The Elimination Diet Vegetarian Cookbook

101 Easy To Prepare, Delicious and Nutritious Recipes To Help You Clean Up and 'Lean Up
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Contact Information:

Dax Moy
Dax Moy Personal Training Studios
21 St Albans Place
Islington
London
N1 0NX

daxmoypts@aol.com

Tel: 0044 0 207 354 3550
**The Elimination Diet Vegetarian Cookbook**  
101 Elimination Diet Compatible Vegetarian Recipes for Amazing Health, Fitness and Body Composition

**A Confession From Dax**

I’ve a confession to make.

I’m not a vegetarian and, to be brutally honest, have no intention of ever becoming one.

I’m a 100% omnivore who likes, wants and needs a good supply of meat, fish, poultry, grains, seeds, nuts, fruits and vegetables to feel at my best and I often wonder at the ability of many people to go through life without using animal sources of food as I know that I would not fare as well as I currently do without having them in MY life.

That said, I completely honour and appreciate the choice of anyone to choose the vegan or vegetarian lifestyle as their own and I definitely believe that, at the very least, those of us who still consume animal protein should follow the lead of our vegetarian cousins by consuming a wider variety of the foods that nature has to offer us.

Unfortunately, most people’s diets are sadly lacking in the fruits, vegetables, grains and nuts that would make their diet so much more impactful and healthy than they currently are.

I hope that the selection of amazing meal choices available here in the Elimination Diet Vegetarian Cookbook will provide new, stimulating and ultimately healthy additions to the lives of those who are seeking to stop making themselves sick with the foods that they eat and lead vital, energetic and healthy lives free of illnesses and diseases caused by denatured and processed foods.

So, be you vegan, vegetarian or, like me, an omnivore of great standing, I hope you’ll try out all 101 recipes in the books and enjoy them on a regular basis as you move toward healthier food choices in your life.

Truth, joy and love

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A SECOND Confession From Dax

Look, let’s not beat around the bush here.

You know and I know that I’m no master chef like a Gordon Ramsay or the like.

I’m a fitness professional who’s created an amazing dietary protocol that gets amazing results for thousands of people seeking to lose fat, get into great shape and lead healthy, vital lives.

I never intended to create a cookbook to accompany my protocol as I’m no professional chef yet people repeatedly asked me for recipes and so I researched and created my original ‘no frills’ elimination diet cookbook which you no doubt own.

I was happy with that and believed that I’d given people more than enough meal ideas to be getting on with but more and more I was being asked specifically for vegetarian and vegan recipes for those who didn’t eat meat.

So here it is!

As you work through the recipes you’ll see that there are no fancy pictures or flowery descriptions like you’ll find in a chefs cookbook. It all seems a bit pretentious to me to do so when my readers know that I work in a gym and not a kitchen.

What you WILL find are 101 easy to follow instructions for some simple, delicious and highly nutritious meal plans that you’ll enjoy cooking and eating as part of your elimination diet.

So look, work your way through them one by one. Try ‘em out and send me some feedback on what you like and what can be improved.

I’ll listen.

SO far I’ve tried about 60 of these meals myself and have taken the rest on trust from clients, coaches and lifelong vegetarians as to the rest. They assure me that I’ve compiled one of the best collections of vegetarian recipes around so I hope you’ll do your very best to try them all out over the coming weeks.

Enjoy!
African Peanut-Potato Stew

SERVINGS: 6-8

This dish has been inspired by traditional African recipes. A delicious stew which gets its richness from sweet potatoes and natural peanut butter. While the peanut butter contributes a lot of flavour, it also contributes a good bit of fat. To reduce the fat, you may could reduce the amount of peanut butter you add or leave it out entirely.

Ingredients

1 onion, chopped
2 jalapenos, seeded and finely chopped (optional)
2 teaspoons minced fresh ginger
1 teaspoon minced fresh garlic
2 teaspoons ground cumin
1/2 tsp. sea salt (optional)
1/4 teaspoon ground cinnamon
1/8 teaspoon crushed red pepper
1/4 teaspoon ground coriander
2 1/4 pounds sweet potatoes, peeled and cut into 1 1/2-inch chunks
14.5 ounce chopped tomatoes
14.5 ounce chickpeas, drained and rinsed
1 pound green beans, cut in 1 inch pieces (fresh or frozen)
1 ½ cups vegetable broth
¼ cup natural peanut butter

Preparation

1. In 6-quart pressure cooker, heat over medium heat until hot. Add onion, jalapenos, and 2 tbsp. water and cook about 8 minutes or until tender, stirring occasionally and adding water if needed. Stir in ginger, garlic, cumin, salt, cinnamon, crushed red pepper, and coriander, and cook 1 minute, stirring.

2. To onion mixture in pressure cooker, add tomatoes with their juice, sweet-potato chunks, chickpeas, broth, and peanut butter. Following manufacturer's directions, cover pressure cooker, bring up to pressure, and cook under pressure 5 minutes. Quick-release pressure as manufacturer directs.

3. Add green beans to pressure cooker. Return to heat and cook, covered, until beans are done, about 10 minutes. Or, return cooker to high pressure and cook for one minute. Quick-release pressure and add additional seasoning as needed.
Regular stove-top directions:

Place 1/3 cup water, onion, jalapenos, ginger and garlic in a large pot. Cook, stirring occasionally for 5 minutes. Add cumin, cinnamon, salt, red pepper and coriander. Cook and stir for 1 minute. Add sweet potatoes, tomatoes, chickpeas, green beans, vegetable broth, and peanut butter. Bring to a boil, reduce heat and simmer for 30 minutes, or until potatoes are tender.
**Baked Eggplant Stacks with Roasted-Tomato Sauce**

This one is great. Roasting the tomatoes first gives the dish a nice roasted/smokey flavor. The original called for some feta cheese on top, which you could perhaps substitute with vegan cheese if you want.

**Ingredients**

8 plum tomatoes (about 1 pound)
Cooking spray
1 1/2 cups diced onion, divided
1/2 cup dry (alcohol free) red wine
1 teaspoon chopped fresh oregano
1/2 teaspoon freshly ground pepper
1/4 teaspoon salt
1 cup sliced onion
1/2 cup dry (alcohol free) white wine
20 garlic cloves, peeled (about 2 large heads)
1 cup vegetable broth
1/4 teaspoon salt
18 (1/2-inch-thick) slices eggplant (about 2 medium)
2 (10-ounce) packages frozen chopped spinach, thawed, drained, and squeezed dry
Oregano sprigs (optional)

Preheat oven to 425°.
Place tomatoes in a shallow baking dish coated with cooking spray.
Bake at 425° for 30 minutes. Set aside.

Heat a medium saucepan over medium-high heat. Add 1 cup diced onion; sauté 3 minutes. Stir in tomatoes, red wine, oregano, pepper, and 1/4 teaspoon salt; bring to a boil. Reduce heat; simmer 20 minutes. Place tomato mixture in a blender; process until smooth. Set aside; keep warm.

Place a saucepan coated with cooking spray over high heat. Add sliced onion; sauté 5 minutes. Add wine and garlic. Bring to a boil; cook 5 minutes. Stir in broth; bring to a boil. Reduce heat; simmer 20 minutes. Place garlic mixture in a blender; process until smooth. Set aside; keep warm.

Sprinkle 1/4 teaspoon salt over eggplant. Place half of eggplant in a single layer on a baking sheet coated with cooking spray; broil 5 minutes on each side or until lightly browned. Repeat procedure with remaining eggplant; set aside.
Place a large nonstick skillet coated with cooking spray over medium-high heat. Add 1/2 cup diced onion; sauté 3 minutes. Add spinach; cook 10 minutes, stirring frequently. Remove from heat; (this is where you would stir in the vegan cheese) Preheat oven to 425°.

Arrange 6 eggplant slices, 2 to 3 inches apart, on a baking sheet. Spread 2 1/2 tablespoons spinach mixture over each slice. Stack each with another eggplant slice, an additional 2 1/2 tablespoons spinach mixture, and remaining slices. Bake at 425° for 15 minutes. Arrange 1 eggplant stack on each of 6 plates; spoon 1/3 cup tomato sauce and 2 tablespoons garlic sauce on each plate. Garnish with oregano, if desired.
Bean-Stuffed Cabbage Rolls

Serving Size : 6

This is a fairly simple recipe that always goes down nicely at holiday times. It looks impressive and tastes great.

Ingredients

1 head cabbage

--SAUCE--
12 ounces tomato sauce
6 ounces tomato paste
1 cup onion -- finely chopped
2 cloves garlic -- crushed
1 teaspoon oregano
1/2 teaspoon basil
1/4 teaspoon pepper

--FILLING--
1 pound white beans
1 cup onion -- finely chopped
1 cup brown rice, cooked
1 teaspoon oregano
1/2 teaspoon dried basil
1/4 teaspoon salt
1/4 teaspoon pepper

Carefully remove 12 large outside leaves from the cabbage. Place leaves in a large pot of boiling water and boil 5 minutes. Remove leaves from water, place in a colander, and run under cold water for a few minutes. Drain.

To prepare sauce: combine all sauces ingredients in a small saucepan. Bring to a boil over medium heat. Reduce heat to medium-low, cover, and simmer 15 minutes.

To prepare filling: place beans in a large bowl. Mash slightly with a fork or potato masher. Add remaining filling ingredients and mix well.

To assemble: preheat oven to 350 degrees F. Lightly oil a 9 x 13-inch baking pan or spray with nonstick cooking spray. Divide filling evenly and place each portion near the base of a cabbage leaf. Roll leaves up tightly, folding in the sides as you roll. Place rolls stem side down in prepared pan. Spoon sauce evenly over rolls. Cover Tightly and bake 1 hour.
Butterbean and Herb Cream Soup:

Servings: 6

* 2 cups Lima beans, soaked overnight
* 2 bay leaves
* 20g each fresh chives, fresh basil and fresh parsley, chopped
* Sea salt and pepper to taste

Boil the lima beans in enough water to cover until very soft with the bay leaves. Do not drain.

Discard the bay leaf and add the chopped herbs and the seasonings.

Transfer to a blender (in batches) and blend until it is completely smooth.

Serve with thick wholegrain sourdough bread and a crisp salad
California Hoppin' John:

Serving Size: 8

Ingredients:

1 pound dried black-eyed peas
2 quarts plus 3 cups water
1 medium onion -- finely chopped
3 cloves garlic -- minced
1 7 oz diced green chiles
2 teaspoons ground cumin
1/4 teaspoon pepper
1/4 teaspoon baking soda
1 dried chipotle chili
1/2 cup short-grain brown rice
3 large tomatoes -- peeled & chopped
salt to taste

Preparations:

Rinse and sort through peas. In a deep 3 1/2 to 4 quart pan, bring 2 quarts of the water to a boil over high heat. Add peas. Let water return to a boil; then boil, uncovered, for 2 minutes. Remove pan from heat, cover, and let stand for 1 hour. Drain and rise peas, discarding cooking water.

In a 3 1/2 quart or larger slow cooker, combine onion, garlic, green chilis, cumin, pepper, baking soda, and chipotle chili. Stir in peas; pour in remaining 3 cups water. Cover and cook at low setting until peas are tender and to bite (9 to 10 hours).

Remove and discard chipotle chili; stir in rice and tomatoes. Increase cooker setting to high; cover and cook until rice is tender to bite (45 to 55 more minutes). Season to taste with salt. Serve in wide shallow bowls.
**Easy Bean and Vegetable Soup:**

This delicious soup is a nutritional powerhouse! So tasty that you'll have no trouble getting children to eat vegetables when they're prepared this way.

Using frozen vegetable combinations, such as California or Italian blends, makes throwing this recipe even easier.

