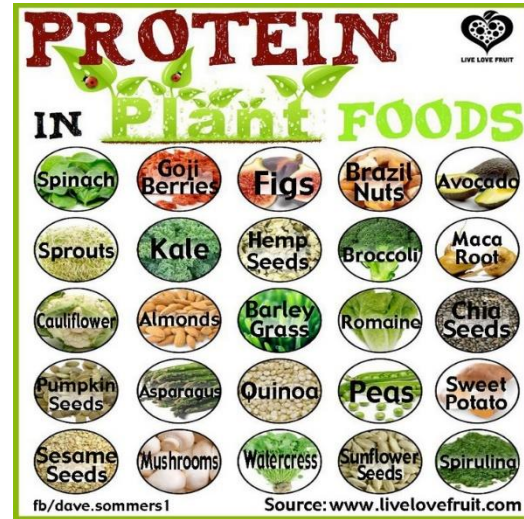


# VEGETARIAN PESCATARIAN RECIPES ish

(But I'm not a freak about it so don't freak out if you find a little cheese, sourcream or chicken broth here or there don't be buggy about it)

Lori's Vegetarian Recipes (Mostly) & Plant Based Foods, Vegan Tips, Gluten Free Breads & other "Special" Dietary Foods and Notes, Pescatarian Ideas and a few things that are mostly good but have a little cheese in them.



For me, much of what I make as a main dish now is just a side dish from before I was trying to eat a more "Forks Over Knives"/"China Study" kind of diet. I have NOT eliminated ALL meat...but I am far more conscientious about what I am eating than I used to be. I started all this when my cousin Katy was in her battle with Cancer but have since learned just how huge a role what we eat determines our health and well being..and even fights cancer and literally every sickness known to mankind. Naturally, the goal is to eat more and more food in it's natural state...but if a little butter or cheese gets in there I don't sweat the small stuff. I don't go looking for it but if someone gives me a muffin or something I don't make a big deal out of the fact that they probably put an egg in the batter...although I have had really good success with substituting applesauce for the egg AND the oil! I feel like I'm still working at improving, so once every few days I will eat meat with Mark but I have managed to weed out cow milk, eggs and chicken about 99.8% of the time. I have been overall better off as a result. I usually focus on fruits at breakfast and salads at lunch (but I usually do late breakfast or early lunch but not both) and for dinner I tend to try to do more vegetables...mostly because Mark still eats the old way and if I make sides for his meal we can eat together and he doesn't get all crabby about eating alone. (Hello Fresh & Daily Harvest have great vegetarian options that really helped me kick start a new way of cooking and eating)

## Convenient Kitchen Tools:

1. Spirelli Slicer for Vegetables
2. Mandolin Vegetable slicer
3. Food Processor
4. Blender/Ninja Foodie
5. Dehydrator
6. Cheese Grater (not necessarily for cheese)

A Juicer is not necessary, you actually get more fiber and bulk from blended and chopped vegetables and fruits and much less waste and it's cheaper too. In fact, save yourself the trouble and buy juices when you are at a juice bar...but at home go for blending for more nutrients...besides.."Smoothie" sounds more delicious than Juice as long as you steer clear of dairy; like milk, icecream and yogurt. Just use fresh fruit and vegetables and water/ice. I promise it will taste better if you call it flavored water so your taste buds are not expecting a sugary juice. Then, if you want to be even more targeted, stop juicing and stop making smoothies and just eat the fruits and vegetables because your body is expecting to chew food and add saliva to it for optimal digestion and metabolism.

The "Spirelli" slicer will let you, for example, put a squash in and twist like a pencil sharpener and out comes long spaghetti like strands of squash, potato, carrot or whatever... makes really good "instead of pasta" dishes and salads. Helps you trick your mind into thinking you're eating something different rather than the same old thing week after week...as long as you don't try to make it a replacement for pasta, you can't trick your mind that good.

Even if your food processor has a slicer attachment, a mandolin slicer will give you paper thin slices of things like potatoes, beets, cucumbers, apples and etc that are good for layering on sandwiches and making casseroles and etc. The food processor (Ninja Foodie) is good for bulk prep like chopping tomatoes for a large bowl of salsa or bruschetta or for creaming avocado, making fresh from scratch soups or other food prep. The blender is essential for smoothies and dressings.

**There is an ipad app:** “My Net Diary” that lets you type in everything you eat and then it gives you tips about what things you eat that are either too high in fats or too low in protein or too high in sodium or calories and too low in Calcium or whatever. It will let you type in whatever goals you are targeting like Vitamin B or C or Protein or Calcium, etc.

Also check out the app “YUKA” to get a rating on common foods.

I eat a lot of stuff that is already familiar like spaghetti sauce and then try to add vegetables to make it better for me..FYI, yellow squash lightly steamed with spaghetti sauce is good..but only if you are expecting squash with spaghetti sauce..if you think it will be like spaghetti with noodles you will be mortified. M O R T I F I E D. Likewise, red lentils in sloppy joe mix does not = Sloppy Joe. Keep an open mind but don't expect vegetables to taste like meat.

For more information on the nutritional benefit of foods, spices and herbals check out my separate document on Herbals.

Doughnuts, Potato Chips and other junk food might loosely fit the vegetarian “description” but just because they technically “fit” in the category they are still just junk food and should be avoided... obviously.. that’s my challenge. Just aim for “LESS PROCESSED”.

Just a side note, tempeh, tofu and seitan are all vegetarian meat substitutes and HIGHLY processed and not very tasty..avoid them when possible. More about these near the bottom of the list. Also, they don't taste great. Avoid overprocessed food even if they call it healthy.

There are some charts at the bottom as well as substitute options for milk and eggs.

A final, but very important note: Cookie Dough is raw, but doesn't count as “raw food”. Grrrr. ☺ Lori

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**Bread and Better** Kids love PB&Js...but there are tons

Veggie cream cheese and cucumber

Tuna salad and a sliced tomato

Hummus and chopped peppers

Apple butter and fresh apple slices

The Laughing Cow light spreadable cheese with ham and grated carrot

Blueberry cream cheese and strawberry slices

260 September 2007 Parents

**WHAT TO PUT ON A VEGAN SANDWICH? Or Salad?**

Start with a roll, a waffle, a pancake sliced bread, pita bread, crackers, egg roll wrappers, rice paper, fritos, tortilla chips, toast, corn or flour tortillas, naan or any other hand to mouth vehicle including the gluten free, dairy free options below...then add from the following list till you get a fat sandwich: (or skip the bread and throw a few things in a bowl for a tasty salad) or if you cant give up egg just yet, scramble a raw egg and pour it out in a hot skillet and let it cook very thin, then flip it over and cook till done and use the egg as your “wrap”...or be a real hero and skip egg AND bread and put it on a lettuce leaf or cabbage leaf as a wrap.

Here in the good ole USA, we do terrible things to bread in the name of preservation..so anytime you can avoid store bought bread..thats a huge bonus. (Sourdough is made differently and is a good choice if you cant live without bread-more on bread and sourdough further down)

1. Tomato
2. Lettuce, all varieties.
3. Veganaise (Vegan Mayo-pretty good-definitely worth trying)
4. Hummus (also used as an alternate to dressing-make your own for extra benefits)
5. Pesto (also used as an alternate to dressing or atop pasta)
6. Sun Dried Tomatoes
7. Very thin slices of apple (or grated with a cheese grater) or applesauce used as an alternate to dressing and/or Mayo.
8. Thin slices of grapes or grape halves
9. Almonds, Walnuts, Peanuts or Pecans
10. Edamame (whole or mashed into a spread-adds a nutty/meaty flavor)
11. Peas (whole or mashed into a spread)

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12. Beans (whole or blended into a spread/dip)
13. Cauliflower sliced thin or grated (also good grilled and/or broiled)
14. Thin slices of Brussels sprouts (also good grilled)(also good with BBQ sauce or Hot Wing Sauce on a bun)
15. Bean Sprouts
16. Thin slices of squash or zucchini (raw or grilled)
17. Peanut butter or even more healthy, almond butter (good with fruit & nut sandwiches and SOOO easy to make)
18. Jelly (also good in dressings that call for a berry vinaigrette but keep in mind it is often just as good to use the whole fruit rather than a sugary jelly-trust me, you get used to it over time)
19. Avocado (sliced or mashed) (also used as an alternate to dressing)
20. Cabbage (coleslaw is good on sandwiches)
21. Onion (Raw, marinated, pickled or cooked)
22. Pineapple
23. Cranberry
24. Beets (Raw, marinated, pickled or cooked—but use sparingly)
25. Cream Cheese, (for vegan, choose vegan cream cheese-but its gross)
26. Raisins/Craisins (or other dried fruit)
27. [Homemade Vegetarian Burger](#)- or Yves Vegan Burger Patty or Boca Burger Patty (Yves is the Best vegan burger ever—with the exception of homemade-[check my recipe below](#))
28. Buffalo cauliflower (recipe below)
29. Carrot, sliced super thin or grated. (Sweeter and less crunchy when lightly cooked)
30. Spinach (raw or steamed or creamed)
31. Cilantro
32. Jalapenos, sweet peppers or other peppers (raw, roasted, grilled or pickled)
33. Potatoes (cooked, thin sliced or grated)
34. Celery
35. Cucumber
36. Oatmeal, Quinoa or Couscous (oddly good in salad-but using just a little)
37. Asparagus
38. Mushrooms (grilled or raw)
39. Kale
40. Pasta, Tortellini (Dream Fields) (great for salads...not so much on sandwiches)
41. Radish
42. Gluten free pretzel rods-makes a good addition to a salad or a sandwich. Sounds weird, tastes great.
43. Seeds, chia, flax, sunflower, etc.
44. Warm Roasted vegetables (Yams, zucchini, squash, onions, sweet potato) are great on top of a cold green salad or in a sandwich.
45. Homemade Spaghetti Sauce

**Cheeses:** Fontina, Feta, Goat, Cheddar, Gouda..not vegan but definitely gives a veggie sandwich a delicious punch. Don't bother with Vegan cheese, its horrific. You'll never get used to it and it will make you hate life.

I sometimes buy frozen peas, carrots and corn in a bag so I can just add a handful to a salad on the fly in my meager attempt to boost vegetable intake.

**My favorite combos:**

1. Tomato & Pesto on toasted French Bread or Bruchetta on French Bread with/or without a little melted white (gouda) cheese.
2. Hamburger Bun with Mayo, thinly sliced apple & carrot, lettuce, pickle, onion, avocado



and occasionally strawberries. Weird mix, but tastes good.

3. Pita Pocket or Flour tortilla wrap with vegan cream cheese or peanut butter and whatever fruit I have on hand. ...particularly good with apples...better yet, just do apples with peanut butter.

4. BBQ Sauce or Buffalo sauce or Orange Sauce with vegetables or vegan patty's crumbled up or as a "Stir Fry".

5. Vegan Quesadillas: Mushrooms and onion sautéed in the pan then place on top of grilled tortilla and add vegan cheese and fold over and grill... soooo good. (Although, vegan cheese is an acquired taste, so if your just starting out, eat the real stuff and gradually force vegan cheese into the plan-for me, Ive decided regular cheese IS vegetarian cuz I just cant do that nasty vegan cheese) I gave up meat and eggs and milk and sliced bread..let me have the cheese for goodness sake.

6. Fresh cherry tomato sautéed in a pan with onion, fresh garlic, fresh basil and mushroom served over pasta and drizzled with basalmic or white wine vinegar. Ridiculously good.

7. Zucchini boats stuffed with cowboy dip. (Cowboy dip recipe below) also good with creamed spinach, orange rice or other side dishes to make a main course.

8. Butternut squash cubes in a pan with diced apple a dash of cinnamon and some finely chopped walnuts and finely chopped onion served over rice or similar grain...can throw in some chopped fresh spinach at the end if you wanna boost the green power.

9. Gouda grilled cheese with Butternut Squash Soup

10. Fontina Grilled Cheese on waffles with Roasted Tomato Basil Soup

11. Avocado & Goat Cheese with Pesto on Naan Indian Bread

12. Carrot Dog, Hot Dogs. Don't knock it till ya try it.

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## MUSHROOM LASAGNA

This lasagna is full of flavor and lovely and rich-tasting. You simply won't miss the pasta. You can serve it with sliced avocado and/or Caesar salad.

Marinara Sauce:

14.5 oz can diced tomatoes (411 g)

5 1/2 oz can tomato paste (156 g)

2 tsp crushed garlic (10 mL)

2 tsp sugar, (10 mL) Optional (to balance savory flavors)

1 1/2 tsp salt, OR to taste (7 mL)

2 tsp chili powder (10 mL)

1 tsp dried basil (5 mL)

1 tsp dried oregano (5 mL)

1/2 tsp dried thyme (2 mL)

1/2 tsp black pepper (2 mL)

1 cup shredded Mozzarella cheese (150 mL)

Mushrooms:

1 tbs olive oil (15 mL)

1 lb sliced mushrooms (0.45 kg)

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1/2 tsp seasoning salt (2 mL)  
1/4 tsp black pepper (1 mL)

**White Sauce:**

8 oz regular cream cheese (250 g)  
3 tbsp butter (45 mL)  
2/3 cup Low-Carb Milk, OR (150 mL) whipping cream  
1/2 tsp salt, OR to taste (2 mL)  
1/4 tsp white pepper (1 mL)

Preheat the oven to 350°F (180°C).

Mushrooms: In nonstick frying pan in olive oil, cook mushrooms over medium heat until moisture evaporates. Season with salt and pepper.

White Sauce: In nonstick pan or pot, combine cream cheese, butter, Low-Carb Milk, OR whipping cream, salt and white pepper. Whisk occasionally until sauce is smooth. If necessary, whisk in a tablespoon (15 mL) of water.

Layers: In a casserole dish (preferably smaller than a 9 x 13-inch (23 x 33 cm), spread a thin, sparse layer of marinara sauce, noodles, mushrooms, marinara, white sauce, then noodles, then mushrooms, more white sauce mushrooms and repeat until all the ingredients are used up. Top with 1 cup shredded Mozzarella cheese.

Cover casserole dish with foil (not tightly as you don't want too much of the cheese to stick to the foil) and bake in oven 30 minutes, or until heated through and the cheese has melted.



**Anita's Bean Salad**

15 oz can black beans, rinsed and drained  
15 oz can kidney beans, rinsed and drained  
15 oz can Cannellini Beans, rinsed and drained  
1 Yellow bell Pepper, diced  
1 Red Bell Pepper, diced  
10 oz pkg. frozen corn kernels  
1 red onion, diced  
¼ cup fresh cilantro, chopped  
1/8 cup Jalapenos, diced (pickled or sweet)

Combine all in large bowl and add dressing and lightly toss. Garnish with halved cherry tomatoes. Serve in an Avocado boat. Optional: Sour Cream Dollop as a garnish and Serve chilled with corn chips.

**Dressing**

½ cup Red Wine Vinegar  
Juice of 1 Lime  
2 Tablespoons Maple Syrup or Honey  
1 Tbsp Salt  
1 Clove Crushed Garlic  
1 Tbsp ground Cumin  
½ Tbsp Crushed Red Pepper  
½ Tsp. Chili Powder  
1-2 TBSP Baking Soda (as a bicarbonate)

**Black Eyed Pea Salsa/Salad**

1 cup Black Eyed Peas, cooked and drained.  
2 large Tomatoes, diced  
1 can yellow corn  
Cilantro, minced  
Green Onion, diced

Great as a main dish over tortilla chips or as a taco filler or by itself as a dip for a big party.

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Going vegetarian was hard enough but then I realized a lot of what I was still eating that was bad for was CHIPS.. man o man chips are a hard habit to break plus theres the struggle of dip..the struggle is real. Heres a compromise that's actually easy to get used to:

### **CUCUMBER CHIPS-DEHYDRATING OPTION**

2 Medium Cucumbers  
1 Tbsp Olive oil  
1 tsp salt or to taste  
2 tsp Vinegar Apple cider vinegar or your favorite

Slice cucumbers very thin, trying to get consistent thickness so they will dry evenly. Use a mandolin slicer if available for best results. If you don't have a mandolin, use a very sharp knife.

2 Medium Cucumbers

Pat cucumber slices dry with a paper towel to remove as much moisture as possible. Place cucumbers in fairly large bowl and add the rest of the ingredients. Toss together gently but thoroughly to combine.

No need to let them soak in the brine, but don't pat the brine ingredients off either. I used tongs to remove and place on dehydrator racks, letting the liquid drip off a bit.

1 Tbsp Olive oil, 1 tsp salt, 2 tsp Vinegar

For dehydrator: Place cucumber slices on trays and dry at 135°F for 12 hours or until they reach your desired crispiness (start checking them at 10 hours).

For oven: Place slices on parchment lined baking tray. Dry at 175°F for 3-4 hours, checking every hour to ensure they don't brown around the edges or burn. Turn them over half way through.

Allow slices to cool before serving.

### **BAKING OPTION:**

2 large cucumbers or 3-4 small ones  
seasoning of choice (see options below)

Option 1: Smokey Cucumber Chips

1 teaspoon smoked paprika

1 teaspoon garlic powder

salt to taste

Option 2: Onion and Garlic

1 teaspoon onion powder

1 teaspoon garlic powder

Salt to taste

Option 3: Salt and Vinegar

1 teaspoon apple cider vinegar

salt to taste

Option 4: Lemon and Pepper

1 teaspoon fresh lemon juice

½ teaspoon ground black pepp

Slice cucumbers thinly, about an ⅛ of an inch in thickness.

Pat cucumbers dry and add them to a bowl. Mix well with your seasoning of choice.

Line a baking sheet with parchment paper. Place the cucumbers onto the baking sheet, lying flat and separated.

Bake low and slow at 170 degrees Fahrenheit for 3-4 hours. Time will depend on how large your cucumbers are.

Remove the cucumbers from the oven once they are dried out and crispy.  
Enjoy your healthy snack!



### **Cauliflower "Fried Rice" (seriously delicious..no really..IT'S SUPER GOOD)**

Using minced cauliflower instead of rice, this "fried rice" is a great way to get your veggies. We prefer the texture of hand minced cauliflower, but you can always mince it in a food processor or buy it pre-minced. If using a food processor, be careful not to process it too much or else the cauliflower will become mushy once cooked.

- 1 medium head cauliflower
- 1 large egg
- 2 Tablespoons (30ml) cooking oil, divided
- 1/2 medium onion, chopped
- 2 cloves garlic, minced
- 1/2 cup (120ml) diced frozen carrots (or fresh)
- 1/2 cup (120ml) frozen peas (or can or fresh)
- 2 Tablespoons (30ml) soy sauce \*for gluten-free use tamari
- 1/2 teaspoon sesame oil
- fresh cracked black pepper to taste
- 2 green onions, diced
- optional: kosher salt

**more options:** celery, broccoli, corn, spinach, squash, mushrooms, egg,

1. Mince cauliflower into very small crumbled pieces, resembling the size of rice or larger because the cauliflower will shrink as it cooks. You can use a food processor to get this texture, but be careful to not process the cauliflower too much or it will become mushy. We prefer to hand mince everything to get the small texture, so it still remains firm when cooked.

2. In small bowl, whisk the egg and then set aside.

3. Heat large skillet on medium high heat. Add olive oil, then add onion and garlic. Cook until soft and translucent.

4. Add cauliflower and sauté until tender, but not mushy soft. Add the peas and carrots and stir until combined.

5. Add the beaten egg, soy sauce, sesame oil and black pepper. Stir until the egg coats all of the cauliflower and becomes cooked.

6. If needed, add additional kosher salt to taste. Add green onions and stir until everything is combined.

7. Serve warm.

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## Vegan Thai Basil Fried Rice

### For the Jasmine rice

1 c Jasmine rice  
1 c Water  
1 tsp Salt  
1 tsp Sesame oil

### For the basil fried rice

2 tbsp Sesame oil  
12 cashews  
5 cloves Garlic peeled and minced  
12 Thai basil leaves finely chopped  
1/2 c finely chopped onions  
1/4 c each Chopped carrots, beans, baby corn, cabbage and bell pepper  
1.5 tbsp Light soy sauce  
1 tbsp Thai Chili Sauce  
1 tbsp Rice wine  
1 tbsp vegan friendly red chili sauce  
1 tbsp Vegan friendly mushroom sauce  
1.5 tsp White pepper powder  
1 recipe cooked and cooled jasmine rice

### For garnish

10 Thai basil leaves

### Instructions

Making Jasmine rice in Instant pot  
Wash the rice thoroughly under running water.  
Discard all the water used for washing.  
Combine the rice, water, salt and sesame oil in the inner pot of your **Instant Pot**  
Close the instant pot, set valve to sealing.  
Turn on the IP and set it to high pressure on 3 mins.  
Wait for 10 mins for natural pressure release.  
After 10 mins, do a quick pressure release.  
Open the lid and fluff the rice with a fork.  
Spread the cooked rice on a plate and allow it to cool.

### Making Vegan Thai Basil Fried Rice

Heat a pan with sesame oil.  
Add the cashews and toast until golden and crunchy.  
Drain on a kitchen towel.  
Now, add the minced garlic and basil leaves.  
Fry till the garlic turns golden brown.  
Add the finely chopped onions and a sprinkle of salt.  
Mix well and fry till onions become pink and soft.  
Next, add all the chopped veggies and mix well.  
Cook on high flame for 3 mins.  
While this is getting done, add the sauces and vinegar to a bowl and mix well.  
Add the sauce mixture to the veggies.  
Add the pepper powder.  
Now, add the cooled rice and mix everything well.  
Add the toasted cashews and remaining basil leaves as garnish.  
Mix well and serve immediately.

### For Instant Pot & Air Fryer Recipes

Instant Pot timings may vary based on your geographic location. Air fryer settings and timings may vary based on the capacity and the model of the Air fryer.



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## **Brie, Apple and Cranberry Grilled Cheese** Calories789kcal

4 sturdy slices sourdough bread (don't use soft bread)  
2 tablespoons butter  
1/3 cup Sauvignon Blanc  
8 ounces chilled brie (rind removed), cut into thin slices  
1 medium honeycrisp apple, cut into thin slices  
1/2 cup whole berry cranberry sauce

Butter the four slices of bread. Brush the other side with Sauvignon Blanc.

Heat a large skillet over medium-high heat. Place two slices of bread butter-side-down on the skillet. Top each slice with brie, sliced apple and cranberry sauce. Place the other slices of bread on top- butter-side-up. Place a lid on top of the skillet.

Reduce the heat to medium and let the sandwiches toast on the bottom. When the cheese looks like it's beginning to melt, take the lid off the skillet and use a spatula to check under the sandwiches. When they're golden brown, flip them gently. Toast the other side of the sandwich until golden brown. Serve and eat immediately with a glass of chilled Sauvignon Blanc!

### **NUTRITION**

Serving: 1sandwich | Calories: 789kcal | Carbohydrates: 65g | Protein: 29g | Fat: 45g | Saturated Fat: 27g | Cholesterol: 144mg | Sodium: 1080mg | Potassium: 345mg | Fiber: 4g | Sugar: 39g | Vitamin A: 1100IU | Vitamin C: 6mg | Calcium: 344mg | Iron: 3mg



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## **Well, THIS IS A DIFFERENT WAY TO DO PIZZA!**

### **cabbage steaks:**

1 green cabbage  
1/4 cup olive oil  
1/4 cup grated parmesan cheese  
1/2 tsp each garlic powder, onion powder, paprika, chili powder, Italian herb blend  
salt and pepper to taste

### **optional toppings:**

1/4 cup marinara (or pesto)  
1 cup shredded mozzarella  
2 oz mini pepperonis (or feta cheese + baby peppers)  
dried oregano  
Italian Seasoning

### **cabbage:**

Preheat your oven to 425°F and line your large rimmed baking sheet with parchment paper.

DO NOT trim your cabbage stem/core – leave it intact. Slice your cabbage first in half, then into thick slices. You should end up with 6 or 7 slices/steaks.

In a glass measure cup combine the olive oil, grated parm, spices listed and salt and pepper to taste. Brush this mixture on both sides of each cabbage piece and bake for 30 minutes or until golden.

### **toppings:**

Top each steak with 1 tbs of either the marinara or pesto and spread out evenly with the back of your spoon. Sprinkle with mozzarella and top with pepperoni (or feta and min red peppers), dried oregano and chili pepper flakes. Pop back in the oven until cheese is melted – a few minutes.

**Calories:** 97kcal | **Carbohydrates:** 1g | **Protein:** 1g | **Fat:** 10g | **Saturated Fat:** 2g | **Polyunsaturated Fat:** 1g | **Monounsaturated Fat:** 7g | **Cholesterol:** 4mg | **Sodium:** 73mg | **Potassium:** 8mg | **Fiber:** 0.01g | **Sugar:** 0.01g | **Vitamin A:** 36IU | **Vitamin C:** 0.1mg | **Calcium:** 37mg | **Iron:** 0.1mg



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### **Vegetarian Fajitas**

Do we really need a recipe for this? Just grill your favorites in a little oil (think teaspoon not tablespoon) or butter (I use Ghee or Coconut Oil) and put it in a corn tortilla and add guacamole and refried beans..and if you don't mind dairy..a little queso or cotija cheese. Because I also eat fish I also include dressings on my fish tacos and fajitas...or occasionally just lemon juice or vinegar. (I have an unnatural love affair with vinegar)

- Zucchini
- Onions
- Peppers
- Squash
- Mushrooms
- Beets
- Broccoli
- Cauliflower
- Black Beans
- Cabbage/Coleslaw

If you must have meat think Salmon or shrimp..and not beef or chicken.



### **Butternut Squash Lasagna (Great as a Vegetarian Main Dish too)**

#### **Ingredients**

- 8 cups chopped butternut squash (about 3 lbs.)
- 2 Tbsp. olive oil
- 1/4 tsp. cayenne pepper
- 1/4 cup butter, plus more for greasing
- 2 (15-oz.) containers whole-milk ricotta cheese
- 4 oz. Parmesan cheese, grated (about 1 cup)
- 3 large eggs
- 1/2 tsp. kosher salt
- 1 (15-oz.) pkg. frozen chopped spinach, thawed and drained well
- 1 1/2 tsp. chopped fresh sage, plus more leaves for garnish
- 1 (9-oz.) pkg. no-boil lasagna noodles (such as Barilla Oven-Ready Lasagne)
- 1 lb. fresh mozzarella cheese, shredded (about 4 cups)

**Directions:** Preheat oven to 400°F with rack in middle position.

**Season and bake squash:** Toss together squash, olive oil, and cayenne pepper on a large rimmed baking sheet; spread into an even layer. Bake until tender, about 35 minutes.

**Brown butter:** Meanwhile, cook butter in a small saucepan over medium until butter browns and has a nutty aroma, 4 to 5 minutes. Remove from heat.

**Make ricotta mixture:** Process ricotta, Parmesan, eggs, and salt in a food processor until well combined, about 45 seconds. Transfer cheese mixture to a medium bowl, and stir in spinach and chopped sage; set aside. Clean food processor bowl.

Make squash-brown butter mixture: Add cooked squash to the clean food processor bowl. Process until smooth, about 1 minute, stopping to scrape sides halfway through. Add brown butter to squash, and pulse until combined, about 10 pulses. Transfer to a bowl.

Layer lasagna: Lightly grease a 13- x 9-inch baking dish with butter. Spread 3/4 cup of the squash puree in bottom of prepared dish. Arrange 3 noodles on top. Spread 1 3/4 cups of the ricotta mixture over noodles, top with 3/4 cup of the squash puree, and sprinkle with 1 1/3 cups of the mozzarella. Repeat the layering process twice, beginning with noodles and ending with mozzarella. Cover lasagna with lightly greased aluminum foil.

Make-Ahead: If desired, wrap entire freezer-safe baking dish in plastic wrap and then foil, and freeze up to 3 months. Thaw in refrigerator 24 hours. Remove the plastic wrap, and cover with lightly greased foil before baking.

Bake lasagna: Place a baking sheet lined with foil on bottom of oven to catch any cheese drips. Bake lasagna at 400°F for 30 minutes (45 minutes if baking from thawed).

Uncover; bake until the lasagna is heated through and top is nicely browned, 20 to 25 more minutes.

Let stand 10 minutes before serving. Garnish with additional fresh sage leaves.



### Potato Plops:

2 cups mashed potatoes (with added milk and butter)  
2/3 cup shredded cheddar cheese (optional)  
1/3 cup all-purpose flour  
1 large egg, lightly beaten (Optional)  
1 tablespoon minced chives (Optional)  
1/2 teaspoon salt  
1/2 teaspoon pepper  
2/3 cup seasoned bread crumbs or flour (needed to make the potato stick together)  
1 teaspoon garlic powder  
1 teaspoon onion powder  
1/2 teaspoon cayenne pepper  
1/3 cup cream cheese, softened (optional) (good inserted like a filling)  
Oil, just enough to lightly coat the skillet for frying

In a large bowl, combine the first 7 ingredients. In a shallow bowl, mix bread crumbs, garlic powder, onion powder and cayenne.

Advertisement

Shape 2 teaspoons cream cheese into a ball. Wrap 1/4 cup potato mixture around cream cheese to cover completely. Drop into crumb mixture. Gently coat and shape into a 1/2-in.-thick patty. Repeat with remaining cream cheese and potato mixture.

In an electric skillet or deep-fat fryer, heat oil to 375°. Fry stuffed pancakes, a few at a time, until golden brown, 1-2 minutes on each side. Drain on paper towels.

Nutrition Facts: 2 pancakes: 491 calories, 34g fat (12g saturated fat), 96mg cholesterol, 987mg sodium, 35g carbohydrate (3g sugars, 2g fiber), 12g protein.

Tips: for the barbarian we have to serve some kind of meat with these..and it can be rolled into the potato plop or served on the side.

### Recipe 2:

#### SIMPLE POTATO DOUGH

For the dough, you'll need potatoes, cornstarch, salt, pepper, nutmeg, and flour. I used rice flour to make these potato cakes gluten-free.

However, you can also use wheat flour or spelt flour, in case you don't have a gluten intolerance. You might need a little bit less flour, though, but you will notice right away if the consistency of the dough is right.

The dough shouldn't be sticky. If this happens, then your potatoes were probably too watery (not starchy enough).

#### WHICH TYPE OF POTATO WORKS BEST?

I made these mashed potato pancakes a couple of times with Yukon Gold potatoes and the result was great. Russet potatoes are also fine, however, I noticed that I have to use less flour because Russet potatoes contain more starch than Yukon Gold potatoes.

#### FILLING FOR POTATO CAKES

I stuffed these potato cakes with onion, bell pepper, mushrooms, zucchini, and vegan cheese (I used my easy vegan cheese sauce). Of course, I also added various spices that gave the potato cakes an amazing flavor.

You can use other veggies of choice, for example, carrot, cabbage, corn, tomatoes, or broccoli. Just use whatever veggies you have on hand.

#### HOW TO MAKE VEGAN POTATO CAKES?

##### TO MAKE THE DOUGH:

Peel the potatoes and cut them into small pieces. Boil in salted water for about 20 minutes. Season the cooked potatoes with salt, pepper, and nutmeg. Use a potato masher to mash the potatoes. Please do not use a food processor, otherwise, the mashed potatoes will turn out sticky.

Let the mashed potatoes cool (in the meantime you can prepare the filling), then add flour and cornstarch. Mix well with a spoon or your hands.

##### TO MAKE THE FILLING:

Dice the veggies, fry the onion in a skillet with a little oil for about 3-4 minutes, add the mushrooms, garlic, and also the diced peppers and the zucchini. Fry the vegetables for a couple of minutes, season with salt, pepper, and the other spices.

Split the dough into 8 parts (about 1/2 cup or 120 g each). Form into balls, make a well in the middle, and add about one and a half tablespoons of the filling. You can also add a little vegan cheese (I used vegan cheese sauce) in addition. Carefully "seal" the balls with more dough and flatten them slightly to make them look like thick pancakes. I recommend watching the video for visual instructions.

Heat approximately 2 tablespoons of oil in a pan and fry the potato cakes at medium heat until golden brown on both sides. I often put a lid on the skillet to cook them. They will be crunchy on the outside and soft on the inside. If you want them to be even crunchier, you can bake them additionally for about 20 minutes at 375 °F (ca. 190 °C) in the oven.



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### World's Best Greek Vegan Spanakopita

12 ounces fresh spinach , chopped (can also use a mixture of spinach and chard)  
1 bunch scallions , chopped (about 6-7 scallion bulb pieces)  
¼ cup dill  
¼ cup parsley , either kind works but I use Italian flat leaf  
¼ teaspoon sea salt  
¼ teaspoon ground black pepper  
Olive oil or veggie broth for sautéing  
1 pound phyllo (filo) sheets , if you can find the thick ones use those (see note for gluten-free)  
⅓ – ½ cup olive oil for brushing phyllo (filo) (see notes for oil free idea)  
1 cup vegan feta cheese recipe , store bought or homemade (linked here, make sure to add these ingredients to your list if making homemade)

Preheat the oven to 350 F/ 175 C.

In a skillet brown the scallions in olive oil or broth until soft, about 2 minutes.

Add spinach, salt and pepper and sauté until wilted, about 5 minutes. Turn off the heat.

Add dill and parsley and mix well. Put the mixture in a large bowl.

If making homemade vegan feta then in a food processor, add the cashews (drain and rinse them after the soaking), vinegar, water and salt. Pulse until you get a chunky but coarsely chopped texture.

Pour the store bought or cashew “feta” mixture into the bowl with the spinach and mix well.

Pour the olive oil for brushing in a glass bowl. Or use the method for the oil free version.

A little trick, cut the phyllo (filo) edge to fit the length of your pan, cut it while it is still rolled up in the package to make it easy. Meaning, keep it rolled, measure it in your pan then slice off the edge so that it fits in your pan well. You can keep the extra and use it for other things or if you're like my sister and I, we loved to eat it when we were young!

Brush the bottom of a 9×13-inch baking pan with a little bit of oil.

Then line the pan with half of one phyllo (filo) sheet, allowing the other half to hang over the edge, brush the half in the pan with some oil, then fold the other half over the top and brush it with oil too. See the photos in the post. This has to be done like this because the phyllo (filo) sheets are bigger than the pan.

You are going to do this for half of the phyllo (filo) sheets, brushing each sheet with the olive oil.

After you have used half of the sheets, spread the spinach mixture on top.

Then top with the remaining phyllo (filo) sheets brushing each of them with the olive oil again.

When done, cut into squares.

Bake for 60-70 minutes until it is golden brown on top. Begin checking at 50 minutes as ovens vary.

Let it cool completely before cutting through and serving.

#### Notes

You can also use frozen spinach for this recipe. Just make sure to squeeze out all the water after it defrosts so that it doesn't get watery.

Any kind of phyllo (filo) sheets will work but I find the thicker ones are quicker and easier. If you can find a package that says “thick” or “#9 thick” then get those.

Calories: 107kcal | Carbohydrates: 13g | Protein: 3g | Fat: 4g | Saturated Fat: 0g | Polyunsaturated Fat: 0g | Monounsaturated Fat: 0g | Trans Fat: 0g | Cholesterol: 0mg | Sodium: 170mg | Potassium: 121mg | Fiber: 0g | Sugar: 0g | Vitamin A: 1425IU |

Vitamin C: 5.4mg | Calcium: 18mg | Iron: 0.8mg



First, we're just going to peel the sweet potatoes and then slice off the ends and then slice them into very thin disks, then toss them into melted butter alongside some garlic, rosemary, salt and pepper. I also like to add in some parmesan too, and then we're going to stack them up in the muffin tray and then bake them. Then take off the foil and bake them again until they're lightly charred and soft right to the center. And there you have these garlic butter, sweet potato stacks.



### Spaghetti Squash

Cut in half, (not the long way) so you get longer noodles. Scrape out seeds and add salt and papper. Bake cut side down at 350 degrees for 45 minutes.

While the squash is baking, add 1 lb of tomatos (cherry halves or diced Romas) 1 tablespoon of coconut oil or olive oil and salt, pepper and garlic and onion. Stir in skillet to cook. (Add spinach and feta near the end and mix til the feta is melted and fully mixed in.

Remove spaghetti squash from oven and separate the noodles from the skin and top with the tomato mixture.

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### Korean Vegetable Pancakes

#### Ingredients

- 1 cup all purpose flour (130g)
- 2 tablespoons corn starch or potato starch
- ¾ teaspoon salt
- 1 teaspoon garlic powder
- 1 cup cold water
- avocado oil or any neutral oil for cooking

#### Vegetables (2 ½ cups total)

- 1 cup grated and squeezed zucchini (120g)
- 1 cup grated and squeezed carrots (95g)
- ½ cup thinly sliced green onion (15g)

#### Dipping Sauce

- 2 tablespoons low sodium soy sauce
- 1 tablespoon rice wine vinegar
- 2 tablespoons water
- 2 teaspoons sesame oil
- 2 teaspoons maple syrup
- 1 garlic clove, minced
- ½ teaspoon sesame seeds
- 1 teaspoon chopped green onion

#### Instructions

In a large bowl, add all the dry ingredients. Stir to combine. Pour in the cold water and whisk until combined. Be careful not to over mix. The batter will be thick.

Add all the vegetables in and combine until well coated.

Preheat a medium cast iron or non-stick pan over medium-high heat. Once hot, add enough oil to coat the surface of the pan. Scoop batter, adjust amount depending on the size of our

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pan. It should sizzle when added.  
Working quickly, spread the batter out as thinly as possible. Cook for 4-5 minutes over medium heat. Once it's crispy and golden brown underneath, flip. Cook for 3-4 more minutes. Add more oil to the edge of the pan if needed.  
Repeat until all the batter is used up.

Slice and enjoy immediately with sipping sauce

Transfer leftovers in an airtight container and keep in the refrigerator for 3-4 days. You can also flash freeze and store in freezer for up to 3 months.

To reheat, place in a toaster oven, a skillet with some oil, or the air fryer.

Nutrition

Calories: 188kcal | Carbohydrates: 36g | Protein: 5g | Fat: 3g | Iron: 2mg

TIPS FOR SUCCESS (A MUST READ!)

If using shredded vegetables, be sure to squeeze out as much excess water as possible.

The batter should be thick so stir just until well combined. Over mixing will result in soft, somewhat gummy pancakes.

Be sure to use cold water to keep the batter as cold as possible, and move quickly in making the pancakes. This will help produce the best texture. You can also make the batter in advance and chill in the refrigerator until ready to use.

Personally, I think this pan is perfect for pancakes!

For that ideal crispy texture, use plenty of oil. Otherwise the pancakes will be softer and chewier, which isn't a bad thing if serving to young kids. My daughter actually prefers these soft, so oftentimes I use less oil on purpose.

Don't flip too early. Wait until the bottom gets golden and crispy.



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## Cauliflower Parmesean

- 1 large head cauliflower, stem trimmed and cut vertically into 1" planks
- 3 **tbsp.** extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper
- 1 1/2 **c.** Marinara Sauce
- 1/4 **c.** freshly grated Parmesan, divided
- 1 **c.** shredded mozzarella cheese
- 1/4 **c.** basil leaves, torn if large
- Crushed red pepper flakes

Step 1: Preheat oven to 425°. Arrange cauliflower in a single layer on a rimmed baking sheet and brush both sides with oil. Season with salt and pepper.

Step 2: Roast, flipping once, until cauliflower is tender and golden, about 35 minutes. Remove from oven and top each cauliflower steak with marinara sauce. Sprinkle with mozzarella and half of Parmesan.

Step 3: Switch oven to broil and broil cauliflower until cheese is bubbly and golden in spots, about 3 minutes. Serve with remaining



Parmesan, basil leaves, and red pepper flakes.



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### Not Tuna Chickpea Salad

1 (15-ounce) can chickpeas, rinsed and drained  
3 tablespoons mayo  
1 teaspoon spicy brown mustard  
1 tablespoon maple syrup  
¼ cup finely diced red onion  
¼ cup finely diced celery  
¼ cup relish  
¼ cup pecans  
Healthy pinch each sea salt and black pepper  
1 tablespoon roasted unsalted sunflower seeds (optional)  
½ red apple finely diced



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### Buffalo Cauliflower & Chickpea Wraps

**Serves: 4 people Prep Time: 20 minutes Cooking Time: 20-25 minutes**

14oz can of chickpeas  
1 cauliflower  
salt & pepper  
olive oil  
4 tbsp hot sauce-hot wing sauce to be specific  
5 tbsp vegan margarine—I just use butter cuz Im not a 100%er.

#### To serve:

lettuce  
red cabbage  
cucumber  
red onion  
tomato

4 flatbreads or wraps

#### For the vegan mayo dressing:

4 tbsp vegan mayonnaise  
1/2 tbsp dried dill  
1/2 lemon

Preheat the oven to 200°C / 392°F fan-assisted. Drain and rinse the chickpeas and trim the cauliflower into florets, then add both to a large roasting tray. Drizzle with olive oil, season with salt and pepper and toss through with your hands. Roast for 20-25 minutes or until slightly charred.

Meanwhile slice the lettuce, red cabbage, cucumber and red onion, then dice the tomatoes. Heat the flatbreads in a toaster or leave them directly on a rack in the oven for a minute. Add the hot sauce and margarine to a small saucepan over a medium heat. Cook through until combined, then remove from the heat and transfer to a mixing bowl. Add the chickpeas and cauliflower, and stir until fully coated.

To serve, first add some lettuce to each flatbread followed by sliced cabbage, cucumber and red onion, and the diced tomatoes. Next add a few spoonfuls of the buffalo chickpea and cauliflower.

To finish, combine the mayonnaise and dried dill in a small bowl along with the juice from half the lemon. Stir to combine, then drizzle the dressing all over the wraps.



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### **Caramelized Onion Tart.**

#### Ingredients:

1 sheet of vegan puff pastry, thawed  
2 tbsp olive oil  
2 large onions, thinly sliced  
1 tbsp balsamic vinegar  
1 tbsp brown sugar  
Salt and pepper to taste  
1/4 cup vegan cream cheese  
Fresh thyme for garnish

#### Directions:

Preheat the oven to 400°F (200°C).

Roll out the puff pastry onto a lightly floured surface and transfer it to a baking sheet lined with parchment paper. Use a fork to prick holes all over the pastry, leaving a 1-inch border around the edges.

