

MISO-DILL DRESSING

Preparation time: 5 min.

Yield 4 servings

Ingredients:

- 1 tablespoon brown rice miso
- 2 tablespoon lemon juice
- 2 tablespoon olive oil
- 1 tablespoon dried dill weed
- 1 tablespoon tahini

Directions:

Combine ingredients in a small bowl blending well. The book says you can use 1 tsp soy sauce instead of miso, but I have never tried it. This dressing is very tangy.

SALAD DRESSING

Preparation time: 1 min.

Yields 4 servings

Ingredients:

- ¼ cup extra virgin olive oil
- ¼ cup balsamic vinegar
- 1 tsp Herbes de Provence
- 1 teaspoon Dijon Mustard
- 1 clove garlic crushed
- Fresh ground pepper 2 taste

Directions:

Whisk all ingredients together; toss with green salad and voila! What is Herb de Provence? Herbs de Provence is the name of a mixture of herbs. The herbs are frequently used in the French kitchen (by the way, Most French recipes do not use this mix, for a good taste it is better to just use one or two herbs together. The Herbes de Provence mix consists of thyme, rosemary, oregano, basil. Start out by using one or two.

TOMATO VINAIGRETTE

Makes 2 servings

Ingredients:

- ½ cup chopped, peeled tomato
- 2 tablespoon white wine vinegar
- ½ teaspoon dried basil (*or 1½ tsp fresh*)
- ½ teaspoon dried thyme (*or 1½ tsp fresh*)
- ½ teaspoon Dijon mustard

Directions:

Chop in your favorite blending appliance. Keep refrigerated, lasts about 2 days. Serve on green salads.

APPLE CRAZE!

Preparation time: 5 min.

Yields 1 serving

Ingredients:

- 4 tablespoons unsweetened applesauce
- 1 teaspoon lemon juice
- 1 teaspoon lime juice
- 1 teaspoon lemon water (*Lemon peels and boiling water*)
- 1 teaspoon minced green apple

Directions:

Put lemon peels in boiling water. While you are waiting, mince the green apple. Pour the lemon water and minced apple into the blender. Pour the applesauce into blender. Pour in lime and lemon juice. Blend until smooth.

FRUIT FANTASY

Preparation time: 10 min.

Yields 3 servings

Ingredients:

- 1 banana (not frozen)
- 1 apple
- 1 orange
- 2 handfuls grapes
- 3 strawberries (frozen)

- 8 ice cubes

Directions:

Wash, cut fruit and place in blender. Add ice and blend on high for 2-3 minutes. Makes a wonderfully refreshing whole fruit drink. I varied some fruits seasonally for different tastes. This was actually pretty good I did not put in the orange though and instead of using strawberries I used blueberries. *Yummy!* This fruit shake is really good. It's fast, easy, delicious and simple. If your fruits are fresh, it's even better.

SPRING SMOOTHIE

Preparation time: 10 min

Yields 6 servings

Ingredients:

- ½ ripe cantaloupe
- 2 ripe kiwis
- 20 fresh strawberries
- 3 slices unsweetened pineapples
- 1/3 cup unsweetened pineapple juice
- 4 cubes ice

Directions:

Peel and cut all fruits into chunks and place into blender. Add juice and blend until smooth. Add ice and blend again. This is a great drink for a quick pick-me-up, or as a breakfast drink.

VEGGIE ENERGIZER

Preparation time: 5 min.

Yields 2 servings

Ingredients:

- 1 cup cold bottled water
- 1 carrot, scrubbed clean and cut into large pieces
- 1 stalk celery, cut into large pieces
- ½ apple wash and leave skin on
- 1 inch piece of fresh ginger, peeled

Directions:

In a high-powered blender blend all ingredients until smooth.

WATERMELON-BERRY WONDER

Preparation time: 5 min

Yields 1 serving

Ingredients:

- ½ cup seedless watermelon, chopped into chunks
- ¼ cup raspberries, blueberries or blackberries, frozen
- A splash of water
- 1 teaspoon lime juice
- 3 ice cubes

Directions:

Combine and blend in a blender until smooth!!

EASY SPICED BROWN RICE WITH CORN

An easy-to-prepare rice dish with frozen corn kernels seasoned with cumin and cilantro.

Prep Time: approx. 5 min.

Cook Time: approx. 1 hr.

Ready in: approx. 1 hr., 5 min.

Yields 6 servings

Ingredients:

- 2 cups water
- 1 cup brown rice
- 1 tablespoon olive oil
- 1 cup frozen corn kernels
- ½ teaspoon dried cilantro
- ½ teaspoon cumin seed

Directions:

In a saucepan, mix the water, rice, olive oil and bring to a boil. Mix in the corn, cilantro, and cumin. Reduce heat, cover, and simmer 45 to 60 minutes, until the liquid has been absorbed.

OVEN BROWN RICE

Prep Time: approx. 10 min.

Cook Time: approx. 1 hr.
Ready in: approx. 1 hr., 10 min.
Yields 8 servings

Ingredients:

1 cup brown rice
2 cups vegetable broth *
1 teaspoon garlic powder
1 teaspoon onion powder

Directions:

Preheat oven to 350°F (175°C). In a 2-quart casserole dish, mix together rice, vegetable broth, garlic powder and onion powder. Bake uncovered in preheated oven for 60 minutes, until liquid is absorbed and rice is tender.

OVEN FRIES

Prep Time: approx. 15 min.
Cook Time: approx. 30 min.
Ready in: approx. 45 min.
Yields 6 servings

Ingredients:

- 2½ pounds baking potatoes
- 1 teaspoon olive oil
- 1 pinch ground cayenne pepper

Directions:

Preheat oven to 450°F (230°C). Line a baking sheet with foil, and coat well with vegetable cooking spray. Scrub potatoes well and cut into ½ inch thick strips. In a large mixing bowl toss potatoes with oil and red pepper. Spread on baking sheet in one layer. Bake for 30 minutes. Serve immediately.