- 5 cups fatfree vegetable broth, (or use water with optional veg. bouillon)
- 14 1/2 ounces diced tomatoes -- Italian style
- 15 ounces kidney beans,
- 15 ounces cannelini beans, chickpeas, or other white beans,
- 2 pounds chopped vegetables (may be frozen)--any combination--try to include carrots, broccoli, green beans, cauliflower, zucchini
- 1/2 cup diced potatoes or corn kernels (may use frozen, oil-free hash browns)
- 2-4 cloves garlic, minced
- 1 teaspoon basil
- 1/2 teaspoon oregano
- 1/2 teaspoon marjoram
- 1/4 teaspoon thyme
- freshly ground black pepper
- 1/2 teaspoon Tabasco, or other hot sauce
- 4-6 ounces fresh or frozen spinach

Combine all ingredients except spinach in a large sauce pot. Bring to a boil, reduce heat, cover, and simmer for 25 minutes. Add additional broth if necessary. Add spinach and cook for 5 more minutes before serving.

Serves 4-8, depending on your appetite
Lentil Spinach Stew/Soup:

Ingredients:

1 medium onion
5 cloves garlic
175g (6oz, 1 cup) split red lentils
1 14oz chopped tomatoes (with juice)
4 tsp stock powder (or equivalent stock cube)
1 tbsp vegan Worcestershire sauce, or dark soy sauce
1/2 tsp salt
1 tsp dried thyme
1/2 tsp ground fennel seed
1 bay leaf
2 medium carrots
250g (9oz) fresh or frozen chopped spinach
1 tbsp balsamic vinegar

1. Chop the onion. Sauté in vegetable stock until soft but not browned.

2. Meanwhile, chop the garlic and rinse the lentils. When the onion is soft, add the garlic, lentils, tomatoes, stock powder, Worcestershire / soy sauce, salt, thyme, fennel and bay leaf to the pan, along with 900ml (32 fl oz, 4 cups) water.

3. Bring to a boil, then reduce heat, cover pan, and simmer for about 20 minutes, until the lentils have started to break up. Stir occasionally.

4. Meanwhile, peel the carrots and chop into 1cm (1/4 inch) cubes. If using fresh spinach, wash, remove large stalks and chop roughly.

5. Add the carrots and spinach to the pan. Stir until mixed, and until frozen spinach has defrosted. Cover and simmer a further 15 minutes, or until lentils and vegetables are cooked. Remove bay leaf and stir in vinegar.

This ends up tasting fairly tomato-ey. I like it. Use only half the amount if you’re not too crazy about tomato flavour.

It also ends up fairly soupy - if you want it thicker, leave it until the next day to thicken, or use less water, or remove the lid for the last 10 minutes to allow water to evaporate. This is what I do to make it more stew-like.

Using frozen chopped spinach gives a more homogeneous texture - fresh spinach will be in larger pieces. I sometimes like a mixture of the two.
No-Roll Enchiladas

Serves: 4-6

These Enchiladas are so easy to assemble, people won't believe how rich they tastes.

* 1 large bell pepper (red or green)
* 1 large onion
* Refried beans
* Enchilada sauce
* 1 cup salsa (homemade or otherwise, as spicy as you want)
* Black beans, (or other beans to your liking)
* tortillas (any kind, but corn tortillas work well)
* olive oil
* optional: 1 medium tomato

Preheat the oven to 350 (F). Dice the onion, pepper, and tomato (if using). (You may at this point sauté the onion and pepper in a non-stick skillet to soften, if you want.) Spray the bottom of a casserole dish with oil and lay down a tortilla (if your tortillas are smaller than your casserole, you can layer them -- but be sure the bottom of the dish is covered or it'll stick like crazy).

Spread a layer of refried beans on the top of the tortilla(s) -- you may want to heat the beans first to make them spread more easily. Pour half of the salsa and half of the onions over the beans. Put another tortilla on top of this layer. Layer the black beans, green pepper, tomato (if using), and the rest of the salsa and onion on top of the tortilla(s). Put another tortilla on the top (your casserole should be pretty full by now). Pour the of enchilada sauce over the whole thing and bake, covered, for about 35-45 minutes or until it's hot and bubbly all the way through. Serve with vegan sour cream or all by itself. This freezes extremely well.

Of course, you can fiddle with this and add or take away ingredients. It's a little different every time I make it, since I layer things differently. Experiment and enjoy!
Vindaloo Vegetables:

(4-6 servings)

3 cloves garlic, peeled
1 tbsp. ginger, peeled and chopped
1 small date, coarsely chopped
1 1/2 tsp. ground coriander
1/4 tsp. cardamom
1 tsp. ground cumin
1/2 tsp. dry mustard
1/2 tsp. cayenne pepper, or to taste
1/2 tsp. turmeric
1 tbsp. white vinegar
1 lg. yellow onion, chopped
2 small carrots, thinly sliced
1 sm. green or red bell pepper, seeded and diced
4 cups small cauliflower florets
2 small zucchini, cut into 1/4-inch-thick slices
1 1/2 cups cooked kidney beans (or one 15.5 ounce canned beans, rinsed and drained)
1 6-ounce tomato paste
Water
Salt and freshly ground black pepper (salt is optional)
1 cup frozen green peas, thawed

In a blender or food processor, combine the garlic, ginger, date, coriander, cumin, mustard, cayenne, turmeric, vinegar, and 1/2 cup water; process until smooth and set aside.

Heat a large non-stick pot or wok over medium-high heat. Add the onions and carrots and one tablespoon of water, cover, and cook until softened, stirring often and adding more water as necessary to prevent burning--about 5 minutes.

Add the spice paste from the blender and cook, stirring, for 2 minutes. Add the bell pepper, cauliflower, zucchini, and kidney beans. Cover and turn heat to low.

Put the tomato paste and 1 1/4 cup water in the blender and blend thoroughly. Add the tomato paste mixture to the vegetables, season with pepper and salt (if using), cover, and cook until the vegetables are tender, but not mushy, about 20 minutes.

Add the peas and allow to heat through for about 5 minutes. Serve alone or over basmati rice or other grain.

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Anasazi Bean Soup:

Serving Size: 4

1 cup dry Anasazi beans -- picked over & rinsed
vegetable stock -- or water
1 medium onion -- chopped
2 large cloves garlic -- pressed or minced
1/4 teaspoon ground coriander
1/2 teaspoon ground cumin
1 jalapeno
OR other pepper -- finely chopped
salt to taste
minced green onions and/or cilantro for garnish

Cover beans with water and soak overnight, allowing extra water for expansion. Drain, reserving soaking water. Measure soaking water and add stock or water to equal 6 cups. Pour into pot.

Add remaining ingredients except salt, green onion and/or cilantro, and bring to a boil. Cover, reduce heat, and cook at a low simmer 1 1/2 to 2 hours or until beans are tender. Season with salt to taste and serve hot, garnished with green onion and/or cilantro.
Texas Black Bean "Caviar"

Ingredients;

* 2 cups drained cooked black beans, rinsed (about 1 16 oz. Can)
* 1 cup onion chopped
* 1 red bell pepper, seeded and chopped
* 2 pickled jalapenos, chopped medium fine
* 1 clove garlic, finely chopped
* 1/3 cup rice vinegar
* 1 teaspoon chili powder
* 3/4 teaspoon dried savory
* 1/2 teaspoon ground cumin
* 1/2 teaspoon salt
* 3/4 teaspoon freshly ground black pepper
* 3/4 teaspoon cayenne
* 3/4 teaspoon white pepper
* 1 tablespoon lemon juice

In a bowl, combine the beans, onion, red pepper, jalapenos, and garlic.

In a medium-sized non-reactive saucepan, combine the vinegar, chili powder, savory, cumin, salt, black pepper, cayenne and white pepper. Bring to a boil over medium high heat, stirring. Add the black beans mixture, bring to a boil, stirring frequently, and simmer for 1 minute. Remove from the heat and stir in the lemon juice.

Transfer the mixture to a bowl and refrigerate until cold, about 1 hour. (Can be made 4 days ahead and kept refrigerated.)

Serves 6
Apple-Zucchini Salad:

Ingredients;

* 3 medium zucchini, washed, shredded
* 2 crisp apples, washed, cored, diced
* 1/3 cup golden raisins or dried cranberries
* Fresh lime juice from 1 large lime
* Drizzle of brown rice syrup, to taste
* Pinch of ground cumin, to taste
* Pinch of curry powder, to taste
* Pinch of cinnamon, to taste
* Fresh mesclun greens for serving

In a bowl combine the zucchini, apples, raisins, lime juice, brown rice syrup, and spices. Toss well. Taste for seasoning adjustments.

Serve on mesclun spring greens as a refreshing side dish.

Optional garnish: Pumpkin seeds

Servings: 6
Artichoke and Potato Gratin:

Ingredients:

2 tomatoes, one diced and one halved and thinly sliced
2 9 oz. packages frozen artichoke hearts, thawed and chopped
1 bunch scallions, chopped, plus extra for garnish
1 1/2 tsp. dried oregano
1 tsp. sea salt
15.5-oz white beans,
1/2 C vegetable stock
1/2 tsp. black pepper
1 1/12 lbs. sweet potatoes, peeled, sliced about 1/8 inch thick
1/4 C ground walnuts (optional, I would think, to make it lower fat)

Preparations:

1) preheat oven to 375. Spray 2-qt gratin dish with non-stick spray

2) Toss together diced tomatoes, artichoke hearts, scallions, 1/2 tsp. oregano, and
1/4 tsp. salt in bowl. Set aside.

3) put beans, stock, 1/2 tsp. oregano, 1/4 tsp. salt and 1/4 tsp pepper in food
processor, puree. Line bottom of dish with half sliced sweet potatoes. Sprinkle with
1/4 tsp. salt and rest of pepper. Spread on bean mixture, add artichoke mixture and
cover with potatoes; reserve 20 slices.

4) Arrange tomato slices and remaining sweet potato slices on top, overlapping
edges. Sprinkle with remaining oregano and salt. Dust with pepper. Cover.

5) bake 45 minutes, or till tender. Remove cover, and sprinkle with ground walnuts,
if wanted. Bake 15 minutes more, or until topping is golden brown. Wait 10 minutes
before serving.
Jambalaya:

Ingredients;

2-3 Tablespoons water
1/2 cup coarsely chopped onion
1/2 cup coarsely chopped green bell pepper
2 garlic cloves, minced.
2 cups water
14.5 oz.stewed tomatoes, undrained, cut up
1 (8-oz.) tomato sauce
1/2 teaspoon dried Italian seasoning
1/4 teaspoon ground red pepper (cayenne)
1/8 teaspoon fennel seed, crushed
1 cup uncooked regular long-grain white rice
16oz. red beans (kidney) beans rinsed
15.5-oz, white butter beans, drained, rinsed

Preparations;

1. Heat water in large skillet over medium-high heat until hot. Add onion, bell pepper, garlic; cook and stir 3 to 5 minutes until crisp-tender. The water is only to stir "fry" the veggies in. Use as much as needed, but no more than needed to soften the veggies.

2. Stir in the 2 cups of water, tomatoes, tomato sauce, Italian season, gound red pepper and fennel seed. Bring to a boil. Add rice. Reduce to low; cover and simmer 20 to 30 minutes or until rice is tender, stirring occasionally.