Heat the olive oil in a large pan over medium heat. Add the onions and cook for 10-15 minutes, stirring occasionally, until they are caramelized and soft.

Add the balsamic vinegar, brown sugar, salt, and pepper to the onions and stir to combine. Cook for an additional 5 minutes, or until the liquid has evaporated.

Spread the vegan cream cheese over the puff pastry, leaving a 1-inch border around the edges.

Spread the caramelized onions over the vegan cream cheese.

Bake the tart in the preheated oven for 20-25 minutes, or until the pastry is golden brown and crispy.

Remove the tart from the oven and allow it to cool for a few minutes. Garnish with fresh thyme.

Enjoy your delicious and savory vegan caramelized onion tart! This tart makes a great appetizer or light lunch. It can be served warm or at room temperature.



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### **Chickpea Salad-Roasted Chickpea Fall Salad**

This delicious Roasted Chickpea Fall Salad is crisp and hearty! Made with chopped kale, crunchy pepitas, walnuts, pomegranate arils, dried cranberries and chickpeas roasted with oil, turmeric, cumin, and cinnamon, this salad is one of the BEST for fall. Top it off with a sweet or savory vinaigrette and enjoy! CALORIES:457 kcal

#### Ingredients:

1 bell pepper  
chopped kale  
Crunchy pepitas  
Walnuts  
Dried Cranberries or cherries  
10 -15 cherry tomatoes  
1 can Chickpea  
1/2-1 red onion  
Parsley  
Coriander  
Lime juice  
Salt pepper.

Calories: 457 kcal | Carbohydrates: 41 g | Protein: 14 g | Fat: 29 g | Saturated Fat: 4 g | Sodium: 186 mg | Potassium: 639 mg | Fiber: 3 g | Sugar: 9 g | Vitamin A: 10040 IU | Vitamin C: 123 mg | Calcium: 168 mg | Iron: 3 mg



### **Cheesy Cauliflower Steaks**

- 1/4 cup olive oil
- 2 tbs parmesan cheese, grated
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- salt and pepper to taste
- 1 head cauliflower
- 1/2 cup shredded mozzarella cheese
- optional: fresh parsley garnish

Calories: 209kcal |  
 Carbohydrates: 8g |  
 Protein: 7g | Fat: 18g |  
 Saturated Fat: 4g |  
 Polyunsaturated Fat: 2g |  
 Monounsaturated Fat: 11g  
 | Cholesterol: 13mg |  
 Sodium: 172mg |  
 Potassium: 451mg | Fiber:  
 3g | Sugar: 3g | Vitamin A:  
 133IU | Vitamin C: 70mg |  
 Calcium: 133mg | Iron: 1mg  
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Preheat your oven or air fryer to 400° F. Line a baking sheet with parchment paper. In a small bowl, mix the oil, grated parmesan, spices and salt and pepper to taste. Remove the leaves from the bottom of your cauliflower and leave the stalk in place. Slice the cauliflower in half. Then slice those two pieces in half to create your 'steaks'. Transfer them to your baking sheet and brush all over (top, bottom and sides) with the mixture from step 2. Air fry or bake until the stalk is fork tender and golden brown, about 15 minutes for air fryer (flip half way through), 20 minutes for the oven. Remove from oven and sprinkle with the shredded cheese. Place back in the oven until melted.  
 nutrition



### **Spicy Crunch Salad**

- 1/2 head purple cabbage, micro chop
- 1 lb sweet mini peppers, finely chopped.
- 12 oz mini cucumbers, finely chopped
- 5 oz feta cheese, crumbled
- dressing:
- 1/3 cup olive oil
- 2 tbs red wine vinegar (or lemon juice)
- 1 tbs dried oregano
- 1-2 tsp chili flakes
- salt to taste
- 1 tbs honey (optional)



Add all of the ingredients to a bowl and toss well to combine and coat. Taste and adjust and dressing ingredients if necessary.  
 notes

Yes, you can sub in regular bell peppers for the minis, make sure to slice into bite sized pieces. If using large cucumber, cut out the seeds. I meal prep this and store in my fridge for up to 3 days.

Calories: 233kcal | Carbohydrates: 16g | Protein: 6g | Fat: 18g | Saturated Fat: 5g |  
 Polyunsaturated Fat: 2g | Monounsaturated Fat: 10g | Cholesterol: 21mg | Sodium: 299mg  
 | Potassium: 448mg | Fiber: 4g | Sugar: 10g | Vitamin A: 3420IU | Vitamin C: 138mg |  
 Calcium: 177mg | Iron: 2mg



## Zucchini Ricotta

2 pounds zucchini  
1 carton (15 ounces) reduced-fat ricotta cheese  
1/2 cup egg substitute  
1/2 cup dry bread crumbs, divided  
5 tablespoons grated Parmesan cheese, divided  
1 tablespoon minced fresh parsley  
1/4 teaspoon dried oregano  
1/4 teaspoon dried basil  
1/8 teaspoon pepper  
1 jar (28 ounces) meatless pasta sauce  
1-1/2 cups shredded reduced-fat mozzarella cheese

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Preheat oven to 350°. Cut zucchini lengthwise into 1/4-in. slices. Place in a basket over 1 in. boiling water. Cover and steam until just tender, 5-6 minutes. Drain; pat dry. In a large bowl, combine ricotta, egg substitute, 3 tablespoons bread crumbs, 3 tablespoons Parmesan, parsley, oregano, basil and pepper; set aside. Spread a third of the spaghetti sauce in a 13x9-in. baking dish coated with cooking spray. Sprinkle with 2 tablespoons bread crumbs. Cover with half each zucchini, ricotta mixture and mozzarella. Repeat layers of sauce, zucchini, ricotta mixture and mozzarella. Cover with remaining sauce. Combine remaining 3 tablespoons crumbs and 2 tablespoons Parmesan; sprinkle over top. Cover and bake 45 minutes. Uncover; bake until golden brown, 15 minutes longer. Let stand 15 minutes before cutting.

### ZUCCHINI RICOTTA BAKE TIPS

What other recipes use a lot of zucchini?

You can use excess zucchini in all sorts of different recipes, sweet and savory. Try our sweet zucchini relish, zucchini cobbler or cheesy zucchini casserole—they all use several pounds of the veggie. These easy zucchini recipes are another tasty place to look for inspiration.

Can you add meat to this zucchini ricotta bake?

Yes! Go ahead and add crumbled and cooked ground beef or sausage to the sauce, then assemble as directed. Or, to keep this casserole light, add cooked and crumbled ground turkey. Check out these other tasty and healthy casseroles, too.

How do you store this zucchini ricotta bake?

Stash leftovers in an airtight container in the refrigerator for three to four days. If you have a leftover carton of ricotta, use it up in one of these ricotta recipes.



## Cheesy Stuffed Tomatos

Cut the middle out of tomato slices from 2 large tomatos, put tomato center goo in a bowl and add grated sharp cheddar cheese, chives, garlic and 1 egg with salt and pepper to taste.

Then put in blender.

Then take the tomato rings and place in skillet and fill with he blended mixture and cook till done.



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### Citrus Asian Rice (An original from the Land of Lori Logic)

- 2 cups water
- 1 tablespoon orange juice, fresh squeeze or concentrate if you are a cheater
- ¼ teaspoon salt
- 1 cup long grain rice
- ¼ cup thinly slice green onions
- 1.4 cup water chestnuts sliced in thin ribbons

In medium saucepan combine water, OJ concentrate and salt. Bring to boiling, add rice. Reduce heat. Cover and simmer for 15 min. Stir in green onion. Remove from heat, cover and let stand for 5 min.

**YUMMY ADD ON'S:** Serve with diced bits of orange or pineapple and diced fresh tomato or sprouts

Optional, add a sprig of mint, dill or cilantro for garnish.

Can also do with Quinoa or other grain...I wouldn't..but you can.



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### Vegan Enchiladas

- 2 tablespoons of olive oil
- 8 ounces of mushrooms, sliced
- 1 sweet pepper, diced
- 1 yellow onion, diced
- 1 jalapeño, de-seeded and diced
- 1 Zucchini, diced
- 3 cloves of garlic, minced
- 1/2 teaspoon of cumin
- 1/2 teaspoon of dried oregano
- 1/4 teaspoon of ground black pepper
- 1/2 teaspoon of salt
- 8–12 corn tortillas, depending on size and how much you stuff them
- 16 ounces of refried beans or black beans (I use ANY kind of beans in this)
- optional: 1 cup of non dairy cheese if you want full vegan..but I hate vegan cheese.
- 10z (about 1 1/4 cups) of enchilada sauce (store bought or homemade)

Pre-heat the oven to 350 degrees F. Grease a casserole dish and spread 1/2 cup of your enchilada sauce on the bottom of the dish.

In a skillet over medium heat, heat the oil. Add in the mushrooms, pepper, onion, jalapeno, and garlic. Saute for 10 minutes.

Mix in the cumin, oregano, salt and pepper and cook for an additional minute. Take off of the heat.

Add to the center of each tortilla: 2 tablespoons of beans, 2 heaping tablespoons of the veggie mixture, and a small handful of the cheese. Roll up the tortilla and place it, seam side down, neatly into the casserole dish. Repeat this until all of the ingredients are used up.

Spread the remaining enchilada sauce evenly over the tortillas and spread the remaining cheese over top of the enchiladas.

Bake for 30 minutes. Let cool slightly and ENJOY!

Egg roll in a bowl Stupid easy and good  
Egg Roll Bowl Ingredients: 1lb tri-color coleslaw, 1lb ground turkey or meat of choice, 1 tbsp rice vinegar, 1 tbsp sesame oil, 1-2 tbsp honey, 1/4 cup soy sauce, 1 tsp (minced) ginger powder or fresh, 2 tsp (minced) garlic powder or fresh (I use frozen crushed I find in H-E-B), Green onion, White pepper to taste. Garnish with sliced green onions & sesame seeds.  
Marinade: Combine soy sauce, rice vinegar, sesame oil, honey, garlic, ginger, white pepper & give it a stir. Taste it and adjust it to your liking. I'm a hot pan, cook your meat. When the meat is majority cooked through add your marinade followed by your bag of coleslaw. Allow the veggies to cook down all the way. Serve in a bowl with white rice and garnish with sesame seeds and green onion.



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### Sweet and Spicy Baked Cauliflower

Cauliflower baked to perfection and topped with a sweet and spicy sticky sauce.  
Asian Prep Time: 10 minutes Cook Time: 25 minutes Total Time: 35 minutes Servings: 4  
Calories: 152kcal

- 1 Large Head Cauliflower cut into bite-sized florets
  - Cooking Oil Spray
  - 1 Tsp Garlic Salt
  - Salt and pepper, to taste
  - 1 Tbsp Green Onions sliced
  - 1 Tbsp Sesame Seeds
- For the Sweet and Spicy Sticky Sauce:

- ¼ Cup Honey
- 2 Garlic Cloves minced
- ¼ Cup Low sodium soy sauce or coconut aminos
- 1 Tbsp Sriracha
- 1 Tbsp Hoisin Sauce
- 1 Tsp Gluten-free flour or cornstarch

#### Instructions

Preheat oven to 400 degrees F and line a baking tray with parchment paper.  
 Arrange the cauliflower florets in a single layer onto the prepared baking tray and spray with cooking oil. Sprinkle with garlic salt, and pepper, and using your hands toss well to coat.  
 Bake in the preheated oven for 15-20 minutes, until it starts to brown on the edges. While cauliflower is cooking, combine all the sauce ingredients into a small saucepan and whisk until well incorporated.  
 Place the saucepan over medium heat and stir frequently, until sauce thickens about 4-5 minutes.  
 Once the cauliflower has finished baking, remove from the oven and allow to cool for a few minutes. Pour the sauce over and toss until fully coated. Top with green onions and sesame seeds and enjoy!

Nutritional facts: Please keep in mind that the nutritional information is calculated using a nutrition facts calculator. It is a rough estimate and can vary greatly based on products used. Nutrition  
 Calories: 152kcal | Carbohydrates: 33g | Protein: 6g | Fat: 2g | Saturated Fat: 1g | Cholesterol: 1mg | Sodium: 1328mg | Potassium: 678mg | Fiber: 5g | Sugar: 23g | Vitamin A: 15IU | Vitamin C: 104mg | Calcium: 74mg | Iron: 2mg



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### Tuna Melt Poppers (Pescatarian)

- Sweet peppers NOT red or yellow bell peppers
- Tuna, either prepared like tuna casserole or like tuna salad or plain
- Cheddar or Mozzarella or Swiss Cheese

Hull out the pepper, add tuna, top with cheese, bake at 350 degree for 10 min.

Or if you are a die hard vegan (which I am not) use the recipe above for "Not Tuna Salad"



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### Chili's Vegetarian Southwestern Eggrolls (Sheer Heaven)

- 1 tablespoon vegetable oil
- 2 tablespoons minced red bell pepper
- 2 tablespoons minced green onion
- 1/3 cup frozen corn
- 1/4 cup canned black beans, rinsed and drained
- 2 tablespoons frozen spinach, thawed and drained
- 2 tablespoons diced, canned jalapeno peppers or diced sweet peppers
- 1/2 tablespoon minced fresh parsley
- 1/2 teaspoon cumin

1/2 teaspoon chili powder  
1/4 teaspoon salt  
dash cayenne pepper  
3/4 cup shredded cheese  
five 7-inch RAW flour tortillas

**Avocado-ranch dipping sauce:**

half a fresh avocado, mashed  
1/4 cup mayonnaise  
1/4 cup sour cream  
1 tablespoon buttermilk  
1 1/2 teaspoons white vinegar  
1/8 teaspoon salt  
1/8 teaspoon dried parsley  
1/8 teaspoon onion powder  
dash dried dill weed  
dash garlic powder  
dash pepper

Heat a tablespoon of oil in a large skillet and saute the red pepper and onion until slightly translucent. Add the corn, black beans, spinach, jalapeno peppers, parsley, cumin, chili powder, salt, and cayenne pepper to the pan. Cook for 3-4 minutes. Stirring to ensure the spinach separates rather than clumping together. Shut off the heat, add cheese. Add filling to a raw tortilla, wet the edges of the tortilla lightly to help it form a decent seal and roll it up like an eggroll. Deep Fry them in hot oil (375F), until golden brown and floating. Garnish the cut rolls with dipping sauce, chopped tomato, and onion.

Directions Using Store-Bought Flour Tortillas Wrap the tortillas in a paper towel that has been wet and wrung out to make it moist and microwave for a minute or so to heat through. Fill the tortilla with the filling, fold the ends in, then roll tightly to enclose the filling. To make the sauce combine all the ingredients listed under the sauce.



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**VEGAN SPICY THAI PEANUT RAMEN.**

Servings: 2 Calories: 412kcal

0.67 Teaspoons Olive oil  
1 Cloves Garlic, chopped  
0.33 Teaspoon Ginger, grated  
0.33 Teaspoon Green curry paste  
1.33 Cups Vegetable broth, divided  
0.33 Can(13oz.-14oz.) Coconut milk, full fat  
0.17 Cup Peanut butter, natural or organic  
0.67 Tablespoons Soy sauce  
0.67 Tablespoons Agave syrup  
Juice of 2 Limes  
3-4 Ounces Ramen noodles  
Optional Toppings  
Mushrooms, thinly sliced (or whatever vegetables that make you happy)  
Sesame seeds, black or white  
Thai chilis  
Cilantro  
Peanuts, chopped

In a large pot, heat the olive oil on medium high. Then add the chopped garlic and grated ginger. Saute, reducing heat as needed for a minute or 2 to cook the garlic.  
Now, add the curry paste, and stir it into the garlic and ginger. Cook for another minute.  
Then add 3 cups of veggie broth and the coconut milk. Stir to combine everything. Reduce heat to low and simmer.  
Next, in a medium sized bowl, whisk together the remaining cup of broth and the peanut butter. I

find this makes it easier to incorporate the peanut butter.  
Now, add the peanut butter and broth to the pot and whisk to combine.  
Then add the soy sauce, agave and lime juice. Simmer on low for 5-10 minutes to develop the flavors.  
Taste and adjust seasonings. Add a pinch of salt if needed or more lime juice or agave if needed.  
Right before serving, add the ramen noodles into the pot(add 9 oz if you want more broth or 12 oz if you want it more noodle heavy). Simmer them, cooking according to package directions. They usually only take a minute or two.  
Serve immediately as is, or add the optional toppings, veggies or tofu or whatever you want. Make sure to add the noodles right before serving. If the noodles sit around in the broth they will get mushy.



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### **Cabbage Rolls:**

2.08 cups (416.67 g) dry sushi rice or any short-grain rice  
1.67 large napa cabbage (10-12 leaves)  
1.67 tbsp oil divided  
1.67 medium onion diced  
1.25 tbsp ginger minced  
5 garlic cloves minced  
1.67 medium (200 g) carrot diced  
3.33 medium (116.67 g) peppers diced  
13.33 white button mushrooms diced (I used canned)  
3.33 tbsp tamari or coconut aminos  
0.83 tsp each of sea salt, ground pepper, onion powder  
0.42 tsp red pepper flakes or to taste  
Sesame seeds to garnish

#### **Sauce:**

1.67 tsp oil e.g. sesame oil  
0.83 tbsp ginger minced  
3.33 garlic cloves minced  
2.5 tbsp tamari or coconut aminos  
1.67 tbsp rice vinegar  
1.25 tbsp maple syrup  
0.83 cup (200 ml) water  
0.83 tbsp cornstarch  
Salt, pepper, red pepper flakes, smoked paprika to taste

#### **Cook the veggies**

Meanwhile, chop the veggies and prep the cabbage leaves. Bring a large pot with water to a boil, then add in 3-4 of the cabbage leaves and cook them for 2-3 minutes until softened. Place the cooked leaves into a bowl with cold water, then set aside. Do this with the remaining leaves.  
Heat 1/2 tbsp oil in a skillet, add the onion, ginger, garlic, carrot, peppers, and mushrooms. Sauté for 3-4 minutes, then add tamari, and all spices. Cook for a further 1-2 minutes.

**Rice:** Once the rice is cooked, add it to the skillet and stir to combine. Turn off the heat and taste the mixture. Add more seasonings if needed.  
Place a cabbage leaf on a plate and put about 1 1/2 – 2 tablespoons of the rice mixture in the middle. Fold in the sides and the top over the filling and roll it up. Place it on a plate. Do this with the remaining leaves.

**Pan sear the rolls:** Heat 1/2 tbsp of oil in a skillet, and once hot add 5 of the cabbage rolls. Pan sear for a few minutes from both sides. The rolls should be golden brown.

**Make the sauce:** Heat oil in a saucepan, then add ginger, garlic, tamari, rice vinegar, maple syrup. Let it cook for about 1-2 minutes. Mix the water with cornstarch to make a slurry and pour it into the skillet. Add the spices and cook the sauce for a few more minutes until thickened.  
Serve: Pour the sauce of the cabbage rolls and garnish with sesame seeds. Enjoy!



**Cabbage:** You can use a different cabbage of choice for this recipe, like Savoy, green, white, pointed, Jaroma, etc. Certain varieties of cabbage have a very thick center 'rib' on each leaf. After boiling the leaves, you'll need to trim this rib to make it easier to roll.

**Veggies:** Choose your favorite veggies. Just make sure they have a similar cooking time.



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## Cauliflower Mac and Cheese

- 1 large head Cauliflower
- 1 tsp Garlic powder
- 1 tsp Onion powder
- 1 Salt and pepper
- 1 cup Cheddar cheese
- 3 oz Cream cheese
- 1 cup Heavy whipping cream
- 1/2 cup Mozzarella cheese
- 1/4 cup Parmesan cheese

Just bake the cauliflower in the oven on a sheet pan till cauliflower is soft but not mushy. Then chop into smaller pieces and toss in bowl with remaining ingredients and bake an additional 6 minutes in preheated oven (longer if you didn't preheat).

Or skip the recipe and wing it: Mix with Ragu Cheese Sauce or make your own cheese sauce with cream cheese and cheddar.



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## CHEESY PENNE WITH CHERRY TOMATOES, SPINACH AND BROCCOLI

chickpeas  
penne pasta  
Cherry tomatoes  
Spinach  
Onions  
Broccoli  
ricotta  
Olive oil  
Minced garlic

Steam cherry tomatoes, onion, & spinach in a pan with a splash of water. Once tender, add in olive oil & minced garlic & sauté.

Cook pasta & once done, drain & reserve 1/3- 1/2 cup ish of the pasta water. Put penne in the pan with the other ingredients, lowering the heat to a simmer. Add the ricotta & a little bit of the water at a time, until desired consistency. Drizzle with olive oil & add salt & pep.



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## Caramelized Onion Tart.

1 sheet of vegan puff pastry, thawed  
2 tbsp olive oil  
2 large onions, thinly sliced  
1 tbsp balsamic vinegar  
1 tbsp brown sugar  
Salt and pepper to taste  
1/4 cup vegan cream cheese  
Fresh thyme for garnish

Preheat the oven to 400°F (200°C).

Roll out the puff pastry onto a lightly floured surface and transfer it to a baking sheet lined with parchment paper. Use a fork to prick holes all over the pastry, leaving a 1-inch border

around the edges.  
 Heat the olive oil in a large pan over medium heat. Add the onions and cook for 10-15 minutes, stirring occasionally, until they are caramelized and soft.  
 Add the balsamic vinegar, brown sugar, salt, and pepper to the onions and stir to combine. Cook for an additional 5 minutes, or until the liquid has evaporated.  
 Spread the vegan cream cheese over the puff pastry, leaving a 1-inch border around the edges.  
 Spread the caramelized onions over the vegan cream cheese.  
 Bake the tart in the preheated oven for 20-25 minutes, or until the pastry is golden brown and crispy.  
 Remove the tart from the oven and allow it to cool for a few minutes. Garnish with fresh thyme.  
 Enjoy your delicious and savory vegan caramelized onion tart! This tart makes a great appetizer or light lunch. It can be served warm or at room temperature.



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### Extra Creamy Classic Hummus

#### HUMMUS

2 cans organic chickpeas  
 Aquafaba or chickpea liquid from 1 can  
 1/2 to 1 cup good quality tahini (add 1 more cup to make it extra creamy)  
 Juice from 1 lemon  
 3-4 cloves of garlic  
 1-2 tsp salt (add more or less to taste)  
 1 tsp pepper

#### OPTIONAL TOPPINGS:

sliced red onion  
 roasted chickpeas  
 cherry tomatoes  
 chopped fresh parsley  
 lemon wedges  
 crushed red pepper

#### METHOD:

Blend all the ingredients together in a blender or food processor.  
 Once creamy and smooth, transfer into a shallow pan and spread into a thin layer.  
 Top with your choice of toppings and enjoy!

Nutrition Info: Calories274



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### Homemade Tahini

2 cups hulled sesame seeds. Hulled sesame seeds will produce the creamiest consistency. They are lighter in color than un-hulled sesame seeds, which still have their dark outer shell intact. You can still make tahini with un-hulled sesame seeds, but it tends to produce a slightly more bitter tasting tahini. Sprouted sesame seeds can also be used.

3 tablespoons plus 1 1/2 teaspoons vegetable oil, plus more if needed. Avocado oil, grape seed oil, vegetable oil, canola oil or a lighter, fruitier olive oil all work well. Tahini can be made without oil, but it takes longer to grind the sesame seeds and the finished product won't have as creamy a texture.

Salt (optional). Salt augments the flavor of the finished product tahini.

#### Instructions

Toast the sesame seeds. Spread them out in a single layer in a large, dry skillet over medium-low heat and stir constantly, until they are light in color and start to release

their oils and you can smell a roasted, nutty aroma, 3 to 5 minutes. Keep a close eye; sesame seeds are quite small and can burn easily. Transfer the seeds to a large plate or platter and allow them to cool.

Process the sesame seeds. Transfer the sesame seeds to the bowl of a food processor and process on low speed until the seeds reach a crumbly texture that resembles wet sand, about 2 minutes. Alternatively, you can process the sesame seeds in a high-speed blender (but note that you'll likely need to scrape down the sides more frequently to ensure the ingredients get fully incorporated).

Add oil to the sesame seed paste. With the food processor running on low, pour 3 tablespoons of oil through the pour spout, stopping the food processor to scrape down the sides of the bowl with a spatula from time to time. Process for about 3 minutes, until the mixture is smooth. If the mixture looks dry, add 1 more tablespoon of oil and process for 1 minute, until it achieves a pourable, creamy consistency.

Season with salt to taste. Taste the tahini and add a pinch of salt if desired, then process for a few seconds to incorporate.



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### Asian Inspired Orange Cauliflower (Like Orange Chicken..but Not)

Orange cauliflower is a vegetarian friendly take on Panda Express's popular orange chicken recipe. Loaded with a sweet and spicy orange sauce, this lightened up take out classic will have your family happily eating their vegetables!

#### Ingredients

1 cup water  
 1 cup flour – gluten free or almond flour for keto version  
 salt to taste  
 Half head of cauliflower, cut into 1 1/2 inch ( 3 cm) florets

#### FOR THE SAUCE

2 teaspoon olive oil  
 2 cloves garlic- minced  
 1 teaspoon fresh ginger, minced  
 ½ tsp red pepper flakes  
 ½ cup orange juice  
 ¼ cup distilled white vinegar  
 1 teaspoon sesame oil  
 ½ cup brown sugar  
 ¼ cup soy sauce (or tamari for gluten free)

1 tablespoon cornstarch

2 tablespoon water

#### GARNISH

1 teaspoon sesame seed  
 1 scallions- thinly sliced -for garnish

#### Instructions

Wash and cut cauliflower into bite sized pieces.

In a medium bowl, whisk together the flour, salt and water.

One at a time, dip each cauliflower floret in the batter to coat, let the excess batter drip off.

Arrange the battered cauliflower on the prepared baking sheet, or in your air fryer making sure they aren't touching one another.

Air fry -375 degrees F for 15 minutes.

Instant pot Airfryer lid – 375 Degrees F for 12 – 15 minutes

Bake- Pre heated oven 400 degrees. bake it on middle rack for 20- 25 minutes

#### ORANGE SAUCE

Heat the olive oil in a medium skillet or pan over medium heat, add garlic , ginger , red chili flakes and give it a stir. Next goes the orange juice, sugar, vinegar, soy sauce.

Cook for 1 minute on high flame and let it come to a boil  
In a small bowl, whisk cornstarch with water to form a paste. Add it to the orange sauce and whisk together.  
Continue to cook for 2 -3 minutes, until the mixture begins to thicken. Once the sauce is thickened, add in the sesame oil, and lower the heat. Toss the cooked cauliflower florets in the sauce until well coated. Serve the cauliflower over rice and garnish with the scallions and sesame seeds  
Enjoy!



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### **Creamy Vegan Mushroom Wild Rice Soup**

7 tbsp extra-virgin olive oil, divided  
14 oz mushrooms\*, sliced (approximately 6 cups sliced)  
2 tbsp balsamic vinegar  
1 brown onion, diced  
4 cloves garlic, minced  
1 tsp dried thyme  
1 tsp dried oregano  
½ tsp dried rosemary, chopped  
¼ tsp powdered/ground sage  
½ cup white wine (may use vegan broth instead)  
⅓ cup all-purpose flour (or 1:1 all-purpose gluten-free flour blend)  
5 cups vegan soup stock/broth (or 5 cups water + 2 beef-style vegan bouillon cubes)  
1 ½ cups vegan unsweetened milk (I use soy but also recommend oat. Avoid rice milk which is quite thin.)  
2 celery stalks, sliced (~ 2/3 cup)  
2 carrots, diced or cut into half-moons (~1 cup)  
1 cup wild rice blend  
7 oz frozen chopped kale (or ~3 cups/1 bunch fresh deveined, chopped kale)  
salt and pepper to taste

#### **To Make on the Stove-Top:**

In a heavy bottomed pot or 3-5 quart Dutch oven, heat 2 tablespoons (30 mL) of oil over medium-high heat. When shimmering, add the mushrooms and cook for 8-9 minutes, or until cooked and caramelized in spots. Add the balsamic vinegar, cooking for another few minutes or until the moisture has mostly evaporated and the mushrooms are glazed. Place the mushrooms on a plate for later.

Reduce the heat to medium, and add the remaining 5 tablespoons (75 mL) of oil. When shimmering, add the onions. Cook until softened, 2-3 minutes. Add the garlic, thyme, oregano, rosemary and sage, cooking for 30 seconds. Deglaze with the wine (or equal amount of broth), cooking until most of the moisture is cooked off.

Sprinkle in the flour, stirring frequently for 2 minutes to cook the flour. Pour in 2 cups (500 mL) of broth, whisking constantly to prevent flour lumps from forming, until the mixture thickens.

Add the rest of the broth, dairy-free milk, celery, carrots, and rice and bring to a simmer. Cover and cook for as long as directed on the rice package – this will vary depending on the blend you’re using. At the end of cooking, add the kale. Cook for 2-3 minutes until the kale is bright and softened. Stir the mushrooms back into the pot. Add salt and pepper to taste. Serve immediately.

#### **To Make in the Instant Pot:**

Set a 6-quart (or larger) Instant Pot\*\* to Sauté, and add 2 tablespoons (30 mL) of oil. When shimmering, add the mushrooms and cook for 8-9 minutes, or until cooked and caramelized in spots. Add the balsamic vinegar, cooking for another few minutes or until the moisture has mostly evaporated and the mushrooms are glazed. Place the mushrooms on a plate for later.

Add the remaining 5 tablespoons (75 mL) of oil. When shimmering, add the onions. Cook until softened, 2-3 minutes. Add the garlic, thyme, oregano, rosemary and sage, cooking for 30 seconds. Deglaze with the wine (or equal amount of broth), cooking until most of the moisture is cooked off.

Sprinkle in the flour, stirring frequently for 2 minutes to cook the flour. Pour in 2 cups (500 mL) of broth, whisking constantly to prevent flour lumps from forming, until the mixture thickens.

Add the rest of the broth, dairy-free milk, celery, carrots, and rice.

Lock the lid of the Instant Pot. Place the pressure release vent to the “Sealing” position. Cook on High

Pressure for 20 minutes. See blog post notes if using another variety of rice which may need a different cooking time.  
At the end of cooking, do a natural pressure release for 5 minutes then do a quick release by manually venting the remaining steam from the Instant Pot (set the valve to “Venting”) – watch out for the very hot steam. Once the pressure button goes down, remove the lid. Set to Sauté, add the kale. Cook for 2-3 minutes until the kale is bright and softened. Stir the mushrooms back into the pot. Add salt and pepper to taste. Serve immediately.

**Nutrition Info:**

Calories: 374kcal | Carbohydrates: 42g | Protein: 10g | Fat: 18g | Saturated Fat: 2g | Sodium: 845mg | Potassium: 678mg | Fiber: 5g | Sugar: 7g | Vitamin A: 7244IU | Vitamin C: 43mg | Calcium: 153mg | Iron: 2mg



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## **VEGAN CARROT CREME PIE**

**MIX TOGETHER:**

2T softened vegan butter  
1T plant-based milk  
2-3T shredded carrot (optional) (amount depends on your macros )  
1 flax egg (1T ground flaxseed + 3T water)  
3T coconut sugar  
3T unsweetened coconut flakes  
2.5T almond flour  
1T coconut flour  
chopped walnuts  
cinnamon  
pinch of sea salt

Let the mixture sit a minute to thicken. Spoon with a greased, round scoop onto a parchment paper lined cookie sheet and push with the back of a spoon into a flat shape. These will spread very little, if at all, so make them whatever shape you would like at this step.

Bake at 350 for 8 to 10 minutes, or just until set, and cool on the cookie sheet.

**For the filling, blend together:**

1/4 cup soaked cashews  
2T maple syrup  
1/4 tsp vanilla extract  
pinch of sea salt

Spread the filling on one cookie and sandwich with another. Enjoy!



**BROCCOLI CHEESE TOTS**  
Easy | Keto | 5 Ingredients

## 5 Ingredient Broccoli Cheese Tots

- 1 Egg, large
- 2 Cups cooked rice or shreaded potatos
- (10oz) fresh broccoli
- 2 tbsp Almond flour
- 1 Seasoning
- 2 cups Cheddar cheese
- Optional: add corn

Mix well, shape into balls and smash flat, then fry in oil till golden.

(I like to use the Ninja Foodie for this, it pulverizes the broccoli and gives the "tots" a nice even consistency)

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## 13 Ingredient Spring Rolls

**Pick 3 or 4 of the following:**

- 2 Carrots, grated
- 1 large bunch Cilantro or basil or both chopped fine
- 1 tsp Ginger, fresh (optional, Im not a huge fan)
- 1 large bunch Mint, leaves chopped fine
- 1/4 Red cabbage chop fine
- 1 Yellow or red bell pepper
- Shrimp, Crab, Tuna, Salmon, Crawfish or whatever.
- Bean sprouts
- Chia seeds and/or Acai
- Sesame seeds
- Pumpkin seeds
- Spiralized zucchini/squash (uncooked)
- Strawberries and cream cheese or other fruit assortment

Condiments

- 1 tbsp Honey, raw
- 2 tbsp Lime juice, freshly squeezed
- 1/2 cup Peanut butter
- 1 1/2 tbsp Soy sauce, low sodium

Baking & Spices

- 1/2 tsp Chili paste
- 1 Red pepper

Frozen

- 6 Rice spring roll papers

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## Avocado Cucumber Roll-ups

English Cucumber (10-12 slices )  
Mushrooms (or lunchmeat if you live with a Barbarian Carnivore)  
Spicy Mayo (or any dip you like )  
Avocado slices

I used " everything but the bagel " seasoning on top but be creative with the seasoning or go without completely.

Cut the cucumber in half and cut off the ends. Peel the top of the cucumber until it's even and begin to make strips with your potato peeler or mandolyn. Arrange your strips on some paper towel is cucumber holds a lot of water. I pat them down and I line them overlapping one another on some parchment paper. Once you have done that you can add any fillings you love. I mixed my homemade mayo with some sriracha and I added a thin layer on top. You can use only mayo if you don't like spice , hummus , ranch , or any other spread works too. I added a layer of mushroom for me and for my barbarian meat eating husband a layer of ham or turkey for his and then a few slices of avocado. Gently roll it up and secure with toothpicks. I cut in between each toothpick and serve them.



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## Korean style vegetable pancake

1/2 zucchini  
1/2 bell pepper  
1 small red onion  
1 small carrot 2 mushrooms  
1/2 tsp salt  
1/2 tsp red pepper flakes  
100 g all purpose flour  
100 ml water

Vegetable oil Method: Start by spiralizing all vegetables and chop into 1-2 inch long pieces, then add all of the vegetables into a bowl, add salt, pepper, flour and water and mix so everything is well coated. Then form patties, or triangular shapes to make it interesting.

Add vegetable oil to the non stick pan and heat it over the medium heat. Place veggies to the hot oil and fry/cook for 4-5 minutes on each side.

Serve with soy sauce, peanut sauce or orange sauce.

## BLACK BEAN BROWNIES



## Black Bean Brownies

Did your mom ever tell you forget the eggs and oil in your brownie mix? Substitute that with a can of black beans. Just take one box of brownie mix, any brownie mix, and put it in the bowl, drain and rinse the 15 ounce can of black beans. Place the beans in a blender and add three tablespoons of liquid, can be coffee, soda, milk, water or whatever. Then add an additional half a cup of liquid (your choice) to moisten and stir, and just blend the chosen liquid into the brownie mix. Now, adding our bean paste, combine all. Line your pan with parchment paper so your brownies never stick. Bake according to the directions on the brownie mix you use. Hot out of the oven. Here's a hack: Once they're cold, is a plastic knife. It'll give you a nice clean cut.



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### Spaghetti Without Meatballs

Obviously vegan spaghetti is without meatballs but I like to make the sauce from scratch. First I cut the veggies in half using tomatoes, onions, garlic and zucchini and I lightly grill them in the oven with a light sprinkle of oil and salt. I use about 8 tomatoes and 1 zucchini and 1 onion and 4-6 cloves of garlic.

Then I remove from the oven and let cool and peel the skins off. (Sometimes I leave them on)

Then I put in the food processor with Italian Seasoning, Salt and Pepper and blend it all into a liquid form and pour into a sauce pan and cook till done. Seriously, sauce from scratch is WAY better EVERY SINGLE TIME.



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### Lemon Butter Garlic Pasta Sauce (Pasta al Limone)

300 g (10.5 oz) linguine or spaghetti  
1 tablespoon olive oil  
40 g (2 tablespoons) unsalted butter  
6 garlic cloves, finely sliced  
½ teaspoon red chilli flakes  
Zest and juice of 1 lemon  
50 g (½ cup) grated Parmesan (or veggie hard Italian cheese)  
A handful freshly chopped parsley  
Salt and freshly ground black pepper to taste

Cook the pasta al dente in salted water according to the instructions on the package. Reserve 1-2 cups of pasta water before draining.

Meanwhile, heat the olive oil in a large pan or Dutch oven and melt the butter in it over low-medium heat.

Stir in the garlic and red chilli flakes and cook for 1-2 minutes until the garlic changes its colour, careful not to burn it.

Transfer the cooked pasta to the pan and toss well with a pair of kitchen tongs to cover it in the butter sauce. Add a splash of pasta water if it looks too thick.

Stir in the lemon zest and juice, then add the Parmesan and toss well to combine.

Add the chopped parsley, season to taste and serve immediately, topped with additional grated cheese and lemon zest if you like.



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### Grilled Veggie Pizza

3 tablespoons olive oil (Less if you can manage it)  
3 garlic cloves, minced  
3 medium tomatoes, cut into 1/2-inch slices  
1 large sweet red pepper, halved, stemmed and seeded  
1 small zucchini, cut lengthwise into 1/4-inch slices  
1 small onion, cut crosswise into 1/2-inch slices  
1 teaspoon coarsely ground pepper  
1 prebaked 12-inch pizza crust  
1/3 cup spreadable garden vegetable cream cheese  
8 slices smoked provolone cheese, divided  
1/2 cup minced fresh basil, divided  
1/4 cup shredded carrots  
1 tablespoon minced fresh oregano  
1 teaspoon minced fresh thyme



and, if you are daring...a bit of diced pears add a nice unexpected twist

Mix oil and garlic; brush onto both sides of vegetables. Sprinkle with pepper. Grill, covered, over medium heat until tender, 4-5 minutes per side for pepper and onion, 3-4 minutes per side for zucchini, 2-3 minutes per side for tomatoes.

Coarsely chop pepper, onion and zucchini. Spread pizza crust with cream cheese; layer with 4 slices provolone and tomato slices. Sprinkle with 1/4 cup basil, carrots, oregano and thyme. Top with grilled vegetables, then remaining cheese.

Grill pizza, covered, over medium heat until bottom is golden brown and cheese is melted, 5-7 minutes. Top with remaining basil.

#### Test Kitchen tips

Half of the provolone is layered under the tomatoes to prevent the crust from becoming soggy.

It may seem out of the ordinary to include shredded carrot, but it adds a subtle, pleasant sweetness to the pizza.

#### Nutrition Facts

1 slice: 395 calories, 22g fat (8g saturated fat), 23mg cholesterol, 618mg sodium, 36g carbohydrate (6g sugars, 3g fiber), 16g protein.



#### Spring rolls with lime-peanut sauce

Start by wetting a rice sheet under warm running water for a few seconds until it begins to soften. Then, place it on a hard surface and spread shredded carrots, sliced cucumber, and a little mint or [coriander](#) in one line down the middle. Add your choice of protein, such as salmon, shrimp, [tempeh](#), or edamame, then a drizzle of lime-peanut sauce. Make your own by mixing peanut butter with a dash of rice vinegar, sesame oil, and lime juice. Julienne the carrots very small or partially cook them for a less crunchy filling.

Just a side note, tempeh, tofu and seitan are all meat substitutes and HIGHLY processed and not very tasty..avoid them when possible.

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#### Creamy mushroom soup

Creamy mushroom soup makes for a simple, delicious lunch option.

To get started, sauté 8 ounces (224 grams) of sliced mushrooms with 1 small onion and 4 garlic cloves for around 8 minutes, or until the mushrooms begin to release their juices.

Add 1.5 cups (360 ml) of vegetable [broth](#), (Chicken or beef broth is fine too if you are not trying to avoid beef or chicken) 11 ounces (340 ml) of coconut milk, and 4 stemmed sprigs of thyme. Simmer for 15 minutes before blending with a hand mixer or your Ninja Foodie. Top with pine nuts and serve.

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### Roasted Potato, Fresh Cold Tomato with Spinach and Mushroom

Served warm with cold tomato as a garnish..with a tahini sauce, lemon sauce, mushroom soup or crab bisque. (Because I still do seafood while pretending to be a good vegetarian)

If sauce isn't your thing, this is really good with nothing but salt and pepper and butter.



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**Low Carb or No Carb Bread Options:** Apple Stacks, Cucumber Sliders, Tomato Sliders, Tapioca Wraps, Butternut Squash Wraps, Sweet Potato Bread, "Oopsie Bread" Spirelli Squash or other spiralized vegetable and cauliflower instead of rice, Cucumber slices, Squash Slices, , Lettuce Wraps, Apple Slices, Seaweed Wraps (like the sushi wraps)

**Carb Bread Options:** Waffles, Tortillas, Naan Indian Bread, Pitas, Wheat Buns, Crackers, Spinach Wraps, Cornbread, Muffin slices,

**Tip:** Always opt for sourdough bread when possible, it is more easily digested than regular American white or wheat bread.



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### Breakfast Ideas:

1. Strawberries & Granola in Almond Milk
2. Any Fruit in blender for a fruit smoothie. For an extra boost I add some or all of the following to smoothies:  
shreaded nuts, chia seeds, sunflower seeds, honey, nutritional yeast, walnuts, and etc.
3. Oatmeal-Obviously

My cousin adds spinach and kale to hers but I don't like to mix fruits and vegetables for smoothies unless Im in a bad dream.

My favorite smoothie: 1 apple, 1 pear, 1 cup almond milk, honey..tastes like apple pie..seriously, its that good.

I also like to add ½ banana to all my smoothies to give them a creamy texture. ' been told that silken tofu does the same thing; but I'm not a big fan of tofu simply because if you are trying to eat healthier..why eat something that has been processed that much?

Fruit smoothies are a good way to get lots of good stuff in your body at once..but then you run the risk of a kind of sugar high insulin rush.