BROWN RICE SALAD

Prep Time: approx. 15 min.
Cook Time: approx. 1 hr.
Ready in: approx. 3 hr., 15 min.
Yields 4 servings

Ingredients:

- 2 cups water
- 1 cup brown rice
- ¼ cup diced red onion
- ½ cup diced celery
- ¼ cup dried cranberries
- ½ cup balsamic vinaigrette salad dressing*

Directions:

In a saucepan, bring water to a boil. Stir in rice, cover, and reduce heat to low. Simmer for 45 to 60 minutes, or until done. Transfer rice to a serving bowl, and stir in onion, celery, cranberries, and salad dressing. Cover, refrigerate, and serve cold.

BLACK BEAN AND CORN SALAD

Prep Time: approx. 15 min.

Ready in: approx. 12 hrs., 15 min.

Yields 6 servings

Ingredients:

- ½ cup balsamic vinaigrette salad dressing*
- ¼ teaspoon seasoned pepper
- ¼ teaspoon dried cilantro
- 1/8 teaspoon ground cayenne pepper
- ¼ teaspoon ground cumin
- 2 (15 ounce) cans black beans, rinsed and drained
- 2 (15 ounce) cans unsalted whole kernel corn, drained
- ½ cup chopped onion
- ½ cup chopped green onions
- ½ cup red bell pepper, chopped

Directions:

In a small bowl, mix together vinaigrette, seasoned pepper, cilantro, cayenne pepper, and cumin. Set dressing aside. In a large bowl, stir together beans, corn, onion, scallions, and red bell pepper. Toss with dressing. Cover, and refrigerate overnight. Toss again before serving.

PAN FRIED GREEN BEANS

Prep Time: approx. 15 min.

Cook Time: approx. 15 min.

Ready in: approx. 30 min.

Yields 4 to 6 servings

Ingredients:

- 1½ pounds fresh green beans, trimmed and snapped
- Garlic powder to taste
- Onion powder to taste
- 3 tablespoons olive oil

Directions:

In a pot over medium-high heat, combine green beans, garlic powder, and onion powder. Cook, covered, until the beans begin to sweat. Remove lid and stir occasionally until beans are tender. When the beans and spices have begun to 'burn' on the bottom of the pan, which will lend a grilled flavor, stir in the olive oil and turn off heat. Cover, and let stand a few minutes. Scrape the bottom of the pan to incorporate the 'burnt' spices. Beans should have a dark, caramel color, but not black.

BROCCOLI AND GREEN BEANS

Prep Time: 20 min.

Cook Time: 15 min.

Yields 4 servings

Ingredients:

- 8 cups broccoli florets (about 1½ pounds)
- ½ pound green beans
- 2 tablespoons cup extra-virgin olive oil
- 2 cloves garlic, sliced thin
- ½ teaspoon crushed red pepper flakes, plus more if desired
- Sea salt and freshly ground black pepper

Directions:

In a large pot, bring 6 quarts of salted water to a boil. Have ready a large bowl of ice water. Place broccoli into pot and cook for 2 minutes. You just want to parboil the broccoli at this point since you will sauté it later on.

Using a spider strainer, remove broccoli from pot and shock it in a bowl of ice water. When broccoli is completely cool, place it in a colander and allow to drain. Refresh the bowl of ice water. Bring the water back to a boil. Add green beans and cook for 4 minutes. Like the broccoli, you just want to parboil the green beans. Remove green beans from pot with

spider strainer and add to ice water. When green beans are completely cool, add them to the colander and allow to drain.

In a large sauté pan, heat olive oil. When almost smoking, add the garlic and sauté for about 45 seconds. When the garlic starts to brown, remove immediately and discard. Overcooking the garlic will impart a very bitter taste to the dish. Add the red pepper flakes, broccoli and green beans to the pan and cook for 5 minutes. Season with salt and pepper. Serve immediately.

CHUNKY CHILI

Prep Time: approx. 20 min.

Cook Time: approx. 4 hrs.

Ready in: approx. 16 hrs. 20 min.

Yields 10-12 servings

Ingredients:

- ½ cup dry kidney beans, soaked overnight
- ½ cup dry white beans, soaked overnight
- ½ cup dry brown lentils, soaked overnight
- 6 cups chopped fresh tomatoes
- 6 cups water
- 1 cup chopped fresh mushrooms
- ½ cup chopped green bell pepper
- ½ cup chopped red bell pepper
- ½ cup fresh green beans
- ½ cup chopped celery
- ¼ onion, chopped
- ¼ red onion, chopped
- ¾ cup extra firm tofu, drained, crumbled
- Black pepper to taste
- Onion powder to taste
- Garlic powder to taste
- Chili powder to taste

Directions:

Drain and rinse kidney beans, white beans and lentils. Combine in a large pot and cover with water; boil over medium-high to high heat for 1 hour, or until tender. Meanwhile, in a large saucepan over high heat, combine tomatoes and water; bring to a boil. Reduce heat to low and simmer, uncovered, for 1 hour, or until tomatoes are broken down. Stir

the tomatoes into the beans and add mushrooms, green bell pepper, red bell pepper, green beans, celery, onions and tofu. Season with salt, pepper, onion powder, garlic powder and chili powder to taste and simmer for 2 to 3 hours, or until desired consistency is reached.

CABIN DINNER

Prep Time: approx. 15 min.

Cook Time: approx. 1 hr.

Ready in: approx. 1 hr., 15 min.

Yields 6 servings

Ingredients:

- ¼ cup olive oil
- 4 cloves garlic, chopped
- 1 yellow onion, diced
- 1 red bell pepper, chopped
- 2 teaspoons chopped parsley
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 2 teaspoons paprika
- 2 teaspoons ground turmeric
- 1½ (16 ounce) cans kidney beans, drained with liquid reserved
- 2 tablespoons unsalted tomato paste hot sauce to taste

Directions:

Heat oil in a Dutch oven over medium heat. Sauté garlic, onion, bell pepper, parsley, chili powder, cumin, paprika, turmeric, salt and pepper, until onions are tender. Stir in kidney beans and some of the reserved liquid until desired consistency. Stir in unsalted tomato paste and hot sauce. Reduce heat to low, cover and simmer for an hour, stirring occasionally. Add more bean liquid and/or water if necessary so that beans don't dry out.