3. Stir in beans. Cover; simmer an additional 5 to 10 minutes or until thoroughly heated, stirring occasionally.

It’s really good. Serve with green salad.
Portabella and White Bean Cassoulet

Serves 4

Ingredients:

6-8 oz. portabella mushrooms, chopped in 1/2 inch pieces
3 large cloves garlic, chopped
2 cups OR 1 14 oz. can diced tomatoes
1 tsp. dried thyme or 1 Tbs. fresh thyme
2 tsp. dried basil or 2 Tbs. minced fresh basil
1 tsp. fresh or dried rosemary leaves
1 bay leaf
1 medium onion, chopped
Salt and freshly ground black pepper, to taste
4 cups cooked or 2 14 oz. cans navy or great northern beans, drained and rinsed if canned

Preparations:

Heat a large non-stick skillet or casserole over medium heat, and sauté the mushrooms for 1-2 minutes. When mushrooms begin to exude their juices, add the garlic and continue to cook, stirring, for another minute. Do not allow the garlic to brown. Add tomatoes, mushrooms, thyme, basil, rosemary, and bay leaf. Stir and bring to a boil. Add onions and salt and pepper to taste. Return to a boil, cover and simmer over low heat for 15 minutes, stirring occasionally. Remove and discard the bay leaf.

Mix in the beans, and simmer over low to medium heat until beans are warmed through, about 5 minutes. Add water, if necessary, to keep ingredients moist. Adjust seasonings and serve.
**Picante Lentils**

Serves 4

Ingredients;

1 quart chopped fresh tomatoes or 28 ounces no-salt-added canned tomatoes, crushed
1/4 cup lentils, rinsed
1 cup (2 medium) onions, chopped OR celery, chopped
5 cloves garlic, minced OR to taste
1/2 teaspoon cumin seeds, roasted
1 green chile pepper, fresh and minced
1/2 cup picante sauce, medium-hot

Preparations;

Toast the cumin in a dry fry pan, stirring constantly. Set aside.

Combine the tomatoes, lentils, onions, garlic, cumin, chili, and sauce in an electric slow cooker. Cover and cook on low until the lentils are tender, 6 to 8 hours.

Serve over burritos, spaghetti squash, rice, or grain.
Ratatouille:

Ingredients:

19 oz tomatoes, with juice, broken up
1 small eggplant, with peel, cut into 1/2” pieces
1 cup finely chopped onion
1 cup chopped celery
1 medium green or red pepper, chopped
1/4 cup ketchup or chili sauce
3 cups sliced zucchini, with peel, 1/4” thick
1 tsp parsley flakes
1/2 tsp salt
1/8 tsp pepper
1/4 tsp garlic powder
1/2 tsp dried oregano
1/2 tsp dried basil

Measure all ingredients into crockpot. Stir and cook on Low for 7-8 hours or High for 4-4 1/2 hours.
Pumpkin and Pinto Bean Chili

Serving Size: 6

Butternut or other winter squash may be used instead of the pumpkin.

1 1/2 cups chopped onion
1 1/2 cups chopped red bell or green pepper (or a combination)
2 garlic cloves -- minced
2 tablespoons chili powder
1/2 teaspoon ground cumin
4 cups (1/2-inch) cubed peeled pumpkin -- (about 1 pound)
3 cups cooked pinto beans
1 1/2 cups water
1 cup frozen whole-kernel corn
1 teaspoon salt
14.5-ounce diced tomatoes with green chillies

Heat a large nonstick skillet over medium heat. Add onion, bell pepper, and garlic; cover and cook 5 minutes or until tender. Add chili powder and cumin; cook 1 minute, stirring constantly.

Place onion mixture in a 5-quart electric slow cooker. Add pumpkin and remaining ingredients. Cover and cook on low 8 hours or until vegetables are tender and chili is thick.

(For stovetop cooking, allow at least an hour, covered, on low to cook until pumpkin is tender.)
**Thai Green Vegetable Curry:**

Servings: 6

Ingredients:

* 1 bunch basil, chopped
* 1 bunch coriander, chopped
* 2 green chillis, sliced thinly
* 1 tbsp freshly minced/grated ginger
* 2 cloves garlic, crushed
* 165ml coconut milk (or substitute)
* 1 onion, chopped
* 1 tsp lemongrass, sliced
* 1 head broccoli
* 100g baby corn
* 1 zucchini, sliced
* 1 sweet potato, cubed
* 200g green beans
* 200g snow peas
* salt and pepper to taste

Preparation:

1. In a blender, combine the basil, coriander, chillis, ginger, garlic and coconut milk.

2. You may need to add 1/2 cup of water, or more coconut milk if you want it very creamy.

3. Blend until very smooth.

4. In a pan, combine onion and sweet potato with the herb/coconut mixture.

5. Bring to a boil and simmer until the sweet potato has softened a little.

6. Add the zucchini baby corn, and cook for 10 minutes.

7. Add the broccoli, green beans and snow peas and season to taste.

8. Cook until the greens are bright green (about 4 minutes).

Tomato and Chickpea Soup
(Hasa Al-Tamatat Maa Hummus)

Serving Size : 8

Basic yet delicious.

1 Tablespoon water
2 medium onions -- chopped
4 cloves garlic -- crushed
4 Tablespoons finely chopped coriander leaves

2 cups cooked chickpeas
2 cups tomato juice
6 cups water
1/4 cup white rice -- rinsed
2 teaspoons salt
1 teaspoon pepper
1 teaspoon allspice
1/8 teaspoon cayenne

Heat 1 tbsp water in saucepan; then sauté onions and garlic over medium heat for 10 minutes, adding more water as needed. Add remaining ingredients and bring to boil. Cover and cook over medium heat for 25 minutes or until rice is cooked.
Sweet & Savoury Chilli

Serves 4-6.

Here’s a recipe for vegetarian chilli – you could also put it together in a slow-cooker and cooked on low all day. This recipe is gluten-free.

2-3 tablespoons water
1 sweet onion, peeled, diced
2-3 cloves garlic, minced
1 large yellow bell pepper, cored, seeded, diced
1 large sweet potato or yam, peeled, diced
1-2 teaspoons gluten-free chilli powder, or more to taste
1 teaspoon ground cumin
pinch red pepper flakes or cayenne for more heat, if desired
15-oz red or white kidney beans,
15-oz black beans,
28-oz Roasted Tomatoes, undrained
1 4-oz chopped green chills
1 cup vegetarian gluten-free broth, or more as needed
2 tablespoons vegan "honey" or maple syrup

Heat the water in a deep pot and cook the onions for five minutes, until they are soft; add the garlic, yellow pepper, and sweet potato; stir briefly. Add in the spices and stir to coat. Add the drained beans, tomatoes, green chiles, broth, and honey. Cover and gently simmer for 30 to 45 minutes until the vegetables are tender. Taste for seasoning adjustments. Add more broth if needed to thin.

Serve in festive bowls, with warmed corn tortillas or corn chips.
Veggie Stir-fry in Spicy Peanut Sauce

Sauce:

3/4 cup light vegetable broth
1/4 cup natural peanut butter
2 Tbs rice vinegar
1 Tbs molasses
1 Tbs apple juice
1 tsp curry powder, or to taste
1/2 tsp cayenne pepper, or to taste

Stir-fry:

1/2 cup light vegetable broth
3-4 cloves of garlic, minced
1 medium red onion, chopped
1 heaping cup fresh broccoli florets
1 heaping cup cauliflower pieces
4 medium carrots, sliced into matchsticks
1 medium zucchini squash, sliced into half-moons
1 tsp dried ginger or 1 tablespoon minced fresh ginger root
sea salt and freshly ground pepper, to taste
red pepper flakes, if desired for more heat

Garnish:
2-3 Tbs fresh chopped cilantro

In a saucepan, heat the vegetable broth over medium heat; whisk in the peanut butter until smooth. Whisk in the apple cider vinegar, molasses, apple juice, curry powder and cayenne. Taste for seasoning adjustments.

In a large skillet or wok heat the vegetable broth until it starts to simmer. Add the garlic, onion, vegetables, ginger and seasonings; stir-fry until they are tender-crisp. Add the peanut sauce and stir well. Add the chopped cilantro just before serving.

Serve on hot cooked brown rice or Thai rice noodles.
**Savoury Breakfast Polenta**

Ingredients;

* 1 cup polenta (coarse yellow cornmeal)
* 1 cup frozen yellow or white corn kernels, thawed
* 4 oz. chopped mild green chilies
* 1/2 cup grated vegan cheese, optional
* 3 1/4 cups water, boiled
* 1/4 teaspoon nutmeg
* 1 dash of cumin, to taste
* sea salt and pepper, to taste

Preparations;

1. Preheat oven to 425° F.

2. In a mixing bowl stir together the polenta, corn, green chilies and grated vegan cheese. Add the hot water and seasonings, and mix well.

3. Pour into in a lightly sprayed 13 x 9 glass baking dish. Bake the polenta mixture until the water is absorbed and the polenta is cooked and soft, about 25 minutes. Stir the polenta once during the baking time.

Top spoonfuls of hot cooked polenta with your favorite breakfast/brunch foods. Try it smothered with baked beans and pineapple, or sliced fresh avocado and sweet grape tomatoes, or saute’ed spinach and mushrooms, or an assortment of roasted veggies.

Note: Polenta is a gluten-free grain; to make this recipe strictly gluten-free choose a GF vegan cheese.

Servings: 4
Green Dhal

Servings: 6

Ingredients:

* 1 cup green split peas
* 3 cups water
* 1 onion, chopped
* 2 cloves garlic, crushed
* 1 tsp ground turmeric
* 1 tsp ground cumin
* 1 tsp ground cardamom
* Salt, pepper and chilli powder to taste

Preparation:

1. Begin boiling the split peas. Mean while, in a fry pan, fry up the onion, garlic and spices.

2. Once the split peas have softened, add the onion mixture and season to taste.

3. Puree the dhal if necessary.

4. Serve over rice, with a cucumber, tomato and coriander salad, or in a wrap with the salad.
Roasted Veggie Baked Potatoes

Potato:
* 2 large Idaho, Russet or Sweet potatoes

Topping:
* 1 cup broccoli florets
* 1 cup cauliflower pieces
* 1 cup 'matchsticked' carrots
* 2 cloves garlic, chopped
* olive oil cooking spray, as needed
* 1/4 cup apple juice, unsweetened
* 1 Tbs balsamic vinegar or lemon juice
* 1 tsp Italian Herb seasoning
* 1/2- 1 tsp lemon pepper
* 1 cup, packed, baby spinach greens or Mesclun spring greens

Directions:
1. Preheat oven to 400 degrees F.

2. Wash and wrap the potatoes in foil; prick with a fork. Place the potatoes in the hot oven, on the top rack, and bake for 15 minutes.

3. In the meantime combine the broccoli, cauliflower, carrots and garlic in a roasting pan and spray with olive oil cooking spray; toss with apple juice and balsamic vinegar; add seasonings.

4. Add the pan of vegetables to the oven on a lower rack, and bake for 45 minutes, until the potatoes and the vegetables are fork tender. During the last 5 minutes of baking, toss the baby spinach or greens in with roasted veggies.

5. To serve, place each potato on a serving plate, split open, and season with lemon pepper. Top each potato with half of the roasted veggies and sprinkle with salt and pepper to taste

Serves 2 as dinner, 4 as side dish. Enjoy!

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Roasted Eggplant with Tomatoes
(Baigan Bharta):

Serving Size : 4

Ingredients;

2 Medium eggplants
2 tablespoons water
1 1/2 onions -- peeled and finely chopped
3 cloves garlic -- peeled and minced
1 tablespoon fresh ginger root -- minced
2 green chiles -- or jalapeno peppers, seeded and minced (optional)
1/2 teaspoon ground cumin
2 teaspoons curry powder -- or garam masala
1 teaspoon salt
1 cup fresh peas -- (or frozen)
14-oz diced tomatoes
4 tablespoons vegan milk (rice or almond)
2 tablespoons cilantro -- chopped

Preparation;

Preheat the oven to 400 degrees.