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### Spring rolls with lime-peanut sauce

Start by wetting a rice sheet under warm running water for a few seconds until it begins to soften. Then, place it on a hard surface and spread shredded purple cabbage, zucchini, squash, carrots, sliced cucumber, avocado and a little mint or coriander or basil in one line down the middle.

Add your choice of protein, such as chicken, salmon, [tempeh](#), or edamame, then a drizzle of lime-peanut sauce.

Make your own by mixing peanut butter with a dash of rice vinegar, sesame oil, and lime juice.

Julienne the carrots very small or partially cook them for a less crunchy filling.



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### Spicy lettuce-wrap tacos

Normally, people think of tacos as full of carbs.

However, all you need to do to cut the carb content of this tasty dish is swap the usual corn-based taco shells for romaine lettuce or cabbage leaves.

If you don't have leftover chili, you can make a filling from scratch. In a large pot, lightly brown ground beef, chicken, [tofu](#), or seitan with minced garlic and diced onions.

Then, add diced tomatoes, tomato sauce, and kidney or pinto beans and season to taste with chili powder, cumin, salt, and pepper. Simmer for 30 minutes and top with shredded cheese or [nutritional yeast](#) before serving.



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### Zucchini and beet 'noodle' salad

Spiralized vegetables are a visually appealing ingredient for your low-carb lunches. In particular, zucchini and [beets](#) have the perfect texture to stand in for noodles. You can use a device called a spiralizer to cut these vegetables into long, noodle-like strips.

What's more, they pack loads of fiber for a small number of calories. This low [calorie density](#) may reduce hunger, help you feel full, and even aid weight loss ([1Trusted Source](#), [2Trusted Source](#)).

Simply top your spiralized zucchini and beets with marinated chicken or tempeh, cherry tomatoes, pine nuts, fresh basil, a drizzle of olive oil, and a squeeze of lemon juice.



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### Peanut Butter Curry

#### Ingredients

- 1 tablespoon avocado oil
- 1 medium onion, finely diced
- 2 large garlic cloves, finely chopped
- 1 tablespoon fresh ginger, grated
- 1 small red chili pepper, chopped
- 2 tablespoons garam masala
- 1 tablespoon curry powder
- 1 can (14 oz / 400 g) crushed tomatoes
- 1/2 cup (100 g) natural peanut butter
- 1 can (13.5 fl.oz / 400 ml) coconut milk
- 1 can (14 oz / 400 g) chickpeas, drained and rinsed
- 2 cups (150 g) broccoli florets
- A handful fresh cilantro (coriander)

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### Instructions

Heat the avocado oil in a large, deep pan and fry the onion for 5-6 minutes over medium heat until softened.  
Add the garlic, ginger and red chili pepper and continue to cook for another minute. Stir in the garam masala and curry powder, then add the crushed tomatoes, peanut butter and coconut milk and stir to combine.  
Add the chickpeas and broccoli, bring to a boil, then lower the heat and simmer for 10 minutes covered with a lid.  
Stir in the fresh cilantro, season to taste and serve with rice or naan, topped with some crushed peanuts if you like.



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### Stuffed portobello pizzas

Portobello pizzas are a great way to get your pizza fix without the usual carbs. This mushroom's large size and meaty texture make it a particularly appealing alternative to conventional [pizza](#) crust.

In addition to being low in carbs, portobellos are rich in B vitamins, potassium, and anti-inflammatory compounds like polysaccharides, terpenoids, and phenols ([3Trusted Source](#), [4Trusted Source](#)).

To prepare this dish, brush the bottom of washed, dried, and stemmed portobello mushrooms with [garlic](#) oil. Place them bottom-up on a baking sheet and layer with pizza sauce, cherry tomato slices, meat or vegan pepperoni, and mozzarella or vegan cheese.

Broil for 7–8 minutes before serving.



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### Tuna Stuffed Avocado Halves

Avocados are a great source of [monounsaturated fats](#), the same heart-healthy fat found in olive oil.

Slice your avocado in half and fill it with tuna salad. |

Switch things up and use: Greek yogurt, diced radishes, and celery.

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**Zucchini Bacon** (if you think of it as fried zucchini you'll like it more than if you think of it as a substitute bacon because nothing is as good as bacon..ever.) (Also try "Banana Peel Bacon" and "Carrot Bacon")

2 small to medium zucchini  
2 tbsp. extra-virgin olive oil  
2 tbsp. soy sauce  
2 tsp. maple syrup  
1 tsp. Liquid Smoke  
Pinch cayenne pepper  
Freshly ground black pepper

Preheat oven to 400° and line two large baking sheets with parchment paper. In a large bowl, combine oil, soy sauce, maple syrup, liquid smoke, cayenne and season generously with black pepper. Whisk to combine.

Using a vegetable peeler, slice zucchini long-ways into thin strips. Place strips in bowl and toss until all strips are coated in marinade. Place in a single layer on baking sheets, making sure not to overlap.

Bake for 7 minutes, flip and bake for 5 to 7 minutes more, until golden. Let cool and remove from pan.

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## Carrot Bacon

A lot of people, when they give up meat, miss bacon, so this carrot bacon goes some way to filling that void...but remember, anytime you make a vegan substitute for the real thing you have to think of it as a souped up version of itself and not as a substitute for the real thing or you will be very disenchanted.

carrot  
tahini  
rapeseed oil  
maple syrup  
all-purpose soy sauce  
liquid smoke

Peel and top & tail your carrots, slice really thinly (I use a Y peeler for this), blitz the rest of the ingredients together, marinate for half an hour, (NO LESS< it NEEDS the 30 minutes to marinate properly) then bake in the oven for 15-20 minutes.

### DEHYDRATED CARROT BACON

I've experimented with making carrot bacon in a dehydrator), and apart from being super-easy, the result is a very crispy 'bacon', without being in any way charred around the edges like when I bake it.

To make dehydrated carrot bacon, simply marinade as usual, and lay out in a single layer on each tray - make sure you use the ParaFlexx sheets or something similar - and then set your dehydrator 150°F, and let it work its magic for 12 hours.

### NOTES

What is rapeseed oil? This is also known as Canola. It's made from seeds of the Brassica napus plant, which is a member of the cabbage family. It's not the same as grapeseed oil.

You can use a different oil but choose one with a neutral flavour, like sunflower or rice bran, that's good for roasting. DO not use Olive Oil, its not really made for high temps or cooking long term.

Liquid coconut aminos are a good sub for soy if that's a thing for you. Tamari is gluten-free soy sauce.

I kind of hate liquid smoke so I tried some smoked paprika with good results. Start with ½ tsp, taste, and if necessary, add a bit more. It all depends on your taste, and the age of the paprika.



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### Ultimate Banana Peel Bacon. (From "Scrappy Cooking")

Banana peel bacon is the deliciously smoky, crispy alternative to bacon. Eat them for breakfast, or make yourself a vegan bacon sandwich.

2 bananas, very ripe peels only \*see note 1  
3 tablespoons tamari \*or soy sauce  
1 tablespoon apple cider vinegar  
1 tablespoon maple syrup  
½ teaspoon liquid smoke  
1 teaspoon smoked paprika  
½ teaspoon ground black pepper  
¼ teaspoon salt  
1 tablespoon olive oil

Peel the bananas. Set the bananas aside for another use (or freeze them). Cut the peels into four pieces and scrape out any banana "meat" with a spoon. The peels will be quite thin. Add the tamari, maple syrup, apple cider vinegar, liquid smoke, smoked paprika, pepper and salt to a container big enough to hold the banana peels. Transfer the banana peels to the marinade and turn them over with your hands to ensure they're evenly coated in marinade. Set them aside to marinate for at least 15 minutes. Heat the olive oil in a non stick pan. Fry the banana peel bacon for approximately 2 minutes on each side.

NOTES: It's important to choose a banana that is very ripe. A ripe banana has brown spots (see image in post). If the banana is not ripe enough, the end result will lack sweetness, which is necessary in this recipe. If your bananas are not organic, you will need to scrub the peel to remove any pesticides.

This recipe is naturally gluten free. However, be sure to use tamari, not soy sauce (which contains gluten).



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### **The Best Mushroom Stroganoff**

This mushroom stroganoff will blow your mind! Yep, it's a big statement, but I stand by it. This recipe is a staple in our house anytime I have a skeptical omnivore staying who is a self-professed veggie-phobe! It always wins them over. This recipe is vegan and gluten-free, any nobody even notices because they're devouring it so quickly.

The mushroom stroganoff I created for my first book, *The Blender Girl* was epic, and I have received thousands of emails from many of you raving about it. But, this incantation may be better....

This mushroom stroganoff is incredible, and will satisfy the hungriest omnivore. This vegan gluten-free dish is a vegetarian dinner that is always a hit.

1 (12oz/340g) pack gluten-free fettuccini (or regular pasta-gluten free is nasty)  
1/4 cup (60ml) grape seed oil (or extra-virgin olive oil)  
1 cup (150g) diced yellow onion  
1 tablespoon minced garlic (3 cloves)  
6 cups (540g) sliced white button or cremini mushrooms  
2 cups (480ml) Massel beef-flavored broth (or any vegetable broth)  
1 cup (140g) raw unsalted cashews, soaked and drained  
3 tablespoons wheat-free tamari  
1 tablespoon finely chopped fresh thyme (not dried)  
1 teaspoon Massel beef-flavored seasoning powder (or Celtic sea salt)  
1 teaspoon Dijon mustard  
1 teaspoon balsamic vinegar  
1 teaspoon fresh lemon juice  
1/4 teaspoon freshly ground black pepper, plus more to taste  
1/4 cup (12g) finely chopped flat-leaf parsley, plus more to serve  
2 tablespoons finely chopped chives, plus more to serve

#### **Instructions**

Cook the pasta according to the package instructions. Drain the pasta, and set aside. In a large skillet over medium-high heat, warm 1 tablespoon of the oil, and sauté the onion and garlic for about 5 minutes, until soft and translucent. Add the mushrooms and the remaining oil, and sauté for 5 to 10 minutes, until the mushrooms are just softened. Remove from the heat and set aside.

Pour the broth, cashews, tamari, thyme, seasoning powder, mustard, balsamic vinegar, lemon juice, and pepper into your blender, and blast on high for 30 to 60 seconds, until smooth and creamy. Add about 1 cup (180g) of the cooked mushroom mixture, and pulse a few times on a very low speed just to break up the mushrooms slightly. (You want a speckled, grainy consistency, not a puree.)

In a large saucepan over medium-low heat, pour in the blended cashew-broth-mushroom mixture and the textured cooked mushroom-and-onion mixture, and stir for a few minutes until heated through. Add the cooked pasta, parsley, and chives, and stir together until well combined.

Season to taste, and serve family-style in a big bowl garnished with additional parsley and chives, or portion into individual bowls, and garnish with the herbs.

Use beef-flavored vegan broth for added umami flavor

You can use any vegetable broth in this recipe. But, for an added touch of magic, try using the Massel beef-flavored vegan broth. In the US you can order it from amazon.

When you use combine vegetable broth, mushrooms, tamari, balsamic vinegar, and mustard you get an incredible "meaty" flavor. I blended some of the broth with raw cashews to add a rich creaminess.



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### **SPRING ROLLS**

- 1 package rice paper spring roll wrappers
- 1 (5 oz.) bag baby spring lettuces
- 1 red bell pepper, cut into strips
- 1 hothouse cucumber, sliced
- 1 avocado, peeled and sliced
- 1 cup shredded carrots
- 1 cup thinly sliced purple cabbage
- fresh mint and basil (Thai basil recommended)
- 1 recipe Simple Thai Peanut Sauce

Fill a wide bowl with at least an inch of warm water. Dip one rice paper wrap in the water and let soften 5 to 10 seconds. Remove from the water and lay on your work surface.

Place a handful of the greens toward one end of the soaked wrap. Top with the other veggies and herbs. If you would like one certain veggie showing at the top of the rolls, lay that toward the other end. I like the look of avocado slices underneath the transparent paper, so I place it separately.

Pick up the end of the rice paper closest to your mound of veggies and tightly wrap it over the veggies. Grab each end and fold over like a burrito. The paper will stick to itself. Continue wrapping the roll until sealed. Continue making the rolls this way until you've made all you want or are out of ingredients. Store the rolls covered in the refrigerator until ready to eat, then cut in half on the bias. Enjoy with peanut sauce.

### **SIMPLE THAI PEANUT SAUCE**

- 1/2 cup peanut butter (unsalted, unsweetened)
- 2 tablespoons soy sauce (coconut aminos for gluten-free)
- 1/2 tablespoon minced ginger
- 1 clove garlic, minced
- 2 tablespoons rice vinegar
- 1/2 teaspoon sriracha sauce
- 1/2 teaspoon maple syrup
- 1/3 cup water

Add the peanut butter, soy sauce, ginger, garlic, vinegar, sriracha, and maple syrup to a small bowl or jar. Whisk together, then whisk in the water slowly until the desired consistency has been reached. This peanut sauce tends to thicken up over time, so add more water as needed to thin. Taste and adjust as you'd like.



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### **Brussel Chips**

1/2 lb. Brussels sprouts, thinly sliced  
1 tbsp. olive oil  
2 tbsp. freshly grated Parmesan  
1 tsp. garlic powder  
Kosher salt

Freshly ground black pepper  
Caesar dressing, for dipping

Directions

PREP TIME: 0:05

TOTAL TIME: 0:25

Preheat oven to 400°. In a large bowl, toss Brussels sprouts with olive oil, Parmesan, and garlic powder and season with salt and pepper. Spread in an even layer on a medium baking sheet. Bake 10 minutes, toss, and bake 8 to 10 minutes more, until crisp and golden. Serve with caesar dressing for dipping.



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### **BBQ Cauliflower Tacos**

1 head of cauliflower  
1 1/4 cup of cooked chickpeas  
1 teaspoon olive oil  
10-12 corn tortillas  
sliced jalapenos, if desired

#### **BBQ Rub:**

1 teaspoon cumin  
1 teaspoon paprika  
1 teaspoon garlic powder  
1 teaspoon onion powder  
1 teaspoons salt  
1 teaspoon chili powder  
1 teaspoon coconut sugar  
1/2 teaspoon smoked paprika  
1/4 teaspoon black pepper

#### **Creamy Lime Slaw:**

1 14 ounce bag of cole slaw mix or 6 – 7 cups of thinly chopped cabbage and carrots  
A scant 1/2 cup of veganasie, or mayonnaise  
1/2 teaspoon dijon mustard  
1/2 teaspoon maple syrup  
1 1/2 teaspoon apple cider vinegar  
1/4 teaspoon celery salt  
1 pinch black pepper  
1 teaspoon water  
Juice of one lime

Pre-heat oven to 375 degrees F.




Make the slaw: In a medium sized bowl add all of the slaw dressing ingredients. Mix ingredients together until a creamy sauce has formed. In a large bowl, add the cabbage mixture and pour dressing over. Mix until everything is combined. Place in the refrigerator until ready to use.

In a small bowl or jar, add all of the BBQ rub ingredients and mix together.

Separate all of the cauliflower florets and chop them into bite size pieces. Place florets and chickpeas onto a large sheetpan and drizzle with olive oil and sprinkle with BBQ rub. Depending on the size of your head of cauliflower you may not need to use all the rub. Toss everything together with your hands so that cauliflower and chickpeas are coated with the rub. Place the sheetpan in the oven and bake for about 25 minutes, flipping once.

If desired, warm up corn tortillas on the stove or in the oven. Add about 1/4 cup of cauliflower



	<p>and chickpeas to each taco and top with a few tablespoons of slaw. Top with sliced jalapenos if desired.</p>
 <p><a href="#">Jump to top of document</a></p> <p><a href="#">SKIP TO END OF DOCUMENT FOR TABLE OF CONTENTS</a></p>	<p><b>'Cowboy Corn Dip'</b> Source: Adapted from Inspired By Charm</p> <p>Ingredients</p> <p>3 cans sweet corn with diced peppers, drained (also called Fiesta corn...11 oz each) 1 can chopped green chilies (7 oz) 1 can chopped jalapeno peppers, drained (6 oz) 1/2 cup green onions, chopped 1 cup mayonnaise 1 cup sour cream 1 teaspoon pepper 1/2 teaspoon garlic powder 1 package shredded sharp cheddar cheese (16 oz) 2-3 bags of Frito Scoops</p> <p>Directions</p> <ol style="list-style-type: none"> <li>1. In a LARGE bowl, mix all ingredients except for the chips.</li> <li>2. Cover and chill two hours to overnight. Serve with your favorite chips Frito scoops or your favorite tortilla chips.</li> </ol>
 <p><a href="#">Jump to top of document</a></p> <p><a href="#">SKIP TO END OF DOCUMENT FOR TABLE OF CONTENTS</a></p>	<p><b>Cauliflower Pizza Bites</b></p> <p>1 large head cauliflower 2 large eggs 1 c. shredded mozzarella 1/4 c. shredded Parmesan 3 tbsp. finely chopped fresh basil 1 tbsp. garlic powder kosher salt Freshly ground black pepper 1/2 c. marinara 1/4 c. mini pepperoni</p> <p>1Preheat oven to 400 degrees F. Grate cauliflower on the small side of box grater to form fine crumbs. Transfer to a large bowl. 2Add egg, 1/3 mozzarella, Parmesan, 2 tablespoons basil, and garlic powder and season with salt and pepper. Form into small patties (they will be wet) and place on a greased baking sheet. Bake until golden, 20 minutes. 3Top each cauli patty with a thin layer of marinara, remaining mozz, and mini pepperoni and bake until cheese melts and pepperoni crisps, 5 to 7 minutes more. 4Garnish with remaining basil and serve.</p>
	<p><b>Gnocchi mushroom and Avocado bowl</b></p> <p>Gnocchi (cauliflower gnocchi) "Cauliflower gnocchi from Trader Joe's is vegan and can be used for this recipe in place of the stuffed gnocchi!" Mushroom Onion Cherry tomatoes</p>

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Spinach  
Avocado  
Olive oil  
Garlic powder

Cook gnocchi stovetop in olive oil. Follow my “GNOCCHI” highlight for step by step instructions (just skip the nutritional yeast step).  
Put cherry tomatoes in a baking dish & drizzle olive oil on top. Bake in the oven at 400 for 30-40 min (move them around halfway through).



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### Instant Pot Garlic Mushrooms

#### Ingredients

1 tablespoon vegan butter  
6 cloves garlic, thinly sliced  
1/2 cup chopped onion  
1/2 teaspoon salt, divided  
16 oz (453.59 g) quartered mushrooms, white, cremini or baby portobella  
1 tablespoon balsamic vinegar or 2 tablespoons red wine  
1/2 teaspoon dried thyme  
1/2 teaspoon dried oregano or rosemary or basil or you can add half of each if you want it more herbed flavor  
1 tablespoon nutritional yeast or use 1 teaspoon yellow miso  
1/4 teaspoon black pepper  
1/4 cup (60 ml) or more water or broth as needed

#### To thicken:

1 tbsp cornstarch or tapioca starch  
2 tbsp water

#### Instructions

Start the instant pot on saute, Once the pot is hot add the butter, let it melt, then add the garlic and onion and a good pinch of salt and cook until the onion is translucent. 3-5 mins  
If the onion is starting to turn too brown too quickly on some edges, add splashes of water to deglaze and continue cooking.  
Then add in the balsamic vinegar, mix in and switch off the saute. Add the mushrooms, herbs, nutritional yeast, salt, black pepper.  
Mix well. Add 1/4 cup water. If you are using a larger instant pot like an 8 qt, then add 1/3 cup water. Mix, Close the lid. Press Pressure cook. Set pressure cooking time to 16 minutes for high pressure. Then let the pressure release naturally for 5 minutes, then quick release. Open the lid.  
Add the cornstarch slurry of 1 tablespoon corn starch mixed with 2 tablespoons of water and mix into the mushrooms. Start sauté mode and bring it to a boil to thicken. Carefully Taste and adjust Salt and flavor.

(You can also add 1/4-1/3 cup thick cashew cream or non dairy cream instead of the cornstarch slurry. Bring to a boil and Taste and adjust salt and flavor.)Then switch off the saute. Transfer the mushrooms to your serving dish.

Top it with some fresh herbs like fresh basil or parsley. Serve with pasta, over mashed potatoes , over vegan meatloaf or cauliflower steak.

#### Notes




stovetop: after the third step, sauté the mushroom over medium for 5-7 mins, deglazing as needed. Then add 1/3 to 1/2 cup water/cream and cover and cook for 15-30 mins(depending on size of mushroom, pan etc)

To make this extra delicious, deglaze the sauteed mushrooms with white wine instead of water.

Oilfree: Sauté in 2-3 tablespoons broth. Deglaze with more broth as needed and proceed

No onion garlic: add 1/4 teaspoon more oregano. If you have asafetida, add a pinch of that. For the onion, use peeled and sliced zucchini or sliced fennel. Add 1/2 teaspoon miso.

PIP(pot in pot) Mashed potatoes: cube the potatoes and add to a steamer basket right above the mushroom. Open the lid, remove the steamer. Mash the potatoes and add non dairy milk, herbs, salt

	as needed.
 <p><a href="#">Jump to top of document</a> <a href="#">SKIP TO END OF DOCUMENT FOR TABLE OF CONTENTS</a></p>	<p><b>Cilantro Lime Pasta Salad.</b></p> <p>8 ounces bow-tie pasta, cooked  1 1/2 cups corn, cut off the cob  1 1/2 cups cherry tomatoes, sliced  1/2 red onion, chopped  2 tablespoons cilantro, chopped  1-2 small avocados, diced  <b>CILANTRO-LIME DRESSING</b>  1/2 cup plain Greek yogurt  1/4 cup lime juice  1/4 cup cilantro  2 garlic cloves  1/2 teaspoon salt  1/4 teaspoon cayenne powder</p> <p>STEP 1: Mix all dressing ingredients in a bowl and set aside.  STEP 2: Add all of your salad ingredients to a bowl &amp; toss it with your desired amount of cilantro-lime dressing.  STEP 3: Keep it chilled in the fridge until you're ready to eat!</p>
 <p><a href="#">Jump to top of document</a> <a href="#">SKIP TO END OF DOCUMENT FOR TABLE OF CONTENTS</a></p>	<p><b>Sopa de Lentejas-(Spanish Lentil Soup with Vegetables).</b></p> <p>2 tablespoons olive oil  2 medium onion, diced  1 large carrot, diced  2 celery stalks, diced  1 large parsnip, diced  1 teaspoon Himalayan salt  3 large garlic cloves, finely chopped  2 teaspoons smoked paprika  1 tablespoon fresh thyme, finely chopped  1 tablespoon fresh rosemary, finely chopped  1 x 400 g (14 oz) can chopped tomatoes  2 medium potatoes, cubed (about 250 g) (8.8 oz)  175 g (6 oz) brown or green lentils, rinsed  2 bay leaves  1 1/2 (6 cups) litres low-salt vegetable stock  100 g (3.5 oz) baby spinach  Freshly ground black pepper, to taste</p> <p>Instructions  Heat the olive oil in a large, heavy-bottomed pot such as a Dutch oven. Saute onion, carrot, celery and parsnip for 8-10 minutes over medium heat until the veggies soften.  Add the salt and garlic and continue to cook for another minute until fragrant. Stir in the smoked paprika, fresh thyme and fresh rosemary and cook for a further minute.  Next, stir in the chopped tomatoes, potatoes, lentils, bay leaves and stock. Bring to a boil, then lower the heat, cover the pot with a lid, and simmer for 25-30 minutes, stirring occasionally, until the lentils are cooked to your liking.  Add the baby spinach and put the lid back for a minute to allow it to wilt. Season with freshly ground black pepper and extra salt if needed and serve with your favourite crusty bread.</p>
	<p><b>Vegan Air Fryer Chickpeas – Crispy &amp; Spicy</b>  Equipment: Air Fryer &amp; Kitchen Colander</p> <p>1 can of 15.5 ounce Chickpeas low sodium or no salt  1/4 tsp Cayenne pepper powder  1/4 tsp Cumin powder  1 tsp Salt  Few Sprays of Cooking Oil or Olive Oil</p>

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Drain the chickpeas in a colander from the can and wash them under running water. Keep them aside for a few minutes till water is drained completely.

Place the Air-Fryer on the Kitchen counter. Plug it in. Spread out the Chickpeas on the Air fryer basket. Place it inside the air-fryer.

Set the temperature at 390°F/200°C for 20 minutes.

Prepare the seasoning of cayenne pepper, cumin powder, granulated salt in a bowl. Set aside.

After 5-7 minutes, take out the basket. The chickpeas are somewhat dry at this point. Spray the chickpeas with oil using either a Pam Spray or Oil Spraying Bottle. And sprinkle 1/3rd of the seasoning on it. Stir with a spoon. Place the basket back in the air-fryer. Take out the basket every 5 minutes and give a good shake.

It should take somewhere from 15-20 minutes for Chickpeas to crisp up. It depends upon the outside weather and the kind of chickpeas you have used as well. Check at 15 minutes for the doneness. Mine were super crisp at 20 minutes exact. Therefore keep an eye.

Once these are crisp to your desired liking, take these out and toss them with the rest of the seasoning. You may adjust the spice and salt level to your personal liking too.

Making Crispy Chickpeas in Instant Pot Air Fryer Lid & Mealthy CrispLid – Watch the full video in the post for detailed instructions.

Place the 6 quarts Instant Pot on the kitchen counter and place the inner pot inside. Now place the trivet and basket inside the Inner pot.

Spread out the drained chickpeas on the basket evenly. Place the Air fryer lid or Mealthy CrispLid on top of your Instant Pot and plug it in. Set the handle of the Crisp Lid down in order to start it. If the handle is up straight, it won't start.

Set the temperature to 400°F/200°C and timer to 20 minutes. Watch the video.

After 5-7 minutes, remove the lid and place it on its silicon mat. The chickpeas are somewhat dry at this point. Spray the chickpeas with oil using either a Pam Spray or Oil Spraying Bottle. And sprinkle 1/3rd of the seasoning on it. Stir with a spoon. Place the lid back on top of the instant pot. Remove the lid every 5 minutes and stir with a spoon.

This should be done in 15-20 minutes depending upon the kind/brand of chickpeas used. Check at 15 minutes for the crispness. Mine were almost done at 15 minutes. For the last 3 minutes, I increased the temperature of the Mealthy Crisp Lid to 425°F for that perfect crispness.

Once done, take them out in a bowl and season with the rest of the seasoning. You may adjust the salt and spice to your liking.

Crispy Chickpeas in the Oven

Preheat the oven at 400°F/200°C. Spread out the drained chickpeas on a cookie baking tray. Bake them in the oven for about 5-7 minutes. Take out the tray, spray with some oil and sprinkle some seasoning. Toss well. Spread it out again evenly. Bake for about 25-30 minutes in total till they are done crispy to your liking.

Seasoning Options

1. I have used Cayenne & Cumin to season mine. Other options are –
2. Use Jerk Seasoning
3. Cool Ranch seasoning
4. Lime & Honey
5. Spicy Buffalo
6. Indian Curry Seasoning and so much more

How to Store Crispy Air Fryer Chickpeas?

Once at the room temperature, store them in an airtight container in the pantry. They survive well in a closed container.

How to Use Crispy Chickpeas in a Recipe

1. Eat these as a protein and fiber-rich snack.
2. Top your salads with these to add more textures.
3. Add some onions, tomatoes and a dash of lime to these and your delicious mini salad is ready.
4. Take them as a hostess gift to a party.

Can I double the recipe?

Yes, you can. If you have a small air fryer, you might have to make it in 2 batches. For a larger air fryer, you probably can make it in 1 go.

You can do the double batch in 1 go in a Mealthy Crisp Lid and Oven.

Can I make these Crispy Chickpeas in Instant Pot Air Fryer Lid or Vortex?

Yes you can. Spread out the Chickpeas on the Air fryer basket. Set the temperature at 390°F/200°C for 20 minutes. Prepare the seasoning of cayenne pepper, cumin powder, granulated salt in a bowl. Set aside.

After 5-7 minutes, take out the basket. The chickpeas are somewhat dry at this point. Spray the chickpeas with oil using either a Pam Spray or Oil Spraying Bottle. And sprinkle 1/3rd of the seasoning on it. Stir with a spoon. Place the basket back in the air-fryer. Take out the basket every 5 minutes and give a good shake.

It should take somewhere from 15-20 minutes for Chickpeas to crisp up. It depends upon the outside weather and the kind of chickpeas you have used as well. Check at 15 minutes for the doneness. Mine were super crisp at 20 minutes exact. Therefore keep an eye.

Once these are crisp to your desired liking, take these out and toss them with the rest of the seasoning. You may adjust the spice and salt level to your personal liking too.



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### Easy Instant Pot Mushroom Risotto Recipe

Mushroom Risotto – quick, easy & healthy, yes please!!! If you think making Risotto takes forever, enjoy this warm comforting bowl of rich and creamy Instant Pot Mushroom Risotto minus all the stirring and babysitting. Ready in less than 20 minutes, you will want to make this again and again

#### Ingredients

1 cup mushrooms, sliced  
1 cup arborio rice  
1/4 cup onion, diced  
2.5 cups broth  
1 tablespoon garlic minced  
1 tablespoon Italian herbs  
1/4 cup peas  
1 cup spinach  
1 tablespoon oil

#### Instructions

First gather and prepare the ingredients. Dice the onions, mince the garlic, slice the mushrooms if not already sliced, chop the parsley, thaw the peas, wash the rice and spinach thoroughly.

Press the Saute button on the Instant Pot and pour the oil into the pot.

Once the oil is hot, throw in the onions and garlic and saute for a couple minutes.

Now add in the mushrooms and saute until the mushroom leave the moisture. This typically takes 2-3 minutes.

Add in the rice, toast it for a minute, followed by the broth. My broth already had salt in it so I didn't add any more salt. Or else adjust the salt to your taste.

Cover the lid, seal the vent and pressure on high for 6 minutes. Press the manual or pressure button and set the time to 6 minutes.

Once the timer beeps, release the pressure by changing the vent to venting mode.

Once all the pressure is release open the lid toss in the spinach and peas and stir for a couple minutes.

Garnish with fresh parsley and serve in bowls.



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### vegan burrito better than chipotle.... Well.. close

The Ultimate Vegan Burrito! filled with refried black beans, rice, homemade [vegetarian taco meat](#), pico de Gallo, avocado, crispy lettuce and 3 ingredient chipotle mayo.

cooked rice, 3 cups or so ( I use white basmati)  
1 Recipe Pico De Gallo  
1 Recipe Vegan Taco Meat (Use my recipe below for homemade burger meat)  
1 can refried black beans ( I love Amy's) or try my recipe here  
1-2 avocados  
Iceberg lettuce, shredded (3 cups or so)  
8-10 large flour tortillas, regular or gluten free (I use extra large tortillas)

3 INGREDIENT CHIPOTLE MAYO (EASILY DOUBLED):  
1/3 cup vegan mayonnaise ( I use Vegenaise)

1 tablespoon pickled jalapeño juice  
1 tablespoon sauce from small can of Chipotle Peppers in Adobe Sauce

Get your rice cooking, or feel free to use left over rice if you have it  
Make the Pico de Gallo, set aside in the fridge to chill and let the flavours marry.  
Make the vegan taco meat (you can easily make this a day or two before and reheat)  
While taco meat is cooking, make the chipotle mayo (mix the 3 ingredients in a bowl), thinly slice some iceberg lettuce, peel and slice a couple avocados and warm beans in microwave or small pot.

**TO ASSEMBLE THE BURRITOS (IN THIS ORDER, SPREAD ON TORTILLA):**

refried black beans (approx 1/4 cup or less)  
taco meat (approx 1/3 cup)  
cooked rice (approx 1/4 cup)  
Pico de Gallo Salsa (be generous it's so good!)  
some sliced avocado  
Good drizzle of chipotle mayo or vegan sour cream  
Shredded lettuce

To wrap the burrito, fold both sides in about half way. Then with your thumbs fold up the bottom of the tortilla, over the filling and start rolling, tucking in as you go.  
(see step by step photos above). Slice in half and enjoy  
Serve with hot sauce and or salsa verde or super tasty as is!?

If you'd like the burrito crisped (after they're filled) heat in pan on medium heat for a couple of minutes on each side then slice and enjoy!  
I use white basmati rice for this recipe. A good tip is to rinse your rice really really well before cooking! It makes all the difference. Add rice to pot or bowl fill with cold water, mix rice with your hands, drain water. Repeat 4-5 times until water runs clear. Then proceed to cook according to pkg instructions. ( 2 cups rice to 3 cups water – I love my rice cooker?) Top with the fresh toppings when serving!



**Banana Boat Breakfast**

Bananas  
Yogurt (I don't do yogurt so I usually use almond butter on bananas)  
Granola  
Fresh Fruit

Mint for Garnish  
Drizzle of Honey for fun.

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**Vegan Chicken Salad**

Creamy, easy, and flavorful vegan chicken salad is made with healthy, whole-food ingredients. It's endlessly versatile and perfect for meal prep, snacks, and quick lunches. Gluten-free and oil-free.

**Ingredients**

- 1 (20 oz.) can green/young jackfruit in brine
- 1 ½ Tablespoons nutritional yeast
- 1 ¼ teaspoons poultry seasoning
- 3 ribs celery, chopped (about ¾ cup)
- 1 small red onion, diced (about ⅓ cup)
- 1 (15 oz.) can chickpeas, rinsed and drained
- 1 batch Oil-Free Vegan Aquafaba Mayo Or ½ to ⅔ cup vegan mayo of choice.
- ½ to ¼ teaspoon dried dill, to taste
- 1 to 2 Tablespoons fresh lemon juice
- salt, to taste

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#### Instructions

Drain the jackfruit and rinse under running water. Place on a clean, lint-free towel. Gather up the ends of the towel, hold it over the sink, and squeeze the jackfruit VERY well to remove as much liquid as possible.

Preheat a medium/large saute over medium heat. Saute the jackfruit for about 5 minutes, stirring occasionally. Add the nutritional yeast, poultry seasoning, and a generous pinch of salt to the pan and stir. Cook for another 1 to 2 minutes or until fragrant. Transfer jackfruit to a plate to cool.

In the bowl of a food processor combine the cooled jackfruit, chickpeas, ½ cup mayo, ⅛ teaspoon dill, and 1 tablespoon lemon juice. Pulse 6 or 7 times. Scrape down the sides of the bowl, and add more mayonnaise, if desired (I usually use the entire batch of Aquafaba Mayo to make it extra creamy).

Pulse to combine. Taste again and add more dill, lemon, and/or salt.

Add the red onion and celery to the food processor, and pulse to incorporate. Transfer the vegan chicken salad to a lidded storage container, and refrigerate until ready to serve.

#### Notes

\*Sautéing the jackfruit is an important step as it evaporates any remaining brine and enhances the flavor of the seasonings.



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#### Vegan Vegetable Fritters

These crispy vegetable fritters are loaded with zucchini, potato, carrot (or veggies of your choice), and can be air-fried, baked, or pan-fried to perfection! Even better, they're gluten-free, egg-free (vegan), and can be made oil-free too!

CALORIES 98 kcal

#### INGREDIENTS

1 large (375 g) zucchini  
2 medium (300 g) potatoes (Yukon Gold or Russet)  
1 medium (80 g) carrot  
1/2 tsp garlic powder  
1/2 tsp onion powder  
1/2 tsp chili powder  
1/2 tsp ground cumin  
1/2 tsp paprika powder  
1/2 tsp sea salt  
Black pepper to taste  
1/2 cup (50 g) chickpea flour

#### INSTRUCTIONS

You can watch the short video for visual instructions. Grate the zucchini, potatoes, and carrot. Then squeeze out as much liquid as possible using a nut-milk bag, cheesecloth, or a clean kitchen towel. Add the veggies to a skillet and stir in all spices. Cook the veggies over low-medium heat with a lid for about 10 minutes, stirring occasionally, then turn off the heat.

Add in the chickpea flour and stir with a spatula to combine. Let the mixture cool, until you can touch it.

Shape the mixture into 6 patties, using your hands. You can choose between the following three cooking methods:

##### Pan-Fry

Heat some oil in a frying pan and place 3-4 patties in it. Fry on both sides until crispy (about 4-5 minutes per side).

##### Air-Fry

Cook at 380 F (195 C) for 15 minutes in your air fryer (flip after 10 minutes). I recommend spraying the basket of your air fryer with a little oil before adding the patties, otherwise, they may stick.

##### Bake

Preheat the oven to 400 F (205 C) and bake the patties for 35-40 minutes on a lined baking sheet (flipping after 20-25 minutes). For a crispier result, I recommend spraying the patties with a little oil before baking and after flipping.

Enjoy with a dip of choice, e.g. this vegan ranch dressing.



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## BANG BANG CAULIFLOWER

4 cups bite-sized cauliflower florets, rinsed  
1/2 cup white rice flour  
2 TB Ener-G, whisked with 3/4 cup water  
2 cups panko  
salt and pepper  
spray oil

### FOR THE SAUCE

1/2 cup vegan mayo (I used Follow Your Heart brand)  
1/4 cup sweet chili sauce  
1 TB sriracha  
juice from half a lime

### TO SERVE

2 scallions, thinly sliced  
handful of cilantro, finely minced

### INSTRUCTIONS

Preheat oven to 400. Line a baking sheet with a silpat or parchment paper.

Set up a station with three large bowls. In the first bowl, place the rice flour. In the second, place the Ener-G+water. In the third place the panko mixture.

Working in batches, place some of the rinsed-and-still-wet cauliflower florets into the first bowl with the rice flour, and use your hands to toss to coat. Then pick up the cauliflower, shaking off any excess flour and place into the bowl with the vegan egg mixture, and toss to coat. Then place the coated cauliflower into the bowl with the panko and toss well to combine. The pieces don't need to be completely covered in panko, but if you find you are having some trouble with getting it to stick, moisten with a little of the vegan egg mixture and press the panko onto the florets with your fingers.

Place the cauliflower onto the lined baked sheet in a single layer. Repeat until all of the cauliflower pieces are coated, then spray the tops of each with a little oil, then season with salt and pepper. Place into the oven for 15 minutes, or until the tops are slightly golden.

Remove, flip the florets and respray the other side with a little more spray oil. Bake for 10 minutes more, or until golden all over. Do keep an eye on them towards the end of the bake time to prevent burning! (The bake time will vary based on the size of your florets.)

To serve, allow the cauliflower to slightly cool, then drizzle with the sauce as desired. Sprinkle with the chopped scallions and cilantro and serve immediately.



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## Sabudana Waffles

### Ingredients

1 cup sabudana (tapioca pearls)  
1 cup water  
1 large potato (or two small potato) cooked and skin removed  
1/3 cup peanuts  
1 teaspoon cumin seeds  
1 teaspoon grated ginger  
2-3 green chili (finely chopped)  
1 big handful of coriander leaves, finely chopped  
Salt to taste ( about 1 teaspoon)  
2 Teaspoons lemon juice

### Instructions



<p><a href="#">TABLE OF CONTENTS</a></p>	<p>Rinse one cup of sabudana for 3 times to remove excess starch. Drain all the water and add 1 cup of water to the washed sabundana. Soak the sabudana in the water for minimum of five hours. After 5 hours, sabudana would puff up nicely and become soft. When you press a sabudana it should mash well.</p> <p>Roast ½ cup of peanuts, cool it, remove the skin and grind them coarsely.</p> <p>Cook 1 large or 2 small potato and peel the skin.</p> <p>To the soaked sabudana, add the boiled potato, crushed peanuts, one teaspoon cumin, 2-3 finely chopped green chili, one teaspoon grated ginger, a big handful of finely chopped coriander leaves, two teaspoons lemon juice and salt to taste.</p> <p>Mix all the ingredients, and slightly mash it with your hands. The mixture should not be dry and stick together.</p> <p>Divide the mixture into four equal part and make round balls.</p> <p>Spray or brush some oil on both side of the waffle maker. Take one of the balls and place it on the waffle maker. Press it gently and add a teaspoon of oil and slightly flatten it.</p> <p>Cook the waffle as per instructions. You can select the desired level depending on your preference. Mine took 7 minutes, once done gently remove the waffle with a spatula, let rest for 2 minutes before serving.</p>
 <p><a href="#">Jump to top of document</a></p> <p><a href="#">SKIP TO END OF DOCUMENT FOR TABLE OF CONTENTS</a></p>	<p><b>Garden Zucchini Squash Casserole</b></p> <p>INGREDIENTS</p> <ul style="list-style-type: none"> <li>2-3 medium zucchini washed &amp; sliced ½” thick rounds</li> <li>2-3 medium yellow squash washed &amp; sliced ½” thick rounds</li> <li>3-4 medium tomatoes washed &amp; sliced ½” thick rounds</li> <li>2 tbs olive oil oil free option – replace oil with 3+ tablespoon vegetable broth</li> <li>1 tsp Italian seasoning</li> <li>2 tsp sea salt coarse</li> <li>1/2 tsp black pepper freshly ground</li> <li>1/2 C breadcrumbs Italian Panko style (use gluten-free if needed)</li> <li>3 tbs vegan parmesan grated or homemade</li> <li>2 tbs basil fresh – chopped</li> </ul> <p>INSTRUCTIONS</p> <p>Preheat oven to 400°</p> <p>Coat bottom of baking dish with a small amount of olive oil</p> <p>Stack zucchini, yellow squash, and tomato slices on end (staggering in order) in rows, filling the pan.</p> <p>Sprinkle veggies with Italian seasoning, salt and pepper</p> <p>Drizzle remaining olive oil over top of veggies</p> <p>Sprinkle breadcrumbs and grated vegan parmesan over all</p> <p>Cover with parchment and foil (layer parchment between food and foil)</p> <p>Bake at 400° for 20 minutes covered</p> <p>Uncover and continue baking for 10 minutes or until breadcrumbs are golden brown and juices are bubbling in bottom of pan.</p> <p>Remove from oven. Allow casserole to sit for 5 – 10 minutes. Sprinkle with chopped basil before serving.</p>
	<p><b>Pad Thai</b></p> <ul style="list-style-type: none"> <li>4 ounces brown rice noodles (you can get stir-fry type noodles or Pad Thai noodles - and usually that's half a box)</li> <li>1 zucchini</li> <li>1 red pepper</li> <li>half a yellow onion</li> <li>2 carrots</li> <li>2 tablespoons oil</li> <li>1 egg, beaten</li> <li>½ cup peanuts, chopped</li> <li>½ cup fresh herbs like cilantro, green onions, and basil, chopped</li> </ul> <p>For the Sauce:</p> <ul style="list-style-type: none"> <li>3 tablespoons fish sauce or vegan fish sauce substitute</li> <li>3 tablespoons brown sugar (or sub another sweetener)</li> </ul>

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3 tablespoons chicken or vegetable broth  
2 tablespoons white vinegar  
1 tablespoon soy sauce  
1 teaspoon chili paste (sambal oelek)  
Learn the Causes of Psoriatic Arthritis & a Treatment

#### INSTRUCTIONS

Place the uncooked noodles in a bowl of cold water to soak.  
Spiralize the zucchini, red pepper, and onion into noodle-like shapes. Cut the carrots into very small pieces (or spiralize them, too, if they're big enough).  
Shake up the sauce ingredients in a jar.  
Heat a tablespoon of oil over medium high heat. Add the veggies - stir fry with tongs for 2-3 minutes or until tender-crisp (if they are not spiralized, they might need longer). Be careful not to overcook them - they'll get soggy and heavy. Transfer to a dish and set aside.  
Add another tablespoon of oil to the pan. Drain the noodles - they should be softened by now. Add the noodles to the hot pan and stir fry for a minute, using tongs to toss. Add the sauce and stir fry for another minute or two, until the sauce is starting to thicken and stick to the noodles. Push the noodles aside to make a little room for the egg - pour the beaten egg into the pan and let it sit for 30 seconds or so. Toss everything around with the tongs. The egg mixture will stick to the noodles and everything will start getting sticky.  
Add in the vegetables, toss together, and remove from heat. Stir in the peanuts and herbs and serve immediately.