LEMON HERB MARINADE

Yields 2-3 cups

Ingredients:

- 1 tablespoon grated lemon peel

- 2 tablespoons chopped fresh basil
- 1 tablespoon chopped fresh thyme
- 1 tablespoon snipped fresh chives
- 1 tablespoon capers, chopped
- 2 tablespoon fresh lemon juice
- ½ cup extra virgin olive oil

EASY MARINATED VEGETABLES

Serve these marinated vegetables as a salad or as an appetizer.

Optional add ins include: pitted Greek olives, thin slices of Maui or Walla Walla onions.

Yields 4 servings

Ingredients:

- 1½ cups broccoli florets
- 1½ cups cauliflower florets
- 1 green bell pepper, cut into 1-inch pieces
- 1 cucumber - peeled, seeded and chopped
- 1 carrot, coarsely chopped
- ¼ cup lemon herb marinade *

Directions:

Bring a large pot of salted water to boil. Place the broccoli and cauliflower florets into the boiling water for one minute. Drain and rinse florets. Combine broccoli, cauliflower, bell pepper, cucumber, carrot and lemon herb marinade in a medium size-mixing bowl. Cover the bowl and refrigerate the vegetables for one hour.

BLACK BEANS WITH RICE

Prep Time: approx. 20 min.

Cook Time: approx. 5 min.

Ready in: approx. 25 min.

Ingredients:

- ¾ cup uncooked brown rice
- 2 cups vegetable and herb broth *
- 1 (15 ounce) can black beans; drain and reserve liquid
- 2 tablespoons lemon juice
- 1 tablespoon garlic powder
- 1½ teaspoons dried cilantro

Directions:

Bring a medium size pot of water to a boil; add rice. Bring back to a boil, and then reduce heat to simmer. Let rice simmer until done. Place beans and rice in a medium size saucepan. Heat over a medium heat, stirring frequently. Stir in reserved bean liquid as needed. Remove pan from heat and stir in lemon juice, garlic powder and cilantro. Let sit a moment, and stir in fresh oregano. Serve immediately.

EASY VEGETARIAN CHILI

Prep Time: approx. 25 min.

Cook time: 30 min.

Ready in: approx. 55 min.

Yields 8 servings

Ingredients:

- 1 tablespoon olive oil
- 1 cup chopped onions
- $\frac{3}{4}$ cup chopped carrots
- 3 cloves garlic, minced
- 1 cup chopped green bell pepper
- 1 cup chopped red bell pepper
- $\frac{3}{4}$ cup chopped celery
- 1 tablespoon chili powder
- $1\frac{1}{2}$ cups chopped fresh mushrooms
- 1 (28 ounce) can whole, unsalted, peeled tomatoes with liquid, chopped
- 1 (19 ounce) can kidney beans with liquid
- 1 (11 ounce) can whole unsalted kernel corn, undrained
- 1 tablespoon ground cumin
- $1\frac{1}{2}$ teaspoons dried oregano
- $1\frac{1}{2}$ teaspoons dried basil

Directions:

Heat oil in a large saucepan over medium heat. Sauté onions, carrots, and garlic until tender. Stir in green pepper, red pepper, celery, and chili powder. Cook until vegetables are tender, about 6 minutes. Stir in mushrooms, and cook 4 minutes. Stir in tomatoes, kidney beans, and corn. Season with cumin, oregano, and basil. Bring to a boil, and reduce heat to medium. Cover, and simmer for 20 minutes, stirring occasionally.

ALLSPICE STRING BEANS

Prep Time: approx. 10 min.
Cook Time: approx. 20 min.
Ready in: approx. 30 min.
Yields 4 servings

Ingredients:

- 1 tablespoon olive oil
- 2 cloves garlic, crushed
- 1 pound fresh green beans, trimmed and snapped
- ½ cup water
- 2 teaspoons ground allspice
- Salt and pepper to taste

Directions:

Heat oil in a medium saucepan over medium heat. Cook and stir garlic until lightly browned. Mix in green beans and water, and bring to a boil. Stir in allspice, salt, and pepper. Cover, and simmer 20 minutes, until green beans are soft.

AMERICAN-STYLE RED BEANS AND RICE

Prep Time: approx. 5 min.
Cook Time: approx. 30 min.
Ready in: approx. 35 min.
Yields 4 servings

Ingredients:

- 1 tablespoon olive oil
- 1 (15 ounce) can kidney beans
- 1½ cups unsalted tomato sauce
- 4½ cups water, divided
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- 1 pinch dried thyme
- Salt and pepper to taste
- 5 teaspoons adobo seasoning, divided
- 2 cups uncooked brown rice

Directions:

In a large saucepan combine olive oil, kidney beans, tomato sauce, ½ cup water, oregano, basil, thyme, salt, pepper and 2 teaspoons adobo. Simmer on low heat. Meanwhile, bring 4 cups water to a boil. Add rice

and stir. Reduce heat, cover and simmer until rice is cooked and all liquid is absorbed. Stir in remaining 3 teaspoons adobo. Serve beans over the rice.

BLACK BEAN AND RICE SALAD

Prep Time: approx. 10 min.

Cook Time: approx. 10 min.

Ready in: approx. 20 min.