Prick each eggplant with a fork in two or three places. On a baking sheet lined with aluminum foil, arrange the eggplants. Bake for 30 to 35 minutes until the eggplants are tender and the skin begins to char. Let cool. Carefully peel away and discard the skin. Chop the pulp coarsely and set aside.

In a large nonstick skillet, heat the water. Add the onions and garlic and sauté for 5 minutes. Add the ginger and green chilies, and cook for 2 more minutes, until the onions are golden. Add the cumin, curry powder, salt, peas, and tomatoes, and simmer over medium-low heat for 2 to 3 minutes. Stir in the mashed eggplant, milk, and chopped cilantro. Cook, stirring, for 10 minutes, until the flavors are well blended.

You can prepare this dish 2 days in advance. Refrigerate, then reheat before serving.

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**Fast Mexican Stew**

4-6 servings

Easy and excellent stew!

Ingredients;

* 2 tbsp water or broth
* 1 large onion, chopped
* 2 cloves garlic, minced
* 2 cups hominy, drained
* 2 cups black beans, drained
* 14oz peeled diced tomatoes (with chiles, preferred)
* 1/2 cup water or broth
* 2 chipotle peppers (in adobo sauce) finely minced
* 1 cup frozen corn
* salt to taste
* 1/2 tsp. cumin
* 1 tsp. chili powder
* 1/8 tsp. ground coriander

Preparation;

Heat water or broth in a large pot. Sauté onion until translucent and then add garlic and sauté for one more minute. Add all other ingredients. Cook at least 15 minutes. Serve alone or over rice. (May use as fajita filling corn tortillas.)
Green Velvet Soup

Servings: 6

Ingredients:

* 1 onion, chopped
* 2 stalks celery, sliced
* 2 potatoes, diced
* 3/4 cup split peas, rinsed
* 2 bay leaves
* 6 cups water or vegetable stock
* 2 zucchini, diced
* 1 stalk broccoli, chopped
* 1 bunch spinach, chopped
* 1/2 teaspoon basil
* 1/4 teaspoon black pepper
* 1 teaspoon salt (optional)

Preparation:

Place the onion, celery, potatoes, split peas, and bay leaves in a large pot with the water or vegetable broth and bring to a boil.

Cover and simmer for 1 hour.

Remove the bay leaves.

Add the remaining ingredients with the exception of the salt.

Simmer for 20 minutes.

Transfer to a blender in several batches and puree until smooth.

Return to the pot, add salt to taste, and heat until steamy.
**Santa Fe Potato Salad**

Servings: 6

Ingredients:

* 6-8 medium-size red (or Yukon gold) potatoes, cut up
* 2-3 tablespoons white vinegar
* 1/2 cup Mayonnaise (or fat-free dressing/mayo substitute)
* 4-5 tablespoons fresh lime juice, more as needed
* 1/2-1 teaspoons ground cumin
* 1 teaspoon chili powder
* 1/2 cup finely diced red onion
* green chilies,
* 1/2 cup chopped fresh cilantro
* sea salt and pepper, to taste
* 2 tablespoons toasted pine nuts (or slivered almonds)
* red pepper flakes, if desired

Preparation:

1. Bring a pot of salted water to a boil and cook the potatoes until they are fork tender, about 20 minutes. Drain, place in a bowl and sprinkle with the vinegar. Season with sea salt and freshly ground pepper.

2. Make the dressing by combining the Mayonnaise, lime juice, spices, onion, chilies, and cilantro.

3. Spoon the dressing on the potatoes and toss gently to mix. Add the cilantro. Add red pepper flakes for added heat. Taste for seasoning adjustments.

Serve this potato salad warm or at room temperature garnished with a sprinkle of toasted pine nuts, if desired. May also be made ahead and served chilled.
Spicy Carrot Salad

Ingredients;

4 cups grated Carrots
1/2 cup Raisins
1/4 cup fresh Lemon Juice
2 tbsp Rice Vinegar
2 tbsp water or oil substitute
1/4 tsp Paprika
1/4 tsp Cumin
1/4 tsp Cayenne
1/2 cup Cilantro

Preparation;

Boil raisins over med-high heat, let plump... set aside while making the dressing... combine lemon juice, rice vinegar, water or oil substitute, paprika, cumin, and cayenne and whisk... add carrots, drain raisins and fold in, chop cilantro and add together.
Vegetable Curry

Serves 4

Ingredient;

3 cups diced eggplant
2 medium zucchini, sliced
1/2 medium red pepper, sliced (1 cup)
1 medium red onion sliced (2 cups)
2 medium cloves garlic, minced
1 1-inch piece of fresh ginger, chopped (1 tablespoon)
2 teaspoons wheat free flour
2 teaspoons ground cumin
1&1/2 tablespoons curry powder
1/2 cup apple or white grape juice*
1/2 cup water
1/4 cup raisins
Salt and freshly ground black pepper to taste

Preparation;

Wash eggplant and cut into 1/2-inch cubes. Wash zucchini and red pepper and slice.

Heat a nonstick skillet. Add onions and eggplant and cook 5 minutes, covered, stirring often. Add zucchini, red pepper and garlic; continue to cook, covered, 5 minutes. Add ginger, flour, cumin and curry. Toss well. Add apple juice and water. Cook until thick, about 5 minutes. Add raisins, salt and pepper to taste.

*NOTE: Instead of fruit juice, you may blend 1/2 cup water with one large pitted date. Puree in blender until liquefied.
Pineapple Fried Rice

(Makes approx 2 servings)

Ingredients;

2 1/2 cup of cooked rice
4 shallots thinly sliced
1 teaspoon grated ginger
1 teaspoon chopped garlic
1 tablespoon turmeric powder
1/2 cup frozen mixed vegetables (peas, corn and carrot bits)
1 cup chopped fresh pineapples (use sweet ones)
salt to taste
sultanas and nuts for garnish

Preparation;

In a non-stick pan, dry-fry the shallots until brown. Take it out and leave aside for garnish later. Using 1 tbsp. water, sauté garlic and ginger and add in the turmeric. Add in the rice and stir until coated with turmeric. Lastly add in the pineapples, mixed vegetables and stir a little more until cooked. Season to taste. Serve warm with fried shallots, sultanas and nuts as garnish.
**Black-Eyed Peas over Brown Rice**

Ingredients:

3 Cups Brown rice

32 ounces (2 bags) of Black-eyed Peas
1 Heaping Teaspoon Oregano
1/8- ¼ teaspoon salt, (you might want to add salt after cooking if using a pressure cooker)
1/8 teaspoon cayenne pepper (If you like a kick- you can add hot sauce in your own bowl after its cooked, but keep the amount of cayenne friendly if you plan to share- especially with kids)
14.5 ounce stewed tomatoes
3 celery stalks chopped thin (thick pieces will not be done after cooking time)
1 ½ cup salsa
1 teaspoon finely chopped fresh garlic fresh or from a jar
3 cups liquid – I use 1.5 water and 1.5 broth

Preparation

Soak the blackeyed peas in a bowl full of water for at least 12 hours and drain water.

Cook the Brown rice in a rice cooker and add the appropriate amount of water to cook.

Add all remaining ingredients into a large pressure cooker and cook on high for 12 minutes. You can do a quick release or let the pressure release naturally.

Put brown rice in bowl and heap black eye peas over the top.

This recipe makes lots, enough to share and tastes wonderful.
Artichoke-White Bean Soup

Ingredients;

1 medium onion, chopped
1 (10 oz.) package frozen artichoke hearts
1 clove garlic, sliced
30 oz. cannellini beans, rinsed & drained
2 cups vegetable broth
juice from half a lemon
salt & pepper to taste

Preparation;

Cook artichoke hearts according to directions till almost fully cooked. Drain well.

In a 4 qt. non-stick pan sprayed with olive oil cooking spray (or in a small amount of broth), sauté onion about 3 minutes. Add the artichoke hearts & garlic and cook for another 5 minutes. Add the broth and beans; simmer for about 5 minutes or until beans are heated through.

Transfer to a food processor and puree. Return to pan; add lemon juice and salt/pepper and heat through.
**French Lentil Soup**

Servings: 6

Ingredients:

* 2 cups French lentils
* 1 yellow onion, chopped
* 6 cloves garlic, crushed
* 1 stalk celery, chopped
* 1 carrot, chopped
* 400 g chopped tomatoes
* 6 cups water
* 1/2 cup chopped fresh parsley
* 2 tablespoons dried thyme
* 2 tablespoons dried chives
* salt and pepper

Preparation:

Sauté the onions and garlic in a little water until fragrant.

Add the celery and the carrot and stir for 5 minutes.

Add the lentils and cover with the water.

Bring to the boil, then let it simmer for 1/2 hour, or until the lentils are soft, but in tact.

Add the tomatoes and continue simmering until the lentils are completely soft.

Season to taste and add the dried herbs and the parsley.

Stir well.

Serve with wheat free bread and/or salad.
**Fresh Tomato Soup:**

Ingredients:

* 1 onion, chopped  
* 6 cloves garlic, crushed  
* 2kg fresh, ripe tomatoes, chopped  
* 1 bunch basil, chopped  
* 1 bunch oregano, chopped  
* salt and pepper to taste  

Preparations:

1. Fry the onion and garlic (in olive oil or dry fry it if you want fat free, but it tastes better with olive oil), until it is fragrant. Add the tomatoes, and 1.5 litres of water or vegetable stock.

2. Bring to a boil and then reduce to a simmer. Cook on low until the tomatoes have stewed. Add the chopped herbs.

3. Drain the tomatoes, but keep the liquid.

4. Begin pureeing the soup, adding liquid until you reach the desired consistency. I like it to be thicker. Puree until it is smooth, or you can leave it chunky if you want. I like it to be very smooth.

5. Season to taste, and re-heat. Makes 6 - 8 serves
Bean and Rice Salad:

Serving Size: 8

Ingredients:

- 4 cups cooked brown rice
- 15 ounces black beans,
- 15 ounces garbanzo beans,
- 1/2 cup chopped scallion
- 2 stalks celery -- sliced
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped red bell pepper
- 1 4 ounce chopped green chiles
- 1 cup frozen corn kernels -- thawed
- 1 cup frozen peas -- thawed
- 1/4 cup chopped fresh parsley or cilantro
- 1 cup your favorite oil-free dressing or salsa

Preparation:

Combine all the ingredients in a large bowl and mix well. Cover and refrigerate for at least 2 hours to allow the flavors to blend.
Autumn Vegetables - Corfu Style:

Ingredients;

1 1/2 lb Roma tomatoes, sliced
1 1/2 lb New potatoes*
1 lb Red onions, cut wedges
1 lb Zucchini, slice thick
2 Celery sticks, slice thick
2 ts Garlic, minced
Salt and pepper
1/3 c Parsley, chopped
1 ts Mint, chopped

Preparation;

*Do not peel potatoes, cut into 8 wedges each. Divide tomatoes and place half on the bottom of the crockpot. Layer remaining ingredients in order given. Add remaining tomatoes. Cover, and cook on LOW for 8 to 10 hours. During cooking, if you are around, stir the vegetables carefully to redistribute them.

Serve hot or room temp.
Breakfast Polenta with Dried Fruit and Almonds:

Ingredients;

1 cup polenta
4 cups water
1/2 tsp salt, or to taste
1/2 cup currents
6 pitted Medjool dates, coarsely chopped
1 1/2 TB agave nectar, maple syrup, or other liquid sweetener (optional)
1/4 tsp cinnamon
pinch nutmeg
1 tsp minced fresh ginger
1/2 cup sliced almonds, toasted (optional)

Preparation;

Bring water and salt to a boil. Cook the polenta according to package directions. When the polenta is ready, remove the pan from the heat and stir in the remaining ingredients. Polenta can be served immediately with agave nectar or syrup, or allowed to set up in a pan to be either baked or pan fried in a non-stick skillet later.