NOTE: The fish sauce is a key ingredient and the flavor is hard to replicate, and personally, I'm not a die-hard vegetarian, so this works for me as is.



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#### Portobello Sliders (Love Love Love, these)

12 medium portobello mushrooms  
2 small Italian eggplants  
2 yellow squash  
2 zucchini  
½ tsp. Sea Salt  
12 mini brioche buns or dinner rolls  
1½ tsp. sesame oil  
½ tsp. sesame seeds  
9 oz. Swiss cheese  
Directions

Heat grill or grill pan to medium-high heat.  
Trim the stems from the mushrooms. Slice the eggplant, squash, and zucchini into 1/4-inch-thick rounds. Brush vegetables with canola oil, sprinkle with salt, and grill until softened and grill marks have formed — about 10 minutes each side. (Brush with oil as needed to prevent sticking.)  
Transfer to a baking pan. Heat broiler to low. Split the buns, brush the tops with the sesame oil, and sprinkle with sesame seeds. Layer the squash, zucchini, eggplant, and mushroom on the bottom bun halves. Top each with cheese and broil until cheese melts, about 1 minute. Top with remaining seeded bun tops and serve hot.



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#### Spinach-Ricotta Gnocchi

1 package frozen chopped spinach—or fresh..always choose fresh over frozen  
2 eggs  
2 egg yolks  
16 oz. ricotta cheese  
½ tsp. Sea Salt  
¼ tsp. Freshly ground pepper  
¼ tsp. nutmeg  
1 c. grated Parmigiano-Reggiano  
1 c. flour  
extra-virgin olive oil

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Shaved Parmigiano-Reggiano  
Directions

Stir spinach with whole eggs, yolks, ricotta cheese, sea salt, pepper, nutmeg, grated Parmigiano-Reggiano, and flour until just combined into a very soft dough.  
On a lightly floured surface, gently shape into 1/2-inch-thick ropes. Cut into 1-inch pieces and cook in batches in a large pot of boiling salted water, 4 minutes. Serve drizzled with extra-virgin olive oil and shaved Parmigiano-Reggiano.

Note: Frozen spinach, a freezer staple, delivers the same nutrients as produce-aisle leaves — without all that washing and trimming. Here, classic Italian dumplings get a boost of flavor and nutrients from vitamin-rich spinach.



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### Cheesy Cauliflower Bread

1 large head cauliflower  
2 large eggs  
2 cloves garlic, minced  
1/2 tsp. dried oregano  
3 c. shredded mozzarella, divided  
1/2 c. grated Parmesan  
kosher salt  
Freshly ground black pepper  
pinch of crushed red pepper flakes  
2 tsp. Freshly Chopped Parsley  
Marinara, for dipping

1Preheat oven to 425° and line a baking sheet with parchment. On a box grater or in a food processor, grate cauliflower.  
2Transfer cauliflower to a large bowl with eggs, garlic, oregano, 1 cup mozzarella, Parmesan, and season with salt and pepper. Stir until completely combined.  
3Transfer dough to prepared baking sheet and pat into a crust. Bake until golden and dried out, 25 minutes.  
4Sprinkle with remaining mozzarella, crushed red pepper flakes, and parsley and bake until cheese is melted, 5 to 10 minutes more.  
5Slice and serve.



Gluten Free Oopsie Bread

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### Gluten-free Oopsie Bread Recipe

- 3 large eggs
- 1/2 cup softened cream cheese
- 1/8 teaspoon [unrefined sea salt](#)
- 1 tablespoon organic [flax seeds](#) or [Chia seeds](#)
- 1/2 teaspoon [aluminum-free baking powder](#)

1. Preheat the oven to 325° F.
2. Separate the eggs into two medium bowls; yolks in one, whites in the other.
3. Add salt to the egg whites and whip until fluffy with stiff peaks (make sure there's no liquid left on the bottom of the bowl. I found this out the hard way).
4. Add softened cream cheese, flax seeds and baking powder to the egg yolks and mix until smooth.
5. Add egg whites to egg yolks and fold together gently so as not too flatten the egg whites too much. You want them to stay airy.
6. Line the bottom of a 9×13 baking dish with parchment paper, pour the oopsie bread mixture in and gently spread around.
7. Bake 20-25 minutes or until golden brown and spongy to the touch.
8. Let cool completely and cut into squares. This recipe makes 6 perfect slices of sandwich holders. Store extras in the refrigerator.



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## Gluten Free & Vegan Butternut Squash Bread

The coolest part about this recipe? You can swap the butternut squash with just about any other ingredient of similar consistency. I've swapped butternut squash for pureed pumpkin, bananas, even beets! This recipe might be the perfect base for your favorite gluten free breads. Not only does this recipe use easy to find ingredients... the ingredients in this recipe are all natural! No preservatives, no scary additives, no processed foods. Your body won't miss any of these ingredients and will thank you for making the healthier choice! Enjoy this scrumptious recipe with an egg on top. Served as a side dish, or as the bread for your favorite sandwich!

1 1/2 Cups Butternut Squash (You can substitute Pumpkin or Banana) - Cooked/Pureed  
1 1/2 Cups Gluten Free Oat Flour  
1/3 Cup Maple Syrup  
2 Tbl Ground Flaxseed  
1/4 Cup Coconut Oil  
2 Tsp Baking Powder  
1 1/2 Tsp Cinnamon  
1 Tsp Nutmeg  
1/4 Tsp Ginger  
1/2 Tsp Salt

Preheat oven to 375

Grease the 8 inch loaf pan (I use coconut oil)

Take ground flaxseed and combine with 6 Tbl of water. Stir until combined and place in the fridge for 15 minutes

Mix the dry ingredients in a large bowl (Coconut flour tends to lump together. Make sure to get the lumps out with a fork or strainer)

Mix the wet ingredients a smaller bowl. Make sure the butternut squash puree has a smooth consistency (I toss all the wet ingredients into my blender to make sure everything is combined smoothly and the pureed)

Add the dry ingredients to the wet ingredients (Again, I toss the dry ingredients into my blender with the wet ingredients. Sometimes coconut flour lumps together so this helps to get the lumps out) Pour the batter into a loaf pan. Bake for 40-45 minutes. You will know the bread is done when a toothpick in the center comes out clean and the edges begin to brown. Enjoy!



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### Gluten-Free Cauliflower Bread Recipe

Half of a large cauliflower (this yields about 4 to 4.5 c of cauliflower rice)  
2 Tbsp of garlic powder  
6 Tbsp of coconut flour  
1 tsp salt  
4 lg eggs  
Dried herbs of your choice (not required)

- 1. PREHEAT** oven at 400°.
- 2. ROUGHLY CHOP** cauliflower and place in a [food processor](#). Press the 'PULSE' button about 20 to 25 times until you get a 'rice-like' consistency. Do not over-stuff the food processor with cauliflower because it won't have the consistency of achieving the rice; you may have to pulse the cauliflower in 2 to 3 batches.
- 3. BEAT** the eggs quickly and roughly in a mixing bowl, then add the dry ingredients: coconut flour, salt, dried herbs, and garlic powder. Slowly pour in the cauliflower rice and mix them in quickly. Do not over-mix as it will get watery.
- 4. SCOOP** up the cauliflower bread mixture evenly (you should have 6 in total). I used a slipmat so I didn't have to oil the surface. Then flatten and mold them to a shape you want, either circle or square.
- 5. BAKE** for 15 to 20 minutes.
- 6. COOL** the cauliflower bread on a cooling rack. Trim out the excess dried-up egg liquids with a pair of scissors once the flat-bread has cooled down.



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### Gluten-Free Coconut Cinnamon Sweet Potato Loaf

2 cups gluten-free all purpose flour such as Bob's Red Mill  
2½ tsp. Simply Organic Cinnamon  
1 tsp. baking soda  
¼ tsp. baking powder  
¼ tsp. sea salt  
1¾ cups stevia for baking such as Stevia in the Raw  
¾ cup oil  
3 large eggs  
2 tsp. almond extract  
3 cups sweet potatoes, cooked, peeled and grated (approximately 8 small sweet potatoes)  
1 cup finely chopped pecans  
2 Tbsp. coconut flakes

1. Preheat oven to 350 degrees F.
2. Prepare a loaf pan with nonstick baking spray.
3. In a large bowl, combine flour, cinnamon, baking soda, baking powder and sea salt.
4. In a separate large bowl, beat stevia, oil, eggs and almond extract. Add sweet potato; mix well. Add dry ingredients, pecans and coconut flakes to wet ingredients; mix well.
5. Transfer batter into prepared baking pan. Bake for 1 hour or until a toothpick inserted in the center comes out clean. Remove from oven; set aside to cool for 10 minutes before serving.



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### Stuffed Zucchini With Walnuts and Feta (Greek Food) AN odd flavor but very tasty.

4 medium fat zucchini  
3 tablespoons olive oil, divided  
1 onion, chopped finely  
1 garlic clove, chopped finely ( I used more)  
2 ounces Greek feta cheese, crumbled  
1/4 cup chopped walnuts

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1 cup white breadcrumb ( I used whole wheat)  
1 egg, beaten  
1 teaspoon chopped fresh dill  
salt and pepper, to taste

1. Put the zucchini in a large pan of boiling water, return to a boil, and then boil for 3 minutes. Drain, rinse under cold water, drain again and let cool.
2. When the zucchini are cool enough to handle, cut a thin strip off the top side of each one with a sharp knife and gently score around the inside edges to help scoop out the flesh. Using a teaspoon, scoop out the flesh, leaving a shell to hold the stuffing. Chop the zucchini flesh.
3. Heat 2 tablespoons of the oil in a saucepan. Add the onion and garlic and fry for 5 minutes, until softened. Add the chopped zucchini flesh and fry 5 minutes, until the onion is golden brown. Remove from heat and let cool slightly. Stir in the cheese then the walnuts, bread crumbs, egg, dill, salt, and pepper. Use the stuffing to fill the zucchini shells, and place side by side in an ovenproof dish. Drizzle over the remaining oil.
4. Cover the dish with foil and bake in a preheated oven at 375F for 30 minutes. Remove foil and bake for another 10-15 minutes or until golden brown (mine weren't as brown as I wanted so I broiled them a couple of minutes). Serve hot.



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## Zucchini Patties

"These cheesy zucchini patties are an excellent way to use up that abundance of zucchini from the garden. Serve with a bit of tomato sauce or sour cream dabbed on top."

2 cups grated zucchini  
2 eggs, beaten  
1/4 cup chopped onion  
1/2 cup all-purpose flour  
  
1/2 cup grated Parmesan cheese  
1/2 cup shredded mozzarella cheese  
salt to taste  
2 tablespoons vegetable oil

In a medium bowl, combine the zucchini, eggs, onion, flour, Parmesan cheese, mozzarella cheese, and salt. Stir well enough to distribute ingredients evenly. Heat a small amount of oil in a skillet over medium-high heat. Drop zucchini mixture by heaping tablespoonfuls, and cook for a few minutes on each side until golden



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### THE PERFECT VEGGIE BURGER

For the past several months, I've been on a quest to make a veggie burger that had everything on my wish list. I've probably made over 100 veggie burgers and they all came up short, either by just a tiny bit or by a landslide. I put together a 'must-have' list of requirements during our mission. Veggie burgers are serious business around here and I have quite a checklist. ;)

***Veggie burger must haves:***

- Can't be mushy in the middle (the problem I have the most)
- Crispy outer shell
- Lots of flavor from fresh herbs & spices
- No tofu (not a fan)
- Crunchy, chewy texture is a must
- No cracking or falling apart (another common problem)
- Must cook well 3 ways: frying pan, oven, and BBQ
- Could make a grown man shed a tear of joy (ok, that was my requirement, heh)

If one of those elements is missing, the recipe is as dead to me as the burgers flippin' on the McDonald's grill!

### **Perfect Veggie Burger (Makes 8 burgers)**

Crunchy, chewy, with a crispy outer shell, these delicious veggie burgers have all the right elements I love in a veggie burger. Light on the beans, these burgers aren't mushy in the middle, but have a nice mixture of veggies, bread crumbs, chopped oats, sunflower seeds, and spices to round them out.

- 3 tablespoons ground flax
- 1/3 cup (80 mL) warm water
- 1 (14-ounce/398 mL) can black beans, drained and rinsed
- 1 tablespoon (15 mL) extra-virgin olive oil
- 3/4 cup finely chopped red onion or yellow onion
- 2 large garlic cloves, minced
- 1 cup grated carrots
- 1/3 cup finely chopped fresh parsley or cilantro
- 1/2 cup sunflower seeds, toasted
- 1 to 2 tablespoons (15 to 30 mL) tamari, to taste
- 1 teaspoon chili powder
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1/2 cup rolled oats, processed into a coarse meal\*
- 1/2 cup bread crumbs (or bread crumbs of choice)
- 1 to 2 tablespoons oat flour (or flour of choice), as needed
- 1/2 to 3/4 teaspoon fine sea salt, to taste
- Freshly ground black pepper, to taste
- 1/4 cup shredded then chopped carrots
- 1/4 cup diced super fine zucchini then roasted to semi dry state before adding

1. Preheat the oven to 350°F (180°C) and line a large baking sheet with parchment paper.
2. Whisk the ground flax and water in a small bowl and set aside for about 5 minutes so it can thicken.
3. Into a large mixing bowl, add the drained black beans. With a potato masher, mash the beans until 2/3 of the mixture is a bean "paste" while leaving about 1/3 of the beans mostly intact.
4. In a medium skillet, add the oil and increase the heat to medium. Stir in the onion, garlic, and a pinch of salt. Sauté for 3 to 5 minutes, until the onion softens. Transfer the onion mixture into the bowl with the mashed beans.
5. Stir in the flax egg, grated carrots, parsley (or cilantro), sunflower seeds, tamari, chili powder, oregano, and cumin until thoroughly combined.
6. Now, stir in the coarsely chopped oats, bread crumbs, and oat flour until the mixture comes together. It should be easy to shape the dough into patties. Stir in the salt and pepper, to taste.
7. Shape the dough into 8 patties (roughly 1/3 cup of dough per patty). Pack the dough together tightly as this will help it stick together. Place onto the baking sheet.
8. Bake patties for 15 minutes, gently flip, and bake for another 15 to 20 minutes until patties are firm and golden.
9. Cool the patties on a cooling rack for 5 to 10 minutes before serving. This helps them firm up a bit.
10. Serve in a bun or lettuce wrap with your desired toppings. Leftover burgers will keep in an airtight container in the fridge for 2 to 3 days, or you can freeze cooled patties for up to 1 month. Simply wrap each patty in tinfoil and then place all of the wrapped burgers into a zip freezer bag.

#### Tips:

- \* To coarsely chop the oats, add 1/2 cup rolled oats into a food processor. Process the oats until a coarse meal forms (the chopped pieces will be a mixture of powder and chopped oats just smaller

than rice). Be sure not to process too long or the oats will turn into flour.

- Make it gluten-free: Use certified gluten-free oats, gluten-free Tamari, and gluten-free breadcrumbs.

This veggie burger 'dough' is so good to eat straight from the bowl! Another thing I learned during my mission: if the 'dough' doesn't wow you, the burgers won't either. Adjust the seasonings to taste. For my first trial, I didn't process the oats into a flour and they didn't hold together very well when frying. For my second trial, I used oat flour instead of whole oats and they held together much better. Before baking in the oven: On a non stick baking mat, but you can also use parchment paper. After baking for 20 mins. on each side...crispy and golden! My preferred method of cooking is on the skillet, fried in a bit of oil. The burgers get this crispy shell similar to a hash brown! We already have plans to fry the 'dough' in a skillet for breakfast. I also tried them on the BBQ, which also worked well. Pre-cook them in the oven for about 15 minutes first to firm them up a bit. I also add a bit of shredded cheese even though technically its not vegetarian to help hold things together.

## Perfect Veggie Burger

Crunchy, chewy, with a crispy outer shell, these delicious veggie burgers have all the right elements we love in a veggie burger. Light on the beans, these burgers aren't mushy in the middle, but have a nice mixture of veggies, bread crumbs, chopped oats, sunflower seeds, and spices to round them out. Not mushy in the middle (the problem I have the most), Crispy outer shell, Lots of flavor from fresh herbs & spices, No tofu (not a fan), Crunchy, chewy texture, No cracking or falling apart (another common problem) , cook well 3 ways: frying pan, oven, and BBQ

- 3 tablespoons ground flax
  - 1/3 cup warm water
  - 1(14-ounce) can black beans, drained and rinsed
  - 1 tablespoon extra-virgin olive oil
  - 3/4 cup finely chopped red onion or yellow onion
  - 2 large garlic cloves, minced
  - 1 cup grated carrots and/or beets but just a little
  - 1/3 cup finely chopped fresh parsley or cilantro
  - 1/2 cup sunflower seeds, toasted
  - 1 to 2 tablespoons tamari, to taste
  - 1 teaspoon chili powder
  - 1 teaspoon dried oregano
  - 1 teaspoon ground cumin
  - 1/2 cup rolled oats, processed into a coarse meal\* (or oat pancake mix)
  - 1/2 cup spelt bread crumbs (or bread crumbs of choice)
  - 1 to 2 tablespoons oat flour (or flour of choice), as needed
  - 1/2 to 3/4 teaspoon fine sea salt, to taste
  - Freshly ground black pepper, to taste
1. Preheat the oven to 350°F and line a large baking sheet with parchment paper.
  2. Whisk the ground flax and water in a small bowl and set aside for about 5 minutes so it can thicken.
  3. Into a large mixing bowl, add the drained black beans. With a potato masher, mash the beans until 2/3 of the mixture is a bean "paste" while leaving about 1/3 of the beans mostly intact.
  4. In a medium skillet, add the oil and increase the heat to medium. Stir in the onion, garlic, and a pinch of salt. Sauté for 3 to 5 minutes, until the onion softens. Transfer the onion mixture into the bowl with the mashed beans.
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sheet.

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### Tips:

\* To coarsely chop the oats, add 1/2 cup rolled oats into a food processor. Process the oats until a coarse meal forms (the chopped pieces will be a mixture of powder and chopped oats just smaller than rice). Be sure not to process too long or the oats will turn into flour.

Make it gluten-free: Use certified gluten-free oats, gluten-free Tamari, and gluten-free breadcrumbs.

Remember, if you think of it as a beef burger, you'll be disappointed..but if you look at it like a veggie burger you just might like it.. I actually love this recipe.



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### Spaghetti with Lemon and Toasted Walnuts

- 1 cup walnut halves
- 1/2 cup freshly grated Parmesan cheese
- 1/4 cup olive oil
- 1/4 cup lemon juice
- 2 tsp. grated organic lemon zest
- 1 clove garlic, minced (1 tsp.)
- 3/4 tsp. freshly ground black pepper
- 1 lb. spaghetti
- 1 cup Italian parsley, coarsely chopped

#### Preparation

Preheat oven to 350°F. Toast walnuts on baking sheet 10 minutes. Cool, and coarsely chop.

Whisk together cheese, oil, lemon juice, lemon zest, garlic, and pepper in large bowl.

Cook pasta according to package directions. Drain, and reserve 1/2 cup pasta cooking water. Add drained pasta to cheese mixture, and toss to combine, adding some pasta water if mixture seems too thick. Stir in parsley and walnuts, and season with salt and more pepper, if desired.



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### Walnut Pasta Sauce (Inspired by the vegetarian option of the food tour in Scotland)

- 4 servings spaghetti or pasta of choice
- 4-5 cups mushrooms whole is fine (diced)
- 1 heaping cup walnuts raw, whole (chopped fine)
- 2 tbsp. olive oil
- 1 large onion rough chop
- 2 celery stalks rough chop
- 3 medium-sized carrots rough chop
- 4 large cloves of garlic whole
- 1/2 tsp chili flakes
- 1 tsp cinnamon spice
- 1/2 tsp clove spice
- 2 tbsp. dry basil spice
- 1 tbsp. parsley spice
- 1 bay leaf
- 1/4 cup tomato paste
- 1 680 ml bottle of passata - I used organic

2 tbsp. vegetable stock paste  
2-3 cups boiling water  
season to taste

Into a food processor place 1/2 of the mushrooms and process until finely ground. Remove mushrooms from the processor and repeat with the other 1/2 of mushrooms. See notes.  
Into the food processor add your walnuts and process till finely ground. Transfer walnuts to the bowl with the mushrooms.

Into a large soup pot add your olive oil and heat on medium-high heat for around 20 seconds before adding your mushroom and walnut mixture. Cook for around 6-8 minutes, stirring often to avoid burning. Cook until all the liquid has evaporated and the mixture has browned beautifully.

Into the same food processor add your onion, celery, carrots and garlic. Process till finely ground. See notes.

Remove the mushroom and walnut mixture from the pot and transfer to a bowl.

Into the same pot add your onion mixture and cook on medium heat for around 5-6 minutes, or until browned and fragrant. If the mixture starts to stick to the bottom of the pot simply add a little water bit by bit to help loosen the browned parts. This is a flavour building step, so I highly suggest it if needed.

To the mixture add your chili flakes, cinnamon, clove, basil, parsley and bay leaf. Stir till well combined. Cook for around 1-2 more minutes.

Now, push the cooked onions mixture to the sides and makes room for the tomato paste. Cook on its own for a minute or so or until browned. Once browned stir the tomato paste into the onion mixture and transfer your walnut and mushrooms to the pot. See notes.

Stir till well combined, increase heat and add your passata and vegetable stock paste. Cook for around 5 minutes before adding your water and bringing mixture to a boil.

Put on your pot lid and simmer for around 25-30 minutes. See notes. Before serving taste for salt and pepper and add as needed.

Enjoy with your favorite pasta, garnished with parsley and a side of garlic toast!

What should my processed walnuts and mushrooms look like? When you process the mushrooms there will be larger chunks left as you process but don't keep going. You don't want to over-process them because you want a texture to your "meat" sauce.

What texture should my veggies be at? When processing the carrots, celery, and onion, garlic, you will likely want to over-process. A pulp texture is great but try to avoid a smoothie texture.

The longer you cook the sauce, the better, but 30 minutes is fine! Always let red sauces cool before refrigerating.



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### **Vegetarian Bibimbap**

This is vegetarian but there are many bibimbap recipes with beef or chicken marinades, if you want to add beef or chicken to this dish.

2 tablespoons sesame oil  
1 cup carrot matchsticks  
1 cup zucchini matchsticks  
1/2 (14 ounce) can bean sprouts, drained  
6 ounces canned bamboo shoots, drained  
1 (4.5 ounce) can sliced mushrooms, drained  
1/8 teaspoon salt to taste

2 cups cooked and cooled rice  
1/3 cup sliced green onions  
2 tablespoons soy sauce  
1/4 teaspoon ground black pepper

1 tablespoon butter  
 3 eggs (I don't eat eggs anymore so I skip this, but its really better with eggs)  
 3 teaspoons sweet red chili sauce, or to taste

Heat sesame oil in a large skillet over medium heat; cook and stir carrot and zucchini in the hot oil until vegetables begin to soften, about 5 minutes. Stir in bean sprouts, bamboo shoots, and mushrooms. Cook and stir until carrots are tender, about 5 more minutes. Season to taste with salt and set vegetables aside.

Stir cooked rice, green onions, soy sauce, and black pepper in the same skillet until the rice is hot. In a separate skillet over medium heat, melt butter and gently fry eggs, turning once, until the yolks are still slightly runny but the egg whites are firm, about 3 minutes per egg. To serve, divide hot cooked rice mixture between 3 serving bowls and top each bowl with 1/3 of the vegetable mixture and a fried egg. Serve sweet red chili sauce on the side for mixing into bibimbap.



## Spring Tortellini Gratin with Asparagus and Parmesan

### Breadcrumbs

**Description** This skillet pasta bake truly is a one-pot-wonder – the creamy pesto sauce thickens in the pan while the tortellini cook! A crispy topping of panko and Parmesan goes under the broiler for a few minutes until bubbly, browned, and irresistible.

### Ingredients

2% Reduced Fat Milk (Milk), Parmesan Cheese (Milk), Pesto (Milk), Asparagus, Garlic, Panko (Wheat, Soy), Vegetable Stock Concentrate, Tortelloni (Wheat, Milk, Eggs), Olive Oil\*, Salt\*, Pepper\*

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## Cheesy Cauliflower Breadsticks-Really Good

**Prep time** 10 mins **Cook time** 40 mins **Total time** 50 mins

4 cups of riced cauliflower (about 1 large head of cauliflower)  
 4 eggs  
 2 cups of mozzarella cheese (I used a Tex Mex blend because that's all I had)  
 3 tsp oregano  
 4 cloves garlic, minced  
 salt and pepper to taste  
 1 to 2 cups mozzarella cheese (for topping)

1. Preheat oven to 425 F degrees. Prepare 2 pizza dishes or a large baking sheet with parchment paper.
2. Make sure your cauliflower is roughly chopped in florets. Add the florets to your [food processor](#) and pulse until cauliflower resembles rice.
3. Place the cauliflower in a microwavable container and cover with lid. Microwave for 10 minutes. Place the microwaved cauliflower in a large bowl and add the 4 eggs, 2 cups of mozzarella, oregano, garlic and salt and pepper. Mix everything together.
4. Separate the mixture in half and place each half onto the prepared baking sheets and shape into either a pizza crust, or a rectangular shape for the breadsticks.
5. Bake the crust (no topping yet) for about 25 minutes or until nice and golden. Don't be afraid the crust is not soggy at all. Once golden, sprinkle with remaining mozzarella cheese and put back in the oven for another 5 minutes or until cheese has melted.
6. Slice and serve.

*If you do not have a microwave, I'd recommend cooking the cauliflower first either in your oven or on the stovetop and then ricing it. Easiest would be to steam it and then ricing it.*

The crust can be frozen, already baked, and just thaw it out on the counter or microwave. Or add the cheese and place it back in the oven and bake it for a few minutes until the cheese melts and browns.

### Nutrition Information

Serving size: 99g Calories: 164 Fat: 9.8g Saturated fat: 5.2g Unsaturated fat: 0.0g Trans fat: 0.0g

Carbohydrates: 4.3g Sugar: 1.0g Sodium: 296mg Fiber: 1.1g Protein: 15.6g Cholesterol: 104mg  
Recipe by Jo Cooks at <http://www.jocooks.com/healthy-eating/cheesy-cauliflower-breadsticks/>



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### [Cheesy Cauliflower "Bread" Sticks](#) Prep Time: 15mn Cook Time: 50mn

- 4 cups cauliflower "rice" (explanation in directions below)
- 1 egg, slightly beaten
- 2 cups Mozzarella cheese, shredded, divided
- 1 teaspoon dried [oregano](#)
- 1 teaspoon dried basil
- 1/4 teaspoon salt
- 1/2 teaspoon [Italian Seasoning](#)
- [Marinara](#) sauce for dipping

1. Begin by turning 1 head of cauliflower into "rice." To do this, wash and clean the cauliflower and cut it into chunks (remove the core- is that what you call it?). There are several ways to "rice" cauliflower. You can use a [food processor](#) and pulse it until it's a "rice" consistency, or you can use a box grater. Alternatively, you could use a knife to finally chop the cauliflower until it looks like rice. An average head of cauliflower should yield about 4 cups of cauliflower "rice."
2. In a [large saucepan](#), heat one inch of water until it boils. Add in the cauliflower rice, cover with a lid, and allow it to steam for 4-5 minutes.
3. Preheat the oven to 400 degrees F.
4. Use a [fine mesh strainer](#) to drain the cauliflower. Allow it to cool for a few minutes, then place the cauliflower "rice" in a clean dish towel and squeeze as hard as you can to remove any excess water. It may look like all the water is removed, but definitely don't skip this step as there is hidden excess water.
5. Once the cauliflower rice is drained really well, dump it into a [large bowl](#). To the cauliflower rice, add 1 cup mozzarella cheese, 1 egg slightly beaten, 1 teaspoon dried oregano, 1 teaspoon dried basil, and 1/4 teaspoon salt.
6. Stir the mixture well.
7. Line a [rimmed baking sheet](#) with parchment paper and spray it lightly with cooking spray. Spoon the cauliflower mixture onto the pan and use your hands to form it into a 8 1/2 x 11 inch rectangle (eyeball it- think piece of paper size)
8. Place in the oven for 35-40 minutes, or even longer until the crust is golden brown and firm.
9. Remove the crust from the oven and allow it to cool for about 10 minutes. Then top the crust with remaining 1 cup shredded mozzarella cheese, and 1/2 teaspoon Italian Seasoning.
10. Return the pan to the oven and bake for another 7-10 minutes, or until the cheese is melted.
11. Cut into "breadsticks" and serve with warm marinara sauce for dipping.

### [Butternut Squash Protein Bowl w/ Beans, Walnuts & Feta](#)

**Description** This dish is packed with almost every protein-dense ingredient we could think of— walnuts, Greek yogurt, spinach, beans, AND feta! It's not only healthy and satisfying—it's delicious to boot!

#### **Ingredients**

Spinach, Basil, Butternut Squash, Red Onion, Walnuts (Tree Nuts), Feta Cheese (Milk), Greek Yogurt (Milk), Kidney Beans, Dijon Mustard Glass Jar, Dried Oregano, Salt\*, Pepper\*, Olive Oil\*



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## Edamame and Sweet Potato Rice Bowl with Spinach Salad

**Description** Ginger infuses flavor into this hearty rice bowl. We're tossing in nutty edamame and sweet potato for texture. Served over a spinach and tomato salad, this protein-packed dinner is ultra-satisfying.

### Ingredients

Sweet Potato, Edamame (Soy), Onion, Spinach, Grape Tomatoes, Ginger, Sunflower Seeds, Feta Cheese (Milk), Brown Rice, White Wine Vinegar, Vegetable Stock Concentrate, Paprika, Olive Oil\*, Salt\*, Pepper\*



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## THE PERFECT VEGGIE BURGER

For the past several months, I've been on a quest to make a veggie burger that had everything on my wish list. I've probably made over 100 veggie burgers and they all came up short, either by just a tiny bit or by a landslide. I put together a 'must-have' list of requirements during our mission. Veggie burgers are serious business around here and I have quite a checklist. ;)

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- Lots of flavor from fresh herbs & spices
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- Must cook well 3 ways: frying pan, oven, and BBQ
- Could make a grown man shed a tear of joy (ok, that was my requirement, heh)

If one of those elements is missing, the recipe is as dead to me as the burgers flippin' on the McDonald's grill!

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- 3 tablespoons ground flax
- 1/3 cup (80 mL) warm water
- 1 (14-ounce/398 mL) can black beans, drained and rinsed (I half this)
- 1 tablespoon (15 mL) extra-virgin olive oil
- 3/4 cup finely chopped red onion or yellow onion
- 2 large garlic cloves, minced
- 1 cup grated carrots
- 1/3 cup finely chopped fresh parsley or cilantro
- 1/2 cup sunflower seeds, toasted
- 1 to 2 tablespoons (15 to 30 mL) tamari, to taste
- 1 teaspoon chili powder
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1/2 cup rolled oats, processed into a coarse meal\*
- 1/2 cup spelt bread crumbs (or bread crumbs of choice)
- 1 to 2 tablespoons oat flour (or flour of choice), as needed
- 1/2 to 3/4 teaspoon fine sea salt, to taste
- Freshly ground black pepper, to taste
- 1/4 cup super finely chopped walnuts (ninja foodie it)
- 1/4 cup mushrooms

11. Preheat the oven to 350°F (180°C) and line a large baking sheet with parchment paper.
12. Whisk the ground flax and water in a small bowl and set aside for about 5 minutes so it can thicken.

13. Into a large mixing bowl, add the drained black beans. With a potato masher, mash the beans until 2/3 of the mixture is a bean "paste" while leaving about 1/3 of the beans mostly intact.
14. In a medium skillet, add the oil and increase the heat to medium. Stir in the onion, garlic, and a pinch of salt. Sauté for 3 to 5 minutes, until the onion softens. Transfer the onion mixture into the bowl with the mashed beans.
15. Stir in the flax egg, grated carrots, parsley (or cilantro), sunflower seeds, tamari, chili powder, oregano, and cumin until thoroughly combined.
16. Now, stir in the coarsely chopped oats, bread crumbs, and oat flour until the mixture comes together. It should be easy to shape the dough into patties. Stir in the salt and pepper, to taste.
17. Shape the dough into 8 patties (roughly 1/3 cup of dough per patty). Pack the dough together tightly as this will help it stick together. Place onto the baking sheet.
18. Bake patties for 15 minutes, gently flip, and bake for another 15 to 20 minutes until patties are firm and golden.
19. Cool the patties on a cooling rack for 5 to 10 minutes before serving. This helps them firm up a bit.
20. Serve in a bun or lettuce wrap with your desired toppings. Leftover burgers will keep in an airtight container in the fridge for 2 to 3 days, or you can freeze cooled patties for up to 1 month. Simply wrap each patty in tinfoil and then place all of the wrapped burgers into a zip freezer bag.

**Tips:**

To coarsely chop the oats, add 1/2 cup rolled oats into a food processor. Process the oats until a coarse meal forms (the chopped pieces will be a mixture of powder and chopped oats just smaller than rice). Be sure not to process too long or the oats will turn into flour.

Make it gluten-free: Use certified gluten-free oats, gluten-free Tamari, and gluten-free breadcrumbs.

This veggie burger 'dough' is so good to eat straight from the bowl! Another thing I learned during my mission: if the 'dough' doesn't wow you, the burgers won't either. Adjust the seasonings to taste. For my first trial, I didn't process the oats into a flour and they didn't hold together very well when frying. For my second trial, I used oat flour instead of whole oats and they held together much better. Before baking in the oven: On a non stick baking mat, but you can also use parchment paper. After baking for 20 mins. on each side...crispy and golden! My preferred method of cooking is on the skillet, fried in a bit of oil. The burgers get this crispy shell similar to a hash brown! We already have plans to fry the 'dough' in a skillet for breakfast. I also tried them on the BBQ, which also worked well. Pre-cook them in the oven for about 15 minutes first to firm them up a bit.



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**Hello Fresh Pasta Fresh (Single Serving) (One of my super favorites-Lori)**

- Spaghetti Noodles (about ¾ cup)
- Fresh Basil
- Fresh Garlic
- Fresh Cherry Tomatoes
- Spinach (Optional)
- Mushrooms (Optional)

Sautee in skillet the tomatoes, mushrooms, onion & garlic (do not overcook) Then at the end add the basil and spinach so it gets just barely wilted but not mushy. Mix with warm noodles and sprinkle with white wine vinegar, salt and pepper just before serving.



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### **Crispy Chickpea and Roasted Cauliflower Salad with Quinoa and Roasted Garlic Vinaigrette from Hello Fresh**

**Description** Think you know cauliflower? Think again. Roasting cauliflower is the ultimate way to prepare this seasonal veggie—you'll be amazed by the nutty flavor that develops.

**Ingredients**

Cauliflower, Carrot, Chickpeas, Ras el Hanout, Garlic, Quinoa, Honey, Lemon, Parsley, Arugula, Olive Oil\*, Salt\*, Pepper\*



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### **Butternut Squash Agnolotti with Apples, Spinach, and Sage-Brown Butter Sauce**

**Description** Agnolotti, ravioli's cuter cousin, hails from the piedmont region of Italy. These delicious pockets are filled with a mixture of ricotta, Romano cheese, and butternut squash. Tossed with tender apple, earthy sage, and a touch of spinach for good measure, this is the ultimate winter comfort food.

**Ingredients**

Butternut Squash Pasta (Egg, Milk, Wheat), Spinach, Granny Smith Apple, Sage, Sour Cream (Milk), Garlic, Vegetable Stock Concentrate, Butter\* (Milk), Salt\*, Pepper\* (To be fair, I put apples in just about everything either grated like cheese or dices super fine-Lori)



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### **Roasted Cauliflower Steaks with Bulgur, Tzatziki, and Spiced Oil**

**Description** Roasting cauliflower in thick slices transforms it into a hearty main dish! Tzatziki - everyone's favorite Greek condiment - is a tangy, protein-packed topping for these steaks. Serves on a bed of whole grain bulgur, it's both healthy and filling.

**Ingredients**

Cauliflower, Cracked Bulgur (Wheat), Vegetable Stock Concentrate, Dill, Greek Yogurt (Milk), Pepitas, Cumin, Chili Flakes, Lemon, Cucumber, Olive Oil\*, Salt\*, Pepper\*



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### **Jamie's Squash & Penne Bake with Ricotta & Golden Bread Crumbs**

Baked with herb-spiked bread crumbs on the top, this old-school pasta bake is the ideal combination of oozy pasta and crispy, crunchy topping. With bombs of ricotta dotted throughout, a good hit of heat from the red pepper flakes, and a good grating of cheese to finish.