Yields 8 servings

Ingredients:

- 2 tomatoes, chopped
- 1 large red bell pepper, chopped
- 2 jalapeno peppers, minced
- $\frac{3}{4}$ cup lemon juice
- $1\frac{1}{4}$ teaspoons dried cilantro
- $\frac{1}{4}$ teaspoon dried basil
- $\frac{1}{8}$ teaspoon red pepper flakes
- 1 (15 ounce) can unsalted whole kernel corn; drain and reserve liquid
- 1 (15 ounce) can black beans; drain and reserve liquid
- 1 tablespoon olive oil
- $\frac{1}{2}$ cup chopped onion
- $\frac{1}{2}$ teaspoon minced garlic
- $1\frac{1}{2}$ cups instant brown rice
- Salt and pepper to taste

Directions:

In a large bowl, combine tomatoes, red bell pepper, jalapeno pepper, lemon juice, cilantro, basil, red pepper flakes, corn, and beans. Stir to combine the vegetables, then set aside. In a medium saucepan, heat olive oil at a medium-low heat. Add onions and sauté until they are translucent. Add garlic and sauté for another minute. Pour in rice and toss to coat. Add reserved liquid from the corn and beans, along with any additional liquid as directed on the rice box. Cook the rice to package specifications. Let the rice cool slightly. Combine the rice and vegetable mixture. Salt and pepper to taste and serve.

THICK AND CREAMY CORN-POTATO SOUP

Ingredients:

- 6 ears corn (cut off the cob)
- 6 medium-large red potatoes (chopped in 1/2 inch pieces)
- 6 carrots (finely chopped)
- 1 medium-large onion (finely chopped)
- 2 green peppers (finely chopped)
- 2 bay leaves
- 3 teaspoons thyme
- 2 teaspoons marjoram
- 3 teaspoons cumin
- 2 teaspoons sea salt
- 2 teaspoons pepper
- 3 32oz. boxes of vegetable broth
- Water, as necessary

Directions:

Put vegetables and spices in a large soup pot. Cook on medium heat, stirring occasionally for 15 minutes. Add broth and maintain a light boil. Cook 45 minutes to 1 hour. Remove from heat. Blend 3/4 of the soup mixture in a blender in batches. Put blended soup in a large bowl or container until the blending process is complete. Pour the blended soup back into the pot. Add water to thin and obtain the desired consistency. Heat through and serve. Serves 8-10 generously.

GRILLED VEGETABLES

Toss yellow squash, zucchini, and asparagus with 2 tablespoons extra-virgin olive oil. Salt and Pepper to taste. Grill indoors or out until tender.

BAKED SWEET POTATOES

Wash sweet potatoes, prick with a fork several times and place in a 400 degree oven for an hour and a half. Less time may be needed if potatoes are small.

TOMATO BASIL SOUP

Ingredients:

- 12 Vine Ripe Tomatoes
- 1 Package Cherry Tomatoes
- 2 1/2 Cups Fresh Carrot Juice 1 Large Ripe Avocado
- 2 Yellow Onions (chopped)
- 4 Cloves Garlic (chopped)
- 5 Stems Fresh Basil
- 2 Tablespoons Pure Honey
- 1 Bay Leave

- 1 teaspoon Oregano
- 1 teaspoon Sea Salt
- 1 Tablespoon Red Pepper Flakes
- 2 Tablespoons Olive Oil

Directions:

Cook onion and garlic in olive oil until tender. Cut tomatoes and avocado in quarters and place all ingredients in blender and blend on low speed for one minute. Continue to blend on high for an additional minute until creamy. Pour into large soup bowl or crock pot and cook on medium low for 2 to 3 hours.

PORTABELLA STEAKS

Ingredients:

- 6 portabello mushroom caps
- 1/2 cup fresh squeezed lemon juice
- 2 tablespoons apple cider vinegar
- 2 tablespoons Pure Maple syrup
- 2 teaspoons fresh grated ginger
- 1/2 teaspoon marjoram

Directions:

Wash mushrooms and place in a gallon size plastic sealable bag. Combine remaining ingredients in a bowl and stir to combine. Add to the mushrooms and marinate for a few hours. Grill indoors or out until cooked through.

Serve with baked sweet potatoes and grilled squash and asparagus.

VEGETABLE SOUP

Choose your vegetables. Really, anything can work depending upon your taste.

Ingredients:

- 3 cups chopped celery
- 2 cups chopped white onion
- 3 cups chopped carrots
- 3 cups chopped green/yellow/red pepper
- 3 cups thin sliced mushrooms
- 2 cups chopped roma tomatoes (peeled and seeded)

- 2 32oz. boxes vegetable broth

Directions:

- Use your favorite spices. Some possibilities: 2 cloves garlic, sea salt to taste, 2 teaspoons marjoram flakes, 2 teaspoons oregano flakes, 1 bay leaf and 1 teaspoon parsley.
- Pour ¼ cup vegetable broth in a soup pot.
- Add all of the vegetables and saute them until tender.
- Add the spices and stir to mix.
- Add the remaining vegetable broth.
- Bring to a boil and add 1 cup Natural Whole Grain Barley.
- Boil for 15-20 minutes until the barley is tender.

GUACAMOLE

Blend ripe avocados in a food processor with juice from 1 large lime, 2 cloves garlic, 1 roma tomato and a dash of salt. If you like spice, you can add 1/4 of a jalapeno pepper seeded.

Serve on black beans, portobello mushrooms or use as a dip with vegetables.

BAKED APPLES OR PEARS

Slice a pear or apple in half. Use a grapefruit spoon to scoop out the seeds and the tough, center portion. Place halves, skin side down, in a glass baking dish. Brush with ½ teaspoon pure maple syrup and sprinkle with cinnamon. Microwave for 10 minutes or until tender. Serve warm.

THE BREAKER'S GRANOLA

Ingredients:

- 5 cups raw oatmeal
- 1 cup finely chopped walnuts
- 1 cup slivered raw almonds
- 1 cup finely chopped cashews
- 1 cup unsalted sunflower seeds
- 1/2 cup flax seed
- 1 cup finely chopped dry figs
- 1 cup finely chopped apricots (unsweetened if possible)
- 1/4 cup chopped coconut
- 2 cups unsweetened raisins
- 2 Tablespoons cinnamon

Directions:

- Mix together in a large bowl. Keep in tightly sealed container such as tupperware in the pantry.
- To serve cold, soak 1/2 cup granola in unsweetened plain soy milk for a few minutes.
- To serve warm, you can prepare with water or unsweetened soy milk in the microwave. Use 1 cup liquid to 1/2 cup granola.
- Warm for a minute on high or more if desired.