NOTE: This recipe can be made healthier by leaving out the sweetener altogether. The dates and currents provide plenty of sweetness by themselves.
Breakfast Rice

Serving Size : 6

Ingredients;

1 cup long-grain brown rice
1 cup unsweetened apple juice
1 cup water
1/2 cup raisins
1/2 teaspoon ground cinnamon

Preparations;

Combine all of the ingredients in a saucepan. Bring to a boil, cover, reduce the heat, and cook for 40 minutes. Let rest for 10 minutes before serving.

This may also be made in a slow cooker overnight. Combine all of the ingredients and cook on low for 8 to 10 hours.
Cajun Crudite:

Servings: 4

Ingredients:

Whole baby carrots
1/2 seedless European cucumber (super long and wrapped in plastic) thinly sliced on an angle into ovals
4 small celery stalks from the heart, cut into 4-inch pieces
1/2 green bell pepper, cut into thin strips
1 lime, juiced
Salt
2 teaspoons chili powder
Several drops hot sauce or a sprinkle of cayenne pepper

Preparations:

Arrange sliced veggies on a platter and squirt lime juice over them. Season vegetables with salt, chili powder and cayenne, then serve.
**Creamy Pumpkin Soup in Pumpkin**

**Preparation Time:** 5 minutes  
**Cooking Time:** 10 minutes  
**Servings:** 6

**Ingredients:**

- 1/4 cup water
- 1 small onion, chopped
- 4 cups vegetable broth
- 16 ounce pumpkin
- 1/2 cup unsweetened applesauce
- 2 teaspoons curry powder
- Several dashes Tabasco sauce
- 1/2 cup soy or rice milk

**Preparation:**

Place water and onion in a medium saucepan. Cook, stirring occasionally, for 5 minutes until onion is soft. Add broth, pumpkin and applesauce. Stir to combine. Add seasonings. Cook over low heat, stirring occasionally, for 10 minutes. Stir in milk just before serving.

**Hint:**
This dish is very attractive served in a small baked pumpkin. Cut top off of a pumpkin. Clean out seeds and strings (just like Halloween). Replace top. Place pumpkin in a pan with ½ inch of water. Bake at 350 degrees for 30 minutes. Serve the cooked soup in the baked pumpkin.
**Curried Garbanzo Beans:**

Serves 4 to 6.

Ingredients:

- 3 cups cooked garbanzo beans, with reserved liquid
- 1 tsp. ground coriander
- 1 tsp. ground cumin
- 1 tsp. ground turmeric
- 1/4 tsp. cayenne pepper, or to taste
- 3/8 tsp. ground cloves
- 3/8 tsp. cinnamon
- 3 cloves garlic, minced
- 1/3 tsp. ground ginger
- salt to taste
- 2 Tbs. lemon juice, and more to taste
- 1 Tbs. chopped fresh cilantro, and more to taste
- 1 firm tomato, cut into ½ inch dice

Preparations:

Heat the spices over low heat, stirring often, for a few minutes.

Stir in the garbanzo beans and enough of the reserved liquid to barely cover them. Stir well, and mash a few of the beans with a fork or potato masher.

Cook the beans over medium heat for about 20 minutes or until the sauce is quite thick, stirring often. Remove from heat.

Stir in the lemon juice, the chopped cilantro, and the diced tomato. Taste, and correct the seasoning.
**Greenwiches & Green Wraps:**

One of the first foods I started with on my gluten-free path was the idea of wrapping various fillings in fresh washed lettuce leaves. The possibilities are endless...and kids love it!! Let them choose from an assortment of fillings and wrap their own.

**Asian Lettuce Wraps:**

Grate or chop an assortment of crisp veggies:

* carrots, celery, jicama, apple, zucchini, peppers, chilled water chestnuts, bean sprouts, chopped broccoli florets, etc...

**Dressing Options:**

Toss fresh veggies in a bowl with a dash of wheat-free tamari (if you do soy, if not try unsulphured molasses), a tiny dash of sesame oil and rice vinegar or apple cider vinegar, and season with sea salt and ground pepper.

Other options for a dressing include a good dash of orange/lime/lemon juice or a touch of mustard. Add a pinch of cumin or ginger or some fresh chopped cilantro. Taste test.

Spoon the veggie mixture into fresh, washed lettuce leaves - try Boston, butter, romaine, red leaf, etc. Roll up the greenwiches and enjoy. These are tasty for lunches and make fun appetizers.

**Wrapped Salads:**

Any salad you like in a sandwich makes a wonderful rolled greenwich: vegan "tuna" salad, tofu salad, brown rice and bean salad, fruited rice salad...you get the idea.

**Vegan Greek Salad Wraps:**

Dice, grate or chop: cucumbers, tomatoes (I love those organic sweet grape tomatoes), red onion, a couple of black olives, pepperoncini peppers. Add enough Greek oil-free dressing to moisten. Sprinkle with Greek herbs such as oregano and mint, fresh parsley.

For protein add drained, chilled chick peas or chilled white beans, a bit of minced garlic, tossed with a squeeze of lemon juice, sea salt and freshly ground pepper. Toss well.
Spoon the veggies and beans into fresh, washed lettuce leaves. Add a dollop of fat-free hummus, if desired, and roll.

Cold Mexican Wraps:

For those who love cold refried beans, Old El Paso makes spicy fat-free vegetarian refried beans - perfect for a greenwich wrap. Add a sprinkle of shredded vegan "cheese", chopped green chilis and tomatoes.

If you have leftover rice, moisten the cold rice with plenty of fresh squeeze lime juice and season it with a dash of cumin. Spoon the refried beans, then the rice, then any additions into the lettuce leaf and wrap.
**Green Beans with Roasted Tomatoes and Cumin**

An easy way to peel tomatoes is to place them in a pot of boiling water for 30 seconds. Remove them, then plunge the tomatoes into a bowl of ice water to stop the cooking process. The skins will slide off easily.

2 cups sliced red onion  
1 garlic clove, sliced  
Cooking spray  
4 large tomatoes, peeled and halved (about 2 pounds)  
1 teaspoon chopped fresh thyme  
1 teaspoon cumin seeds, lightly crushed  
1/2 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
1/8 teaspoon crushed red pepper  
1/4 teaspoon balsamic vinegar  
1 1/2 pounds green beans, trimmed

Preheat oven to 375°.

Place onion and garlic on a baking sheet coated with cooking spray. Place tomato halves, cut sides up, over onion. Combine thyme, cumin, salt, black pepper, and red pepper; sprinkle over tomatoes. Lightly coat vegetables with cooking spray. Bake at 375° for 40 minutes or until onion is browned and tomatoes are tender. Cool. Place mixture in a food processor; pulse 6 times or until mixture is slightly chunky. Stir in vinegar.

Cook beans in boiling water in a medium saucepan for 7 minutes or just until tender. Drain. Return to pan. Add tomato mixture, and cook for 2 minutes or until thoroughly heated.
**Hot Spiced Pineapple Tea**

(Serves 5)

Red and green mugs that are nice for serving this hot, fruity tea, garnish with cinnamon sticks.

2 cups water  
2 cups pineapple juice  
1 teaspoon whole cloves  
2 sticks cinnamon  
1 lemon, halved and sliced

Heat water and pineapple juice in a saucepan until it boils. Add cloves, cinnamon, and lemon and lower heat. Simmer 10 minutes over medium heat. Remove cloves and cinnamon and serve hot.
Indian-Style Vegetables and Rice:

Serving Size : 4

Ingredients:

3/4 cup brown rice -- (uncooked)
non-stick cooking spray
2 cloves garlic -- minced
3/4 cup water
1/2 cup apple juice
2 medium potatoes -- cut in 1/2" cubes
1 medium carrot -- cut into 1/4" thick slices
2 tablespoons soy sauce, low sodium
3 teaspoons curry powder -- (2-3 tsp.)
1 teaspoon ginger root -- grated
1/2 teaspoon cardamom
1/4 teaspoon cinnamon
2 cups cauliflower flowerets
1 medium zucchini -- halved lengthwise and cut into 1/2-inch slices
1 cup frozen peas
1/3 cup golden raisins
Chutney -- (optional)

Preparation;

Cook the brown rice according to package directions, except omit any salt.

Meanwhile, spray an unheated 4 1/2-quart Dutch oven with nonstick coating. Preheat over medium-high heat. Add onion and garlic; cook and stir until onion is tender. Carefully add the water, apple juice, potatoes, carrot, soy sauce, curry powder, ginger root, cardamom, and cinnamon. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes.

Add the cauliflower, zucchini, peas, and raisins to the Dutch oven. Simmer, covered, for 10 minutes more or until cauliflower is tender. Serve over hot cooked brown rice. If desired, serve with chutney.
Lentil and Rice Casserole

Ingredients;

1 cup split red lentils
1/3 cup long grain rice (white or brown) (I used brown)
5 cups vegetable stock (I used 5 cups water w/ 3 cubes)
1 leek, cut into chunks (I didn't have leek, used spring onion)
3 garlic cloves, crushed (I used one big one)
14oz chopped tomatoes
1 tsp ground cumin
1 tsp chilli powder
1 tsp garam masala
1 red bell pepper, seeded and sliced
100g/3 1/3oz small broccoli florets
8 baby corn cobs, halved lengthways
50g/1 3/4oz green beans, halved
1 tsp shredded basil
salt and pepper

Preparation;

1. Put lentils, rice and stock into a large pot and cook over low heat, stirring occasionally, for 20 mins.

2. Add all the vegetables and spices, leaving the shredded basil

3. Bring to the boil, then reduce the heat and simmer, covered, for 10-15 minutes or until vegetables are tender

4. Add shredded basil and season to taste with salt and pepper

5. Serve immediately. If desired, garnish with fresh basil sprigs
**Linguini with White Vegetables and Pine Nuts**

Make this recipe gluten-free by using brown rice pasta.

* 1 1-pound package whole grain linguini or spaghetti
* 1 cup light vegetable broth, more as needed
* 1 medium onion, peeled, diced
* 2 cups cauliflower, chopped into small pieces
* 1/2 head white cabbage, cored, cut and thinly shredded
* 5-6 garlic cloves, minced
* sea salt and freshly ground pepper, to taste
* 1/4 teaspoon fennel seed
* Juice of 1 lemon
* Fresh chopped parsley for garnish
* Optional: 2 tablespoons pine nuts, slivered almonds or chopped hazelnuts

Bring a large pot of fresh salted water to a rolling boil and cook the linguini until it is al dente.

In a large, well seasoned (or non-stick) skillet or wok, heat 1/2 cup of the broth over medium heat and sauté the onion for 5 minutes, until soft. Add the remaining broth; add in the cauliflower, cabbage, garlic, sea salt, ground pepper, and fennel. Squeeze on the lemon juice. Keep on simmer and stir, cooking until the vegetables are tender-crisp. Add more broth, if needed to keep the vegetables from over-browning.

When the pasta is al dente, drain and rinse briefly; pour the linguini into the skillet and toss with the vegetables. Add more broth if needed to coat the pasta. Garnish with fresh chopped parsley. Sprinkle with pine nuts, if desired.

Serve with a generous green salad.

Servings: 4
Pasta with Roasted Tomatoes, Green Beans and Capers:

Brown rice pasta makes this dish gluten-free.

Servings: 4

* olive oil cooking spray
* 1 medium sweet onion, chopped
* 2 cloves garlic, minced
* Italian whole plum tomatoes, with juice
* 2-3 tablespoons balsamic vinegar
* 1 tablespoon capers, drained, rinsed
* 1 1/2 cups cut green beans, cooked to tender-crisp
* 1 teaspoon Italian Herb seasoning (or dried basil)
* 1/4 teaspoon dried oregano
* sea salt, to taste
* freshly ground black pepper
* 12-14 ounces brown rice penne or spiral rotini pasta

Preheat oven to 375 degrees.