**Ingredients**

Butternut Squash, Garlic, Whole Wheat Penne Pasta (Wheat), Ricotta (Milk), Parmesan Cheese (Milk), Rosemary, Breadcrumbs, Salt, Pepper, Olive Oil








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### **Wild Mushroom & Thyme Risotto with Sweet Peas and Parmesan**





**Description** The woody flavors of thyme and mushrooms taste even more delicious during these chilly Winter months.

**Ingredients**

Arborio Rice, Garlic, Onion, Celery, Thyme, Vegetable Stock Concentrate, Mixed Wild

	Mushrooms, Peas, Parmesan Cheese, Salt, Pepper, Olive Oil, Butter
 <p><a href="#">Jump to top of document</a></p>	<p><b>Forbidden Rice Salad with Roasted Butternut Squash, Pistachios, and Arugula</b></p> <p><b>Description</b> This Wintery black rice salad is hearty, delicious, and packs a major nutritional punch. We've added roasted butternut squash, pistachios, and arugula to this delicious grain. A tangy honey vinaigrette pulls it all together.</p> <p><b>Ingredients</b> Forbidden Rice, Butternut Squash, Red Wine Vinegar, Scallions, Parsley, Shelled Pistachios (Tree Nut), Arugula, Honey, Salt, Pepper, Olive Oil</p>
 <p><a href="#">Jump to top of document</a></p>	<p><b>Roasted Carrot and Avocado Salad with Israeli Couscous and Pepitas</b></p> <p><b>Description</b> In this salad, we're roasting carrots with garlic, cumin, and thyme until they're fragrant and caramelized. Tossed with nutty couscous, peppery arugula, and creamy avocado, contrast is the name of the game.</p> <p><b>Ingredients</b> Carrot, Thyme, Lemon, Garlic, Cumin, Chili Flakes, Israeli Couscous (Wheat), Vegetable Stock Concentrate, Avocado, Arugula, Sour Cream (Milk), Pepitas, Salt*, Pepper*, Olive Oil*</p>
 <p><a href="#">Jump to top of document</a></p>	<p><b>Mushroom Spinach Flatbread with Fresh Mozzarella, Garlic, and Parmesan</b></p> <p><b>Description</b> Cooking mushrooms and onions will bring everyone in your house around the stove. The smell is irresistible! Paired with garlicky spinach and fresh mozzarella, these toppings guarantee an epic pizza night.</p> <p><b>Ingredients</b> Pizza Dough (Wheat, Soy), Fresh Mozzarella (Milk), Spinach, Button Mushrooms, Onion, Garlic, Parmesan Cheese (Milk), Salt*, Pepper*</p>
 <p><a href="#">Jump to top of document</a></p>	<p><b>Jamie's Baked Sweet Potatoes with Grated Salad &amp; Sticky Seeds</b></p> <p><b>Description</b> Super sweet potatoes are a great substitute for white potatoes in this colorful dish, as they give us an extra health boost. They're a non-starchy carb, meaning they count towards our 5-a-day, plus give us loads of nutrients including the mighty vitamin C. Paired with this crisp salad, fresh creamy yogurt and a scattering of seeds, it's a real visual feast! I've given the option of using maple syrup if you have any at home – this will make the seeds super sticky and turn this dish into a bit of a special treat.</p> <p><b>Ingredients</b> Sweet Potato, Lemon, Plain Yogurt (Milk), Turmeric, Cumin, Carrot, Radishes, Beets, Red Onion, Apple, Pepitas, Sunflower Seeds, Maple Syrup, Arugula, Olive Oil*, Salt*, Pepper*</p>
 <p><a href="#">Jump to top of document</a></p> <p><a href="#">SKIP TO END OF DOCUMENT FOR TABLE OF CONTENTS</a></p>	<p><b>Southwestern Black Bean Chili (Serves 2) From Hello Fresh</b></p> <p><b>Ingredients</b> 1 can Black Beans, 1/4 cup Onion, 2 cloves Garlic, ¼ bunch Cilantro, 1 Avocado, 1 Red Bell Pepper, ½ tablespoon Chili Powder, 1 teaspoon Oregano, ½ cup Diced Tomatoes,</p>



	<p>2 tablespoons Sour Cream</p> <p>Sautee onion, garlic, oregano, bell pepper, chili powder add tomato in skillet. Then add beans and cilantro to heat.</p> <p>Garnish with avocado and sour cream. ...and Cheddar Cheese is nice too 😊</p>
 <p><a href="#">Jump to top of document</a></p> <p><a href="#">SKIP TO END OF DOCUMENT FOR TABLE OF CONTENTS</a></p>	<p><b>Vegetarian Bibimbap with Shaved Vegetables, Crispy Mushrooms, and Pickled Scallions (Hello Fresh)</b></p> <p><b>Description</b> Bibimbap is Korean for “mixed rice” and is commonly used as a “clean out the refrigerator” sort of meal. It always starts with a bed of rice and is then topped with a medley of sautéed veggies. We top it off with a perfectly fried egg for a balanced, wholesome, and protein-packed vegetarian dinner.</p> <p><b>Ingredients</b>          Button Mushrooms, Hot Sauce, Sesame Seeds, Garlic, Broccolini, Brown Rice, Scallions, Zucchini, Soy Sauce (Soy), Ginger, Carrot, Eggs, White Wine Vinegar, Sugar*, Olive Oil*, Salt*, Pepper*</p>
 <p><a href="#">Jump to top of document</a></p> <p><a href="#">SKIP TO END OF DOCUMENT FOR TABLE OF CONTENTS</a></p>	<p><b>Smoky Black Bean Cakes with Sweet Corn, Avocado Salsa, and Arugula</b></p> <p><b>Description</b> Creamy black beans and sweet corn serve as the perfect base for these slightly spicy cakes. They’re crispy on the outside, lusciously soft on the inside, and spiked with just a hint of jalapeño. And because no meal with black beans is complete without avocado, our chefs tossed together a deconstructed guacamole salsa. We may be biased, but we’re pretty sure it’s the king of all salsas.</p> <p><b>Ingredients</b>          Black Beans, Red Onion, Jalapeño, Corn on the Cob, Roma Tomato, Avocado, Panko (Wheat, Soy), Sour Cream (Milk), Arugula, Cumin, Cayenne Pepper, Balsamic Vinegar, Lime, Olive Oil*, Salt*, Pepper*</p>
 <p><a href="#">Jump to top of document</a></p> <p><a href="#">SKIP TO END OF DOCUMENT FOR TABLE OF CONTENTS</a></p>	<p><b>Patatas Bravas Salad with Spicy Aioli, Almonds, and Feta</b></p> <p><b>Description</b> Patatas bravas is one of Spain’s most beloved late-night snacks, and we totally understand why. It consists of crispy fried potatoes drizzled with a warm and slightly spicy aioli sauce (excuse us while we drool over how delicious that sounds). Our chefs, Freida and Nate, transformed it into a meal by adding peppery arugula, juicy tomatoes, and creamy feta. Olé!</p> <p><b>Ingredients</b>          Jarred Artichokes (Soy), Russet Potatoes, Arugula, Grape Tomatoes, Feta Cheese (Milk), Sliced Almonds (Tree Nuts), Mayonnaise (Eggs, Soy), White Wine Vinegar, Garlic, Parsley, Green Olives, Chipotle Chili Powder, Olive Oil*, Salt*, Pepper*</p>
 <p><a href="#">Jump to top of document</a></p>	<p><b>Butternut Squash Risotto with Sage (SO Good)</b></p> <p><b>Description</b> Roasted butternut squash and sage are folded into creamy risotto and topped with crunchy pepitas and creamy feta cheese.</p> <p><b>Ingredients</b>          Butternut Squash, Onion, Arborio Rice, Sage, Garlic, Stock Concentrate, Pepitas, Feta Cheese</p>



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## Seitan Sloppy Joes (Hello Fresh)

**Description** When Freida and Nate, our HelloFresh chefs, set out to create a vegetarian sloppy joe, they were determined to maintain all the flavor of the classic meat version. And guess what? They totally pulled it off. Make sure you have lots of napkins on hand for this feast—you're going to need them!

### Ingredients

Seitan Crumbles (Soy, Wheat), Onion, Garlic, Southwest Spice Blend, Tomato Paste, Red Wine Vinegar, Honey, Zucchini, Button Mushrooms, Potato Hamburger Bun (Wheat, Milk, Soy), Arugula, Olive Oil\*, Salt\*, Pepper\*

**Despite the name, Seitan isn't half bad as a meat substitute as long as you don't expect it to taste like actual meat. Im not a fan of tofu but Seitan is almost bearable and easy to get used to...but again, it is SO PROCESSED, so use it as a gateway to healthier eating. (Lori) As an alternative, scroll up and make your own veggie burger and use that as the meat substitute. I cant say this enough, if the goal is to eat healthy, try to steer clear of super processed foods like seitan and tofu.**



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## Veggie Lo Mein with Mushrooms, Green Beans, and Ginger Soy Sauce

**Description** If you've never had udon, you're in for a treat. It's a thick and delightfully chewy Japanese noodle similar to our beloved spaghetti. In this dish, we dress it up in style with a hefty dose of colorful veggies and three knockout flavors: sweet hoisin, salty soy, and fragrant ginger.

### Ingredients

Button Mushrooms, Green Beans, Carrot, Udon Noodles (Wheat, Soy), Ginger, Garlic, Vegetable Stock Concentrate, Scallions, Hoisin Sauce Jar (Soy), Soy Sauce (Soy), Honey, Cashew Pieces (Tree Nuts), Olive Oil\*, Salt\*, Pepper\*



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## Veggie Feijoada with Sweet Potato & Black Beans

**Description** Feijoada is a classic Brazilian stew, which I've tweaked to make a gorgeous meatfree dinner. With chunks of beautiful sweet potato, black beans, sweet peppers and cilantro to freshen it all up. Black beans are also packed with micronutrients, such as iron, which is vital for building those all-important red blood cells to help you from feeling tired. Served with a super fresh tomato salsa and brown rice.

### Ingredients

Yellow Bell Pepper, Black Beans, Plain Yogurt (Milk), Cilantro, Sweet Potato, Red Onion, Roma Tomato, Zucchini, Brown Rice, Garlic, Ground Coriander, Lime, Salt\*, Pepper\*, Olive Oil\*



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## 'Mango Mango' Pizza with Pizzaz August 04 2014

Spread 'Mango Mango' Mango Preserves (or fig or peach preserves or whatever) on flatbread or a prepared pizza crust or cauliflower crust. Top with shredded mozzarella or feta or goat cheese, crumbled feta cheese and prosciutto (skip prosciutto and add tomatoes for a veggie version). Bake at 350 for 15 minutes until heated through, sprinkle parsley flakes and top with basil.



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### Carrot Hot Dogs (Surprisingly good, even the kids like this-Lori)

4 large carrots, peeled  
 1/4 cup water  
 1/4 cup apple cider vinegar  
 1/4 cup soy sauce  
 2 tablespoons agave nectar (or fruit preserves, like peach)  
 1/2 teaspoon paprika  
 1/2 teaspoon salt  
 1/2 teaspoon pepper

Step 1 Peel carrots and cut off ends.

Step 2 Boil them until a fork goes through them. Be sure not to over boil so they fall apart.

Step 3 Once done, run under cold water.

Step 4 Create the marinade by mixing all the ingredients together.

Step 5 Soak the carrots for at least 4 hours in the marinade, more if you would like.

Step 6 Rotate them after a couple hours.

Step 7 When ready, fry them in a frying pan with a small amount of oil until browned on all sides..or...

**Lori Logic:** Grill on the pit for a more outdoor flavor...and yes, I actually like these.



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### Raw tacos w/ spicy nut crumble + sweet corn ceviche salsa

**serves:** 4-6

**notes:** You could probably swing the cashew sour cream in a food processor instead of a blender. Just might be a touch more chunky—still so tasty though.

#### sweet corn ceviche salsa ingredients:

2 cobs of corn, kernels removed  
 juice of 1-2 limes  
 salt and pepper  
 1/4 cup diced red onion  
 1/2 pint grape tomatoes, quartered  
 small handful chopped cilantro

#### spicy nut + seed crumble ingredients:

1 heaped cup of mixed, raw nuts + seeds (I used walnuts, almonds + sunflower seeds)  
 sea salt + pepper  
 ground spices you like (chili powder, cumin, coriander, or taco seasoning if you freaky)  
 little splash of grapeseed oil  
 little splash of coconut aminos (or tamari, nama shoyu, soy sauce etc)

#### cashew sour cream ingredients:

3/4 cup raw cashews, soaked for 3 hours or more  
 juice of 1/2 a lemon  
 tiny splash of apple cider vinegar  
 fat pinch of sea salt  
 2-3 tbsp of filtered water

#### to serve:

1 cabbage, leaves removed and cut into respectable taco shells  
 6-8 swiss chard leaves, de-veined and cut into palm-size pieces  
 1 ripe avocado, cut into slices  
 lime wedges  
 extra chili powder  
 extra chopped cilantro

Make the corn salsa: in a medium bowl, combine the corn kernels, lime juice, salt + pepper and red onion. Toss to combine. Let this sit for a while, about 15 minutes, stirring here and there. Add the tomatoes and cilantro and stir to combine. Check the mixture for seasoning and set aside.

Make the spicy nut + seed crumble: throw all of the ingredients in a food processor and pulse the mixture until a chunky paste forms. Season it to your liking, scrape into a bowl and set aside.

Make the cashew sour cream: drain the cashews and place them in a blender pitcher. Add all of the other ingredients and blend on high until a smooth paste is achieved. You may have to scrape down the sides a couple times and add some extra water. Once the mixture is smooth and tasting creamy + sour, store it in a bowl or squeeze bottle in the fridge.

To serve: lay the cabbage leaves on a platter. Line them with the swiss chard pieces. Divide the spicy nut + seed mixture among the shells. Then, scoop some corn salsa into each shell as well (there will probably be extra). Garnish each taco with some sliced avocado, cashew sour cream, a little dusting of chili and some extra cilantro. Enjoy!



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### **Rainbow Vegetarian Pad Thai with Peanuts and Basil**

#### **For the Pad Thai**

4 ounces **brown rice noodles** (you can get stir-fry type noodles or Pad Thai noodles - and usually that's half a box)

1 zucchini

1 red pepper (I leave this out—I hate peppers)

half a yellow onion

2 carrots

2 tablespoons oil

1 egg, beaten

½ cup peanuts, chopped

½ cup fresh herbs like cilantro, green onions, and basil, chopped

#### **For the Sauce:**

3 tablespoons fish sauce or **vegan fish sauce substitute**

3 tablespoons brown sugar (or sub another sweetener)

3 tablespoons chicken or vegetable broth

2 tablespoons white vinegar

1 tablespoon soy sauce

1 teaspoon chili paste (sambal oelek)

Lori Logic: Skip the prepared sauce and opt for a bottle off the shelf of ginger dressing...its remarkably good.

1. Place the uncooked noodles in a bowl of cold water to soak.
2. Spiralize the zucchini, red pepper, and onion into noodle-like shapes. Cut the carrots into very small pieces (or spiralize them, too, if they're big enough).
3. Shake up the sauce ingredients in a jar.
4. Heat a tablespoon of oil over medium high heat. Add the veggies - stir fry with tongs for 2-3 minutes or until tender-crisp (if they are not spiralized, they might need longer). Be careful not to overcook them - they'll get soggy and heavy. Transfer to a dish and set aside.
5. Add another tablespoon of oil to the pan. Drain the noodles - they should be softened by now. Add the noodles to the hot pan and stir fry for a minute, using tongs to toss. Add the sauce and stir fry for another minute or two, until the sauce is starting to thicken and stick to the noodles. Push the noodles aside to make a little room for the egg - pour the beaten egg into the pan and let it sit for 30 seconds or so. Toss everything around with the tongs. The egg mixture will stick to the noodles and everything will start getting sticky.
6. Add in the vegetables, toss together, and remove from heat. Stir in the peanuts and herbs and serve immediately.

#### **NOTES**

There is a fine line between the mixture being Just Right Sticky and TOO Sticky. Usually too sticky happens when you cook it too long. Watch it carefully and once you see it starting to come together,

remove from heat right away and toss with the veggies.

You might not need all the sauce in this recipe, but I (as a sauce lover) did use all of it! I would say just eyeball whatever amount looks good to you and save the rest to add in later if you want.

This recipe is gluten free other than the 1 tablespoon soy sauce, so just swap that out for something else if you need it to be gluten free!



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## PICKLED VEGETABLES

1 cucumber  
1 red onion, halved and thinly sliced  
8 cups assorted cut vegetables such as carrots, cauliflower florets, green beans, wax beans, and small okra  
6 cups distilled white vinegar  
2 cup sugar  
 $\frac{3}{4}$  cup kosher salt  
1 large garlic clove, cut into slivers  
1 teaspoon mustard seeds  
1 teaspoon coriander seeds  
1 teaspoon white peppercorns  
4 small red peppers

Prepare an ice-water bath by filling a large bowl with ice and water. Remove alternating stripes of peel from the cucumbers. Set aside.  
Bring a large pot of salted water to a rolling boil over high heat. Fill a large bowl with ice and water and set aside. Place the 8 cups of vegetables in the boiling water and let cook until vibrant in color but still firm, 1-2 minutes. Drain the vegetables well in a colander, and then set the colander with the vegetables in the ice-water bath (to set the color and stop the cooking), making sure the vegetables are submerged. Drain well. Set aside.  
Place  $\frac{1}{2}$  the red onion, garlic, mustard seeds, coriander seeds, and peppercorns in the bottom of a large sealable bowl or jar. Transfer the blanched vegetables to the jar, layering to alternate the color and texture. Layer in remaining  $\frac{1}{2}$  onion, cucumber, and peppers. Combine vinegar, sugar, and salt in a large saucepan over medium-high heat. Cook until the mixture comes to just under a boil. Pour mixture directly over vegetables and spices. Depending on the size container and the size of the vegetables you may not use all of the vinegar. Allow the mixture to cool to room temperature. Cover or seal and store refrigerated, stirring occasionally, for at least 48 hours. Serve well-chilled.

**Lori Logic:** The strange thing is that once you stop eating thick creamy dressings you kind of begin to crave vinegar and then you begin to try flavored vinegars and a whole new world of flavor opens up...at some point you even start to crave the healthier options.




## Zucchini Taco Shells

Enjoy these shells as a snack or a wrap, so think beyond the taco. Don't bake them too long, or they'll dry out and be difficult to peel off. To help from sticking, you can lightly spray the parchment paper with oil. But you'll end up with a less crispy shell.

Squeezing out as much excess water in the grated zucchini will make the taco shells a little more "firm". One method is to microwave the zucchini till moisture releases, then squeezing out the water. Or lightly sautéing the zucchini for a few minutes, then squeezing out the water. Just be careful to not cook the zucchini too much or use too much oil, or else you'll get mush.

Ingredients:

<p><a href="#">Jump to top of document</a></p> <p><a href="#">SKIP TO END OF DOCUMENT FOR TABLE OF CONTENTS</a></p>	<ul style="list-style-type: none"> <li>•4 cups (950ml) zucchini, coarsely grated</li> <li>•1 large egg</li> <li>•1/2 cup (120ml) grated parmesan cheese</li> <li>•1/4 cup (60ml) bread crumbs</li> <li>•1/2 teaspoon freshly grated black pepper</li> <li>•1/4 teaspoon kosher or sea salt</li> <li>•1/4 teaspoon garlic powder</li> <li>•1/4 teaspoon ground cumin</li> </ul> <p>Directions:</p> <ol style="list-style-type: none"> <li>1.Pre-heat oven to 450 degrees F.</li> <li>2.Remove as much moisture as you can from the zucchini. Add zucchini to large bowl and mix in remainder of the taco shell ingredients (egg, parmesan cheese, bread crumbs, black pepper, salt, garlic powder, and cumin).</li> <li>3.Cover baking sheets with parchment paper or oven proof baking mat. Scoop about ¼ cup of mixture and press down on baking pan into a thin circle, about 5” wide. Repeat for remainder of mixture.</li> <li>4.Bake shells for about 25 minutes, or until the shells look “crisp’ and brown around the edges. We like to bake the shells a little longer for a more charred texture and flavor. Just be careful to not bake too long or else the shells dry out and are hard to peel off.</li> <li>5.After zucchini soft taco shells are cool, gently peel them off the parchment paper.</li> </ol> <p><b>Lori Logic: These are weird but as long as you don’t expect them to taste like anything you’ve ever tried before, they are great! Not gonna lie, they are better with a bit of parmesan cheese sprinkled on them.</b></p>
 <p><a href="#">Jump to top of document</a></p> <p><a href="#">SKIP TO END OF DOCUMENT FOR TABLE OF CONTENTS</a></p>	<p><b>Zucchini &amp; Squash Panko AuGratin Casserole (Cousin: Melisa Hamilton)</b></p> <ul style="list-style-type: none"> <li>2 tablespoons butter</li> <li>2 medium zucchini (about 7 ounces each), sliced crosswise 1/4 inch thick</li> <li>2 medium yellow squash (about 7 ounces each), sliced crosswise 1/4 inch thick</li> <li>2 shallots, minced</li> <li>2 garlic cloves, minced</li> <li>Coarse salt and ground pepper</li> <li>1/2 cup heavy cream</li> <li>1 cup panko</li> <li>1/2 cup grated Parmesan cheese</li> <li>Thyme to taste (3-4 sprigs-super diced)</li> </ul> <p>Preheat oven to 450. In a large skillet, melt butter over medium heat; add zucchini, yellow squash, shallots, and garlic. Season with salt and pepper. Cook, stirring occasionally, until zucchini and squash are crisp-tender, 4 to 6 minutes.</p> <p>Add cream, and cook until thickened, about 5 minutes. Remove skillet from heat; stir in 1/2 cup panko and cup Parmesan.</p> <p>Spoon mixture into a shallow 2-quart baking dish. Sprinkle with remaining panko and Parmesan; season with salt and pepper. Bake until top is golden, 8 to 10 minutes.</p> <p><b>Lori Logic: Serve as a side dish to meat eaters or as a main dish for vegans.</b></p>
	<p><b>Gnocchi, Sweet Corn &amp; Arugula in Cream Sauce</b> (from Rhonda Considine)</p> <p>Ingredients 2 small ears of fresh sweet corn or 2 cups frozen whole kernel corn</p>



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- 1 pound shelf-stable potato gnocchi
- 3/4 cup half-and-half or light cream
- 1 3 ounce package cream cheese, cut up
- 1/2 teaspoon each salt, garlic powder and dried basil or oregano
- 1/4 teaspoon freshly ground black pepper
- 3 cups torn fresh arugula
- Crushed red pepper (optional)

1. In Dutch oven cook gnocchi according to package directions, adding corn the last 5 minutes of cooking time. Use tongs to transfer ears of corn (if using) to cutting board. Drain gnocchi and corn kernels (if using), reserving 1/2 cup of the pasta water. Do not rinse.

2. Meanwhile, for cream sauce, in medium saucepan combine half-and-half, cream cheese, salt, garlic powder, dried herb, and pepper. Cook over medium heat for 10 minutes, stirring frequently. Stir in reserved pasta water.

3. Return cooked pasta to Dutch oven. Cut corn from cob and add to pasta. Pour cream sauce over pasta; heat through, if necessary. Stir in arugula. Serve in bowls. Sprinkle with additional salt, pepper, dried herb, and crushed red pepper.

Change Up: add 12 oz cooked shrimp after tossing with gnocchi with the cream sauce.



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#### CORNONTHECOB

Never boil corn again! Want to know the easiest way to cook corn on the cob? Throw it in the oven at 350° for 25-30 minutes. That's it. Leave the husk on, it will trap in the moisture, leaving you with juicy, tender corn. The husk and silk will peel away easily once it's cooked. Cut off the large end and it slides right out with no silk. Bonus - keeps more of the nutrients in the corn (no boiling is best).

Options: Before cooking, peel back the husk and insert pads of butter, parmesan cheese and season salts.



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#### Spinach Stuffed Tomatoes (from the Land of Lori Logic)

- 1/3 cup chopped onion
- 8 oz fresh spinach
- 1/2 cup sour cream
- 3 slices of bacon, fried and crumbled
- Tobacco sauce, just a dash or two
- 4 medium tomatoes
- Salt to taste
- 1/2 cup mozzarella cheese (use Go Veggie Cheese for vegan)

In heavy skillet, cook onion in a little olive oil till tender, stir in spinach, cover and cook for 3-5 min until spinach is tender, remove from heat and stir in sour cream.

Cut off tops of tomatoes and scoop out the centers; leaving the shell in tact. Sprinkle tomatoes with salt and fill with spinach mixture. Place tomatoes in lightly greased baking dish; bake at 375 degrees for 20 -25 min. Top with cheese and continue baking until cheese is melted.



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### **Cucumber Feta Rolls** (freakishly good-from Jill and Tiffany)

Yield: approximately 20 rolls

- 2 cucumbers
- 6 ounces crumbled feta (not vegan, sue me)
- 3 tablespoons Greek yogurt (also not vegan, I don't care)
- 2 1/2 - 3 1/2 tablespoons finely diced sundried tomatoes or red bell pepper
- 8 - 12 pitted kalamata olives, roughly chopped
- 1 tablespoon roughly chopped dill or oregano
- 2 teaspoons lemon juice
- pinch of pepper, or to taste

#### Directions:

Thinly slice the cucumbers longways on a mandoline at a 2mm thick setting. Alternatively, you can use a vegetable peeler if you do not have a mandolin. Lay the cucumbers on top of a paper towel lined cutting board (very important) while you prepare the filling to let the moisture out-its an important step to avoid a mushy mess

Add the feta and yogurt (sub veganaise for yogurt if you don't want the dairy) to a medium bowl. Mash to combine using a fork. Add the bell pepper or sun dried tomatoes, olives, dill, lemon, and pepper to the bowl. Stir well to combine. In a bowl, mash the feta using a fork.

Place 1 - 2 teaspoons of mixture at one end of a cucumber strip and roll up. Secure with a toothpick. Repeat with remaining strips. If not serving immediately, chill until ready to serve.



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### **Roasted Maple Brussels Sprouts**

- 1 lb fresh brussels sprouts
- 2 tbs olive oil
- 1 tsp salt
- 1/4 tsp pepper
- 2 tablespoons maple syrup or optional honey

Preheat oven to 350 degrees F. Line a baking sheet with foil or parchment paper.

Wash sprouts. Cut stems off sprout bottoms, then cut into quarters through stem. Place in a large bowl and toss with oil, salt and pepper.

Lay sprouts in a single layer on prepared baking sheet. Spray with light coat of Olive Oil  
Bake at 350 degrees F for 20-30 minutes, turning half-way during cook time. When roasted, remove from oven and toss in a bowl with the honey, salt and pepper.



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### **Oven Baked Blue Cheese & Cheddar Sweet Potato Rounds** (okay so I cheat with the blue cheese but its soooo worth it, plus I have a cheese addiction..Im working on it..okay?)

1. 1 large sweet potato, peeled
2. 1/4 cup shredded cheddar cheese (Use vegan cheese here)
3. 3-4 tbsp crumbled blue cheese
4. 2-3 tbs extra virgin olive oil
5. 1/2 tsp garlic salt
6. salt & pepper
1. Preheat oven to 425.



2. Slice sweet potato into thin round discs (using a knife or mandolin).
3. Toss with oil and season with garlic salt & salt and pepper.
4. Spread out on a baking sheet in a single layer. Bake for 20-30 minutes, or until rounds are slightly browned and crispy, turning once half way through.
5. Remove from oven and move sweet potatoes closer together. Sprinkle with cheeses and return to oven for another 3-4 minutes or until cheeses are melted.

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**Creative Vegan Salad Dressing Substitutes:**

1. Olive Oil, NOT VEGETABLE OIL—EVER, FOR ANY REASON
2. Vinegar—SO MANY GREAT VARIATIONS
3. Mashed Avocado
4. Applesauce
5. Pureed Strawberries or other fruit
6. Ground Ginger and/or Peanut Butter with Olive Oil
7. Hummus
8. Pesto
9. Vegenaise (surprisingly good)
10. Any flavor jelly mixed with olive oil & vinegar for fruity kick.
11. Spaghetti Sauce
12. Wing Sauce



NO



YES

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**VEGAN CHEESE**

**Dairy Substitutes:** **WARNING**, the vegan cheeses are mostly awful...and many of them still contain CASEIN which is the dairy protein people are allergic to.

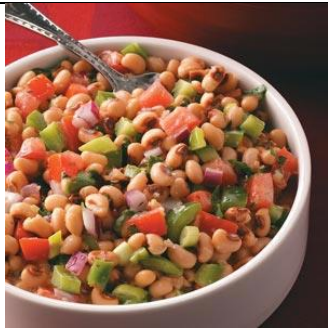
**MILK:** Coconut Milk, Almond Milk, Soy Milk—obviously the sweetened and vanilla flavored ones taste better but they are all good. Once you get the hang of starting from scratch definitely try making nut milk from scratch..its easy to do and really tasty.

**Cheese:** The brand “DAIYA” in the white bag is **HORRIBLE**.(left) The “GO VEGGIE” vegan cheese in the green bag is almost acceptable and at least tries to act like it might melt and be fairly convincing as cheese. **HOWEVER**, if you check the packaging, some of the mainstream cheese products like Velveeta are a “cheese food” and some of these “cheese food” products actually are vegetable oil based and do not contain any dairy...but here’s the tricky part..even though it says “vegan” or “vegetarian” it still contains **casein** which is the thing found in dairy milk that most people with intolerances (i.e. allergies) cant have...casein is an animal milk protein..**so Im not really sure why they call it veggie cheese when it’s made of milk proteins.**

I haven’t tried any of the vegan butter options BUT Ghee is a good alternative and it is processed to almost completely exclude Casein.

I did try Vegan cream cheese spread by “Go Veggie”... scale of 1-10... it gets a 5.0 so this is one area I just use the real thing..thank you Philadelphia.

More recently I have come across Cashew cheese... its an okay spread but not a real cheese substitute...in fact, it doesn’t taste like cheese at all..just some weird spread your tastebuds cant identify. Think of it like Hummus meets Cashew Butter.



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### **Black Eyed Pea Salsa/Salad**

1 cup Black Eyed Peas, cooked and drained.  
2 large Tomatoes, diced  
1 can yellow corn  
Cilantro, minced  
Green Onion, diced

Drizzle & toss with 3 tablespoons of Olive Oil or Italian Dressing and ¼ cup of sour cream, salt and Pepper.

Serve chilled with corn chips as an appetizer..or serve as a main dish.  
Surprisingly delicious as a dip alternative with corn chips.



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### **Grilled Vegetables:**

Slice thin pancake size layers of **cauliflower** and spray with a fine mist of olive oil and broil in the oven till golden brown on top and edges..sprinkle with seasons of your choice. Oddly delicious.

(Wedges don't cook evenly)

Other things that taste great grilled or broiled: Asparagus, butternut squash fries, potato rounds, sweet potato rounds, beets, squash, zucchini, carrots, onions, peppers, Brussel sprouts (wedges),

These pancake layers are really good as a base for other dishes, like the cowboy corn dip or the black eyed pea salad.



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**Orange Pan-glazed Tempeh Recipe**—good as long as you plan for it to taste like tempeh and not chicken or some other thing it cant do.

This recipe is equally good made with tofu..if you like tofu..which I don't. You can make a meal out of this by pairing it with some lightly sauteed seasonal vegetables, or in this case I simply served it over some left-over cooked rice.

TO be fair I only included the recipe as a spring board for using the sauce and the idea iwth things I actually DO like.

Or you can make your life easy, and buy orange sauce at the store and do a little stir fry with whatever vegetables you happen to have on hand..its not Panda Express..but it will cut the craving for orange chicken.

1 cup freshly squeezed orange juice (3-4 large juicy oranges)  
1 tablespoon freshly grated ginger  
2 teaspoons tamari (or soy sauce)  
1 1/2 tablespoons mirin  
2 teaspoons maple syrup  
1/2 teaspoon ground coriander  
2 small garlic cloves, crushed  
roughly 10 ounces of tempeh (or extra-firm tofu)  
2 tablespoons olive oil  
1/2 lime  
a handful of cilantro (coriander) leaves

Put the orange juice in a small bowl. Squeeze the grated ginger over the bowl to extract the juices, then discard the pulp. Add the tamari, mirin, and maple syrup, ground coriander, and

garlic. Mix together and set aside.

Cut the tempeh (or tofu) into thin-ish, bite-sized pieces, and if working with tofu, pat dry with a paper towel.

Put the olive oil in a large frying pan over medium-high heat. When the oil is hot but not smoking, add the tempeh and fry for 5 minutes, or until golden underneath. Turn and cook the other side for another 5 minutes, or until golden. Pour the orange juice mixture into the pan and simmer for 10 minutes, or until the sauce has reduced to a lovely thick glaze. Turn the tempeh once more during this time and spoon the sauce over the tofu from time to time.

Serve the tempeh drizzled with any remaining sauce and a squeeze of lime, with the coriander scattered on top. Heidi note: As I mention in the head notes, I served this over some leftover wheat berries heated with a few handfuls of chopped kale.

Serves 4. (or two if you love it as much as we did)



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## Potato, Squash & Goat Cheese Gratin (from Jill Bennett)

2 medium yellow squash, about 1/2 pound  
4 small to medium red potatoes, about 1 pound  
3 tablespoons olive oil  
4 ounces goat cheese (no vegan substitute-but so good)  
Salt and freshly ground black pepper  
1/4 cup whole milk  
1/3 cup freshly grated Parmesan cheese  
1 tablespoon thinly sliced basil or thyme leaves

Preheat oven to 400°F. Lightly grease a 1 1/2 to 2-quart casserole dish with a drizzle of olive oil.

Use a mandoline or chef's knife to slice the squash and potatoes into very, very thin slices, 1/8-inch or less. Toss the sliced vegetables with the 3 tablespoons olive oil in a large bowl. Place 1/3 of the squash and potato slices in the bottom of the dish — no need to layer them squash-potato-squash; just spread evenly — then season with salt and pepper. Top with half of the goat cheese, scattered evenly in large chunks. Repeat with another 1/3 of the vegetables, seasoning again with salt and pepper and topping with the other 1/2 of the goat cheese. Finish by layering on the final 1/3 of the vegetables and seasoning with salt and pepper.

Pour the milk over the entire dish. Top with the parmesan cheese. Bake, covered, for 30 minutes, then uncover and bake 15 more minutes, until the top browns. Scatter on the fresh basil, if using.



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## “Seitan” is the devil.

Lori Logic: Seitan is made from wheat but is nothing like flour or bread. Also called wheat meat, wheat gluten or mock meat. It is a highly processed food. It is a popular protein source for vegetarians. I have only had it a few times; once from a vegan restaurant in the Heights and it was okay but not great. I generally prefer to just eat actual vegetables and leave the processed meat imposters on the shelves. It is often used to make things like tofurky and vegan deli slices. It looks like dogfood. If you google it, you will be grossed out. This is another thing I think I'd rather avoid simply because the goal is to eat foods that have not been processed to death...skip the meat from hell and have some fresh fruit and vegetables instead. ...but try it at least once..it's worth the adventure...but again, aim for whole, unprocessed foods. If you just HAVE to have one of the vegan meat options, this one

is better than tofu but not better than tempeh (in my opinion)



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### Tempeh BBQ Sandwiches (also for Sloppy Joe's)

1 cup barbecue sauce, your choice  
1 (8 ounce) package tempeh, crumbled  
1 tablespoon vegetable oil  
4 kaiser rolls, split and toasted

1. Pour the barbeque sauce into a medium bowl. Crumble the tempeh into the sauce, and let it marinate a little, about 10 minutes.  
2. Heat oil in a skillet over medium heat. Add the red and green peppers, and the onion. Cook, stirring frequently until tender. Stir in the tempeh and barbeque sauce, and heat through.  
3. Spoon the tempeh mixture onto kaiser rolls, and serve.

Lori Logic: Better on a slider...till you get used to the switch from meat because it's a little weird at first...okay a lot weird..and another over processed food item when the goal is to eat fresh...but of the meat substitutes (tofu and seitan and tempeh) I think tempeh is most acceptable. But I still give it a 3 or 4 on a scale of 1-10. Not be beat a dead horse but skip the Tempeh and add sloppy joe mix to my [homemade burger meat](#).



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### One Bowl Double Chocolate Chunk Cookies

Vegan, gluten-free, nut-free

Goey, rich, double chocolate cookies made with whole grain oat flour. These will satisfy your every chocolate craving and then some! This recipe is adapted from my [Crispy Peanut Butter Chocolate Chip Cookies](#).

*Yield 1 dozen large cookies, Prep Time 15 Minutes, Cook time 13 Minutes*

#### Ingredients:

Wet ingredients:

- 1 tablespoon ground flax mixed with 3 tablespoons water
- 1/4 cup virgin coconut oil (do not melt)
- 1/4 cup sunflower seed butter (see note)
- 1/3 cup unpacked brown sugar
- 1/3 cup natural cane sugar
- 1 teaspoon vanilla extract

Dry Ingredients:

- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon fine grain sea salt
- 3 tablespoons cocoa powder
- 1.5 cups gluten-free rolled oats, processed into flour (or 1.5 cups oat flour)
- 1-2 teaspoons non-dairy milk (only if needed to moisten batter)
- 100 grams finely chopped dark chocolate (1 chocolate bar)

#### Directions:

1. Preheat oven to 350F and line a large baking sheet with parchment paper. In a large mixing

bowl, mix together the flax and water and set aside for a few minutes so it can thicken up. Whisk the flax egg again once thickened.

2. Add the rest of the wet ingredients into the bowl with the flax egg (coconut oil, sunflower seed butter, brown sugar, cane sugar, and vanilla). With a hand-held electric mixer, beat the ingredients until combined and smooth.
3. Now, beat in the dry ingredients, one by one, as you go down the ingredient list (baking soda, baking powder, salt, cocoa powder, oat flour). If your dough is a bit dry, add a teaspoon (or two) of non-dairy milk and beat the mixture again. The dough should be moist enough to form balls without cracking, but not super sticky.
4. Finely chop the chocolate (it should be the size of peas). Beat the chocolate into the batter or simply stir by hand.
5. Shape balls of dough (about the size of a golf ball or 2 heaping tablespoons) and place on the baking sheet 2-3 inches apart. Gently press down on each ball with your hand to form a disc (it should be 1/2-inch thick or so).
6. Bake for about 12-13 minutes (I baked for 13 mins) until the cookies are spread out nicely.
7. Cool cookies on the baking sheet for 7 minutes or so and then transfer to a cooling rack for another 10-15 minutes.

Notes:

Instead of sunflower seed butter, you can try peanut or almond butter (this means they will no longer be nut-free, of course) To bring out the chocolate flavour even more, try sprinkling the cookies with a tiny amount of flaked sea salt before going into the oven. To make this recipe soy-free, use a soy-free chocolate such as Enjoy Life brand.

Read more: <http://ohsheglows.com/#ixzz2uwXcNPxl>



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**I AM NOT A FAN OF TOFU**..but I figure it's worth knowing about so I keep it in my list as a reminder about how much I hate it.

Remember, the goal is to eat more foods up from the ground and less food out of the factory.

**Tofu Tips:** Versatile and easy to cook with, tofu takes on many roles and adapts well to the flavors of sauces and marinades...and has no actual flavor to speak of. ...but no matter what kind you get, how hard or soft it is or what sauce you serve it with..its still a white blob of nothingness.

What's Tofu? To make tofu, soybeans are cooked and mashed, then processed & reprocessed and over processed in a fashion similar to making cheese.

Firm? Extra-Firm? or Silken? Select the right tofu for the right dish:

**Firm tofu** is the most common form. Often found packaged in the dairy section, it absorbs marinades well and can be cubed and added to green salads. Seasoned and quickly pan-fried, tofu has a crispy exterior and soft creamy middle. It can also be frozen and then crumbled, giving it the texture of ground beef....or dried up cottage cheese.

**Extra firm tofu** makes people say "Tastes like chicken." (Other people, not this people here) This tofu is often used as a meat substitute in Asian or vegetarian dishes. To make it even more firm, it can be pressed: wrap the block in paper towels and placing a weight (like a dinner plate with a soup can or two on top). Grilled or fried, it works well in pastas, sandwiches, and curries. Dice it extra small if you are trying to sneak it into foods your family will eat.

**Silken tofu** is equivalent to a thin custard, or heavy cream. It works as a base for dips and spreads and smoothies. Puréed and used as a dairy alternative, it easily mixes into soups,

bakes up in tasty desserts, or scrambles like eggs...also good in smoothies...but then whole fruit smoothies are plenty good without tofu.

### **Basic Tofu Recipes & Tips**

#### 10 Easy Ways to Prep, Store and How To Cook Tofu Tasty

1. Use firm or extra firm tofu for our simple tofu recipes. If your tofu seems too soft, wrap in a dishtowel or paper towels, and press it with a brick or book or something heavy to squeeze out excess water, for 5 - 10 minutes
2. You can also buy a tofu press, such as Tofu Xpress, which some people love. I buy the firmest tofu available and skip pressing. If I have to press, then I just improvise.
3. Safety First! Raw tofu should be steamed for 5 minutes, to kill any nasty bacteria, before adding to any uncooked dish, like a salad or sandwich, or giving to children as finger food
4. Silken Tofu: apparently has been cooked in processing, or pasteurized, and can be used right out of the box in smoothies, desserts, sauces etc.
5. Fried Tofu: Slice firm tofu in 1/2 inch pieces, marinate in soy sauce 5 minutes, then fry both sides til crispy. Kids love this, and you can cut the slices up into any convenient size and add to pasta, rice, casseroles, stir fries etc. See the Fried Tofu Recipe for more details
6. For more adult tastes, add spices like ginger, cumin, etc to the marinade, OR use a spicy marinade, then stir fry with veggies OR add an Indian or Oriental spiced sauce. Serve with rice or noodles.
7. Cut tofu in 1/2" slices, or in 1" sticks or fingers, marinate and bake or broil. Serve with a grain and vegetables or salad.
8. After marinating tofu slices, sprinkle with nutritional yeast, then fry, to give it a cheesy, crispy crust.
9. Add raw sliced tofu to any cooked veggie dish, or sauce, and it'll soak up the flavors. Tofu goes well with stir fried greens, especially if you throw in a few spices, like cumin, turmeric, ginger, or garlic
10. Store unused raw tofu in a tub of water tightly sealed for up to a week. Change the water every day or two to keep it fresh. Store fried or baked tofu in the frig for up to 3 days.

Adult Serving Size: 1/4 of a block of tofu, or 3 - 4 oz

#### Stories from the Newbies:

My girlfriend bought be a block of extra-firm tofu to try to help with my recent dieting - I suppose it will be a change of pace from chicken, egg whites, and brown rice...but I'm not sure what the hell to do with it.

It's "extra firm", so do I have to press the moisture out like I've seen in other recipes? I was going to just slice it, marinate it in a little soy sauce and mirin, and toss the piece on my grill with a little hickory smoke.

yes, drain/press out the moisture. Make scrambled tofu! After draining, mash it up with cumin, turmeric, or any of your favorite herbs/spices. Heat a little bit of olive oil in a skillet

on med high heat and then add the tofu. As soon as it's heated through, it's ready to eat, but I like to cook it until it's golden. I also like to saute garlic and/or onion and/or bell peppers with this, which you'd want to do before adding the tofu. Good luck!

Not very healthy but really tasty. I drain water most of the water out of the tofu. Slice in thin slices and dredge in tempura flour. Then in egg wash and then in Panko. Deep fry. Serve with grated daikon, ginger, nori and tempura sauce.

Slice into 1/2" slices. (I press it in paper towels just a bit to get some of the excess water out. Not too hard, though -- it can crumble on you.) Marinate in teriyaki, garlic and ginger. Grill or sautee.

Try "seared tofu" slice it very thin, dry it off, and put it in a hot pan until brown. It has good flavor. You can marinate or not. Make tofu "fries" like this, (kids seem to like it).



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From Millie and it is to die for.

**JAPANESE CABBAGE SALAD**

- 1/2 c. toasted slivered almonds
- 1/2 head Napa cabbage, shredded
- 1/4 c. sunflower seeds
- 1/2 can chow mein noodles
- 2 green onions, chopped
- 2 tbsp. sesame seeds
- 1/2 lb. bean sprouts
- 1 pkg. ramen noodles
- 1/2 c. fresh mushrooms, sliced

Toast almonds and sesame seeds at 350 degrees for 5 minutes. Put cabbage and sprouts in large bowl and add mushrooms, onions and sunflower seeds and almonds.

**DRESSING:**

- 1 pkg. seasoning mix from Ramen soup
- 2-4 tbsp. soy sauce
- 1/2 tbsp. sugar
- 1/2 c. oil
- 3 tbsp. rice vinegar
- Salt & pepper to taste

Combine above ingredients well and pour over cabbage mixture. Stir in ramen noodles and chow mein noodles just before serving.

Ridiculously delicious.



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**Zucchini and tomato "pasta"** (use the spirelli for this recipe)

**Ingredients:**

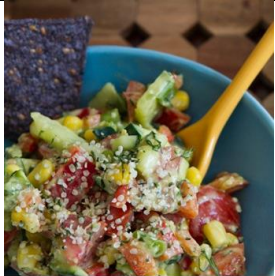
- 8 ounces cherry tomatoes, cut in half
- 1 clove garlic, thinly sliced
- ¼ cup toasted pistachios
- 2 tablespoons torn fresh basil, plus extra leaves for garnish

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2 tablespoons extra-virgin olive oil  
1 teaspoon good quality balsamic vinegar  
1 zucchini, thinly sliced lengthwise, then cut into ¼ inch long strips  
kosher salt

**Method:**

In a bowl, combine tomatoes, garlic, 2 tablespoons basil, vinegar and oil. Season with salt and let stand 20 minutes. Toss with zucchini and pistachios and garnish with extra basil.