- Note: Chop the nuts and fruits in a food processor individually and then add them to the oats.

BROWN RICE WITH EDAMAME AND VEGETABLES

Ingredients:

- 2 cups brown rice
- 4 cups water or vegetable broth
- 1 cup fresh squeezed orange juice
- 1 package frozen, shelled edamame
- 1 cup shredded carrots
- 1 cup sliced white mushrooms
- ½ teaspoon cumin
- 1 clove garlic minced
- ½ cup chopped green onion

Directions:

- Combine orange juice and water/broth in a saucepan and bring to a boil.
- Add brown rice and bring back to a boil. Cover and reduce heat to low.
- Simmer for 45 minutes to 1 hour. Remove lid to let steam escape and set aside.
- While rice is cooking, prepare edamame according to package directions but without salt. Drain in a sieve.
- Saute garlic, cumin, mushroom and carrot just until tender.
- Put rice in a large bowl and add the edamame and other vegetables. Top with chopped green onion.
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CUBAN BLACK BEANS AND RICE WITH TOMATO SALSA

Ingredients:

- 1 package dried black beans
Vegetable broth (1- 32oz. box)
Chili powder
Chipotle powder
2 cloves garlic

Directions:

- Soak beans overnight in water (cover w/2 inches above beans). Drain and rinse beans.
- Place beans in sauce pan and add vegetable broth. Add water to cover if needed.
- Add spices and boil for 1 hour and then simmer until tender (follow package direction if available). Prepare brown rice according to package directions.

SALSA

Ingredients:

- Roma Tomatoes quartered
- Lime
- Cilantro
- Green onion (1 bunch)
- Chili powder
- Cumin
- Garlic

Directions:

- In a food processor, chop tomato, cilantro, green onion with chili powder, garlic, cumin and lime juice by pulsing the blade several times to desired texture. We prefer chunky.
- Place rice on individual dishes and top with beans and salsa.

Serve with sliced mango and papaya and lime juice.

TOASTED NUT SNACK

Directions:

- Pre-heat oven to 400 degrees.
- Place raw walnuts, almonds, cashews or other desired nuts on a baking sheet.
- Bake for 15 minutes or until slightly browned.

- Cool completely and mix in a bowl with unsweetened raisins.

Keep this on the counter for a quick snack.

EASY POTATOES IN CURRY SAUCE

Ingredients:

- 6-7 Russet potatoes, peeled and cut into slices or cubes
- 1/2 cup onions, chopped
- grapeseed oil to sautee potatoes and onions
- 1 bay leaf
- 1 cup frozen peas
- 1/2 cup tomato puree or two tablespoons of tomato paste
- 1 1/2 teaspoons curry powder
- 1 teaspoon paprika or turmeric
- 1/2 teaspoon cumin
- 1 cup vegetable broth
- 1 cup almond or rice milk
- pinch of cayenne (optional)
- salt and pepper to taste
- chopped cilantro

Directions:

1. Heat the oil in a large pan over medium heat. Stir in the onions and bay leaf. Cook until the onions are tender.
2. Mix in the potatoes and peas. Season with salt and pepper. Cover and cook until the potatoes are tender, about 10-15 minutes. Remove the bay leaf.
3. Put in the tomato puree, rice milk, and all the spices. Continue cooking about 10 minutes. Mix in the cilantro and vegetable broth and continue cooking about 2 minutes. Add more broth if the potatoes get too dry. Serve with some rice or steamed veggies.

MINISTRONE SOUP

Ingredients:

- 8 cups of vegetable stock
- 1 1/2 cups of garbanzo beans or white cannellini beans
- 2 cups of red kidney beans
- 1/2 cups of diced carrots

- 3 medium tomatoes or 14 oz can of diced tomatoes
- 1/2 cup minced fresh parsley
- 1 cup cabbage
- 1/4 tsp. oregano
- 3/4 tsp. basil
- 1/4 tsp. thyme
- 1/2 cup chopped celery
- 1/2 cup onion
- 1 clove minced garlic
- salt and pepper
- grape seed oil (optional)
- 1 package or whole-wheat spinach or red bell pepper noodles

Directions:

1. Lightly sauté carrots, onions, garlic, and celery over medium heat.
2. Stir in beans, tomatoes, and herbs, except the parsley, and add the vegetable stock. Bring to a simmer over medium heat.
3. Turn heat down and simmer all the ingredients for about 10 minutes, then stir in the uncooked noodles (break the noodles), cabbage, and parsley and simmer with lid partially on for about 15 more minutes or until cabbage is tender.
4. Add more tomatoes or vegetable stock as needed.

STUFFED BELL PEPPERS

Ingredients:

- 8 green or red bell peppers, you can use poblano chiles (make more if you have a large family)
- 1/2 cup onion, chopped
- 1 celery stalk, chopped
- 2 cups cooked brown rice (left-over rice works great in this recipe)
- 1 tsp Italian seasoning (use any herbs you want)
- 1/2 cup carrots, diced

You can use any vegetables you like.

Directions:

1. Preheat oven to 350 degrees.
2. Slice tops off peppers, remove seeds and stems, and dice the remaining part of the top of the pepper.
3. Sautee all the veggies until tender for about 5 minutes.

4. Add the cooked rice to the veggies and mix. Remove from the heat and allow the mixture to cool a little bit.
5. Use a spoon to stuff the bell peppers with the rice mixture.
6. Place the stuffed bell peppers in a baking dish and drizzle with some grapeseed oil. Place in the oven and bake for 40-50 minutes. Enjoy!