1. Heat a spray of olive oil in a large skillet over medium heat; add the onion and cook, stirring, until soft and golden, about 5 minutes. Add the garlic and stir for a minute. Add the whole tomatoes and balsamic vinegar and cook for 2 more minutes. Remove from heat, stir in the capers, cooked green beans, Italian Herbs, oregano, sea salt and pepper. Pour the mixture into a shallow baking dish and roast for 20 to 25 minutes. If tomato juices begin to splatter, cover the baking dish loosely with aluminum foil.

2. Meanwhile, bring a large pot of salted water to a rolling boil. Cook the brown rice pasta until it is al dente. Drain and briefly rinse.

3. Place the drained pasta in a warmed serving bowl and toss with the roasted tomato and green bean mixture. (If the tomatoes are still whole and you prefer them in smaller pieces, break them apart a bit.)

Serve with a generous green salad on the side.
**Potato Carrot Soup**

This is a simple country soup to soothe the soul on grey or damp days.

* olive oil cooking spray
* 1 sweet onion, diced
* 4 medium carrots, peeled and sliced
* half a head white cabbage, cored, thinly shredded
* dash of nutmeg
* 1/4 tsp. curry powder
* 1/2 tsp. fennel seed, or caraway
* sea salt and freshly ground pepper, to taste
* 5 cups vegetable broth
* 4 medium Yukon Gold (or yellow) potatoes, peeled and diced
* 1/2 cup plain soy, nut or rice milk
* Fresh chives or parsley, chopped, for garnish

In a heavy soup pot, heat a spray of olive oil on medium heat, and sauté the onion until softened. Add the carrots, cabbage and spices, sea salt and pepper, stir and cook gently for five minutes.

Add in the vegetable broth and potatoes; bring to a boil over high heat, then lower the heat and simmer until the vegetables are tender, about 20 to 30 minutes.

When the vegetables are done, carefully ladle the soup mixture into a processor or blender, reserving about a cup of the whole vegetable pieces in the soup pot. (Or use an immersion hand blender or even a potato masher.) Puree the soup mixture until it is as smooth a texture as you prefer, then pour the pureed soup back into the soup pot, stirring it together with the reserved vegetable pieces.

Stir in 1/2 cup (or more if needed) non-dairy milk, and gently heat it through, being careful not to bring the soup to a boil.

Ladle the soup into serving bowls and garnish with a sprinkle of chopped chives.

Serve with warm gluten-free corn muffins.

Servings: 4
Roasted Acorn Squash Risotto:

Ingredients:

* 1 large acorn squash, halved, seeded
* 1 medium sweet yellow onion, diced
* 1/4 teaspoon GF* curry powder, or to taste
* freshly grated nutmeg, to taste
* 3 garlic cloves, minced
* 1 1/2 cups short-grained Arborio rice, uncooked
* 3 cups light vegetable broth plus 1/2 cup water, heated
* 1 tablespoon finely chopped pecans for garnish
* chopped fresh parsley for garnish

Preparation:

Preheat your oven to 400 degrees.

Roast the acorn squash by placing the two halves cut side down in a roasting pan filled with 2-3 inches of water. Bake for about 30 minutes, or until fork tender. Remove from the oven, and let cool for a few minutes. Scoop out the roasted squash from the skins and set aside.

Heat the broth and water in a saucepan, and keep handy.

In a separate heavy saucepan, heat the pan on medium heat, and when the pan is hot sauté the onion for 3 minutes. Add the curry, spices, garlic, and uncooked Arborio rice and stir well, until the rice is toasted - about 3 minutes.

Add 1 cup of the hot broth, and bring to a boil. Reduce heat and simmer uncovered, stirring frequently for 7-8 minutes.

When most of the liquid is absorbed, add the remaining cups of broth 1 cup at a time, stirring and simmering until each cup of liquid is absorbed before adding the next one. (The whole process should take about 20-25 minutes; 22 minutes is my goal for al dente; if you cook risotto too long it may get gummy.)

When the final cup of liquid is absorbed, fluff the rice and add in pieces of the roasted squash. Cover and set aside for a few moments before serving. Risotto likes to rest a bit.

Warm up four serving bowls. Spoon this comforting risotto into the bowls, and garnish with a sprinkle of chopped pecans and fresh parsley.

Servings: 4

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**Spaghetti Squash Primavera:**

Serves: 2

1 spaghetti squash  
1 t. crushed garlic  
1/2 Spanish onion, diced  
1 small zucchini, diced  
1 green or red pepper, diced  
1/2 package sliced mushrooms  
diced tomatoes  
Oregano  
Hot pepper flakes  
Salt & pepper

**Squash:** Using sharp knife, split squash in half lengthwise and remove seeds.  
Microwave skin-side down at High power for 12-16 minutes (depending on your microwave), rotating the pieces halfway through.

Test with point of small knife to see if it is tender; if not, nuke it for another few minutes.

**Sauce:** In non-stick pan, sauté garlic and onions until they release their fragrance.

Add the remainder of the veggies and sauté for about 5 minutes at medium heat till they start to release their juices. The onions should not get brown. Now, add the tomatoes and stir. Simmer at low-to medium heat till the excess liquid is evaporated.

While the sauce is reducing, you can play with the seasonings until you get something you like. My family likes it spicy, but not too "herby"!

**Assembly:**  
Using oven mitts, remove squash and place on large platter. Keep the mitts on while you take a large fork and flake the squash into pasta-like strands. Use a lengthwise motion - if you’ve never seen this before, you’ll be amazed how pasta-like this becomes! Divide spaghetti squash into two serving bowls, top with sauce, and enjoy!
**Sweet-And-Spicy Garbanzo Stew:**

This recipe has a crock pot option at the end.

**Serving Size : 8**

1 cup garbanzo beans  
7 cups water  
1 onion -- coarsely chopped  
2 yams -- or sweet potatoes, chunked  
1 carrot -- sliced  
1 celery stalk -- sliced  
1 leek -- sliced  
2 cups broccoli florets  
1 tablespoon lemon juice  
1 tablespoon soy sauce  
1 teaspoon ground coriander  
1/2 teaspoon ground cumin  
2 teaspoons horseradish  
1/8 teaspoon hot pepper sauce  
1 dash cayenne pepper -- (opt)

Place beans and water in a large pot. Soak overnight. Bring to a boil, cover, reduce heat, and cook until tender, about 2 to 3 hours. Add onion, yams, carrot, celery, and leek. Cook for 30 minutes. Add remaining ingredients. Cook an additional 30 minutes.

**Serving Suggestions:** Pour into individual bowls or over any whole grain. Also good as a topping for potatoes or whole-wheat bread.

**Helpful Hint:** This dish can easily be made in a slow cooker. Add all ingredients at once and cook on the high heat setting for 8 to 10 hours. Remember to soak the beans overnight before you begin.
Vegetable Stew:

Ingredients;

1 onion, minced
2 stalks celery, diced
1 - 2 cloves garlic, minced
4 potatoes, diced
3 medium carrots, diced
1/2 cup frozen peas
1/2 cup frozen corn
1/2 cup frozen green beans
1/2 cup fresh sliced mushrooms
3 cups vegetable broth
3 cups water (more if needed)
14oz stewed tomatoes (optional)
2 bay leaves
1 tbsp. fresh parsley
salt and pepper to taste

Preparation;

Put all ingredients into crockpot in the morning, cooking on low all day (8 - 10 hours). If desired, you may thicken the broth with a tbsp. of cornstarch mixed into a little water.

NOTE: Turn up to high, allow broth to bubble, and then add the cornstarch mixture or dumplings. If you are doing dumplings remember they will take longer to cook in the crockpot (approximately 30 minutes on high).
**Rice Salad:**

Serving Size : 6

1 cup uncooked brown rice  
1/2 cup bottled fatfree Italian dressing  
2 teaspoons creamy Dijon mustard  
1 cup sliced celery  
1 cup shredded carrots  
1 red bell pepper – quartered cored and thinly sliced  
1 apple -- any kind, diced  
1/2 cup thinly sliced red onion  
1/2 cup chopped parsley  
1/2 cup toasted coarsely chopped pecans -- (see Note)

LOW COST. LOW FAT. SERVES 6 PREP: 20 min. COOK: Varies with type used. PER SERVING: 66 cents.

Planning Tip: Can be made through Step 3 up to three hours ahead. Refrigerate until about 12 hour before serving.

1. Cook rice as directed on package.

2. Meanwhile line rimmed baking sheet with foil (for easy cleanup). Spread rice on baking sheet; let cool.

3. Whisk dressing and mustard in a large serving bowl. Add rice, celery, carrots, red pepper, apple, onion and parsley.

4. Just before serving, stir in pecans.

NOTE: To toast pecans, spread them in a baking pan or a microwave-safe plate. Stirring a few times, bake in 350F oven 8 to 10 minutes or microwave on high about 4 minutes until fragrant and lightly browned. Cool before chopping.
**Lentil Salad:**

Really great, quite lemony. Try served over a bed of mixed baby greens.

**Ingredients:**

- 1 cup dry brown lentils
- 1 cup diced carrots
- 1 cup red onion, diced
- 3 cloves garlic, minced
- 2 bay leaves
- 1 teaspoon dried thyme
- Juice of 1 large lemon
- 1 cup diced celery
- 1 teaspoon salt
- 2 teaspoons ground black pepper

**Preparations:**

In a saucepan combine lentils, carrots, onion, garlic, bay leaves, and thyme. Add enough water to cover by 1 inch. Bring to boil, reduce heat and simmer uncovered for 15 to 20 minutes or until lentils are tender but not mushy.

Drain lentils and vegetables and remove bay leaf. Add lemon juice, celery, salt and pepper. Toss to mix and serve at room temperature.
**Black-Eye and Vegetable Chili:**

Serving Size : 6

Ingredients:

1 cup finely chopped onions  
1 cup finely chopped carrots  
1 cup finely chopped red or green bell pepper -- (or combination)  
1 clove garlic -- minced  
4 teaspoons chili powder  
1 teaspoon ground cumin  
2 tablespoons chopped cilantro  
14.5 oz diced tomatoes  
30 oz black-eyed peas -- (or 3 cups cooked)  
1 4 oz chopped green chiles  
3/4 cup orange juice  
3/4 cup water or vegetable broth  
1 tablespoon cornstarch  
2 tablespoons water  
2 tablespoons chopped cilantro  

Preparation;

In slow cooker, combine all ingredients except cornstarch, 2 tablespoons of water, and 2 tablespoons of cilantro. Cover. Cook on low for 6 to 8 hours or on high for 4 hours.

Dissolve cornstarch in water. Stir into soup mixture 30 minutes before serving.

Garnish individual servings with cilantro.
Black Bean and Quinoa Chili:

Ingredients;

1 cups rinsed and drained quinoa
2 cups water
1 large onion, diced
1 green bell pepper, seeded and diced
1 cup chopped celery
1 jalapeño pepper, seeded and minced
2 tomatoes, cored and diced
1 cup diced carrots
32-oz. black beans, drained
28-oz. crushed tomatoes
1 Tbs. chili powder
1 Tbs. dried parsley (2 Tbs. fresh)
1 Tbs. dried oregano
2 tsp. ground cumin
1/2 tsp. black pepper
1/2 tsp. salt
4 green onions, chopped (optional)

Preparation;

Combine quinoa and water in saucepan, cover and bring to a simmer over medium heat. Cook until liquid is absorbed, about 15 to 20 minutes. Remove from heat and let stand about 10 minutes.