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**Speedy Summer Power Salad**

- 1 cup fresh or frozen corn (thawed & drained if using frozen)
- 1 large tomato, seeded and chopped
- 2 green onions, chopped
- 1 & 1/2 cups chopped cucumber (about 1/2 an English cuke)
- 1 red pepper, chopped
- 1 tbsp minced fresh dill weed
- 3 tbsp hulled chia seed

for the dressing:

- 1/2 cup avocado flesh (1/2 a large avocado)
- 1 garlic clove
- 2 tbsp fresh lemon juice
- 3 tbsp water
- 1/4 tsp fine grain kosher salt, or to taste
- 1 tbsp nutritional yeast

1. Chop vegetables and place into a large bowl.

2. In a mini processor, process the dressing ingredients together until mostly smooth. You can also mash/chop/mix the dressing ingredients by hand.

3. Pour dressing onto vegetables and stir well. Now, stir the chia seed into the salad. Season to taste and serve. This salad is best served immediately. With time, water will release from the vegetables and pool at the bottom.



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**Fall Detox Salad--** Yield: about 8 cups (just guessing as I forgot to measure)

Ingredients:

- 18 brussels sprouts washed and stems removed, then cut in ¼ wedges
- 2 large carrots, peeled, grated
- 1 apple, diced (I used Honeycrisp)
- 1 large celery stalk, diced finely
- 1/2 cup sunflower seeds
- 4-6 tbsp raisins
- 2-4 tbsp fresh lemon juice, to taste
- 1/4 tsp fine grain sea salt
- 1 tsp fresh Thyme leaves (optional), or other herbs of choice
- Pure maple syrup, to taste



1. Add the grate/shred blade to food processor. Turn machine on and drop in the brussels sprouts to shred. Now drop in the carrots to shred. Alternatively, you can finely chop brussels and shred carrots with a hand-held grater. Transfer to a large mixing bowl.
2. Stir in the diced apple, celery, sunflower seeds, and raisins into the carrot and brussels sprout mixture.
3. Add lemon juice, salt, pepper, and optional fresh thyme to taste. Add a small amount of maple sryup (about 1/2-1.5 tsp) to take the edge off the lemon juice. Sprinkle with cinnamon if desired. Serve & enjoy!



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### **Veggie Spiral**

Well, it is supposed to be a spiral but is more like a circle with more veggies shoved in the middle. I think it still looks pretty and like it took a lot of time to make, when in reality it is pretty quick and easy and tasty too!

Ingredients:

- 2 tbsp olive oil
- 1 large sweet yellow onion cut in half and sliced
- 2 cloves of garlic, minced
- 1-2 russet potatoes, unpeeled
- 1 zucchini
- 1 yellow squash
- 3 large Roma tomatoes
- Salt and pepper to taste
- Dried thyme, to taste
- 1/2 cup of grated Parmesan cheese

Optional: Thin slices of apple in the mix..is very good.

Directions: - Preheat oven to 375 degrees.

- In a large skillet, saute onions and garlic in olive oil until tender.
- Pour onions and garlic into the bottom of your round baking dish.
- Slice the potatoes, zucchini, squash and tomatoes about 1/4 inch thick.
- Layer the slices in your dish on top of the onions in a single layer formed to look like a spiral.
- Season with salt, pepper and thyme.
- Drizzle with olive oil and cover with foil.
- Bake for 35 minutes.
- Remove foil and sprinkle with parmesan cheese.
- Return to the oven for another 25-30 minutes.
- Remove from oven and serve!



### **Panini with Lemon-Basil Pesto and SOOOOOO YUMMY (Lori)**

For pesto:

- 2 cups (80 g) loosely packed fresh basil leaves
- 2 whole garlic cloves, peeled

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1/4 cup (35 g) pine nuts  
salt, to taste  
2 tablespoons (30 ml) olive oil  
1 to 2 teaspoons (5 to 10 ml) fresh lemon juice (or to taste)

For panini:

2 medium-size roasted red bell peppers, cut lengthwise into slices  
3 zucchini squash, sliced and roasted or grilled  
1 medium-size red onion, sliced  
1 or 2 medium-size tomatoes, sliced  
1 ripe avocado, peeled and sliced  
8 large slices Italian bread, such as ciabatta (I used gluten-free whole grain sandwich bread)  
2 Tablespoons (30 ml) balsamic vinegar  
salt and pepper, to taste (optional)  
olive oil, for brushing

Directions:

To make pesto, combine basil, garlic, pine nuts, and salt in food processor or blender. Mix until smooth. Add oil and lemon juice; process until smooth. If not using immediately, store tightly covered in refrigerator for up to 2 days.

To make panini, divide bell peppers, squash, onion, tomatoes, and avocado evenly among 4 slices of bread. Drizzle each with vinegar, spread on some pesto (about 2 tablespoons [30 ml]), and sprinkle with salt and pepper, if desired.

Top each with remaining bread slices, lightly brush outside with a little olive oil, and press in a panini maker or place on tabletop grill. Press until lightly browned and hot. You also could cook the lightly oiled sandwiches in a skillet instead of grilling them. Serve immediately.

Tips:

\*Try to slice the veggies and avocado as thinly as possible. It's a pretty thick sandwich and it did fall apart when I first bit into it. Next time I'll make sure to use thinner slices so it holds up better.

\*If you don't have a panini press, don't worry! It can be cooked in a skillet or grill pan with another pan pressed on top, then flip and cook the other side.

\*I think very thinly sliced eggplant would also be fantastic on this sandwich.

\*Because I was worried it would make the bread too soggy, I saved the balsamic vinegar to drizzle on after I cooked it. The pesto made the bread a little soggy too.

\*You can easily make this ahead of time, but don't assemble it until right before you want to serve it. (I really hate soggy bread!)

Nutritional Information per serving: Serving size:1 sandwich, Calories per serving:359, Fat per serving:21 g, Protein per serving:9 g, Carbohydrates per serving:38 g, Fiber per serving:7 g, Cholesterol per serving0 mg, Sodium per serving:251 mg



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## **Buffalo Cauliflower (Looks good, tastes bland, get some good sauce ready)**

Serves: 2-4 as an appetizer (or 2 if you're eating it for dinner as a meal or on a sandwich)

1 head of cauliflower

For the batter

1/2 cup all purpose flour

1/2 cup water

dash of Frank's Wing Sauce (or Frank's Original Hot Sauce)

1/4 teaspoon garlic salt

1/4 teaspoon dried onion (I use Tastefully Simple's Onion Onion)

For the buffalo sauce

1/4 cup Frank's Wing Sauce

3 Tablespoons salted butter, melted

pinch of salt

Directions: Preheat the oven to 450 degrees. Line a baking sheet with tin foil and spray with non-stick spray (I always use olive oil spray) and set aside. Wash your head of cauliflower and cut into pieces. I made a variety of sizes. In a medium bowl, mix together the batter ingredients. It will be fairly thick. Dip each piece of cauliflower into the batter until fully and evenly coated. Place onto the prepared baking sheet in a single layer. Bake for about 15 minutes until the batter just hardens.

In a small bowl, mix together the buffalo sauce ingredients.

Once the cauliflower are done, remove from the oven and brush with the buffalo sauce. Again, fully and evenly coat each piece.

Put back into the oven and bake for a few more minutes (I think 5-7 minutes was my range), until the sauce has mostly dried and the cauliflower is crispy.

Remove from the oven, let cool, then enjoy! Lori Logic: Yes, try them..really good.



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## **Vegan Zucchini Corn Fritters (Surprisingly fabulous)**

These savory pancakes are the perfect side dish for a variety of meals. They also make an elegant appetizer or even a satisfying main dish. It took me a couple of tries to get this one right... with no eggs, no oil and no gluten, it can be tricky! Traditionally a summer dish, I love them any time of year...

**Ingredients:**

- 1 1/4 cups corn flour (NOT corn meal. Corn flour is also called Masa. You can find it in the Latin section of your grocery store).
- 1 TBS baking powder
- 2 tsp date sugar or any minimally processed sweetener
- 1/4 tsp red pepper flakes



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- 1 TBS ground flax seeds
- 3 TBS water
- 1 1/2 cups soy milk (or other non-dairy milk)
- 1 cup coarsely grated zucchini
- 1 cup fresh corn niblets (or frozen and thawed)
- 1/2 cup chopped red bell pepper
- 1/4 cup chopped cilantro
- 1 stalk chopped green onion
- small amount of cold-pressed vegetable oil for frying

**Directions:**

1. Combine the flax meal with the water and set aside.
2. Combine remaining dry ingredients.
3. Chop all your veggies.
4. Add the milk and flax mixture to the corn flour mixture. Whisk to combine.
5. Add all of the veggies and the cilantro and mix well.
6. Heat a non-stick skillet on medium-low to medium heat. Use a small amount of oil to prevent sticking.
7. When skillet is hot, drop batter by ladle or ice-cream scoop. Flatten a bit with your ladle or scoop to form the fritters. They should be about 3 1/2 - 4 inches in diameter.
8. When the fritters look dry around the edges, flip and cook until golden brown. BE PATIENT. You only want to flip them once. They won't burn at the temperature you're using. It's important that most of the moisture is cooked off before you flip them or they will be too mushy on the inside.



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**Thanksgiving Pita**

Pita Pockets  
 Jellied Cranberry, whipped  
 Sweet Potatoes, Cooked, chopped  
 Kale, Spinach or Greens of choice (or serve cold uncooked greens)

Spread cranberry like a sauce inside the pocket, then add dollop of sweet potato and garnish with kale (or greens of your choice)



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**Peach and Brie Quesadilla**

- 12 (6-inch) flour tortillas
- 1 peach, sliced and sautéed quickly with chopped thyme
- 1/4 lb of Brie cut into very thin slices
- 1/4 of one red onion sautéed in butter until caramelized
- 1/4 c honey

Place two tortillas on a flat surface. Evenly distribute about 1/4 of the peaches, onions and brie on each of the layers. Season well with salt and pepper. Stack the tortillas on top of each other. Add a plain tortilla on top to complete the three layers. Press down firmly. Repeat procedure using remaining ingredients.

To cook, place on hot BBQ grill or in sauté pan with very little oil. Grill until golden on one side. Flip and grill until golden on the other side. Cut each stack into eight triangular slices. Drizzle with honey.



**The Vegan Cobb**

- 6 cups of chopped fresh spinach - or another salad green for the base
- 1 cup mandarin oranges, drained
- 1/3 cup sliced black olives
- 1/2 cup chopped sweet onion - tossed in black pepper

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1 avocado, chopped - tossed in the juice of 1 large lemon  
1 cup cherry tomatoes, halved  
3/4 cup tempeh bacon bits (I hate tempeh-just sayin)  
1 cup chilled kidney beans, drained  
1 cup hearts of palm (diced) - tossed in 1/8 tsp turmeric + 1 tsp olive oil + 1 Tbsp apple cider vinegar + 1 Tbsp nutritional yeast

1. Toss your spinach in a light salad dressing - only if serving immediately. If your Cobb will sit for a while, leave greens undressed.
2. For your hearts of palm - only toss half of them in the yellow turmeric mix. This way you will have half white and half yellow. Just like an egg would look. Continue assembling salad - add all your ingredients in thin rows across the top.



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### **Pear Pizza with Carmelized Onion, Mushroom and Arugula with Feta**

1. To a [large pan](#) on medium-high heat, add the oil and sliced onions. Cook until the onions are golden. In the last 5 minutes of cooking, add the Italian seasoning.
2. Preheat a [pizza stone](#) and the oven to 500°F (250°C)\*\*. Optionally, brush the pizza crusts with some olive oil.
3. Spread the onion mixture over the pizza crusts.
4. Distribute over the crusts as well, then transfer the pizza to the oven.
5. Bake on the center rack for 8 - 10 minutes\*\*\*, or until the crust is golden.
6. Top with the sliced pears, arugula, "feta", and put back in over for no more than 5 min.
7. Add a drizzle of balsamic vinegar reduction, and some toasted walnuts. (Optional, a drizzle of red wine) Serve

Notes

Refined coconut oil is coconut oil that doesn't smell or taste like coconuts.

\*\* If you don't have a pizza stone, bake the pizzas on a parchment-lined baking tray at 390°F (200°C) or at 450°F (230°C).

\*\*\* Bake for 15 - 17 minutes if the oven is at 390°F (200°C), or for 12 minutes if at 450°F (230°C).



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### **HOMEMADE NUT MILK (This gets the Lori Logic Stamp of Approval)**

The following article was written by Kaycee Bassett and originally appeared on VeganMachine.com.

Almond milk is my favorite kind of milk! Not only is it the healthiest (in my opinion), it also tastes the best. Almond milk is loaded with protein, calcium, and vitamin E, typically having more protein and calcium than cow milk.

There are many different ways to make almond milk. There are recipes for cooked, uncooked, and raw versions, and you can pick from a variety of flavors, including plain, unsweetened, vanilla, chocolate, cinnamon, and more. It's all up to you!

Making almond milk will be a two-day process if you decide to blanch the almonds (cook them to remove the skin), so if you get a craving, start making it right away. Blanching isn't a mandatory step, and it should be skipped when making raw almond milk.

My favorite almond milk recipe is for a cooked version flavored with vanilla and cinnamon. I'll take you through the process step by step.

### Vanilla Cinnamon Almond Milk

1 1/2 cups raw almonds  
1 tsp. vanilla extract  
4 cups water  
Pinch of cinnamon

#### Blanching

Bring a small pot of water (just enough to cover the almonds) to a boil.

Add the almonds and boil for 1 minute.

Remove the almonds from the boiling water and place in a bowl of cold water for a couple of minutes.

Transfer the almonds to a fresh bowl of cold water and let sit for another 1 to 2 minutes.

Peel the skin from the almonds.

Put the peeled almonds in a bowl and cover with water. Let sit overnight (or for at least 8 or more hours).

#### Making the Almond Milk

In a blender, combine the almonds, the vanilla, and 2 cups water. Blend thoroughly.

Pour the mixture through a very fine strainer, clean cloth, paper towel, or nut milk bag into a large pot.

Put the remaining pulp and leftover almond bits back into the blender and add the remaining 2 cups water. Blend for 1 to 2 minutes and repeat the straining process. (Be sure to save your leftover pulp for use in other recipes; see note below.)

Bring the filtered milk to a simmer on the stove, adding the cinnamon. Remove from the heat and let cool.

Strain the milk once more and pour into an airtight container.

Store the milk in the fridge—it should keep for 5 days.

As I mentioned, there are many different ways to make almond milk. The following are a few more fun options to try:

Double the vanilla for a stronger vanilla flavor.

Substitute agave or vegan sugar for the maple syrup.

Leave the skin on the almonds for more fiber and nutrients and for a stronger almond taste.

Add your favorite extracts or spices. Some enticing choices might include nutmeg, ginger, lavender, rose water, chocolate, or mint.

Make it raw! Use raw almonds, raw extracts, and a raw sweetener, and don't blanch or cook the almonds.

Get creative! Don't forget to save the pulp! Spread it evenly on a baking sheet and let it dry out—then add it to baked goods, smoothies, granola, oatmeal, and more.



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### EGG SUBSTITUTES

Eggs serve several purposes in baking. They contribute to the structure, color, flavor, and consistency of baked goods in the following ways:

1. Binding. Eggs help combine ingredients and hold them together. This gives food its structure and prevents it from falling apart.
2. Leavening. Eggs trap pockets of air in foods, causing them to expand during heating. This helps foods puff up or rise, giving baked goods like soufflés, angel food cake, and meringues their volume and light, airy texture.
3. Moisture. The liquid from eggs is absorbed into the other ingredients in a recipe, which helps add moisture to the finished product.
4. Flavor and appearance. Eggs help carry the flavors of other ingredients and brown when exposed to heat. They help improve the taste of baked goods and contribute to their golden-brown appearance.

#### 1. Applesauce

Applesauce is a purée made from cooked apples. It's often sweetened or flavored with

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other spices like nutmeg and cinnamon. Using 1/4 cup (about 65 grams) of applesauce can replace an egg in most recipes. It's best to use unsweetened applesauce. If you're using a sweetened variety, you should reduce the amount of sugar or sweetener in the recipe itself.

2. Mashed banana (Pumpkin & Avocado work too)

Mashed banana is another popular replacement for eggs. The only downside to baking with bananas is that your finished product may have a mild banana flavor. Other puréed fruits like pumpkin and avocado work too and may not affect the flavor as much. Whichever fruit you choose to use, you can replace each egg with 1/4 cup (65 grams) of purée. Baked goods made with puréed fruits may not brown as deeply, but they will be very dense and moist. This substitution works best in cakes, muffins, brownies, and quick breads.

3. Ground flaxseed or chia seed

Flaxseed and chia seed are both tiny seeds that are highly nutritious. They're high in omega-3 fatty acids, fiber, and other unique plant compounds. You can grind the seeds yourself at home or buy ready-made seed meal from the store. (but whole ones will also work) To replace one egg, whisk together 1 tablespoon (7 grams) of ground chia or flaxseed with 3 tablespoons (45 grams) of water until fully absorbed and thickened. Doing so may cause baked goods to become heavy and dense. Also, it may result in a nuttier flavor, so it works best in products like pancakes, waffles, muffins, breads, and cookies.



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**What can I substitute for milk in pudding?**

Fortunately, there are several options to use as a milk substitute in place of cow's milk in instant pudding. **Coconut milk, almond milk, cashew and soy milk** are all great choices if you are avoiding dairy products. Each one has a slightly different flavor that can add an extra layer of complexity to the pudding.

**BREADS:**

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BREAD MADE IN THE USA IS TOO HIGH IN GLUTEN-WHICH IS THE REASON FOR SO MANY GLUTEN ALLERGIES!!!

BREAD MADE IN THE USA IS TOO HUGH IN SUGAR-OTHER COUNTRIES DO NOT ADD SUGAR TO BREAD!!!

BREAD MADE IN THE USA IS TOXIC DUE TO THE PROCESS USED TO MAKE IT.

One reason that American supermarket bread tastes so bad is that each loaf contains a relatively large amount of yeast and goes through a very fast fermentation process. Traditionally-made artisan bread is slowly fermented with a small amount of yeast or sourdough starter.

Manufacturers use enzymes on bread to make the dough hold more gas, thereby becoming lighter, and to make bread stay soft for the longest possible time. Another critical group of preservatives is antimicrobials, which prevent mold from growing on the bread.

The majority of wheat grown in the U.S. (about 60%) tends to be hard red wheat which is high in protein content (mostly in the form of gluten). In Europe, the majority of wheat grown is soft wheat, lower in proteins and thus lower in gluten content.

The reasons why supermarket bread is bad are the poor flour quality, lack of freshness, fast fermentation times, added additives, and excessive use of sugar, and the overall poor quality of the ingredients used while making the bread.

The 7 Healthiest Types of Bread

Bread made from whole grains, including whole wheat and sprouted whole grain, typically offers the most nutrients. Dozens of varieties of bread line store shelves and fill cookbooks, though some are more nutrient-dense than others. Certain types are naturally high in fiber, vitamins, and minerals.

Others are made from refined grains and typically contain added vitamins and minerals.

Top 7 choices for wholesome, nutrient-dense breads.

### 1. Sprouted whole grain

Sprouted bread is made from whole grains that have started to sprout from exposure to heat and moisture.

Sprouting has been shown to increase the amount and availability of certain nutrients. One study found that pita bread made with 50% sprouted wheat flour had over 3 times as much folate, a vitamin critical for converting food into energy, than pita made without sprouted wheat flour. Studies reveal that sprouting also increases grains' antioxidants while decreasing antinutrients, or compounds that bind to minerals like iron and block their absorption. What's more, this process breaks down some of the starch in grains and decreases carb content. Therefore, sprouted grains may not increase blood sugar as much as other grains, and may be a good choice for people with diabetes or reduced blood sugar control. Plus, most sprouted breads are high in fiber and protein. As such, they're more filling than more refined breads.

One slice (34 grams) of Ezekiel 4:9 Sprouted Whole-Grain Bread offers (7): Calories: 80 Protein: 4 grams Fat: 0.5 grams Carbs: 15 grams Fiber: 3 grams

Sprouting helps increase the amount and availability of certain nutrients. Breads made from sprouted whole grains are high in fiber, vitamins, and minerals, and may have less of an impact on blood sugar than other breads.

2. Sourdough: Sourdough is made through a fermentation process that relies on naturally occurring yeast and bacteria to make the bread rise. Fermentation helps reduce the number of phytates, also known as phytic acid, that bind to certain minerals and impair their absorption. One older study found that sourdough fermentation helped to lower phytate content by over 50% compared to using conventional yeast. Sourdough may also be easier to digest than other breads. The fermentation process breaks down some of the carbohydrates and proteins found in grains, including gluten. However, this doesn't mean that sourdough is gluten-free. People with celiac disease or a gluten sensitivity still need to avoid any breads made with gluten-containing grains such as wheat. Finally, sourdough bread is thought to have a low glycemic index (GI), a measure of the impact a food has on blood sugar. The fermentation process converts some of the carbs in sourdough into a form called resistant starch. Resistant starch takes a long time to digest, making this bread less likely to cause a big spike in blood sugar. Sourdough can be made with both whole-wheat and white flours. Whole wheat sourdough has more fiber, while sourdough made with enriched white flour may contain more iron and B vitamins.

One slice (56 grams) of whole-wheat sourdough gives: Calories: 100 Protein: 4 grams Fat: 0.5 grams Carbs: 21 grams Fiber: 4 grams

Sourdough bread is made through a fermentation process that boosts its digestibility, improves the availability of certain nutrients, and lowers its blood sugar effects.

3. 100% whole wheat: Whole grains keep the entire grain intact, including the germ, endosperm, and bran. The bran, which is the hard, outer layer, is high in fiber. The bran and germ also contain protein, fat, vitamins, minerals, and beneficial plant compounds, while the endosperm is mostly starch. That's why whole grains, including whole wheat, are higher in fiber and considered more nutritious than refined grains, which have been processed to remove the bran and germ. However, white flour is typically fortified with iron and B vitamins and may actually contain more of certain nutrients than whole wheat flour. Whole grains have been linked to numerous health benefits, including a decreased risk of type 2 diabetes, heart disease, and certain cancers. However, it's important to note that many manufacturers label breads "whole wheat" so that they appear healthier, even when they mostly consist of refined flour. Look for breads that have 100% whole-wheat or whole-grain flour listed as their first ingredient and do not sneak unnecessary ingredients, such as large amounts of



added sugars or vegetable oils.

One slice (46 grams) of whole-wheat bread contains (18Trusted Source): Calories: 110 Protein: 4 grams Fat: 0.5 grams Carbs: 23 grams Fiber: 4 grams

Whole-wheat bread made from 100% whole-wheat flour is higher in fiber, while bread made from refined wheat may be fortified with iron and B vitamins.

4. Oat bread: Oat bread is typically made from a combination of oats, whole-wheat flour, yeast, water, and salt. Since oats are highly nutritious and linked to a number of health benefits, oat bread can be a healthy choice. In particular, oats are high in fiber and beneficial nutrients, including magnesium, vitamin B1 (thiamine), iron, and zinc. The fiber in oats, known as beta-glucan, may help lower cholesterol levels, regulate blood sugar, and decrease high blood pressure. A review of 28 studies found that eating 3 grams or more of oat beta-glucan per day significantly decreased LDL (bad) and total cholesterol levels compared to not eating oats. The study also found that the cholesterol-lowering effects of beta-glucan in oats were greater in people with higher baseline cholesterol levels,

However, just because a bread has “oats” or “oatmeal” on its label doesn’t mean that it contains a high amount of oats. Some oat breads only have a small amount of oats and are mostly made of refined flours, added sugars, and oils. To find a more nutritious oat bread, look for one that lists oats and whole-wheat flour as the first two ingredients.

One slice (49 grams) of whole-grain oatmeal bread contains (23Trusted Source): Calories: 130 Protein: 6 grams Fat: 1.5 grams Carbs: 23 grams Fiber: 3 grams

Oat bread made from oats and whole-grain flour boasts the fiber beta-glucan, which may help lower cholesterol and has been linked to a number of health benefits.

5. Flax bread: Flax bread, which is made primarily from whole-grain flours and flax seeds, is one of the healthiest breads you can eat. This is because flax seeds are highly nutritious and offer a number of health benefits. Particularly, they are an excellent source of alpha-linolenic acid (ALA), an omega-3 fatty acid found in plant foods. A large review of 27 studies found that a high intake of dietary ALA was associated with a lower risk of heart disease. What’s more, flax seeds boast compounds called lignans that can act as antioxidants in your body and may help protect against certain cancers. In fact, one study in 6,000 postmenopausal women suggested that those who regularly ate flax seeds had an 18% lower chance of developing breast cancer compared to those who did not eat them.

Interestingly, those who ate flax bread were 23% less likely to get breast cancer than those who didn’t eat it. However, it’s important to note that this study was observational. More research is needed to understand the connection between flax seeds and cancer risk. Nevertheless, eating flax bread and other foods with flax seeds may have additional benefits, such as improved digestive health. Be sure to look for flax breads made with minimal ingredients, such as whole-wheat and/or sprouted whole-grain flours, yeast, water, salt, and flax seeds.

One slice (34 grams) of Ezekiel Sprouted Whole-Grain Flax Bread contains (29):Calories: 80 Protein: 5 grams Fat: 1 gram Carbs: 14 grams Fiber: 3 grams

Flax bread contains plant-based omega-3 fatty acids that promote good heart health, as well as compounds called lignans that may help protect against certain cancers.

6. 100% sprouted rye bread: Rye closely resembles wheat but is usually darker and denser. Traditional rye bread is only made from rye flour and does not contain any wheat flour, whereas most modern rye breads are made from a combination of the two. Rye loaves also typically have caraway seeds baked into them.

When compared to wheat, rye is often considered more nutritious. In fact, some studies suggest that rye bread may lead to greater fullness and have less of an impact on blood sugar than wheat bread. One older study in 12 healthy adults found that those who ate whole-grain rye bread released significantly less insulin, a hormone that regulates blood sugar, than those who ate white-wheat

bread. Having too much insulin in your blood is associated with obesity and may increase your risk of type 2 diabetes. Rye's ability to lower your body's insulin response is likely due to its high soluble fiber content. Soluble fiber is a non-digestible carbohydrate that dissolves in water and becomes gel-like in your gut. Eating foods with soluble fiber helps slow your digestion of carbs, which decreases insulin release and reduces blood sugar spikes. The healthiest rye breads are made from 100% whole-grain sprouted rye flour, in addition to other sprouted grain flours. Since sprouting increases grains' fiber content, sprouted rye is higher in fiber and healthier than non-sprouted rye.

One slice (28 grams) of sprouted rye bread provides: Calories: 60 Protein: 4 grams Fat: 1 gram Carbs: 12 grams Fiber: 3 grams

Sprouted rye bread is high in soluble fiber, which helps slow your digestion of carbs and decrease your body's insulin response.

7. Healthy gluten-free bread: Gluten-free breads are made without gluten-containing grains like wheat, rye, or barley. They are safe options for people who need to avoid gluten, such as those with celiac disease or gluten sensitivity. While the exact ingredients in gluten-free loaves depend on the type, they are typically made from a mix of gluten-free flours, such as brown rice, almond, coconut, tapioca, potato, or corn flours. Many people wrongly assume that gluten-free breads are healthier than those that contain gluten. In fact, most gluten-free varieties are made from refined flours and high in added sugars. However, those made from almond or coconut flours, such as Barely Bread, tend to be lower in carbs but higher in fiber and protein than loaves made from wheat or other grains. The higher fiber and protein content in these products may help fill you up more than other breads in a small portion size.

One slice (26 grams) of Barely Bread 100% Grain-Free bread gives you: Calories: 90 Protein: 3 grams Fat: 5 grams Carbs: 6 grams Fiber: 5 grams

Some gluten-free breads may be high in sugar and use refined flours that are high in starch. Consider choosing options that are a good source of protein and fiber.

How to choose a healthy bread

To choose a nutrient-dense bread, look for brands that have:

100% whole-grain or sprouted flours listed as the first ingredient, with limited other ingredients  
3–5 grams of fiber and 3–6 grams of protein per slice.

Low in added sweeteners

One of the best ways to ensure that you're choosing a healthy bread is to make it yourself. This way, you can control the ingredients. Hundreds of recipes for homemade breads are available online to suit most every dietary need.

What's more, many breads are made with added sugars, though the amount can vary depending on the type of bread you choose. The American Heart Association recommends limiting your added sugar intake to less than 9 teaspoons (36 grams) per day for men and less than 6 teaspoons (25 grams) per day for women (41Trusted Source).

High intake of added sugar has been linked to chronic inflammation that may lead to illnesses, including heart disease. In addition, some people may need to reduce their carb intake and thus limit bread consumption, such as those with type 2 diabetes or prediabetes, as well as anyone on a low-carb diet.

To choose a beneficial bread, look for varieties made from 100% whole-grain and/or sprouted-grain flours. Make sure your bread is low in added sweeteners. A few good options include sourdough, rye, flax, and oat breads.

The main difference between whole grain and whole wheat is the type of grain being used.

Both whole grain and whole wheat products contain all three components of a grain kernel, also known as a caryopsis. These include:

**Bran.** This is the fibrous outer layer of the kernel that's rich in B vitamins and other minerals.

**Germ.** This reproductive part of the kernel is rich in a variety of nutrients, such as healthy fats, vitamin E, B vitamins, and antioxidants.

**Endosperm.** The largest component of the grain kernel consists of starchy carbs. In most cases, white flours are mostly composed of the endosperm.

When the entire kernel is used, a manufacturer can legally use the term whole grain or whole wheat depending on the type of grain used.

The term whole wheat is exclusively used for products that only use the entire wheat kernel in their product. For example, whole wheat bread would only contain whole wheat flour, which uses the entire wheat kernel. Contrarily, whole grain is used when other grains are added to the product, such as amaranth, barley, corn, millet, quinoa, rice, rye, sorghum, teff, triticale, and even wheat. In all cases, the entire kernels of these grains are used. Since wheat is a type of grain, it also falls under the definition of whole grain. Essentially, all whole wheat products are whole grain, but not all whole grain products are whole wheat.

#### SUMMARY

Both whole grain and whole wheat contain all three parts of the grain kernel — the bran, endosperm, and germ. However, whole wheat exclusively refers to wheat kernels, while whole grain includes other grains, such as barley, corn, and rye.

Is one healthier? Considering that both whole grain and whole wheat products contain the entire kernel, they're equally nutritious. When it comes to grain products, it's important to eat mostly whole grain or whole wheat products, as they contain the most nutrients. Unlike whole grains, refined flours have had their germ and bran removed, which takes away many nutrients and fiber. Most research pointing to the health benefits of grains comes from the fiber, healthy fats, and nutrients found within the germ and bran of the grain kernel. For example, a 2019 review study including 137,807 people found a significant inverse relationship between whole grain consumption and weight. This suggests that whole grains can aid weight management, likely due to the filling effects of fiber.

What's more, many studies have linked a diet rich in whole grains to a lower risk of heart disease, type 2 diabetes, certain types of cancer, and premature death. In contrast, refined grains, which have had their bran and germ removed, are not linked to the same health benefits due to their low nutrient and fiber contents. Therefore, try to mostly eat whole grain or whole wheat products whenever possible.

#### SUMMARY

Since both whole grain and whole wheat contain the entire kernel, they're equally nutritious. In fact, diets high in both whole wheat and whole grains are linked to a lower risk of chronic conditions like heart disease, diabetes, and cancer.

#### How to purchase the best product

Not all products that contain whole wheat or whole grains are inherently healthy. For example, some white flour and bread products have small amounts of whole wheat added to them to increase their nutrient content.

Despite having some whole wheat flour added, it wouldn't be considered 100% whole wheat, as it contains other flours that don't contain the entire kernel. It's important to note that wheat bread isn't the same as whole wheat bread. Wheat bread simply implies that the flour comes from wheat, and it's usually highly processed. Unless the product label states the term whole, it's not whole wheat or whole grain.

By looking for “100% whole grain” or “100% whole wheat” on the label and in the ingredient list, you can be assured that you’re purchasing the healthiest product for you and your family.

#### SUMMARY

To ensure you’re getting the entire grain kernel, and therefore, the healthiest nutritional profile, be sure to look for “100% whole grain” or “100% whole wheat” when purchasing grain products.

#### The bottom line

Both whole wheat and whole grains contain all three components of the grain kernel and are equally nutritious.

The main difference between the two is that whole wheat is reserved for products using the entire wheat kernel, while whole grain is an umbrella term for all types of grains in their whole form.

Refined grain products usually have the nutritious bran and germ removed during processing, making them less nutritious options.

For the most health benefits, choose products that are labeled “100% whole grain” or “100% whole wheat” and contain no refined grains in the ingredient list.

Why can I eat bread in Europe but not the US? Fact: American wheat is higher in gluten. The majority of wheat grown in the U.S. (about 60%) tends to be hard red wheat which is high in protein content (mostly in the form of gluten). In Europe, the majority of wheat grown is soft wheat, lower in proteins and thus lower in gluten content.

The biggest difference between American breads versus European breads is the quality of the ingredients used in each bread. Standard, store-bought American bread contains many preservatives and fillers that are banned in European countries.

British bread cannot be made with bleached flour, but American white bread almost always is made with bleached flour. The main difference is that American bread tastes like cake, and British bread tastes like bread.

The result is usually softer, heartier, and tastier bread than can be found in other parts of the world. French flour tends to be made with a lower ash content than the flour from other countries.

Local bakeries, cafes and restaurants use spring water and/or glacial water, giving everything they cook or bake a clean, true taste and aroma. As well, European's use much less or organic pesticides in their farming, giving their wheat, barley, flour, butter, milk, salt, etc.

Unfortunately, the preservatives and fillers found in American breads have been found to be detrimental to human health, which is why we do not use these ingredients at Wildgrain. Another unnecessary ingredient found in bread in America, but not in European bread, is sugar.

The key difference lies in the dough's chemistry: Western-style bread has zero fat – its main [components] are flour, salt and water while Asian-style bread contains 15 per cent fat and 25 per cent sugar to give that soft texture.

Basically in Europe, soft wheat is used to produce flour and bread, whereas durum wheat is used to produce semolina and pasta.

No list of the world's most delicious bread can ever be complete without mentioning the baguette. Meaning “wand” or “stick” in French, this iconic French bread known for its elongated shape and crisp chewy crust is an icon of French cuisine and an important symbol of French culture.

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## The Amazing BENEFITS Coconut Oil

**Nutritional Content in Coconut Oil:**

- Anti oxidants
- MCT Medium-Chain Triglycerides
- Lauric Acid
- Caprylic Acid
- Capric Acid

**The Health & Healing Benefits of Coconut Oil:**

<p><b>Skin Care</b></p> <p>The MCT in Coconut oil act as a natural skin conditioner. Deeply penetrating &amp; moisturizing, they protect against environmental &amp; free radical damage. It also helps with anti-aging, eczema &amp; even provides some sun protection.</p>	<p><b>Hair Care</b></p> <p>Coconut oil is one of the best ways to provide nutrients to your hair. The fatty acids condition deeply from the insides of the strands out. Providing protein, eliminating dandruff &amp; aiding in re-growth. Many people use it as a conditioner!</p>	<p><b>Stress Relief</b></p> <p>Coconut oil is very soothing. The natural aroma of coconut is also very soothing. You can apply the oil to your head &amp; gently massage to help remove mental fatigue.</p>
<p><b>Weight Loss</b></p> <p>The Fatty Acids in coconut oil destroy candida, (yeast overgrowth) which triggers weight gain, carbohydrate cravings &amp; fatigue. They're easily digested &amp; converted into energy, which helps to speed up metabolism &amp; help burn stored fat.</p>	<p><b>Immunity</b></p> <p>The unique saturated fats of coconut oil contain antibacterial, anti-viral, anti-fungal, and anti-parasitic properties that help strengthen the immune system. Consuming coconut oil regularly will reduce incidences of sickness.</p>	<p><b>Infections</b></p> <p>Lauric Acid (found only in breast milk &amp; coconut oil) is converted into monolaurin in the body. This may destroy bacterial &amp; viral infections like measles, influenza, hepatitis C &amp; even HIV. Monolaurin may also eliminate Athlete's foot.</p>
<p><b>Digestion</b></p> <p>MCT molecules in coconut oil are small so they are easily digested with less strain on the pancreas &amp; digestive system. People suffering from diabetes, obesity, gallbladder disease, or Crohn's disease may benefit greatly from coconut oil.</p>	<p><b>Diabetes</b></p> <p>Coconut oil may improve insulin sensitivity &amp; glucose tolerance over time. It helps regulate blood sugar levels &amp; protects against insulin resistance. It can even help prevent Type II Diabetes.</p>	<p><b>Heart Health</b></p> <p>The fat in coconut oil does <b>not</b> have a negative effect on cholesterol. In fact, it helps improve your cholesterol profile. It helps prevent heart attack &amp; stroke and may even cure heart disease.</p>

**TIP: Buy Organic, Unrefined, Cold-Pressed, Extra-Virgin Coconut Oil!**

**SOURCES:**  
<http://www.coconutresearchcenter.org>  
<http://http://www.organicfacts.net>  
<http://www.naturalnews.com>  
[www.NaturalHealthyConcepts.com](http://www.NaturalHealthyConcepts.com)

**Natural healthy concepts**

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## Eat Colors for Your Health

 <div style="border: 1px solid black; padding: 5px; background-color: white;"><b>WHITE</b> to strengthen the immune system</div>	 <div style="border: 1px solid black; padding: 5px; background-color: #90EE90;"><b>GREEN</b> to purify with detoxification</div>
 <div style="border: 1px solid black; padding: 5px; background-color: red;"><b>RED</b> to improve heart &amp; blood health</div>	 <div style="border: 1px solid black; padding: 5px; background-color: yellow;"><b>YELLOW</b> to fortify skin elasticity</div>
 <div style="border: 1px solid black; padding: 5px; background-color: orange;"><b>ORANGE</b> to prevent cancers</div>	 <div style="border: 1px solid black; padding: 5px; background-color: purple;"><b>Purple</b> to increase longevity</div>

**Vegan Blogger.com**

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## *Benefits of Cucumbers!*



1. Relieves joint pain (arthritis/gout)
2. Reduces Cholesterol
3. Aids in Weightloss
4. Promotes Digestion
5. Prevents Headaches
6. Fights Cancer
7. Rehydrates & Remineralizes the body
8. High silica content for silky hair
9. Cures Diabetes
10. Controls blood pressure



**Natural Painkillers in your Kitchen:**

## NATURAL PAINKILLERS IN YOUR KITCHEN



Ginger for muscle and joint pain    Cure a toothache with cloves    Erase earaches with garlic    Tame chronic pain with turmeric

End endometrial pain with oats    Relax painful muscles with peppermint    Give your back some TLC with grapes    Heal sinus problems with horseradish

1. Ginger: for muscle and joint pain.
2. Cloves: to cure a tooth ache
3. Garlic for earaches
4. Turmeric for chronic pain
5. Peppermint for muscle pain
6. Grapes: Back pain
7. Horseradish: Sinus Problems.

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### Foods And Herbs For Arthritis And Other Inflammatory Pain



**Turmeric**  
Curcumin, the active compound in this spice, is what makes it so powerful for healing.



**Cherries**  
Contain substances called anthocyanosides which are very effective at lowering uric acid levels.



**Ginger**  
Prepare by making a tea from the roots.



**Pineapple**  
Contains the anti-inflammatory bromelain



**Omega-3 Foods**  
Try freshly ground flax seeds, chia seeds (unground), and hemp seeds.



**Raw Apple Cider Vinegar**  
Pour a tablespoon or two into four to eight ounces of purified water.

Source: NaturalSociety.com    *The Farmacy*

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**These are the 5 vitamins and minerals whose absence harms our health:**

### 1. Lack of vitamin B12

Vitamin B12 helps to build red blood cells in our body and nervous system function. My own B-12 deficiency caused severe numbness in my legs.

**How to identify lack of vitamin B12?** This deficiency may lead to a feeling of fatigue, tingling in the feet or tips of the palm fingers and even depression. You can check the lack of this vitamin by doing blood tests.

**How to complete the lack in vitamin B12?** You can consume it from animal source foods only: meat, poultry, fish and eggs. Vegetarians have to put emphasis on getting this vitamin from eggs, while vegans should consult a doctor and take B12 supplement.

## **2. Iron deficiency**

Iron is a mineral component of the red blood cells.

**How to identify iron deficiency?** If we lack iron we may feel anemia, fatigue and dizziness. You can find if you lack iron in a simple blood test.

**How to complete iron deficiency?** you need to consume animal source foods: meat, poultry, fish and eggs. Unlike vitamin B12, you can get iron also from vegetarian food sources such as beans, soy products, tahini and green vegetables. You can increase its absorption from the food if you combine it with vitamin C, which is present in oranges, tomatoes, peppers and more, for example: a combination of chicken breast with orange juice can help us optimize the absorption of iron from food.

There are some foods that interfere with iron absorption, such as calcium-containing foods like dairy products or foods that contain caffeine found in coffee and tea, so you should eat these foods separately from foods containing iron: If you had fish for lunch, drink coffee two hours after the meal. To read more in this subject click my article [How To Increase Iron Levels In Your Blood](#).

## **3. Lack of Omega 3**

Omega 3 is an unsaturated fatty acid that helps anti-inflammatory processes in the body. It has also been found that this acid helps reduce the risk of heart and blood vessels diseases, as well as reduces depression. Both omega-3 and omega-6 fatty acids are necessary to our bodies and we need to consume them from food.

**How do you identify lack of omega 3?** Omega 6 is found in almost all processed foods but Omega 3 is uncommon in the same way, leading to excess consumption of omega-6.

**How to complete lack of omega 3?** You can receive omega-3 from fish oil. There are omega 3 supplements which are a quick solution, but alternatively you can consume two fish dishes per week (especially North Sea fish) as well as consuming walnuts and flax seed daily. For more information you can read my article about the [Health Benefits Of Omega 3 Fish Oil](#).

## **4. Magnesium deficiency**

Magnesium is an essential mineral for our body. It has a great importance to proper functioning of the heart and nervous system and preventing muscle contraction. It has also been found a close relationship between lack of magnesium to an increase in blood sugar levels, and therefore it is recommended for diabetics to consume it as part of the sugar balance in their body.

**How do you identify magnesium deficiency?** The deficiency may arise from little consumption from food, both due to increased physical activity and calcium intake that compete for magnesium absorption into our bodies.