GAUCAMOLE SALAD

Ingredients:

- 4 avocados, diced
- 2 cups thinly sliced romaine lettuce
- 4 diced tomatoes
- 1 tbs diced onion (you can add more onion if you wish)
- 1 green bell pepper, diced
- salt and pepper to taste
- lemon juice (optional)

Instructions:

1. Mix all the ingredients in a bowl and season with salt and pepper.
2. Add some lemon juice and mix well.

BANANA SPLIT

Ingredients

- 1 banana
- 1 tablespoon nut butter (peanut, almond, etc)
- 1 tablespoon ground flax seeds or wheat germ
- 1 tablespoon chopped pecans
- 1/4 cup of your favorite whole grain, low sugar cereal
- 1/2 cup berries, fresh or frozen and thawed
- 1 tablespoon agave nectar, optional

Directions:

1. Cut the banana in half lengthwise.
2. Spread nut butter on each banana half and put it back together like a sandwich.
3. Sprinkle the banana with ground flax, pecans and cereal.
4. Top with the berries and agave nectar.

BAKED ORANGE YAMS

Ingredients:

- 2 medium sized Agave nectar or pure maple syrup
- 2 cinnamon sticks
- 1 cup orange juice (peel off a long curl of orange peel)
- 1 teaspoon whole cloves

Directions:

1. Peel, cube, and wash yams and then place them in a baking dish along with the cinnamon sticks and the orange peel studded with cloves (this makes it easy to remove them at the end).
 2. Sprinkle with some agave nectar (at least a couple of tablespoons) and pour the orange juice on the yams.
 3. Bake in a 425 degree oven for 45 minutes covered with foil.
 4. Bake uncovered for 10-15 more minutes until slightly brown. Sprinkle with some cinnamon powder and serve with a cup of decaf tea if desired.
- *Warning: If you bake the yams too long, they will be very soft like baby food.**

Granola

- 4 cups rolled oats
- 1cup crushed almonds
- 1/2 cup whole grain flour
- 1 tsp. cinnamon
- 1/4 cup shredded coconut
- 1 cup sunflower seeds
- 1/2 cup wheat germ or other whole grain bran
- 3/4 - 1 cup honey
- 1 cup pumpkin seeds

Mix all together and spread out on a non-stick cookie sheet. Bake 20 min. in a 250 degree preheated oven. Stir and continue to bake another 20 min., stirring periodically to prevent burning. The granola should be lightly browned. Remove from oven and serve warm or cool thoroughly and store in tightly sealed container or plastic bags. Option: After the granola is cooled, add raisins or other organic, unsulphured dehydrated fruit.

Apple Blueberry Oatmeal Cereal**Ingredients:**

- 2 sweet apples

- 3/4 cup rolled oats
- 1 cup blueberries
- 1/2 cup almonds
- 1 cup apple juice

Directions:

- Cook the oats as directed on box.
- Chop or grind the almonds, chop the apples and combine.
- Add the blueberries.
- Top with a sprinkle of nutmeg, cinnamon and apple juice.

Oatmeal with Fruit and Nuts

- 1/3 cup rolled oats
- 1/3 cup apple juice
- 1/3 cup water
- Raisins and chopped nuts

Cook oats in juice and water in microwave for 1 minute on high. Add raisins and chopped nuts.

Breakfast Tacos

Ingredients

- Gimme Lean**
- Veggie Shreds
- 1 Large Onion*
- 1 Large Bell Pepper*
- 2 Large Tomatoes
- 1 Bag Frozen Corn
- Curry
- Sea Salt
- Oregano
- Sweet Basil
- Cayenne Pepper
- Garlic Powder
- Olive oil
- 100% Whole Wheat Tortillas

Directions:

- Chop onion, garlic, bell pepper and tomatoes.

- Sautee onion, garlic, bell pepper, corn and tomatoes in large sauce pan(in olive oil).
- Add seasonings: pinch of cayenne pepper, pinch of sea salt, garlic powder, and curry.
- Add ½ tube Gimme Lean. Use fork to separate Gimme Lean. Cook for about 10 -15 minutes on medium heat.
- Remove mixture from heat, place Veggie Shreds in tortilla with mixture and wrap in tortilla. Enjoy!

*Frozen products can be used; however, fresh products provide better flavors

**Can substitute frozen hash brown potatoes for Gimme Lean

Salsa

Ingredients:

- 1 Large Can Organic Diced Tomatoes
- 2 Large Onions
- 4 Serrano Peppers
- Garlic Powder
- Sea Salt
- Cayenne Pepper
- Large Sauce Pan (Pot)

Directions:

- Dice onion, Serrano pepper (remove seeds).
- Combine onion, Serrano peppers, diced tomatoes, garlic powder, sea salt(to taste), cayenne pepper(a pinch) in a large sauce pan (pot) and bring to a roaring boil for 15-20 minutes.
- Let simmer on low heat for 10 minutes. Serve and enjoy.

Veggie Wraps

Grill the following ingredients:

- 2 Portobello mushroom
- 1 Medium eggplant peeled cut in half then sliced longwise in thick slices
- 1 each Red &Yellow bell peppers cut in half- seeds removed
- Toss all ingredients in Olive oil and SEA Salt immediately to avoid discoloration.
Place on grill or in oven until aladente
- 8-12 leaves of butter or green leaf lettuce
- Slice the mushroom and eggplant in ¼ inch strips.

- Spread each lettuce leaf with 1 teaspoon of sundried tomato Pesto (recipe below)
- Place 2-3 strips of each vegetable on lettuce and roll

Sundried Tomato Pesto

Ingredients:

- ½ cup of sun-dried tomatoes packed in oil, drained
- ¾ cup toasted walnuts
- 1 cup of fresh basil, loosely packed
- 6 ounces of Vegan Parmesan cheese
- ¾ cup olive oil
- 6 cloves garlic
- 1 teaspoon freshly ground pepper
- Sea salt

Directions:

- Combine sun-dried tomatoes, walnuts, basil, parmesan, olive oil, garlic, and peppers in a food processor.
- Process until ingredients are thoroughly chopped but not pureed.
- Add salt to taste.
- Cover and Refrigerate or freeze

Quinoa (Healthy Grain)

4-to 6 servings

Ingredients:

- 1 cup Quinoa (rinsed in a small strainer)
- 2 cup of water or Vegetarian Vegetable broth
- 1 medium onion diced
- 1 minced garlic clove

Directions:

- Add onion, garlic and liquid in a pot.
- Bring the liquid to a boil, add Quinoa.
- Bring back to a near boil. Cover and simmer for 15-20 minutes. Remove from stove & fluff.

