not everyone feels like going through the canning process, especially in the summer when it’s hot out. This quick freezer jam captures all the best fruit flavors of summer. This recipe is completely adaptable, so feel free to substitute your favorite fruits.

You can find pectin powder at most grocery stores. My favorite is Pomona’s Universal Pectin which allows for no-sugar, or low-sugar recipes. If you can’t find it at your local store, you can easily order it online.

Make the most of the summer fruit season by preserving it for use all year. This recipe can be halved or doubled depending on how much fruit you have.

If you have access to pick-your-own fields, make a day trip to a local organic farm and pick large quantities of fruit for a fraction of the price of store-bought fruits.

4 cups of mixed fruits like strawberries, raspberries, cherries, blueberries and blackberries – washed, stemmed, and hulled as needed.
2 Tablespoons fresh lemon juice
½-¾ cup sugar, depending on sweetness of fruits
1½ teaspoons Pomona’s Universal Pectin powder
2-6 teaspoons calcium water, included with Pomona’s Universal Pectin

1. In a large bowl, using a potato masher, mash the fruit well. Leave as many chunks as you like in your finished product. If you don’t like chunks, puree the fruit in a food processor.
2. Add sugar and lemon juice and stir well to combine.
3. Bring 1/3 of a cup of water to a boil and pour into a blender. Note that small “bullet” style blenders work best for this since the liquid volume is quite low. Add the pectin powder and blend until all the powder is dissolved.
4. Add hot liquid pectin to the fruit and stir well to combine. Add 2 teaspoons of calcium water and stir well. Fruit should begin to jell right away. If not, continue adding 1 teaspoon of calcium water and stirring well until jell appears.
5. Fill small 4-8 ounce jars, leaving ½ an inch of headspace at the top. Store in the freezer immediately.
6. This will last a few months in the freezer, and about a week in the fridge.