**How to complete magnesium deficiency?** Magnesium should be consumed mostly through vegetable: beans, soy products, green vegetables, nuts, seeds, almonds, avocados and whole grains such as whole wheat bread and brown rice.

### **5. Vitamin D deficiency**

Vitamin D is very important in the absorption of calcium in the body and helps maintaining bone density.

**How do you identify vitamin D deficiency?** vitamin D deficiency can lead to decreased bone density and affects the function of the thyroid gland, which located in the neck and is responsible for body metabolism. Lack of vitamin D is very common today in the Western world, partly due to the use of sunscreen and less sun exposure that helps make vitamin D into its active form. Other reasons are functional problems of the liver and kidneys that help to make the vitamin obtained from food into its active form in the body. You can check the level of vitamin D in a simple blood test.

**How to complete vitamin D deficiency?** After consulting your physician and dietitian, you can take powder or capsules. You can also get it from the following food sources: fish, dairy products fortified with vitamin D and eggs.

To summarize, periodic blood tests and ensuring balanced menu can help to prevent many of these common nutritional deficiencies of vitamins and minerals and maintain quality of life and well-being.

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# ANTIOXIDANTS

These free-radical fighting antioxidants help you look & feel younger by slowing down the aging process, help prevent cancer, heart disease & other degenerative diseases. Not only that, they speed up recovery from exercise... that means more muscle & less fat on your body in the long run! [www.tortoisehare.net](http://www.tortoisehare.net)



One cup of **blackberries** contains the most antioxidants of all the berries tested, beating out blueberries, strawberries, cranberries & raspberries. Plus, 1 cupful provides 1/2 your daily recommended intake of vitamin C.



Just an ounce of **walnuts**, or 15 - 20 halves, is loaded with antioxidants. They're cholesterol-free & low in sodium and sugar. Nuts are laden with calories, though, so be mindful of your intake.



Bursting with fiber & vitamin C (149% of your daily recommended intake!), a cup of sliced **strawberries** is a cup full of healthy benefits.



One **artichoke** contains approximately 1/4th of an average sized adult's fiber needs. It's rich in vitamin C, potassium, folic acid & magnesium and is naturally fat free & very low in calories.



Now only does **coffee** help keep us alert, it reduces the risk of diabetes & Parkinson's disease and also stimulates enzymes that protect against colon cancer.



One cup of whole **cranberries** is full of disease-fighting and health-boosting antioxidants.



Another super-healthy berry to add to your diet. One cup of **rasberries** is loaded with vitamin C (54 percent of your daily recommended intake) and antioxidants.



One ounce, or 20 jumbo kernels, of **pecans** is rich in antioxidants. They increase metabolic rates, enhance satiety & play a role in protecting the nervous system.



Just a teaspoon of **ground cloves** can do wonders for your body. Spice up your meals and boost your health at the same time.



This superfood is good for your health and can help protect your skin from premature aging. **Blueberries** reduce the risk of urinary tract infection, and improve eye vision.



Peaches are rich in beta-carotene, vitamins A & C, fiber and minerals like iron, thiamine, riboflavin, niacin, calcium, potassium, magnesium & phosphorus.



Broccoli contains indole-3-carbinol that reduces the risk of breast cancer & other estrogen sensitive cancers, like cancer of the ovaries & cervix. It contains other protective constituents like beta-carotene, which can help prevent heart disease.

Vitamin A & Carotenoids: Carrots, squash, sweet potatoes, tomatoes, cantaloupe & apricots  
Vitamin C: Citrus fruits like oranges & lime etc, green peppers, green leafy vegetables & tomatoes  
Vitamin E: Nuts & seeds, whole grains, green leafy vegetables, vegetable oil & liver oil  
Selenium: Fish & shellfish, red meat, grains, eggs, chicken & garlic  
Flavonoids / polyphenols: soy, red wine, purple grapes or Concord grapes, pomegranate, tea  
Lignan: flax seed, oatmeal, barley, rye








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Dave Sommers

# 12x happy Increase Serotonin

By: [authenticdiscovery.com.au](http://authenticdiscovery.com.au)

 Leafy Greens boost Energy	 Walnuts - Omega 3 brain nutrients	 Smiling releases happy hormones	 Epson Salt Calming	 Oats Eases Depression
 Cayenne Peppers Relieves Depression	 Water Hydration More Energy less stress	 Green Smoothie Energy boost, zap!	 Almonds Brain Food-Magnesium	 Walking- clears mind boosts serotonin



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### Beach Bum Lentil Trail Mix

Author: Leanne Vogel

Allergens: Vegan, Gluten-free, Dairy-free, Sugar-free, Yeast-free, Corn-free, Grain-free

Prep time: 6 hours

Cook time: 35 mins

Total time: 6 hours 35 mins

Serves: 8 servings

Lentils add a healthy dose of protein and fiber to this beach inspired healthy trail mix. It's a snack anyone can feel good about eating!

#### Ingredients

- 1 cup uncooked red lentils
- ½ cup raw pumpkin seeds (pepitas)
- ½ cup roasted, salted sunflower seeds
- ½ cup dried cranberries
- ½ cup diced dried apricots
- ½ cup diced dried pineapple chunks
- 1 tsp [white rice flour](#)
- ⅓ tsp Himalayan rock salt

#### Instructions

1. Soak lentils in 4 cups of water in a medium bowl for 4-6 hours. The longer you soak, the less chance the lentils will cause gas or bloating when you eat them.
2. When the lentils are ready, preheat oven to 350F, drain and rinse them really well before spreading across a 13x9 rimmed baking sheet and sprinkling with salt.
3. Bake in preheated oven on the middle rack for 30-35 minutes, or until lentils are crisp and crunchy. When complete, allow to cool to room temperature.
4. Meanwhile, dice the dried apricots and pineapple chunks. Place in a bowl or on a large cutting board and add the rice flour, just a pinch at a time. Toss the fruit in the flour until the pieces are coated and no longer sticky where they've been cut.
5. Mix lentils with remaining ingredients and transfer to an airtight container for your next day at the beach!



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### How to Cook and Eat an Artichoke

Prep time: 5 minutes

Cook time: 35 minutes

#### METHOD

##### How to Cook an Artichoke

1. If the artichokes have little thorns on the end of the leaves, take a kitchen scissors and cut off the thorned tips of all of the leaves. This step is mostly for aesthetics as the thorns soften with cooking and pose no threat to the person eating the artichoke.



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2. Slice about 3/4 inch to an inch off the tip of the artichoke.
3. Pull off any smaller leaves towards the base and on the stem.
4. Cut excess stem, leaving up to an inch on the artichoke. The stems tend to be more bitter than the rest of the artichoke, but some people like to eat them. Alternatively you can cut off the stems and peel the outside layers which is more fibrous and bitter and cook the stems along with the artichokes.
5. Rinse the artichokes in running cold water.
6. In a large pot, put a couple inches of water, a clove of garlic, a slice of lemon, and a bay leaf (this adds wonderful flavor to the artichokes). Insert a steaming basket. Add the artichokes. Cover. Bring to a boil and reduce heat to simmer. Cook for 25 to 45 minutes or until the outer leaves can easily be pulled off. Note: artichokes can also be cooked in a pressure cooker (about 15-20 minutes cooking time). Cooking time depends on how large the artichoke is, the larger, the longer it takes to cook.

#### How to Eat an Artichoke

Artichokes may be eaten cold or hot, but I think they are much better hot. They are served with a dip, either melted butter or mayonaise. My favorite dip is mayo with a little bit of balsamic vinegar mixed in.

1. Pull off outer petals, one at a time.
2. Dip white fleshy end in melted butter or sauce. Tightly grip the other end of the petal. Place in mouth, dip side down, and pull through teeth to remove soft, pulpy, delicious portion of the petal. Discard remaining petal.

Continue until all of the petals are removed.



3. With a knife or spoon, scrape out and discard the inedible fuzzy part (called the "choke") covering the artichoke heart. The remaining bottom of the artichoke is the heart. Cut into pieces and dip into sauce to eat. My favorite artichoke dipping sauce? Some mayonnaise with a little balsamic vinegar stirred in. Others like dipping artichoke leaves and heart into melted butter.



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## Eggplant

- When you think of eggplant, you probably envision the large pear-shape or cylindrical eggplant with shiny purple skin. Though this is the most common variety in the United States, eggplant does vary in shape and size, from a couple of inches to a foot long. The color varies with variety, including white, green, reddish-orange, and striated hues.
- Eggplant is available year-round but peaks in late summer. Look for firm, glossy-skin eggplants that are heavy for their size with bright, mold-free tops. Younger, smaller eggplants are usually less bitter than larger or older ones.
- Since eggplants are quite perishable, store them whole in the refrigerator for up to 2 days.

### How to Prep Eggplant

- Wash the eggplant before using.
- While the skin of small young eggplants is edible, the skin becomes bitter on larger or older eggplants and should be peeled. Use a vegetable peeler or paring knife to remove the skin. Since the flesh discolors soon after peeling, peel eggplant right before using.
- Cut off the top and blossom ends, and cut the eggplant into 1/2-inch slices or into 3/4-inch cubes, unless a cooking method states otherwise. A 1-pound eggplant equals 5 cups cubed.
- You may have heard of salting eggplants before using. While this isn't essential, it does help tame the bitter taste, especially of older eggplants, by bringing out the juices and



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letting them drain. Lay the slices or cubes on layered paper towels and sprinkle all sides with salt. Top with more paper towels and a plate or something to weigh them down.

Let sit about 20 minutes, rinse, pat dry, and use as desired.

**How to Grill Eggplant:** Eggplant is a natural for the grill because of its dense interior that acts like a sponge and soaks up marinade, oil or butter, and smoky flavor. It is also quick prep since it requires no precooking.

**1.** Peel, if desired, and cut into 1/2-inch slices. You can also halve small eggplants lengthwise instead of slicing. Brush slices on all sides generously with olive oil, melted butter, or cooking oil. This adds flavor and keeps them from sticking to the grill rack. Season as desired with herbs, salt, and ground black pepper. You can also brush the eggplant with oil-based marinade instead of the oil or butter.

**2.** Place eggplant on a piece of heavy foil or directly on the grill rack.

**3.** For a charcoal grill, place the eggplant on rack directly over medium coals. Grill, uncovered, about 8 minutes or until crisp-tender, turning occasionally.

**4.** For a gas grill, preheat the grill. Reduce heat to medium. Place the eggplant on the grill rack directly over heat. Cover and grill about 8 minutes or until crisp-tender, turning occasionally.

#### **How to Saute Eggplant**

**1.** Brush slices of eggplant with olive oil on all sides and sprinkle with salt and ground black pepper. Place about 1/3 cup seasoned fine dry bread crumbs in a shallow dish. If desired, stir in 1 to 2 tablespoons grated pecorino or Parmesan cheese. Dip each slice of eggplant into the crumbs, coating thoroughly.

**2.** Heat about 2 tablespoons olive oil in a large heavy skillet over medium-high heat.

**3.** Add the coated eggplant slices to the hot skillet and cook about 5 minutes per side or until golden.

#### **How to Roast Eggplant**

**1.** Preheat the oven to 450 degrees F. Line a 15x10x1-inch baking pan with foil or lightly grease it.

**2.** Peel eggplant, if desired, and cut into 3/4-inch cubes. Place the cubes in a large bowl. For 6 cups eggplant (1 medium), in a small bowl combine three cloves garlic, minced; 1 tablespoon olive oil; 1/2 teaspoon salt; and 1/4 teaspoon ground black pepper. Toss eggplant with oil mixture and transfer to prepared pan.

**3.** Roast eggplant about 20 minutes or until tender, stirring occasionally.

**Lori Logic:** I'm not a huge fan of eggplant but if you are dating a die hard vegan and they make you eggplant lasagna, it wont kill you to eat it...but you will stop by McDOnalds on the way home.



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### Baked Kale Chips:

- Preheat oven to about 375\*
- Use about 1 OXO salad spinner's worth of kale (which was a stuffed grocery store veggie bag). Tear the leaves off the thick stems into bite size pieces. Spread out on cookie sheets.
- Drizzle with about 2 tsp of olive oil
- Sprinkle with Parmesan, Asiago or your seasonings of choice. Plus a sprinkle of kosher salt.
- Bake for about 15 minutes, until edges are brown and kale is crispy when moved in pan.

To retain more nutrients, consider dehydrating instead of baking. Dehydrate at less than 105 degrees for 2.5 hours for optimal results.

Options: use a blender to mix the olive oil, a little fresh garlic, salt and pepper and possibly even a splash of apple cider vinegar or other seasonings to taste. Then drizzle over or toss with the kale before baking. For an extra boost of flavor you can also sprinkle with fresh parmesan cheese.

**Lori Logic: Yes, you can bake Kale..but realistically, they taste just okay but will never, ever fill you up...and therefore..not really worth the effort unless you just really need a new way to get greens in your gut.**



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### Spicy Tempeh Balls

300g tempeh  
1/2 brown onion, finely chopped  
1 clove of garlic, finely chopped  
1 large free-range egg yolk  
1 tbsp less salt soy sauce  
1 tbsp fresh ginger, grated  
1 large tbsp bread or rice crumbs  
1 red chilli, seeds removed, finely chopped  
1 tbsp shiro miso  
1 tbsp mirin  
freshly ground black pepper

1 carrot grated, to serve  
1 tbsp black sesame seeds, toasted, to serve

Preheat oven to 180C and line a baking tray with baking paper. Sauté the onion and the garlic in a dash of water or olive oil until translucent. Place all ingredients in a bowl of a food processor and process until smooth. Season with freshly ground black pepper. Shape the dough into balls and place on a baking tray. Bake for 20 minutes turning the balls over half way. Serve with grated carrot and toasted black sesame seeds.

**Lori Logic: Don't forget, I'm not really a fan of tempeh, it's a taste you have to get used to and I'm more in favor of whole foods but if you are taking something to a sick friend who is vegan, this is not a bad dish to share or make as an appetizer that you can serve to meat eaters..as long as you don't tell them it's a meat substitute..if they think it's some kind of**

vegetable or wheat (which it is) they will usually just eat it without pre-conceived bias.



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## Eggplant Bacon

(Don't think of it as bacon, think of it as spicy fried eggplant)

Use a mandoline if you have one, cut eggplants free style with just a cutting board and a knife and they will come out just fine! The goal is to cut them very thinly, but remember that they will reduce when you dehydrate or bake them.

## Eggplant Bacon

2 medium eggplants, ends trimmed, cut in half and then into thin "bacon-like" strips  
4 tablespoons coconut aminos (you can use tamari or low sodium soy sauce)  
4 tablespoons coconut vinegar (or apple cider or umeboshi plum vinegar)  
4 tablespoons coconut nectar (I actually used maple syrup, as I was out of CN)  
a drizzle of cold-pressed extra-virgin organic olive oil (I am thinking next time I'll try coconut oil!)  
1 lime, juice only  
2 teaspoons chili powder  
pinch cayenne powder (optional - but I like it spicy!)  
1/2 teaspoon garlic powder  
1/2 teaspoon paprika (I used smoked)  
1/4 teaspoon smoked alderwood salt (only use if using coconut aminos - otherwise it could make it too salty)  
freshly cracked black pepper (I used approximately 1/2 teaspoon)

Whisk together all ingredients in a medium bowl until well combined. Fully coat each eggplant slice and lay into a 9 x 13 baking dish to marinate. Pour any remaining marinade over the top and cover with plastic wrap for at least one hour.

Transfer slices onto mesh dehydrator trays and warm at 135 degrees for the first hour. After one hour, I flipped the slices and brushed on the reserved marinade to re-coat. Return to the dehydrator, set now at 115 degrees to finish, approximately 8 -12 hours, depending on what level of crispiness you prefer.

If you don't have a dehydrator, place slices on parchment lined cookie trays and bake at 350 degrees F for about 30 - 45 minutes, brushing occasionally with reserved marinade.

The bacon was my delicious lunch today, served with a raw corn salad.

**Lori Logic: Don't forget our #1 rule, don't think of it as bacon, think of it as crispy spicy eggplant..then you might actually like it on a sandwich with mayo.**

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no grains, no dairy, no refined sugar

**PUMPKIN ROLL**

## No grains, no dairy, no refined sugar Pumpkin Roll

I love desserts and love all things pumpkin, so obviously I've always had a thing for the pumpkin roll.

This pumpkin roll has no grains and no refined sugar and it is so much healthier than the traditional pumpkin roll that is loaded with refined sugar and flour. This recipe even has a

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delicious dairy free option for those who cannot tolerate dairy (I actually prefer the dairy free version). And, it's so, so good! No one will ever know it's healthier

As you can see, my pumpkin roll did crack a bit on the top. It may do that as you roll it up, but don't worry! If looks are very important to you and you don't want any cracks showing, here's a good and delicious option: You can save a little bit of filling and use it to frost the top of the roll with extra filling. You can also sprinkle some chopped nuts (yum!) on top of the icing topped roll to make it look extra special. You can also serve the pumpkin roll in 1 inch slices and no one will be able to tell it cracked. It's so good, no one will care anyway ..or, instead of rolling it, stack thin layers one on top of the other then slice it.

### **No grains, no dairy, no refined sugar PUMPKIN ROLL**

1 ½ cups roasted pumpkin or 1 [can of pumpkin](#)  
1/3 cup + 1 tablespoon [pure maple syrup](#) (you can sub pure honey, as well)  
4 eggs  
¼ cup [coconut oil](#) or butter or [ghee](#)  
1 teaspoon [pure vanilla extract](#)  
1/3 cup [coconut flour](#)  
1 heaping teaspoon baking soda  
¼ teaspoon sea salt  
1 tablespoon [pumpkin pie spice](#)  
Dairy Free Maple Coconut Whipped Cream Filling:

2 cans of [full fat coconut milk](#), chilled in the fridge for at least one night (do NOT use light coconut milk!)  
1 tablespoon [pure vanilla extract](#)  
4 tablespoons [pure maple syrup](#) (you can sub honey as well)  
1 ½ teaspoon [pumpkin pie spice](#) or cinnamon  
optional thickener: 1 tablespoon [arrowroot powder](#)

Cream Cheese Maple Whipped Filling:  
1 8 ounce package cream cheese  
4 ounces of butter or [ghee](#)  
¼ cup [pure maple syrup](#) or honey  
1 tablespoon [pure vanilla extract](#)  
1 1/2 teaspoon [pumpkin pie spice](#) or cinnamon

### **DIRECTIONS:**

Preheat oven to 325. In a large bowl, mix together the pumpkin puree, eggs, vanilla and coconut oil. Mix together the coconut flour, baking soda, salt, and pumpkin spice. Combine the wet and dry ingredients together and stir until combined.

Line a 15×10 jelly roll style pan with parchment paper (very important!). Let some parchment paper hang over the ends. Pour your pumpkin mixture into the pan. With a spatula, even out the mixture so it's nice and flat in the pan. Bake for 30 minutes.

Let cool for a few minutes. Don't let it completely cool (also very important!). You still want it to be warm.

This is the tricky part. Using your parchment paper, start with the small side of the pumpkin roll (the 10 inch side) and roll up with the parchment paper and all. Mine did crack at a few



places, but that's ok. Just roll it up nice and tight in the parchment paper and let it cool...or do layering instead of rolling.

Dairy free whipped filling directions:

Your coconut milk will whip the best when the cans are chilled in the fridge for at least one day. I also put my bowl and mixers in the freezer for at least an hour to help it along. Get just the cream out of the coconut milk can by pouring the water out. Dump the cream into your mixing bowl and mix in the rest of the filling ingredients. Whip until smooth and soft peaks have formed. Depending on your coconut milk, you may or may not need a thickener. The mixture without a thickener will also get harder in the fridge, so you do not need a thickener if you don't want to add one. I did go ahead and added 1 tablespoon of arrowroot and it made it just the consistency that I was looking for.

Cream cheese whipped filling directions, if you are using the dairy version:

Whip together ingredients until smooth and creamy – about 10 minutes.

Once your roll is cool, unwrap and spread your filling all over it until there's a nice layer on it. If you made the dairy free option, you will not use all the filling. Just spread a nice layer over the pumpkin and save the rest of the filling – you can use it on top of my oh so yummy [grain free pumpkin pancakes recipe](#), in coffee as a special treat, on top of a sweet potato or squash, or just eat it right out of the bowl

Once the filling is spread all over, now it's time to roll it back up. I used the parchment paper again to help aid me in making a nice tight roll. But, this time around, do NOT roll the parchment paper up with the roll. My roll did crack in a few places, but that's ok. Just roll it up nice and tight. I also used some plastic wrap to get it even tighter and then you want to place in the fridge for at least an hour.

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Gluten Free, Dairy Free Waffles by Waffles & Wolf and Bobby Deen TV  
(For use as a wrap for sandwiches and brunch foods)

- 3 cups [white rice](#) flour
- 1 tablespoon baking powder
- 2 teaspoons [cornstarch](#)
- 1 teaspoon salt
- 1/2 teaspoon [herbes de Provence](#)
  
- 3 tablespoons [olive oil](#)
- 1 teaspoon molasses
- 1/4 cup whole kernel sweet corn
- 1/4 cup [apple cider vinegar](#)
- 1 teaspoon [lemon juice](#)

#### DIRECTIONS

For the waffles: Preheat the [waffle iron](#) according to manufacturer's instructions.

Combine the [rice flour](#), baking powder, cornstarch, salt and herbes de Provence in a bowl. Stir in 1 1/4 cups water, then add the oil and [molasses](#). Stir until smooth. Finally add the corn and cider vinegar. Pour the [batter](#) onto the hot waffle iron and cook in batches.

<http://www.cookingchanneltv.com/videos/pb-banana-waffle-sandwich.html>

	<p>possible fillings for a waffle fold over: chicken salad  cream cheese and strawberries, bacon and jam, banana and honey with slivered almonds,  cream cheese and apples, shredded chicken and bbq sauce, others: feta cheese, goat  cheese, mozerella cheese, nutella, tahini sauce, orange marmalade, tahini &amp; honey sauce,  peanut butter, turkey, lettuce, tomato. Bacon, mustard, hard boiled egg, red onion,  horseradish sauce, pumpkin, pulled pork, kale chips, lemon, salmon, spinach, jalapenos,  avocado, lime, salsa, currants, pistachios, brownie and cream cheese, whipped cream,  hummus, dried cherry cranberries, yogurt, caramel, shreaded carrots, coconut, banana  pudding, roasted apples, roasted peppers, sun dried tomato, tomato paste, ginger, parsley,  cilantro, pear, grapes, mandarin oranges, pineapple,</p>
<p><a href="#">Jump to top of document</a></p> <p><a href="#">SKIP TO END OF DOCUMENT FOR TABLE OF CONTENTS</a></p>	<p><b>APPLESAUCE VEGTABLE OIL SWAP TIPS</b></p> <p>One of the easiest substitutions you can make in your kitchen is to substitute applesauce for vegetable oil in baked goods like cake, muffins, brownies and more. By replacing liquid oils with applesauce, you lower the calories and fat in a recipe. Here are a few tips for using applesauce in baked goods:</p> <ul style="list-style-type: none"> <li>○ Applesauce can be replaced at a 1:1 ratio. So if your recipe calls for 1/2 cup oil, you can replace that with 1/2 cup applesauce.</li> <li>○ Be sure to buy sugar-free, all-natural applesauce since your recipe probably doesn't need more sugar.</li> <li>○ Baked goods may be slightly chewier with applesauce than with oil.</li> <li>○ If you're worried about applesauce changing the texture of your recipe, you can substitute a portion of the oil rather than the whole amount.</li> <li>○ Other fruit purees work as well because they all contain pectin, which acts a lot like oil in the recipe.</li> </ul>

## Dehydrated Foods:

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<p>OATS</p> <p><a href="#">SKIP TO END OF DOCUMENT FOR TABLE OF CONTENTS</a></p>	<p>Oats are one of the grains highest is phytic acid, which blocks minerals absorption in the gut. In order to help break down the phytic acids, we soak or sprout our grains before consumption, as presented in <i>Nourishing Traditions</i>. Man, I love that book.</p> <p>I also love having soaked oats on hand.</p> <p>So let's rock it.</p> <p><b>Soaked Oats</b>  You will need:  – Organic, rolled oats</p>

- Filtered water
- Yogurt, lemon juice, whey, or [apple cider vinegar](#)

Step One: Add desired amount of oats to a large mixing bowl. Add a cup of filtered water and stir to combine. If needed, add another cup and stir again. We do not want the oats completely submerged in water. The idea is simply to wet the oats until they are all slightly damp. Stir a little bit of water in at a time until you've reached the desired wetness.

Step Two: Add in 1 tablespoon of yogurt, lemon juice, whey, or vinegar for every cup of oats that was added to the bowl. For example, my granola recipe calls for 6 cups of oats which means I use 6 tablespoons of yogurt to soak in with. I tend to favor yogurt because it adds a nice flavor to the oats. Mix to combine.

Step Three: Cover the oats and allow them to soak for 24 hours.

Step Four: Spread the oats thinly on a parchment paper lined baking sheet and place in the oven on the lowest setting until completely dry (about 12 hours). This step can also be completed in the dehydrator, which is what I typically use.

Every so often, get your hands in there and break up the small chunks of oats to ensure they get completely dry.



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## HOMEMADE FRUIT ROLL-UPS

### YOU WILL NEED:

- Washed Fruit ~ let your imagination run wild; you can use just about any combination your heart desires
- 2 tbs Grass-fed gelatin (I am sorry, but you will not find any nutritional advantage to purchasing the packets at the grocery store. You can [find grass-fed gelatin here](#), it is the best price I have found.)
- Blender (High-powered like the [Vitamix](#) is preferred but not necessary.)
- Dehydrator (I use and recommend the [Excalibur](#), but any dehydrator will work!)
- [Non-stick Dehydrator Sheets](#), [Parchment Paper](#), or plastic wrap.

**STEP ONE: ADD FRUIT** Here is where you can really personalize your creation. Just start adding several cups of washed fruit to your blender. I love adding peeled bananas myself. I have recently made two batches. The first one I made was comprised entirely of peaches. The second and most recent batch, I just let my imagination run wild, as I am encouraging you to do. I added banana, strawberries, peaches, mango, and grapes. Whatever you like, just fill up the blender with as much fruit as you want.

**STEP TWO: BLEND, BABY!** Blend on high until pureed.

**STEP THREE: ADD GELATIN** Turn off your blender and add

**your two tablespoons grass-fed gelatin. Then go ahead and blend it all in, for several seconds on high.**

**STEP FOUR: POUR** Now, you will need to prepare your tray to hold the fruit puree. You have three options: you can use

- Paraflexx sheets (or the [generic brand](#), which is what I own and recommend)
- Parchment paper
- Plastic wrap, if nothing else is available

Whatever your selection, you need to lay your sheet down on top of the mesh for your dehydrator tray. Then, simply pour about a cup of the puree on to the sheet. There will be air bubbles from blending; don't sweat it.

Now, pretend you're playing Labyrinth and start tilting the tray around, effectively spreading the puree out. Leave it about 1/4" thick. If you go too thin, the finished texture will be way too thin and it will be difficult to remove the fruit when you're done.

**STEP FIVE: DRY** Turn your dehydrator on around 140, if your dehydrator has a temperature setting. If not, keep it on low. Let it dry around 6-10 hours, or even overnight.

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Notes on Jello: There are a multitude of ways you can use it, and making homemade fruit roll-ups, otherwise known as fruit leather, is one of those ways. I'll show you how. It's tremendously easy, as are all of the tutorials here at [It's a Love/Love Thing](#). That's why I know how to do them!

Jell-o is not really healthy, not really. But [gelatin from grass-fed cows](#) is actually very beneficial to your body. Here are a few very interesting articles on the miracle benefits of humble gelatin:

[Gelatin: 12 Unusual Uses and Health Benefits](#)

[Better than Botox: Natural Ingredient Reduces Wrinkles, Cellulite, and Stretch Marks](#)

[Why I Drink Green Jell-O](#)



ORANGE PEEL  
POWDER



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### Orange Peel Powder

I love keeping orange, mandarin and tangerine peels. I dry them in the dehydrator and I blitz them in my [blender](#) to powder. As a natural Vitamin C supplement the peel has numerous benefits. Organic oranges are ideal as oranges do get sprayed and retain a high amount of pesticides. However Organic oranges are hard to come by in Hong Kong so I first soak my peels in a kombucha and water solution to help remove the waxes and chemical residues.

The Limonene and flavonoids found in orange peel (also grapefruit, lemons and limes) have been seen to have some anti-carcinogenic properties. Especially in Breast and colon cancer cases. The limonene oils may inhibit cancer cell growth. Studies have shown that limonin and limonene can start the enzyme activity an important detoxifying enzyme called of glutathione S-transferase. This helps as an antioxidant and anti-inflammatory which blocks the need of the cell to mutate to protect itself. The citric acid in the peel also plays a key role in this.

Orange peels are a natural source of pectin, a natural fiber which may decrease the rise in blood sugar after a meal. Thus being of some benefit to pre and type 2 diabetes. Pectin is also a pre-biotic- helpfully feeding and

balancing our bacteria friends so necessary to the body (see [Culture Your Life](#) which is all about the benefits of bacteria).

This gives orange peel has antiseptic, bactericidal, and fungicidal properties by helping out the bacterial environment. D-limonene may also be helpful in dissolving kidney stones and beneficial in eliminating any kidney or urinary tract infections. Especially when the peels have been slightly fermented by the Kombucha in the soaking process. The Kombucha not only removes the chemical residues it may also begin the digestive process by increasing the bioavailability of the nutrients in the peel.

The natural properties in orange peel have also been seen to helpful in lowering cholesterol.

“In a May 2004 “Journal of Agricultural and Food Chemistry” article, Canadian researchers and the United States Department of Agriculture reported that isolated compounds from orange and tangerine peels showed promise as a natural alternative for reducing LDL cholesterol without the side effects of mainstream cholesterol drugs.” ([source](#))

They may also help with heartburn. According to a 2007 Alternative Medicine Review article by Jidong Sun, Ph.D., Sun notes that an active ingredient found in the orange peel, d-limonene, possesses the ability to neutralize gastric acid and support normal peristalsis. ([source](#))

This great powder is so easy to make and I add it to so many things!

#### Ingredients

Orange peel  
Kombucha/apple cider vinegar  
water

#### Instructions

Soak your orange, mandarin, tangerine or other citrus peel in a solution of water and Kombucha (use about 1 tbs kt to 500mls water)

Use a dehydrator (at 100F) or oven at the lowest setting and dry your peel until it is hard and completely dry.

When your peel is completely dry put in a high speed blender and blitz until powder.

Add to fizzy water and drink otherwise it can be added to; chocolate, drinks, baked good, use it to flavour Kefir, kombucha or add it to teas, stocks and smoothies! Why not use in your homemade cosmetics!

#### Notes

so easy- give it a go- you were only going to throw the peel away anyway!  
Another good way to use the peel is to add it to bath water



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## Dehydrating Strawberries

2 quarts of fresh strawberries made just over 1 pint of dried slices for me.

### Prepare Fruit:

Strawberries is one of the fruits that retains its color when drying so you do not need to use a pretreatment on them before hand like some foods. You can just slice and dry.

If you want the strawberries to have an even sweeter taste, you can blanch the fresh strawberries ( I would slice them first) in a sugar syrup first before drying. To do this follow this recipe from voices.yahoo.com :"  
Mix 1 cup sugar, 1 cup white corn syrup and 2 cups of water in a saucepan. Bring to a boil and add sliced fruit. Simmer for 10 minutes. Remove the pan from the heat and allow to rest for 30 to 45 minutes. Drain the syrup from the fruit."

My husband is diabetic so I do not do the sugar syrup, they taste perfectly like fresh strawberries with out it to us.

Try to slice them in even slices so they will dry at the same rate. I just used a paring knife, but a mandolin slicer would be more precise.

### Drying the Fruit:

Spread slices evenly on your dehydrator screens, leaving room around each slice for air flow.

If your dehydrator came with a manual follow the drying temperatures and times.

Mine was a used one and has no temperature control or manual. Usually around 130 degrees. The times can vary between 6-12 hours but mine is older and actually took more like 15 hours so my temperature is a lot lower than that.

To tell if your fruit is dry: It should be pliable and leathery. There are two easy ways to check if it is fully dry:

1) take a few slices from the dehydrator and place them in a plastic baggie. Fold the top of the bag over and watch to see if moisture or condensation forms. If it does, they are NOT dry yet, return them to the dehydrator for more time.

2) Remove a slice from the dehydrator and let it cool. Tear it apart and check along the tear line for little dots of moisture. If none appear then it is fully dry.

Store in airtight containers or bags.

Best in cool temperatures between 60 degrees and below freezing.

Away from direct sun light.

I store mine in a bag in the door of the freezer.

Should last approximately 12 months.



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Dehydrating pineapple:

1. Select pineapples with minimal surface damage or bruises. Pineapples do not ripen once they've been picked, so there is no benefit in letting them sit around. Buy the best looking and smelling pineapples you can find and process them as soon as you can.
2. Rinse and scrub the pineapples under tap water to decrease the potential for exposure to pesticides and pathogens from the skins.
3. Use a pineapple cutter or chop the pineapple as described above. Chop the pineapple into strips or chunks about 1/2" to 3/4" in thickness.
4. No pre-treatment of pineapple is necessary, although syrup blanching can be used to produce something closer to candied pineapple. I personally do not use any pre-treatment.
5. For easier clean-up, line dehydrator trays with nylon or polypropylene mesh to prevent the pineapple from sticking to the trays. Place a single layer of pineapple slices on the dehydrator trays.
6. Dehydrate at 135° F for 12-16 hours, turning the fruit after eight hours to ensure even drying.
7. The dehydrated pineapple will be finished when it is firm, chewy, and lightly sticky.
8. For best results, vacuum seal or place in air-tight freezer bags.

Refrigerate or store in a cool, dark place until you plan to eat them.

It may seem wasteful throwing away the cores, but pineapple cores aren't good for much. They can be tough and fibrous. Compared to the rest of the pineapple flesh they also have higher concentrations of bromelain, an enzyme that breaks down protein. Bromelain is a common meat tenderizer. Unless you want to tenderize your mouth, you probably don't want to be eating pineapple cores. I learned about bromelain through an unpleasant encounter, so I have an opinion on the matter: The first season I dehydrated pineapples, I salvaged the delicious-looking cores and ran them through my masticating juicer. A few minutes after drinking the juice I noticed my mouth and tongue had gone numb and felt burnt. I couldn't taste much for a day or two.



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## Dried Mango

### Ingredients

- 4 - 5 ripe mangoes
- 1 Tbs raw honey
- ¼ cup lemon juice

### Instructions

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**MEDIAVINE**

1. Mix honey and lemon juice in a small bowl. Stir until the honey is dissolved.
2. Peel and slice mangoes into small even strips.
3. Dip each strip into the lemon/honey mixture, shake off any excess. Place on dehydrator sheets.
4. Dehydrate for 10 - 12 hours at 135 degrees. (I'd start checking around 8 or 9 hours. Times will vary based on humidity levels. Mine took about 11 hours.)



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## How to Make Dehydrated Apples in a Food Dehydrator

Dried apples are a great snack, and they're known to be a wonderful ingredient in winter compotes. You can also add them to fresh apples to make an extra-rich applesauce. This method preserves the unique flavors of individual apple varieties. Save the leftover apple cores to make apple scrap vinegar, jelly, and homemade pectin.

Drying apples in a food dehydrator is an easy process. You can have your kids help load the trays or check the slices to see if they are dried. Depending on age and...

### What You Need to Make Dehydrated Apples

Besides a food dehydrator and apples, you only need a knife, acidulated water (water with vinegar or lemon juice) and jars for storage. Plan for about 15 minutes to slice the apples and arrange them on the trays. Then it will take about 12 hours to dehydrate the apples in the food dehydrator.

### Slice Apples to the Correct Thickness

It's important the apples are the right thickness before dehydrating. Slice the apples approximately 1/3-inch thick--they should be no thicker than 1/2-inch thick. Otherwise, they won't dry well.

### Drop the Apple Slices Into Acidulated Water

To minimize browning, the apple slices need to be placed in acidulated water as they are sliced. To make acidulated water, add 1 tablespoon vinegar or lemon juice per quart of water.

### Drain the Apples

Before drying the apples they need to be drained of any liquid. Place the apples in a colander and let them sit for a few minutes so they are really well drained. If you're in a hurry, spread the slices on a dish towel and lightly press another dish towel on top of them.

### Place Apple Slices on Dehydrator Trays

Place the drained, acidulated apple slices on dehydrator trays. Be sure none of the pieces are touching and that there is some space around each slice for air to circulate. This is an important step to get even drying.

### Dry the Apple Slices

Place the trays of apple slices into the dehydrator. Set the temperature for 130 F. Turn on the dehydrator and dry the apples until they have a leathery or crispy texture (depending on how you like them). This takes approximately 12 hours.

### Let the Dehydrated Apples Cool

When the apple slices are dry, turn off the dehydrator and remove the trays.



Let the apples cool at room temperature for 10 minutes. This step is called "conditioning."

Store the Dehydrated Apples

Store dehydrated apples in glass jars away from direct light or heat. Leda Meredith

Once the apple slices have been dehydrated and "conditioned" (cooled), transfer them to glass jars. Seal the jars tightly.

Label your jars so you know for sure the contents are dried apple slices. Also, include the date and year that you dried them. This way you can be sure you are using the oldest first if you have more than one jar.

Store the jars away from direct light or heat. The shelf life of home-dried fruits is six months to a year if kept in a glass jar in a dark, dry, cool environment, according to the National Center for Home Food Preservation.

## PLANT BASED MILKS:



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### OAT MILK

Two words : Oat Milk. One of my favourite plant-based milks. And this homemade oat milk recipe is a game-changer.

Just like my homemade cashew milk, it is super quick and easy to make. No soaking or fancy equipment required. And it's so budget-friendly!

What Is Oat Milk?

Oat Milk is a popular budget-friendly, dairy-free milk that is made by blending oats and water. The resulting milk is smooth and creamy with a neutral taste and a fuller texture than a lot of other plant-based milks.

Oat Milk Benefits

This popular plant-based milk has many benefits, some of which include:

It's much cheaper to make than other plant-based milks.

It's virtually fat free, cholesterol free and low in calories.

It's perfect for people who want to avoid dairy, coconut milk, nut milks or soy milk.

Oats are a really sustainable crop and you can buy them cheaply just about anywhere.

Oats are nutritious. See this article for details about their nutritional value and health benefits.

Ingredients

Oat milk is a very budget friendly and sustainable non-dairy milk. Much more so than nut milks like almond milk, and you only need 2 ingredients to make it:

oats and water

For this oat milk recipe I recommend using old fashioned or rolled oats. Steel cut oats, quick or instant oats don't work as well.

You can also include some optional add-ins:

1 or 2 tablespoons of maple syrup or agave for sweetness

A drop of vanilla extract

A pinch of salt

To make the milk you will need a blender and a sieve/fine mesh strainer. A nut milk bag, cheese cloth or very fine cloth or lint-free towel will also work.

Success tip - Adjust the thickness/thinness of the milk by increasing or reducing the water when you blend it or by adding more water after you've strained it. The beauty of homemade milk is you can make it exactly how you like it.

#### How To Make Oat Milk

Making oat milk is such an easy process and as long as you have some rolled oats in the pantry, you are minutes away from a fresh batch. Be sure to follow my instructions though. They include several steps that ensure your oat milk remains slime-free.

Here's how it's done:

Add the oats to a blender with chilled water and any optional add-ins, then blend. Strain the mixture through a fine mesh strainer or nut milk bag twice then decant into a bottle/container of choice and refrigerate.

Success tip - Don't over-blend. High powered blenders like a Blendtec or Vitamix are powerful and produce a lot of heat. Heat will make the milk slimy (think of how the texture of oats and the liquid they are in changes when you make hot oatmeal/porridge).

#### How To Avoid Slime

My top tips for avoiding slimy oat milk are:

Don't soak the oats before blending.

Use old fashioned or rolled oats, not quick or instant oats.

Use cold water when blending. Heat makes it slimy.

Do not over-blend. High-speed blenders produce heat as their motor runs and warm the liquid as it blends. Blend in short bursts and not for more than 30 to 40 seconds total. A few ice cubes added with the water can help to keep things cool if you have a blender that runs warm.

Strain at least twice.

Let the milk run freely through the strainer. Don't squeeze or smush it.

#### How To Use

Wondering what you can use oat milk for? It's perfect for drinking ice cold and for using in/on:

baked goods

smoothies

iced coffee

chocolate milk, just add 2 to 3 tablespoons of vegan chocolate syrup

breakfast cereal like vegan granola

overnight oats or Bircher Muesli

Important - I don't recommend you use oat milk for making hot sauces or hot milky drinks like lattes or hot chocolate because as it heats up it thickens a lot and can become a little slimy. You can however add a dash of it to cups of tea and coffee.



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## Homemade Soy Milk

Soy milk

Recipe Ingredients

This recipe calls for only three (3) main ingredients:

Soybeans. Use organic/non-GMO soybeans for the best results.

Water.

Sugar.

You can use a blender or food processor to blend the soybeans.

I used Blendtec to blend the soybeans and it was really easy, quick and hassle free.

First, rinse the soybeans thoroughly with water and soak them overnight with water.

The next day, discard the water and rinse the soybeans a few times. Remove the soybean skins as much as you can. Drain and set aside.

Boiling soy milk in a pot.

Next, blend the soybeans with water and bring the mixture to boil.

Simmer on low heat until the milk reduces to your desired consistency.

I like my soy milk richer so I simmer it longer for a thicker consistency.

Filtering soy milk.

Before serving, use a cheese cloth or cloth coffee filter to filter out the soybean residue.

It has many benefits for our health and it's also rich in all kinds of nutrition.

Can I Freeze It?

I don't recommend freezing because you drink it as a beverage all through the day.

You can keep it cool in the refrigerator for up to 5 days, without any preservatives.

How Many Calories per Serving?

This recipe is only 171 calories per cup.

Ingredients

1 1/2 lbs. organic and non-GMO soybeans

15 cups water

Sugar or Honey (to taste)

Instructions

Rinse the soybeans thoroughly with water and soak them overnight in water.

The next day, discard the water and rinse the soybeans a few times. Remove the soybean skins as much as you can. Drain and set aside.

In a blender, blend the soybeans in five (5) batches. Add 3 cups of water to each batch of soy beans and blend well.