Spicy Green Beans

Ingredients:

- 2 tablespoons vegetable oil
- 1 pound green beans, trimmed
- 1/4 teaspoon salt
- 3 cloves garlic, minced
- 1/4 - 1/2 teaspoon red pepper flakes

Directions:

- Heat oil in frying pan or wok over medium high heat.
- Add trimmed green beans and salt.
- Cook stirring frequently for 3 minutes.
- Stir in garlic and red pepper flakes, cooking for 1 more minute.

Herb-Roasted Idaho Potato Fries

Makes 4 servings

Ingredients:

- 1 pound small baking potatoes
- 2 tsp extra-virgin olive oil
- 1/2 tsp dried thyme
- 1/2 tsp dried rosemary
- 1/4 tsp salt

Directions:

- Preheat the oven to 425°F.
- Coat a heavy baking sheet with cooking spray.
- Cut each potato in half crosswise.
- Place the halves cut side down on the cutting board and cut each into 4 wedges.
- Place the potatoes in a mound on the prepared baking sheet.
- In a cup, mix the oil, thyme, rosemary, salt, and pepper.
- Pour over the potato wedges and toss to mix well.
- Spread the potatoes out on the sheet.
- Bake, stirring 2 or 3 times, until tender and lightly browned, about 35 minutes. Serve hot.

White Beans and Sautéed Vegetables

Ingredients:

- 2 cans white beans, drained
- 2 tablespoons olive oil
- 1/2 cup yellow onion, chopped
- 2 cloves garlic, minced
- 1/2 cup celery, finely diced

- 1/2 cup carrot, finely diced
- 1/4 cup virgin olive oil (to drizzle after beans are dished up)
- Salt and pepper to taste

Directions:

- Drain the white beans and set aside
 - Heat olive oil and then add all the prepared vegetables to the pan and saute until just done.
 - Add beans and heat thoroughly.
 - Dish up on serving plates, drizzle with extra virgin olive oil.
 - Salt to taste.
- Yield: 4 servings

Stir Fry Vegetables

Ingredients:

- 1 red onion, sliced
- 3 stalks celery, thinly sliced
- 1/2 cup broccoli, chopped
- 1 bell pepper, sliced
- 1 tsp. sea salt
- 3 carrots, peeled and sliced
- 1/2 cup cauliflower, chopped
- 1 cup zucchini, thinly sliced
- 1 cup yellow squash, thinly sliced
- 1 Tbsp. Oriental seasoning

Directions:

- Stir-fry all vegetables in 1-2 Tbsp. olive oil until tender.
- Add salt and seasoning.
- Serve alone or over brown rice.

Rice-stuffed Tomatoes

Ingredients:

- 6 large tomatoes
- 1/2 cup raisins
- 2 Tbsp. chopped green pepper
- 2 Tbsp. green onions
- 2 cups cooked brown rice
- 2 Tbsp. parsley

Dressing:

- 1/4 cup olive oil
- 1 Tbsp. ketchup (with no added sugar)
- 1 tsp. chili powder (optional)
- 2 Tbsp. lemon juice
- 1/2 tsp. dry mustard, optional
- 1 tsp. curry powder

Directions:

- Remove the stem and cut a thin slice from the top of each tomato.
- Chop the edible portion of the tomato top and set aside. Scoop the pulp and seeds from the tomato and invert the tomatoes to drain.
- In a bowl combine chopped tomato, rice, raisins, green pepper, onion, and parsley.
- Prepare dressing and stir into rice. Season to taste.
- Fill tomato shells with rice mixture. Then you can either eat them like this or cook them in the oven at 350 for about 15-20 minutes until the tomatoes soften.

Southwestern Corn and Black Bean ChowderDirections:

- 1 ½ Qt Water or Organic Vegetable Stock
- 1 12oz bag of frozen Black Beans
- 1 12 oz bag of frozen whole kernel corn
- 1 lg Onion diced
- 3 Stalks of Celery Diced
- 1 med Onion Diced
- 2 Tbsp Chopped Garlic
- 2 Chopped Carrots
- 1 -12oz Can of Hunt's Diced Tomatoes in Juice
- 1 Red Bell Pepper diced
- 1 Green ell Pepper Diced
- 1 Bunch of Cilantro Chopped
- 1 Tbsp Chili powder
- 1 Tbsp Cumin powder
- 1 teaspoon Oregano leaves
- 2 Tbsp of Kosher Salt
- 1 Teaspoon Black pepper
- 2 Tbsp of Extra Virgin Olive
- ½ teaspoon of Liquid Smoke

Directions:

- Boil Black beans with a little kosher salt until tender (do not over cook).
- Rinse cooked beans with cool water and set aside.
- In soup pot. Heat olive oil.
- Sauté Onion, celery, raw carrot, bell peppers (both green and red) until soft and slightly brown.
- Add water or both and bring to a boil.
- Add all remaining ingredients EXCEPT cilantro.
- Simmer for 10 minutes, then add cilantro.
- Simmer for an additional 10 minutes uncovered

Spring Vegetable and Brown Rice SoupIngredients:

- 1 ½ Qt Water or Organic Vegetable Stock
- 1 12oz purple hull peas
- 1 12 oz bag of frozen whole kernel corn
- 1 lb. Zucchini large diced
- 1 lb. Yellow Squash large diced
- 5 Stalks of Celery Diced
- 1 lg Onion Diced
- 2 Tbsp Chopped Garlic
- 1 lb. Diced Carrots
- 1 -12oz Can of Hunt's Diced Tomatoes in Juice
- 1 Red Bell Pepper diced
- 1 Green bell Pepper Diced
- 1 Bunch of Sweet Basil Chopped or 2 Tbsp of Dried Basil
- 1 Teaspoon Thyme
- 1 teaspoon Oregano leaves
- 2 Tbsp of Kosher Salt
- 1 Teaspoon Black pepper
- 2 Tbsp of Extra Virgin Olive

Directions:

- Cook brown rice separately.
- Boil Purple Hull peas with a little kosher salt until tender (do not over cook).
- Rinse cooked beans with cool water and set aside.
- In soup pot. Heat olive oil.
- Sauté Onion, celery, raw carrots, bell peppers (both green and red) until soft and slightly brown.