Meanwhile, heat a large, non-stick pan; add onion, bell pepper, celery and jalapeño. Sauté 7 minutes over medium heat. Stir in fresh tomatoes and carrots; sauté 3 to 4 minutes. Stir in beans, crushed tomatoes, and seasonings; cook about 25 minutes over low heat, stirring occasionally. Stir in quinoa; cook 5 minutes more.

Ladle chili into bowls and top with green onions if desired. Makes 8 servings.
Aubergine Towers & Roast Tomato Sauce:

Ingredients:

4 small aubergines (eggplants)
1 small onion, chopped
2 garlic cloves, crushed
2 tsp grated lemon rind
1 tsp ground cumin
1/2 tsp ground cinnamon
50g/2oz sultanas
50g/2oz cashew nuts, toasted and chopped
2 tsp tahini (sesame seed paste)
50g/2oz rehydrated sun-dried tomatoes, drained and chopped
2 tbs fresh coriander, chopped (ie, cilantro)
Salt and pepper

To serve:
Roast tomato sauce

Preparation;

1. Slice off top and bottom of aubergines and stand upright. Scoop out flesh leaving skin intact. Chop the flesh.

2. Heat a non-stick frying pan and sauté onion, garlic and spices for 5 minutes. Add aubergine flesh and lemon rind and continue to cook for a further 8 minutes or until tender. Stir in remaining ingredients and season to taste.

3. Spoon mixture into aubergine cases; spray quickly with non-stick spray or brush lightly with a tiny bit of oil.

4. Add 1cm water to roasting tin, add aubergines and cook for 40 minutes at 200ºC/400ºF/Gas Mark 6.
Fresh Corn Salsa:

Ingredients:

1 ear fresh white or yellow corn
1/2 bunch cilantro, finely chopped
4 green onions, chopped
2 small tomatoes, diced
1/4 C. (59 ml) lemon juice
1/4 t. sea salt or herbs to taste
1/4 t. ground cumin
1/8 t. chili powder

Preparation;

Cut kernels off the cob and put them into a medium-size bowl.

Add remaining ingredients and mix well. Adjust seasonings to taste, and serve chilled or at room temperature.

Serves 6.
Vegetarian Stuffing:

A gluten-free vegetarian Thanksgiving stuffing recipe with rice and almonds instead of bread. If you need a gluten-free stuffing recipe for Thanksgiving that is vegetarian and vegan as well, this is an excellent one to try.

Ingredients:

* 1 cup diced onion
* 1 cup celery, chopped
* 1 cup celery leaves, chopped
* 1 4 ounce sliced mushrooms, drained
* 1 cup rice, uncooked
* 3 tbsp dairy-free margarine
* 2 cups gluten-free vegetable broth
* 1 tsp salt
* 3/4 tsp poultry seasoning
* 1/2 cup chopped toasted almonds

Preparation:
Pre-heat oven to 350 degrees.

In a large skillet, sautee onion, celery, celery leaves, mushroom and rice in margarine for a few minutes, until onion and celery is soft and rice is golden.

Transfer to a lightly greased 2-quart casserole or baking pan.

Stir in gluten-free vegetable broth, salt and poultry seasoning.

Cover and bake for 30 to 35 minutes, or until rice is cooked and the liquid is absorbed.

Fluff with a fork, then sprinkle the top with chopped toasted almonds.

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**Lentil Loaf.**

A vegetarian lentil loaf recipe made with gluten-free bread to keep it gluten-free and wheat-free.

Ingredients:

* 2 cups pre-cooked lentils
* 1 egg
* 1 can evaporated dairy free milk
* 1/2 tsp sage
* 1 tsp salt
* 1/2 cup nuts, any kind, finely chopped
* 2 tbsp vegetable oil
* 1 medium onion, diced
* 1 cup gluten-free bread crumbs

Preparation:
Combine all ingredients, place in oiled baking dish and bake 1 hour in a 350 degree pre-heated oven. Serve hot with your favorite vegetarian gravy.
Mushroom Veggie Burgers:

Ingredients:

* 2 tbsp vegetable oil
* 1 onion, diced
* 1 clove garlic, minced
* 3 green onions, diced
* 1/2 tsp cumin
* 3/4 cup diced fresh mushrooms
* 15 ounce pinto beans - cooked
* 1 tsp parsley
* salt and pepper to taste
* oil for frying

Preparation:
Sauté the onions and garlic in olive oil for 3 to 5 minutes, until onions are soft. Add the green onions, cumin and mushrooms and cook for another 5 minutes, until mushrooms are cooked. Set aside.

Mash the beans with a fork or a potato masher, or process in a food processor until well mashed.

Add the mushrooms to the beans and add parsley, salt and pepper. Stir until well combined.

Shape the mixture into patties. Heat about two tablespoons of olive oil and cook each patty until the veggie burgers are done, about 3 minutes on each side.
**Potato Veggie Burgers:**

Yes, you can make fabulous veggie burgers from potatoes! If you’ve ever had latkes or potato pancakes, you know that potatoes absorb the flavors added to them quite well, and have a satisfying texture that is both crunchy and soft. Feel free to spice this potato burgers recipe up by adding in some garlic or seasoned salt.

Ingredients:

* 14oz black beans cooked  
* 1 carrot, grated  
* 1/2 onion, diced  
* 3 potatoes, grated  
* 4 scallions, chopped  
* 1 cup corn  
* salt and pepper to taste  
* oil for frying

Preparation:
Mash the beans with a fork or a potato masher. Add the remaining ingredients, except the oil and mix until well combined.

Shape the mixture into patties. Heat about two tablespoons of olive oil and cook each patty until the veggie burgers are done, about 3 minutes on each side.
**Lentil and Carrot Veggie Burgers:**

A great way to use up any extra lentils you may have. For a lower fat version, stick these under the broiler for 5-6 minutes on each side.

**Ingredients:**

* 1/4 cup finely chopped onion  
* 1/4 cup grated carrots  
* 1/4 cup water  
* 3 cups cooked lentils, mashed  
* 2 tbsp fresh parsley, chopped  
* 3 tbsp tomato paste  
* 3/4 cup bread crumbs  
* salt to taste  
* oil for frying

**Preparation:**
Cook the onion and carrot in the water until tender, about ten minutes.

Drain off excess water, then combine the onion and carrot with the remaining ingredients except oil.

Form into patties and fry in a lightly oiled frying pan until browned on both sides and heated through, about ten minutes.
Potato Salad (Mayo free)

This easy eggless and mayonnaise-free vegetarian potato salad recipe is great for a picnic, since you don’t have to worry about refrigeration. It’s also got a healthy dash of green veggies, so you’ll be getting some vitamins and fiber too. This potato salad recipe is naturally gluten-free.

Ingredients:

* 3 large baking potatoes or 7-8 small potatoes, lightly boiled and sliced into 2-inch chunks
* 1/2 red onion, diced
* 2 ribs celery, diced
* 2 cups frozen green peas, dethawed
* 4 green onions, diced
* 2 leaves kale, shredded (optional)
* 3 tablespoons olive oil
* 3/4 teaspoon sea salt, or to taste
* 3/4 teaspoon fresh ground black pepper, or to taste

Preparation:
Be careful not to over-boil the potatoes. They shouldn’t be too soft so that they fall apart. Allow to cool before chopping into pieces.

Gently toss all ingredients together in a large bowl. Add more salt and pepper, to taste. Its that easy -
**Gluten-free Fried Onion Rings**

Ingredients:
* 3 large onions
* 1 cup rice flour
* 1 tsp baking powder
* 1 tsp garlic powder
* 1 egg
* 3/4 cup water
* oil for frying

Preparation:
Peel onions and cut into 1/8-inch thick rings. Separate rings.

Sift rice flour, baking powder and garlic together in bowl. Mix in egg and water until smooth.

Gently dip onion rings into batter and shake off excess batter. Place in hot oil and cook until brown. Serve warm.
**Roasted Red Pepper Relish**

Very similar to an Indian-style chutney.

**Ingredients:**

* 1 red bell pepper  
* 1 yellow bell pepper  
* 1 green tomato or 2 tomatillos, chopped  
* 1 tomato, chopped  
* 1 red onion, cut into 1/4 inch pieces  
* 2 tbsp olive oil  
* 1 tbsp rice vinegar  
* 1-2 tbsp fresh cilantro, minced  
* 1/4 tsp salt  

**Preparation:**

Heat oven to 450F.

Prick bell peppers in several places with fork. Place on baking sheet or in shallow roasting pan. Roast peppers 30 minutes or until skin is blackened, turning occasionally.

Transfer peppers to paper bag; close bag. Let stand 10 minutes.

Meanwhile, combine green and red tomatoes and onion in medium bowl. Stir in oil, vinegar, cilantro, and salt.

Remove peppers from bag; peel off and discard skin. Cut peppers into 1/2 inch pieces; discard seeds. Stir into tomato mixture.

Cover and refrigerate at least 1 hour. Yield 3 cups.
Barbequed Asparagus:

Asparagus is one of those foods that when barbecued, needs little flavor enhancement because the natural flavors are so incredible on their own. For an easy and healthy vegetarian and vegan side dish for your barbecue, try this easy recipe for grilled asparagus.

Ingredients:

* 1 pound fresh asparagus
* 1 tbsp olive oil
* 1/2 tsp salt
* 1/4 tsp pepper

Preparation:

Toss together all ingredients; making sure asparagus is well coated with salt and olive oil.

Place on the grill and allow to cook for at least 5 minutes, turning occasionally.
**Asian Broccoli Stir Fry:**

This broccoli goes with almost any meal. Try it with Five Spice Chicken.

Ingredients:

* 1 bunch broccoli - cut into florets, stem peeled and chopped
* 1 T oil (see tip)
* 2 cloves garlic, minced, grated, or pressed
* 2 teaspoons grated fresh ginger (see tip)
* 2 Tablespoons soy sauce
* 2 teaspoons sesame oil
* 1 teaspoon equivalent artificial sweetener
* 3 Tablespoons toasted slivered almonds

Preparation:

1) Lightly steam broccoli, or microwave in a covered container in small amount of water for 3 minutes.

2) While that is happening, if the almonds aren't toasted, you can do that in the skillet you're going to use for the broccoli - either in a dry pan or a small amount of oil.

3) Combine soy sauce, sesame oil and sweetener.

4) Heat the oil in a wok or large skillet. What kind of oil should I use?

5) Stir-fry the broccoli in hot oil for 1-2 minutes, until almost tender. Push to the edges of the pan.

6) Put ginger and garlic in the center of the pan (add a little more oil if need be), and sauté 30-60 seconds, until fragrant. Tips for using fresh ginger

7) Put sauce in the pan, and toss all ingredients together. Top with almonds.

Nutritional Information: Each of 6 servings has 4 grams effective carbohydrate plus 3 grams fibre, 3 grams protein, and 86 calories.
Thai Quinoa:

Ingredients:

* 1 1/2 cups dry quinoa
* 3 cups water
* 1 jalapeno pepper, seeded and minced
* 6 fresh basil leaves, finely chopped
* 3 sprigs fresh cilantro, leaves gently torn (discard the stems)
* 1/3 cup minced red onion (about 1/2 small red onion)
* 1/2 firm mango, not too ripe, peeled, pitted, and cut into 1/8-inch dice
* 2 Tbsp extra-virgin olive oil
* 3/4 tsp fine sea salt
* 1 Tbsp plus 1 tsp lime juice

Preparation:

Rinse the quinoa thoroughly either in a strainer or in a pot, and drain. (Do not skip this step or a bitter, soap-like natural coating will remain.) Once the quinoa is drained, place it into a medium pot with the water. Bring to a boil. Reduce the heat and simmer until the water is absorbed, about 10 to 15 minutes, or until the grains turn translucent and the outer layer pops off. Drain.