Transfer the blended mixture into a big 8-quart stock pot. Repeat the same until all soybeans

are blended.  
Bring the mixture to a boil on medium heat. Stir occasionally to avoid burning. As soon as it boils, lower the heat to low and simmer for about 5- 10 minutes or until the soy milk reduces to your desired consistency.

Turn off the heat once the soy milk is done. Use a cheese cloth or cloth coffee filter (you can get it on Amazon) to filter out the soybean residue. You may use a ladle to press down on the soybean residue to extract all soy milk. Discard the residue.

Add sugar to taste before serving the soy milk.

If you like salty soy milk, do not add sugar. You can add fried youtiao or Chinese crullers. Cut them into pieces and add them into the soy milk for a substantial breakfast.

Soy milk in a bowl.

#### Notes

There are many ways to make soy milk. Some people blend the soy beans and then filter out the blended soy beans before boiling the soy milk. This is the easiest method. I personally prefer my method above because boiling the soy beans bring out deeper and richer flavors of the soy milk, with the aromas of cooked soy beans infused in the soy milk.

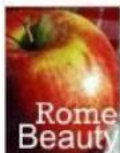
I prefer my method because boiling the blended soy beans releases the soy aroma. The soy milk is also richer in taste.

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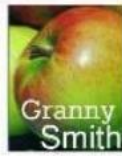
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## Best Apples to Use

### Baking



Rome Beauty



Granny Smith



McIntosh



Braeburn

### Fresh Eating



Gala



Golden Delicious

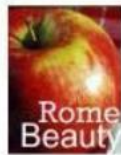


Fuji



Cameo

### Pies



Rome Beauty



Jonagold

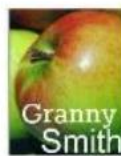


Jazz



Honey Crisp

### Sauces



Granny Smith



Jonathan



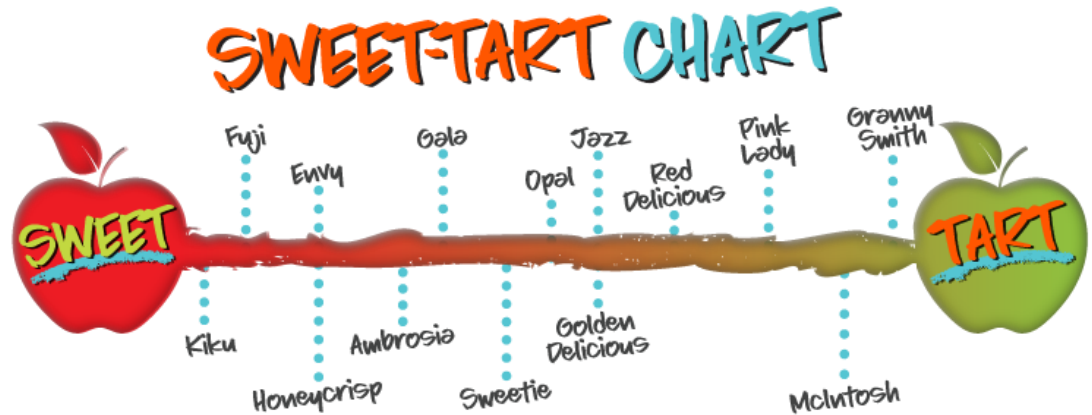
Golden Delicious



Sweet Tango

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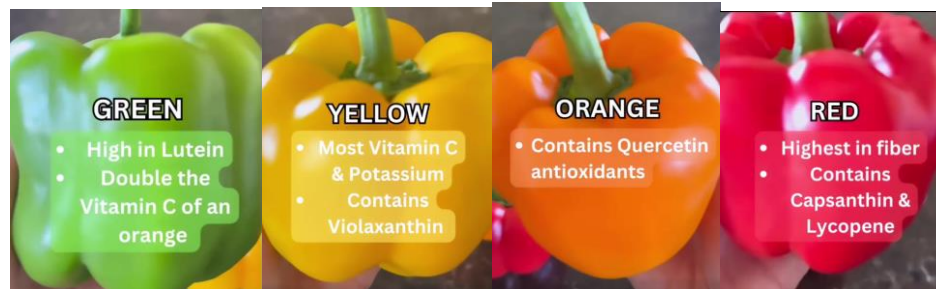
**Peppers go from Bitter to Sweet as they progress from Green, to Yellow, to Orange to Red:**

Green: (Lutein is good for your eyes)

Yellow: (Violaxanthin is an antioxidant and anti-inflammatory that can slow the progress of cancer cells)

Orange: (Quercetin will kill cancer cells, control blood sugar and prevent heart disease)

Red: (Lycopene is good for bone health and lowers LDL Cholesterol and Capsanthin will help prevent dry eyes.)



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**A VISUAL GUIDE TO Apple Varieties**

Over 2,500 apple varieties are grown in the US! This chart covers the most common types you'll find at the store.

USE IT FOR:

VARIETY	DESCRIPTION	snacking	salads	pie	sauce	baking	freezing	BEST IN
Red Delicious	Mildly sweet, crunchy, best raw.	★	★	✗	✗	✗	✗	Aug-July
Golden Delicious	Sweet, crisp, all purpose apple	★	★	★	★	★	★	Aug-July
Gala	Very sweet, fragrant, great raw or for sauce	★	★	✓	✓	✓	✗	Aug-July
Fuji	Firm texture, one of the sweetest apples	★	★	✓	✓	✓	✓	Aug-July
Granny Smith	Tart all-purpose apple beloved for pies	★	★	★	★	★	★	Aug-July
Honeycrisp	Sweet, juicy and crisp with subtle tartness	★	★	★	★	✓	✓	Sept-May
Cripps Pink (Pink Lady)	Firm with a unique sweet-tart flavor	★	★	★	✓	✓	✓	Nov-July
Braeburn	Bold and sweet-tart with a bit of spice.	★	★	✓	✓	✓	✓	Oct-July
Jonagold	Crunchy, sweet and tangy.	★	★	✓	★	✓	✓	Oct-July

LEGEND: ★ EXCELLENT ✓ GOOD ✗ NOT RECOMMENDED

Source: <http://bestapples.com/varieties-information/varieties/>

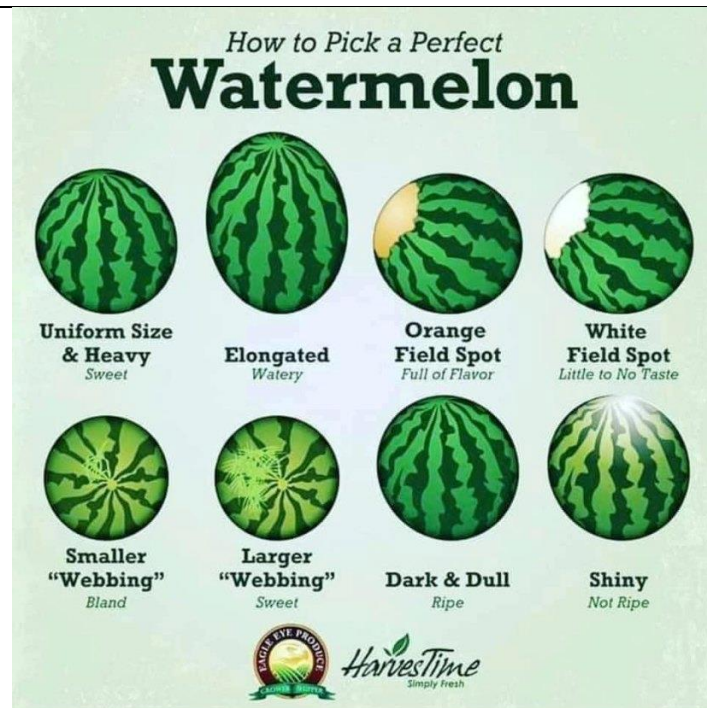
**TRIVIAL FUN Little Known Apple Facts**

- Apples float because they are 25% air.
- Some apple trees can live over 100 years!
- Apples are a member of the rose family.
- The science of apple growing is called pomology.
- The average U.S. consumer eats about 19 lbs. of fresh apples a year (about 1 a week).
- U.S. orchards produce over 200 million bushels of apples a year!
- Apples have been cultivated in Europe since the Stone Age!



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## COOKING OILS AT A GLANCE
















OIL	HOW HOT CAN IT GET!	GOOD FOR COOKING...	WHY YOU SHOULD OR SHOULDN'T USE IT
 Coconut	177 °C (351 °F)	Commercial baked goods, candy and sweets, whipped toppings, nondairy coffee creamers, can be used as shortening	Rich with medium-chain fatty acids (MCFAs), other healthy fats and antioxidants. Promotes brain health and imparts very little flavor to foods. (Rumor has it it's also great for your hair)
 Olive (extra virgin)	190 °C (374 °F)	Cooking, salad oils, margarine	The heart of the Mediterranean diet, olive oil is packed with omega fats, vitamin E, antioxidants and can be used in everything from sautéed veggies and homemade salad dressing to making your own DIY skin care products.
 Walnut Oil	204 °C (399 °F)	Salad dressings, added to cold dishes to enhance flavor	Walnut oil is a great way to boost your omega fatty acid intake and it great to drizzle on salads or main dish proteins.
 Canola	204 °C (399 °F)	Frying, baking, salad dressings	Made from the rape plant, canola oil is typically a GMO and is more often than not highly processed. In fact, rapeseed oil was banned in 1968. Canola is a favorite among fast food chains due to it's high smoke point however, this oil should be avoided when possible.

Never buy cooking oil in a clear plastic bottle...the bottle and the oil are toxic.  
Aim to use ONLY COCONUT OIL OR OLIVE OIL and buy in a dark color bottle when possible.

Your body needs polyunsaturated fat but instead of getting it from oils, get it from its original, natural, unharmed source, nuts and seeds because once it is made into an oil it automatically begins to deteriorate and become toxic.




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<b>BRAEBURN</b>	<b>CRISPIN</b>	<b>EMPIRE</b>	<b>FUJI</b>	<b>GALA</b>
Flavor Sweet/tart Color Yellow with red	Sweet Green-yellow	Sweet/tart Solid red	Sweet/ spicy Red blush, yellow stripes, green	Sweet Red-orange, yellow stripes
Texture Firm Best Uses Snacking	Firm Snacking, pies	Crisp Snacking, salads	Crisp Snacking, salads, freezing	Crisp Snacking, salads, sauce, freezing
Season Oct.-July	Oct.-Sept.	Sept.-July	Year-round	Aug.-Mar.
				
<b>GINGER GOLD</b>	<b>GOLDEN DELICIOUS</b>	<b>GRANNY SMITH</b>	<b>HONEY CRISP</b>	<b>IDARED</b>
Flavor Sweet/tart Color Green-yellow, sometimes with blush	Sweet Yellow-green	Tart Green, occasional pink blush	Sweet/tart Mottled red over a yellow background	Sweet/tart Light red
Texture Crisp Best Uses Snacking, salads	Crisp Snacking, salads, sauce, pies	Crisp Salads, pies, sauce, baking, snacking	Crisp Snacking, salads, pies, sauce, freezing	Firm Snacking, baking,
Season Aug.-Nov.	Year-round	Year-round	Sept.-Feb.	Oct.-Aug.
				
<b>JONAGOLD</b>	<b>JONATHAN</b>	<b>MCINTOSH</b>	<b>RED DELICIOUS</b>	<b>ROME</b>
Flavor Sweet/tart Color Red with yellow/orange	Spicy/tangy Light red stripes over yellow/orange	Tangy Red and green	Sweet Striped to solid red	Sweet Deep solid red
Texture Crisp Best Uses Snacking, salads, sauce	Less firm Pies, baking	Tender Snacking, sauce, pies	Crisp Snacking, salads	Firm Sauce, baking, pies
Season Oct.-May	Sept.-April	Sept.-July	Year-round	Oct.-Sept.



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	Almond	221 °C (430 °F)	Baking, sauces, flavoring	Almond oil is packed with monounsaturated fatty acids and can stand extraordinarily high temperatures, making it great for almost anything. (Also great to use as a massage oil with essential oils)
	Peanut	231 °C (448 °F)	Frying, cooking, salad oils, margarine	Peanut oil is typically reserved for deep frying. It is relatively high in saturated fatty acids however, unlike coconut oil, peanut oil carries very few health benefits.
	Sesame	232 °C (450 °F)	Cooking, deep frying	Used primarily to enhance flavor in Chinese, Korean, Japanese and Southeast Asian cuisine, sesame oil is packed with so many antioxidants, it unlikely to go rancid even if left unopened. A pretty surprising fact given that its 41% omega-6 fatty acids.
	Olive (extra light)	242 °C (468 °F)	Sautee, stir frying, frying, deep frying, cooking, salad oils, margarine	The heart of the Mediterranean diet, olive oil is packed with omega fats, vitamin E, antioxidants and can be used in everything from sautéed veggies and homemade salad dressing to making your own DIY skin care products.
	Sunflower	246 °C (475 °F)	Cooking, salad dressings, margarine, shortening	Typically used as a frying oil, sunflower oil is sometimes referred to as the "Golden Child" of cooking oils for its high heat tolerance and monounsaturated fat content however health benefits remain controversial. You may have seen Helianthus annuus (Sunflower) in cosmetics.

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	Safflower	265 °C (509 °F)	Cooking, salad dressings, margarine	Safflower oil for cooking is controversial. Some say the high polyunsaturated fat content can lead to too many free radicals upon heating. However, taking safflower oil extract (such as in Tonalin CLA) has proven to reduce abdominal fat.
	Avocado	271 °C (520 °F)	Because avocado oil has a high smoke point, it's excellent for all purpose cooking, frying and sauteeing.	Rich in monounsaturated fatty acids, vitamins and antioxidants, avocado oil is a great alternative to Safflower oil, sunflower oil and canola oil for cooking. (Also great for skin care and massage)

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<h3>Almond Oil</h3> <p><b>Heat:</b> High  <b>Type of oil:</b> Monounsaturated  <b>Smoke point:</b> 430°F  <b>Flavor:</b> Nutty  <b>Good for:</b> Sautéing, stir-frying, searing, baking  <b>Health Benefits:</b> High in omega-3 essential fatty acids</p>		<h3>Avocado Oil</h3> <p><b>Heat:</b> High  <b>Type of oil:</b> Monounsaturated  <b>Smoke point:</b> 510°F  <b>Flavor:</b> Mild, neutral  <b>Good for:</b> Popcorn  <b>Health benefits:</b> High in vitamins A, B1, B2, D and E</p> 		<h3>Coconut Oil</h3> <p><b>Heat:</b> Medium-high  <b>Type of oil:</b> 90 percent saturated fat  <b>Smoke point:</b> 350°F  <b>Flavor:</b> Mild, distinct smell  <b>Good for:</b> Baking  <b>Health benefits:</b> Antiviral, antibacterial properties</p>	
<h3>Clarified Butter (Ghee)</h3> <p><b>Heat:</b> Medium-high  <b>Type of oil:</b> Saturated Fat  <b>Smoke point:</b> 350°F  <b>Flavor:</b> Slight nutty flavor  <b>Good for:</b> Any type of cooking  <b>Health benefits:</b> Enhances digestion</p>		<h3>Fish Oils</h3> <p><b>Heat:</b> No  <b>Type of oil:</b> Polyunsaturated  <b>Smoke point:</b> N/A  <b>Flavor:</b> Fishy  <b>Good for:</b> Protein shakes  <b>Health benefits:</b> Reduces inflammation</p> 		<h3>Flaxseed Oil</h3> <p><b>Heat:</b> Low/none  <b>Type of oil:</b> Polyunsaturated  <b>Smoke point:</b> 225°F  <b>Flavor:</b> Nutty  <b>Good for:</b> Salads, drizzle on vegetables  <b>Health benefits:</b> High in omega-3s that the body converts to DHA and EPA</p>	
<h3>Peanut Oil</h3> <p><b>Heat:</b> Medium  <b>Type of oil:</b> Monounsaturated, some polyunsaturated and saturated  <b>Smoke point:</b> Refined 450°F; unrefined 320°F  <b>Flavor:</b> Peanut  <b>Good for:</b> Stir-fryin, sautéing  <b>Health benefits:</b> Resistant to rancidity</p> 		<h3>Hemp Seed Oil</h3> <p><b>Heat:</b> Medium  <b>Type of oil:</b> Polyunsaturated  <b>Smoke point:</b> 330°F  <b>Flavor:</b> Mild, nutty  <b>Good for:</b> Salads, protein shakes, vegetable juices  <b>Health benefits:</b> Rich in essential fatty acids</p>		<h3>Macadamia Nut Oil</h3> <p><b>Heat:</b> Medium-high  <b>Type of oil:</b> Monounsaturated  <b>Smoke point:</b> 390°F  <b>Flavor:</b> Mellow, nutty  <b>Good for:</b> Salads  <b>Health benefits:</b> High in antioxidants and vitamin D</p>	
<h3>Olive Oil</h3> <p><b>Heat:</b> Medium  <b>Type of oil:</b> Monounsaturated  <b>Smoke point:</b> Unrefined extra virgin: 320°F  <b>Flavor:</b> Neutral  <b>Good for:</b> Salads, cooking (do not use extra virgin for cooking: heat will create free radicals)  <b>Health benefits:</b> High in antioxidants</p> 		<h3>Walnut Oil</h3> <p><b>Heat:</b> Medium  <b>Type of oil:</b> Polyunsaturated  <b>Smoke point:</b> 320°F  <b>Flavor:</b> Walnut  <b>Good for:</b> Salads, drizzle on vegetables  <b>Health benefits:</b> High in omega-3 fatty acids</p> 		<h3>Sesame Oil</h3> <p><b>Heat:</b> Medium  <b>Type of oil:</b> Monounsaturated and Polyunsaturated  <b>Smoke point:</b> Refined 410°F; unrefined 350°F  <b>Flavor:</b> Sesame  <b>Good for:</b> Stir-frying, Asian salads  <b>Health benefits:</b> High in vitamin E, detoxifying properties</p> 	

\*Chart adapted from The Healthiest Meals on Earth by Jonny Bouden and Jeannette Bessinger (Fair Winds Press). Used by permission.



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Color	Variety or Type	Availability	Raw Flavor/Texture	Best Usage
<p><b>Yellow Onion:</b></p> <p>All-purpose and most popular, approximately 87 percent of the U.S. onion crop is comprised of yellow varieties. The most well-known sweet onions are yellow. The best type of onion for caramelizing is a yellow storage variety. Cooking brings out this variety's nutty, mellow, often sweet, quality when caramelized.</p>	Sweet	March-September	Crisp, juicy, mild flavor with a slightly sweet ending with little to no after-taste	Raw, lightly cooked, sautéed, or grilled
	Fresh, Mild	March - August	Crisp, juicy, mild to slightly pungent with a faint after-taste	Raw, lightly cooked, sautéed, or grilled
	Storage	August-May	Strong onion flavor, mild after-taste	Grilled, sautéed, caramelized, baked, or roasted
<p><b>Red Onion:</b></p> <p>About eight percent of the U.S. onion crop is red. They have gained popularity in the past decade, especially in foodservice on salads and sandwiches because of their color.</p>	Sweet	March-September	Crisp, very mild onion flavor	Raw, grilled, or roasted
	Fresh, Mild	March-September	Bright tones, slightly less water content than yellow with a slightly pungent ending	Raw, grilled, or roasted
	Storage	August-May	Sharp, spicy, and moderate to very pungent	Raw, grilled, or roasted
<p><b>White Onion:</b></p> <p>Approximately five percent of U.S. onion production is dedicated to white onions. They are commonly used in white sauces, potato and pasta salads, and in Mexican or Southwest cuisine. Due to the compact nature of their cell structure, white onions do not store quite as long as other varieties.</p>	Fresh, Mild	March-August	Moderately pungent and clean finish, very little after-taste	Raw, grilled, sautéed, or lightly cooked
	Storage	August-May	Moderately pungent to very pungent and full flavored, but finishes with a cleaner and crisper flavor in comparison to yellow and red storage varieties	Raw, grilled, sautéed, or lightly cooked

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# COOKSMARTS GUIDE TO FLAVOR PROFILES

Here's your guide to basic flavor profiles and how to balance and enhance these flavors in your cooking. With this info you'll create perfectly balanced and flavorful culinary masterpieces!

## SALTY & SAVORY/UMAMI

Balances bitterness. Enhances sweetness.

IF YOU NEED TO ADD SALT/UMAMI



FOOD INGREDIENTS THAT ARE SALTY/UMAMI



## SOUR

Balances spice, sweetness. Enhances saltiness.

IF YOU NEED TO ADD SOUR



FOOD INGREDIENTS THAT ARE SOUR



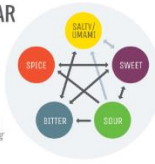
## THE FLAVOR STAR

ENHANCES

Brings out the other flavor

BALANCES

Counteracts the other flavor. If your dish is experiencing too much of one flavor, use a balancing flavor to level it out.



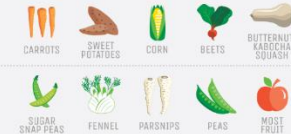
## SWEET

Balances sourness, bitterness, spice. Enhances saltiness.

IF YOU NEED TO ADD SWEET



FOOD INGREDIENTS THAT ARE SWEET



## BITTERNESS

Balances sweet, salt.

IF YOU NEED TO ADD BITTER



FOOD INGREDIENTS THAT ARE BITTER



## SPICY

Balances sour, sweet.

IF YOU NEED TO ADD SPICE



FOOD INGREDIENTS THAT ARE SPICY



COOKSMARTS helping home cooks live happier, simpler, smarter in the kitchen

To learn more about adding flavor to your meals visit [cooksmarts.com/flavor](http://cooksmarts.com/flavor)

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## Here is the list of Negative Calorie - Zero Calorie Foods:

Asparagus, apple, beet, blueberries, broccoli, cranberry, cantaloupe, carrot, celery, chicory, cauliflower, cucumber, dandelion, endive, garden cress, garlic, grapefruit, green bean, honeydew, hot chili peppers, lemon, lime, lettuce, mango, onion, orange, papaya, peach, pineapple, radish, raspberries, spinach, strawberries, tomato, tangerine, turnip, watermelon, and zucchini.

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## Vegan Baking: How to Replace Eggs in Your Favorite Recipes

Ground flax	Chia seed	Soy protein	Agar agar	Ripe bananas	Applesauce	Peanut butter
1 tbsp ground flax + 3 tbsp water = 1 egg	1 tbsp chia seed + 1/3 cup water = 1 egg (mix and let sit for 15 minutes)	1 tbsp soy protein powder + 3 tbsp water = 1 egg	1 tbsp agar agar + 1 tbsp water = 1 egg	1/2 mashed banana + 1 egg = 1 egg	1/4 cup unsweetened applesauce + 1 egg = 1 egg	3 tbsp peanut butter + 1 egg = 1 egg

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### GUIDE TO VINEGAR

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## Ultimate Guide to Vinegar

### Types of Vinegar

Coconut vinegar is popular in Southeast Asian cooking, and adds a yeasty flavor.

Coconut vinegar is popular in Southeast Asian cooking, and adds a yeasty flavor.

©2006 PUBLICATIONS INTERNATIONAL, LTD.

You might be surprised to learn that there are dozens of types of vinegar. The most common vinegars found in American kitchens are white distilled and apple cider, but the more adventurous may also use red wine vinegar; white wine vinegar; rice vinegar; or gourmet varieties, such as 25-year-old balsamic vinegar or rich black fig vinegar.

Vinegar can be made from just about any food that contains natural sugars. Yeast ferments these sugars into alcohol, and certain types of bacteria convert that alcohol a second time into vinegar. A weak acetic acid remains after this second fermentation; the acid has flavors reminiscent of the original fermented food, such as apples or grapes. Acetic acid is what gives vinegar its distinct tart taste.

Pure acetic acid can be made in a laboratory; when diluted with water, it is sometimes sold as white vinegar. However, acetic acids created in labs lack the subtle flavors found in true vinegars, and synthesized versions don't hold a candle to vinegars fermented naturally from summer's sugar-laden fruits or other foods.

Vinegars can be made from many different foods that add their own tastes to the final products, but additional ingredients, such as herbs, spices, or fruits, can be added for further flavor enhancement.

### Vinegar Varieties

Vinegar is great for a healthy, light style of cooking. The tangy taste often reduces the need for salt, especially in soups and bean dishes. It can also cut the fat in a recipe because it balances flavors without requiring the addition of as much cream, butter, or oil. Vinegar flavors range from mild to bold, so you're sure to find one with the taste you want. A brief look at some of the various vinegars available may help you choose a new one for your culinary escapades.

#### White Vinegar

This clear variety is the most common type of vinegar in American households. It is made either from grain-based ethanol or laboratory-produced acetic acid and then diluted with water. Its flavor is a bit too harsh for most cooking uses, but it is good for pickling and performing many cleaning jobs around the house.

#### Apple Cider Vinegar

Apple cider vinegar is the second-most-common type of vinegar in the United States. This light-tan vinegar made from apple cider adds a tart and subtle fruity flavor to your cooking. Apple cider vinegar is best for salads, dressings, marinades, condiments, and most general vinegar needs.

#### Wine Vinegar

This flavorful type of vinegar is made from a blend of either red wines or white wines and is common in Europe, especially Germany. Creative cooks often infuse wine vinegars with extra flavor by tucking in a few sprigs of well-washed fresh herbs, dried herbs, or fresh berries. Red wine vinegar is often flavored with natural raspberry flavoring, if not with the fruit itself.

The quality of the original wine determines how good the vinegar is. Better wine vinegars are made from good wines and are aged for a couple of years or more in wooden casks. The result is a fuller, more complex, and mellow flavor.

You might find sherry vinegar on the shelf next to the wine vinegars. This variety is made from sherry wine, and usually is imported from Spain. Champagne vinegar (yes, made from the bubbly stuff) is a specialty vinegar and is quite expensive.

Wine vinegar excels at bringing out the sweetness of fruit, melon, and berries and adds a flavorful punch to fresh salsa.

#### Balsamic Vinegar

There are two types of this popular and flavorful vinegar, traditional and commercial. A quasigovernmental body in Modena, Italy (balsamic vinegar's birthplace), regulates the production of traditional balsamic vinegar.

Traditional balsamic. Traditional balsamic vinegars are artisanal foods, similar to great wines, with long histories and well-developed customs for their production. An excellent balsamic vinegar can be made only by an experienced crafter who has spent many years tending the vinegar, patiently watching and learning.

The luscious white and sugary trebbiano grapes that are grown in the northern region of Italy near Modena form the base of the world's best and only true balsamic vinegars. Custom dictates that the grapes be left on the vine for as long as possible to develop their sugar. The juice (or "must") is pressed out of the grapes and boiled down; then, vinegar production begins.

Traditional balsamic vinegar is aged for a number of years -- typically 6 and as many as 25. Aging takes place in a succession of casks made from a variety of woods, such as chestnut, mulberry, oak, juniper, and cherry. Each producer has its own formula for the order in which the vinegar is moved to the different casks. Thus, the flavors are complex, rich, sweet, and subtly woody. Vinegar made in this way carries a seal from the Consortium of Producers of the Traditional Balsamic Vinegar of Modena.

Because of the arduous production process, only a limited amount of traditional balsamic vinegar makes it to market each year, and what is available is expensive.

Leaf ratings. You might see that some traditional balsamic vinegars have leaves on their labels. This is a rating system that ranks quality on a one- to four-leaf scale, with four leaves being the best. You can use the leaf ranking as a guide for how to use the vinegar. For instance, one-leaf balsamic vinegar would be appropriate for salad dressing, while four-leaf vinegar would be best used a few drops at a time to season a dish right before serving. The Assaggiatori Italiani Balsamico (Italian Balsamic Tasters' Association) established this grading system, but not all producers use it.

Commercial balsamic. What you're more likely to find in most American grocery stores is the commercial type of balsamic vinegar. Some is made in Modena, but not by traditional methods. In fact, some balsamic vinegar isn't even made in Italy. Commercial balsamic vinegar does not carry the Consortium of Producers of the Traditional Balsamic Vinegar of Modena seal because it is not produced in accordance with the Consortium's strict regulations.

The production of commercial balsamic vinegar carries no geographical restrictions or rules for length or method of aging. There are no requirements for the types of wood used in the aging casks. It may be aged for six months in stainless steel vats, then for two years or more in wood. Thus, commercial balsamic vinegar is much more affordable and available than the true, artisanal variety.

Whether you're lucky enough to get your hands on the traditional variety or you're using commercial-grade balsamic, the taste of this fine vinegar is like no other. Its sweet and sour notes are in perfect proportion. Balsamic's flavor is so intricate that it brings out the best in salty foods such as goat cheese, astringent foods such as spinach, and sweet foods such as strawberries.

#### Rice Vinegar

Clear or very pale yellow, rice vinegar originated in Japan, where it is essential to sushi preparation. Rice vinegar is made from the sugars found in rice, and the aged, filtered final product has a mild, clean, and delicate flavor that is an excellent complement to ginger or cloves, sometimes with the addition of sugar.

Rice vinegar also comes in red and black varieties, which are less common in the United States but very popular in China. Both are stronger than the clear (often called white) or pale yellow types. Red rice vinegar's flavor is a combination of sweet and tart. Black rice vinegar is common in southern Chinese cooking and has a strong, almost smoky flavor.

Rice vinegar is popular in Asian cooking and is great sprinkled on salads and stir-fry dishes. Its gentle flavor is perfect for fruits and tender vegetables, too. Many cooks choose white rice vinegar for their recipes because it does not change the color of the food to which it is added. Red rice vinegar is good for soups and noodle dishes, and black rice vinegar works as a dipping sauce and in braised dishes.

#### Malt Vinegar

This dark-brown vinegar, a favorite in Britain, is reminiscent of deep-brown ale. Malt vinegar production begins with the germination, or sprouting, of barley kernels. Germination enables enzymes to break down starch. Sugar is formed, and the resulting product is brewed into an alcohol-containing malt beverage or ale. After bacteria convert the ale to vinegar, the vinegar is aged. As its name implies, malt vinegar has a distinctive malt flavor.

A cheaper and less flavorful version of malt vinegar consists merely of acetic acid diluted to between 4 percent and 8 percent acidity with a little caramel coloring added.

Many people prefer malt vinegar for pickling and as an accompaniment to fish and chips. It is also used as the basic type of cooking vinegar in Britain.

#### Cane Vinegar

This type of vinegar is produced from the sugar cane and is used mainly in the Philippines. It is often light yellow and has a flavor similar to rice vinegar. Contrary to what you might think, cane vinegar is not any sweeter than other vinegars.

#### Beer Vinegar

Beer vinegar has an appealing light-golden color and, as you might guess, is popular in Germany, Austria, Bavaria, and the Netherlands. It is made from beer, and its flavor depends on the brew from which it was made. It has a sharp, malty taste.

#### Coconut Vinegar

If you can't get your Asian recipes to taste "just right," it might be because you don't have coconut vinegar -- a white vinegar with a sharp, acidic, slightly yeasty taste. This staple of Southeast Asian cooking is made from the sap of the coconut palm and is especially important to Thai and Indian dishes.

#### Raisin Vinegar

This slightly cloudy brown vinegar is traditionally produced in Turkey and used in Middle Eastern cuisines. Try infusing it with a little cinnamon to bolster its mild flavor. Salad dressings made with raisin vinegar will add an unconventional taste to your greens.

Now that you've got the idea of the wide variety of vinegar flavors available, perhaps you are inspired to create your own. Go to the next page to find out how to make your own vinegar.

#### How to Make Your Own Vinegar

Herbs like rosemary are an excellent choice to infuse into vinegar for marinating your favorite meats.

Herbs like rosemary are an excellent choice to infuse into vinegar for marinating your favorite meats.

Perhaps reading about all these exciting kinds of vinegar has whetted your appetite to make some of your own. Experimenting with flavors can be fun, and it's especially rewarding when you use your own vinegar in favorite dishes or give it as a gift.

You'll want to get exact directions from your local brewing supply store or university extension service. Be sure the directions you follow are tested and researched for safety to avoid food-borne illness. Take a look at this rundown of the general process to make apple cider vinegar to see if you're up to the task:

Make apple cider by pressing clean, washed, ripe apples (fall apples have more sugar than early-season apples). Strain to make a clean juice and pour it into sterilized containers.

Use yeast designed for brewing wine or beer (not baker's yeast) to ferment the fruit sugar into alcohol.

Now let bacteria convert the alcohol to acetic acid. Leaving the fermenting liquid uncovered invites acid-making bacteria to take up residence (you might, however, want to place some cheesecloth or a towel over your container's opening to prevent insects, dirt, or other nasty items from getting into the mixture). Some vinegar brewers use a "mother of vinegar" (see box,

above) as a "starter," or source of the acid-producing bacteria.

Keep the liquid between 60 degrees and 80 degrees Fahrenheit during the fermentation process; it will take three to four weeks to make vinegar. If you keep the liquid too cool, the vinegar may be unusable. If it's kept too warm, it may not form the mother of vinegar mat at the bottom of the container. The mother of vinegar mat signifies proper fermentation. Stir the liquid daily to introduce adequate amounts of oxygen, which is necessary for fermentation.

After three to four weeks, the bacteria will have converted most of the alcohol, and the mixture will begin to smell like vinegar. Taste a little bit each day until it reaches a flavor and acidity that you like.

Strain the liquid through a cheesecloth or coffee filter several times to remove the mother of vinegar. Otherwise the fermentation process will continue and eventually spoil your vinegar.

Store in sterilized, capped jars in the refrigerator.

If you want to store homemade vinegar at room temperature for more than a few months, you must pasteurize it. Do this by heating it to 170 degrees Fahrenheit (use a cooking thermometer to determine the temperature) and hold it at this temperature for 10 minutes. Put the pasteurized vinegar in sterilized containers with tight-fitting lids, out of direct sunlight.

You can also make vinegar from wine; the process is similar.

Flavor Infusion [Jump to the top of the document](#)

Whether you start with homemade or store-bought vinegar, you can kick it up by adding flavorful herbs or spices. Garlic, basil, rosemary, and tarragon are herbs commonly added to white wine vinegar. Other herbs or fruits, such as raspberries, also can enhance vinegar's taste. These additions leave their flavors and trace amounts of healthy nutrients, too.

Herbal vinegars need to be carefully prepared to avoid contamination with potentially harmful bacteria. Most bacteria cannot exist in vinegar's acidic environment, but a few deadly ones can, so follow a few basic steps:

Use only high-quality vinegars when creating flavor combinations. Typically, white wine vinegar or red wine vinegar are best for flavoring. Remember, though, that these vinegars contain trace amounts of protein that could give harmful bacteria an ideal place to live unless you prepare and store the vinegars properly.

Wash your storage bottles and then sterilize them by completely immersing them in boiling water for ten minutes. Always fill the bottles while they are still warm, and be sure you have a tight-fitting lid, cap, or cork for each one.

If you're using fresh herbs, there is a risk of harmful bacteria hitchhiking their way into the vinegar via the sprigs. Commercial vinegar processors use antimicrobial agents to sanitize herbs, but you probably won't be able to find these chemicals. University extension publications recommend mixing one teaspoon of bleach into six cups of water and dipping the fresh herbs into this solution. Then rinse the herbs thoroughly and pat them dry. This will minimize the possibility of any harmful bacteria making their way into the vinegar and will not affect the taste.

Be sure your fresh herbs are in top-notch condition--bruising or decay indicates the presence of bacteria. If you harvest your own herbs, do so in the morning, when the essential oils are at their peak. Use three to four sprigs or three tablespoons of dried herbs per pint of vinegar. Mix it up a bit by adding some spices or vegetables, such as garlic or hot peppers. Thread garlic,

peppers, or other small items on a skewer so you can remove them easily when you've infused enough flavors.

To add fruit flavors to vinegar, thoroughly wash fruit, berries, or citrus rind. Use one to two cups of fruit for every pint of vinegar, but only the rind of one lemon or orange per pint. You can thread small fruits or chunks of fruit on a skewer and tie chopped rind in a small piece of clean cheesecloth to make removal easy.

When you're ready to start mixing, place the herbs or flavoring in the sterilized, hot bottles. Heat the vinegar to 190 degrees Fahrenheit and then pour it over the herbs in the sterilized bottles. Heating the vinegar to 190 degrees Fahrenheit will prevent bacteria from forming and also help release the essential oils from the herbs, spices, or fruits.

Put a tight-fitting lid on your container and allow the vinegar to stand in a cool, dark place for three to four weeks. When it has enough flavor, strain it through a cheesecloth or coffee filter several times until any cloudiness is gone.

Discard the fruits, spices, or herbs and pour the filtered vinegar into newly sterilized containers. If you want to add a decorative herb sprig, sanitize it using the method described earlier. Seal tightly.

Store the vinegar in the refrigerator for the best flavor retention; it will keep well for six to eight months. Unrefrigerated vinegar will keep its flavor for only two to three months. If left to look pretty on a sunny windowsill for more than a few weeks, use the vinegar only as decoration, not as food.

You can use your herbal vinegar in nearly any recipe that calls for plain vinegar.

#### A Homemade Vinegar Caution

The acidity of homemade vinegar varies greatly. If you make your own vinegar, do not use it for canning, for preserving, or for anything that will be stored at room temperature. The vinegar's acidity, or pH level, may not be sufficient to preserve your food and could result in severe food poisoning. The pH level in homemade vinegar can weaken and allow pathogens, such as the deadly E. coli, to grow. Homemade vinegar is well suited for dressings, marinades, cooking, or pickled products that are stored in the refrigerator at all times. Now that you've got a taste for the possibilities in vinegar flavors, find out all the ways you can use vinegar in your kitchen. Go to the next page for some great ideas.

#### Ultimate Guide to Vinegar

BY GAYLE A. ALLEMAN

#### Uses for Vinegar in the Kitchen

In both Great Britain and Japan, vinegar is often used to bring out the flavor in fish.

In both Great Britain and Japan, vinegar is often used to bring out the flavor in fish.

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Vinegar's acidity makes it a natural wonder in your kitchen. Besides the burst of flavor vinegar lends to whatever it touches, it serves other purposes, too:

**Meat tenderizer:** Vinegar's acid helps break down muscle fibers in tough meats. Make a mixture of half vinegar and half broth, and soak tough meat in this solution for up to two hours.

(Because of vinegar's ability to tenderize, never leave fish in a marinade that contains vinegar



for longer than 20 minutes; otherwise the fish might get mushy.)

**Fish poacher:** When poaching fish, put a tablespoon of vinegar in the poaching water to keep the fish from falling apart. Vinegar helps the protein in the fish coagulate, and mushiness isn't a problem because fish is usually poached for less than 20 minutes.

**Egg saver:** Put a tablespoon of vinegar in the water when boiling eggs. If any eggs crack while dancing in the water, their whites will coagulate and not escape from the shells.

**Buttermilk stand-in:** When a recipe calls for buttermilk and you have none, substitute plain milk and add a little vinegar. Use one tablespoon of vinegar per cup (eight ounces) of milk. Let stand 10 to 15 minutes at room temperature until it thickens, then use it in your recipe as you would buttermilk. Choose mild-flavored vinegar, such as apple cider vinegar, for this purpose.

**Candy smoother:** When making homemade candy and icing, a few drops of vinegar will prevent the texture from getting grainy.

**Potato whitener:** Cover peeled potatoes with water and a tablespoon or two of vinegar to keep them from browning.

**Food preserver:** Use vinegar to make pickles or to can vegetables to preserve the freshness of your garden or local farm stand. The U.S. Department of Agriculture (USDA) publishes up-to-date information about pickling, canning, and preserving. These instructions will yield tasty pickles and home-canned products that are safe to eat. Check your local state university extension office or the USDA Web site for tips about pickling.

**Vinegar to the Rescue!**

Let vinegar solve some common, frustrating household problems:

Pour about a teaspoon of vinegar into a nearly empty mayonnaise jar and swish it around to get out the last of the mayonnaise.

Use it to remove berry stains from your hands.

Soak a paper towel with vinegar and place it in a smelly lunchbox overnight to remove those hard-to-get-rid-of odors.

Simmer a small saucepan of water and vinegar to remove cooking smells from the kitchen.

Add vinegar to a piecrust recipe and the dough will be easier to roll out. (The crust may be less flaky, however.) Most recipes call for about a tablespoon of vinegar for a double crust.

**Vinegar's Vim**

No matter how you look at it, vinegar can add spice to your culinary life. Prowl the gourmet shops in your area and you'll find dozens of different vinegars. Select a few to bring home and put them to use with the recipes in this book. Your taste buds will definitely be pleased, but it may be your health that benefits most.

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# NATURAL PAINKILLERS IN YOUR KITCHEN



Ginger for muscle and joint pain



Cure a toothache with cloves



Erase earaches with garlic



Tame chronic pain with turmeric



End endometrial pain with oats



Relax painful muscles with peppermint



Give your back some TLC with grapes



Heal sinus problems with horseradish

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## 6 Nutrients Every Vegetarian Needs

<b>Protein</b>	<ul style="list-style-type: none"> <li>• Beans, legumes, lentils, peas</li> <li>• Tempeh, miso</li> <li>• Free range eggs, Cheese, Yogurt</li> <li>• Nuts, seeds</li> <li>• Non-dairy nut and seed milks</li> </ul>
<b>Iron &amp; Zinc</b>	<ul style="list-style-type: none"> <li>• Kale, cabbage, spinach, broccoli</li> <li>• Beans, lentils, legumes, peas</li> <li>• Whole grains, whole grain flours</li> <li>• Fruits, dried fruits: dates, raisins</li> <li>• Nuts, seeds: almonds, cashews</li> </ul>
<b>Vitamin B12</b>	<ul style="list-style-type: none"> <li>• Take a B Complex supplement</li> </ul>
<b>Calcium</b>	<ul style="list-style-type: none"> <li>• Broccoli, kale, Chinese cabbage</li> <li>• Sea Vegetables</li> <li>• Dairy products</li> </ul>
<b>Essential Fatty Acids</b>	<ul style="list-style-type: none"> <li>• Extra Virgin Olive Oil</li> <li>• Sesame Oil</li> <li>• Coconut Oil</li> <li>• Flax, hemp and walnut oils/seeds</li> </ul>

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## Metabolism boosting foods! (Vegetarian)



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# THE END

## Shameless Plug for My Side Hustle



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