- Add water or both and bring to a boil.
- Add all remaining ingredients.
- Simmer for an additional 10 minutes uncovered
- Add cook brown rice to serving a la minute (that is; add rice in the same manner in which you would serve gumbo).

Brown Rice Recipe

Ingredients:

- 3 cups Uncle Ben's Brown Rice
- 6 cups of Water
- 2 tablespoon Olive oil
- 1 Tsp. ground Thyme
- ½ Tsp. Ground Turmeric (McCormick- this is an Indian spice)
- ½ cup diced onion
- 1 Tbs. Chopped Garlic
- Kosher Salt or Sea Salt (be very careful that use it sparingly; it has a wonderful flavor but it is a little strong)
- ½ tsp. Ground Black Pepper

Directions:

- Preheat oven to 350°F.
- Heat Olive Oil and Sauté brown rice with Chopped onions, stirring constantly over medium heat until mixture is slightly brown and begins to smell like popcorn
- Remove from stove, place sautéed rice in a pan
- Add water, and the remaining ingredients. Stir well.
- Cover with foil, and pierce the foil a couple of times with a fork
- Place in pre-heated oven and bake for 45 minute
- If the rice is too firm, add ¼ cup of water and place in the oven for an additional 15 minutes

Spanish Rice

Ingredients:

- 1 cup brown rice
- 1 cup tomato juice
- 1/3 cup green pepper
- 1/3 cup celery
- 1 med. Tomato
- 2 tsp. chives
- 1 tsp. basil
- 1 cup vegetable stock
- 1 tsp. oregano

- 1/3 cup carrot
- 1/3 cup onion
- 2 small garlic cloves
- 1 tsp. sea salt

Directions:

- Combine tomato juice and soup stock in large pot and bring to a boil.
- Add rice and reduce to simmer. Cover and cook for 25 min.
- Remove from heat and add the following: diced tomato, celery, and onion; minced garlic, chopped chives, grated carrots, seasoning and sea salt.
- Replace cover and simmer for 15-20 minutes.

Lentil Soup

Ingredients:

- 2 tablespoons olive oil, plus extra for drizzling
- 1 medium onion, chopped
- 2 carrots, peeled and chopped
- 2 celery stalks, chopped
- 2 garlic cloves, chopped
- Salt
- 1 (14 1/2-ounce) can diced tomatoes
- 1 pound lentils (approximately 1 1/4 cups)
- 2/3 cup pearl barley
- 11 cups vegetable broth (can substitute water)
- 4 to 6 fresh thyme sprigs

Directions:

- Heat the oil in a heavy large pot over medium heat.
- Add the onion, carrots, and celery. Add the garlic and salt and saute until all the vegetables are tender, about 5 to 8 minutes.
- Add the tomatoes with their juices.
- Simmer until the juices evaporate a little and the tomatoes break down, stirring occasionally, about 8 minutes.
- Add the lentils and pearl barley, mix to coat.
- Add the broth and stir. Add the thyme sprigs.
- Bring to a boil over high heat.
- Cover and simmer over low heat until the lentils and barley are tender, about 40 minutes.
- Season with salt to taste.

- Ladle the soup into bowls, drizzle with olive oil and serve.
Six Servings

Rosemary/Italian Dressing

Ingredients:

- Extra Virgin Olive Oil (I used Bertolli brand)
- Balsamic Vinegar
(use one part vinegar to two parts of olive oil)
- Italian Seasoning (dry seasoning) (I used Adams brand)
- Garlic (fine chopped garlic in jar) season to taste
- Rosemary, Basil (small amount to taste) or any other dry herbs of your choice

Directions:

- Mix or whisk before serving

Simple Orange & Red Onion Salad

Ingredients:

- 25 cups torn romaine
- 12-1/2 cups medium navel oranges, peeled and sectioned
- 6-1/4 small red onion, sliced and separated into rings
- 1-1/2 cups and 1 tablespoon olive oil
- 1 cup and 3 tablespoons red wine vinegar
- 2 tablespoons and 1/4 teaspoon sugar
- 1-1/2 teaspoons salt
- 3/4 teaspoon pepper

Directions:

- On a serving platter, arrange the romaine, oranges and onion.
- In a jar with a tight-fitting lid, combine the remaining ingredients; shake well.
- Drizzle over salad; serve immediately.

Tossed Salad

Ingredients:

- 3 heads iceberg lettuce, shredded
- 2 pounds fresh spinach - chopped, washed and dried
- 8-1/4 tomatoes, seeded and chopped
- 12-1/2 green onions, chopped
- 4 carrots grated or sliced

Directions:

- In a large salad bowl, combine all ingredients.

Apple Tossed Salad

Ingredients:

- 25 cups torn mixed salad greens
- 2-1/2 cups chopped red apple
- 3-2/3 cups chopped walnuts, toasted

Directions:

- In a large salad bowl, combine the greens, apple, and walnuts.

Something Different Fruit Salad

Ingredients:

- 1/2 cup and 1 teaspoon fresh lime juice
- 1/3 cup and 1 tablespoon honey
- 1 tablespoon and 1-1/4 teaspoons salt
- 1 teaspoon ground cayenne pepper (optional)
- 2 pounds fresh strawberries, hulled and quartered lengthwise
- 6-1/4 cups cubed seedless watermelon
- 2 fresh pineapple - peeled, cored and cut into 1 inch chunks

Directions:

- Stir together the lime juice, honey, salt, and cayenne pepper in the bottom of a large salad bowl.
- Toss the strawberries, watermelon, and pineapple with the dressing.
- Chill the fruit salad until ready to serve.