Meanwhile, in a medium bowl, combine the minced jalapeno, basil, cilantro, red onion, and mango. Drizzle in the oil, salt, and lime juice. Stir to combine.

Add the drained quinoa and toss to combine. Season with salt to taste. Serve warm or at room temperature.
Almond Milk:

Yields approximately 3 to 4 Cups

The ability to make homemade "milk" is extremely helpful when you prefer the fresher taste, or when you need more control over the ingredients and processes than modern manufacturing allows.

* 1 Cup Raw Almonds (blanched if possible)
* 3 to 4 Cups Water, Plus Additional for Soaking
* 1 to 2 Tablespoons Raisins (optional)

Cover the almonds with water and allow them to soak for at least 6 hours or overnight. Drain the almonds and place them in your blender, along with 1 cup of fresh water. Blend the almonds on high speed for 2 to 3 minutes, or until the mixture is smooth and creamy. Blend in another 2 to 3 cups of water, depending on your desired consistency. Pour the milk through a fine mesh strainer or a double layer of cheesecloth, squeezing to extract as much of the liquid as possible. If desired, return the milk to your blender and blend in some raisins to taste. Refrigerate and use within 3 to 4 days.

No Soak Method: If you need some almond milk in a hurry, skip the soaking time, but use boiling water.

Truly raw almonds may not be available, but just make sure they are not roasted, salted or seasoned in any way. Rather than blanching almonds myself, I often cheat by purchasing sliced almonds that are ready to go.
**Cauliflower Salad with Capers and Olives:**

This bright and colorful salad makes a great springtime dish to serve for lunch or as a first course for a fancy dinner.

* 1 small-medium cauliflower
* 2 cups of watercress or arugala or radicchio
* 2 scallions, including one inch of greens, thinly sliced
* 1 cup diced celery heart with leaves
* 1 small green pepper, julienned
* 1 cucumber, peeled seeded and chopped
* 12 olives, with pimento, halved
* 1 T capers
* 1/2 cup parsley

Slice off thin slices of cauliflower, working around the head. Quarter then thinly slice. Remove large stems from watercress and chop the rest. Prepare the vinaigrette (see next recipe). Toss with veggies, greens, olives, capers, and parsley.

**Vinaigrette**

Keep the dressing on the tart side, a little more vinegar than oil. Prepare vinaigrette - any classic vinaigrette recipe will do. I recommend white balsamic. Red vinegars will discolor the cauliflower. I would also recommend some Dijon mustard (2 tsps is fine) to the vinaigrette. I like to use a classic one part vinegar to three part oil recipe. Please use a fruit vinegar for the vinegar part.
**Vegan Paella:**

Serves 4

**Ingredients**

1 x 400g/14oz Jar Artichoke Hearts, drained and quartered (reserve the liquid)
350g/12oz Brown Rice
1 teaspoon salt
A generous pinch of saffron
Black Pepper
Fresh Vegetable Stock or water (see method for amount)
1 tbsp Olive Oil
1 Onion, finely chopped
100g/4oz Celery, chopped
2 Garlic Cloves, crushed
2 teasp Freshly chopped Thyme
1 Red Capsicum (sweet Pepper), Chopped
1 Yellow Capsicum (Sweet Pepper) chopped
450g/16oz Asparagus, cut into 5cm/2 inch pieces
200g/7oz Fresh Tomatoes, chopped
100g/4oz Garden Peas
100g/4oz Sweetcorn Kernels
Salt and Black Pepper

**Instructions**

1. Place the artichoke liquid, salt and saffron with the rice in a medium saucepan. Add sufficient water or stock to cover the rice with 2.5cm/1 inch of liquid and stir well.
2. Bring to the boil, reduce the heat, cover and simmer for 45-50 minutes until the rice is tender and adding more stock/water if necessary.
3. Heat the oil in a large saucepan, add the onion, celery and garlic and sauté until soft.
4. Add thyme, capsicum, and asparagus and stir to coat. Cover and sauté over a medium heat, stirring frequently, for 5 minutes adding a little water to prevent from sticking.
5. Add the peas, tomatoes, artichoke hearts and sweetcorn, stir well and simmer for five-ten minutes until the vegetables are tender.
6. Adjust the seasoning then drizzle the vegetables with a little extra olive oil.
7. To serve - pile the rice onto warmed plates and spoon the vegetable mixture on the top.

Serve immediately.

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Athenian Vegetables:

Ingredients:

* 1-1/2 tomatoes, thinly sliced
* 1/2 lb. eggplant, peeled and diced
* 1 celery rib, diced
* 1/2 cup onion, sliced
* 1 red bell pepper, seeded and cut into 1/4 inch strips
* 3 Tbs. lemon juice
* 2 Tbs. fresh dill, minced or 1 tsp. dried
* 2 Tbs. olive oil
* 2 cloves garlic, crushed
* 1/4 tsp. pepper

Preparation:

Preheat oven to 400°F. Place half the tomato slices in the bottom of a lightly oiled casserole dish. Toss remaining ingredients together in a mixing bowl. Transfer into tomato lined casserole dish. Bake 35 minutes, or until vegetables are tender.
Mayan Vegetable Stew:

Ingredients:

* 2 Tbs. olive oil
* 1 medium onion, chopped
* 1 large clove garlic, crushed
* 1-1/4 cups butternut squash, peeled, seeded and cut into 1/2 inch cubes
* 1 poblano pepper, seeded and finely diced
* 1 red bell pepper, seeded and diced
* 2 zucchini, diced
* 1/2 tsp. ground cumin
* 1/8 tsp. cayenne, or more to taste
* 1/2 tsp. orange zest
* 1 cup corn kernels
* 1 lb. black beans,
* 3 small tomatoes, diced
* 1/2 cup fresh cilantro, chopped

Preparation:

Heat oil in a heavy nonstick skillet over medium high heat. Stir in onion, garlic and squash. Cook about 5 minutes, stirring frequently, until squash begins to soften. Reduce heat to medium. Stir in next 6 ingredients and salt to taste. Cook 4-5 minutes, stirring occasionally, until squash and peppers are tender. Stir in corn, beans and tomatoes and cook about 3 minutes, or until heated throughout. Add cilantro and additional salt to taste just before serving.
**Herby Zucchini & Sugar Snap Peas:**

Ingredients:

* 2 tsp. olive oil
* 2 small zucchini, cut into 1-1/2 inch chunks
* 5 ounces sugar snap peas, stem and strings removed along both edges of each pea pod
* 1-1/4 green onions, cut into 1/2 inch pieces
* 2 tsp. fresh oregano, chopped, or 1/4 tsp. dried

Preparation;

Heat oil in a heavy nonstick skillet over medium high heat. Sauté all ingredients 8-10 minutes, stirring frequently until vegetables are golden and tender crisp.
Mexican Cabbage Recipe:

Ingredients:

large potatoes
1 large onion
1 T canola oil
1/4 tsp. garlic
1/4 tsp. black pepper

14 oz tomatoes with green chilis
1 cup vegetable stock
14 oz diced tomatoes

1 large head of cabbage

Preparation:

Salt to taste
Black pepper to taste
Peel and slice potatoes..
Coarsely chop onion.
Saute onion and potatoes in small amount of oil with garlic and black pepper until potatoes begin to soften.

Add vegetable stock, diced tomatoes and tomatoes with green chilis. (Drain the tomatoes with green chilis if you do not want it very hot.)

Add coarsely chopped cabbage and cook until cabbage is done.

Add salt and additional black pepper to taste.
**Berberé Stew (Ethiopian Lentil Stew):**

To make berberé spice mixture, combine:

- 1 Tbs. ground cardamom
- 1 Tbs. ground coriander
- 1 Tbs. fenugreek
- 1 Tbs. ground nutmeg
- 1 Tbs. ground cloves
- 1 Tbs. ground allspice
- 1 Tbs. cinnamon
- 1 Tbs. paprika
- 1 Tbs. turmeric
- 1 tsp. cayenne
- 1 Tbs. ground black pepper
- 1 Tbs. ground sea salt

Store in a cool, dark place.

This spice mixture came from Eat More, Weigh Less. It has 21 calories and .78 grams of fat per tablespoon.

The stew:

- 1/2 large onion, chopped
- 1 + 1/4 cup red lentils
- 2 1/4 cups water
- 1 garlic clove, crushed
- 1-2 Tbs. berberé spice mixture, above
- 28-ounce crushed tomatoes

Mix lentils with water, garlic, onion, and spices. Cook, uncovered, over medium-low heat, for 20 minutes or until the lentils have softened. Watch carefully and add water if it starts to dry out. Add the tomatoes and heat at least 15 more minutes. Good alone or over whole grains such as brown rice.
Calypso Rice and Beans:

This is a colorful side dish—tossed with red and yellow bell peppers, pineapple, and cilantro—which draws on flavors from Cuban cuisine.

Makes 16 servings.

1 cup dry black beans

Rice:
1 tablespoon water
1 1/4 cups chopped onion
1 cup chopped celery
1 1/2 tablespoons minced seeded jalapeno pepper
3/4 teaspoon salt
4 cloves garlic, chopped
2 bay leaves
1 1/2 cups uncooked basmati rice
3 1/2 cups water

Remaining ingredients:
1/2 cup chopped red bell pepper
1/2 cup chopped yellow bell pepper
3/4 teaspoon black pepper
1/2 teaspoon ground cumin
1/2 teaspoon ground coriander
2 cups diced pineapple
1/4 cup minced fresh cilantro

1 Sort and wash beans, and place in a medium saucepan. Cover with water to 2 inches above beans; bring to a boil, and cook for 2 minutes. Remove from heat; cover and let stand 1 hour. Drain beans, and return to pan. Cover beans with 2 inches of water. Bring beans to a boil over medium-high heat. Reduce heat, and simmer for 1 1/2 hours or until tender. Drain beans, and set aside.

2 To prepare rice, heat 1 tbsp. water in a large nonstick skillet over medium-high heat until hot. Add onion, celery, jalapeno, salt, garlic, and bay leaves; saute 4 minutes. Add rice; cook 1 minute. Add 3 1/2 cups water; bring to a boil. Cover, reduce heat, and simmer 20 minutes. Add beans; cover, and simmer 12 minutes, stirring occasionally. Discard bay leaves.

3 Stir in the bell peppers, black pepper, cumin, and coriander, and cook 6 minutes. Stir in pineapple and cilantro; cook 2 minutes.

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**Curried Brown Rice Salad:**

Ingredients;

3 to 4 cups cooked brown rice  
1/2 medium onion, chopped  
1 tsp. ground cumin  
3 tsp. curry powder  
1/2 cup orange juice  
1/2 cup dried apricots, chopped  
1/3 cup raisins

Preparation;

Steam the onion in a bit of water or vegetable broth until it is soft. Add the cumin and curry powder and cook for a couple of minutes. Add the orange juice and cook for another minute or so.

Mix the sauce with the cooked rice. Add the apricots and raisins, stir and season with salt and/or pepper if desired.

Cover and refrigerate for at least 2 hours to allow the flavors to meld.
**Eggplant Pâté:**

Servings: 4

Ingredients:

- 1 Large Eggplant
- ¼ Cup Red or Green pepper, cored and chopped
- 1/3 Cup Onion, chopped
- 2 Cloves Garlic, chopped
- 1/3 Cup Tomatoes, fresh or canned, chopped
- 2 Teaspoons Lemon juice
- Pinch of Black pepper
- 1½ Teaspoons Fresh basil, chopped
- ½ Cup Fresh parsley, chopped

Preparation:

Preheat oven to 325°F. Bake whole eggplant until soft, about 30 minutes. Cut eggplant in half and place in a colander under running water for a few seconds. Leave to drain and cool until it can be handled. Scoop out meat and chop finely. In a nonstick skillet or a skillet coated with nonstick cooking spray, sauté pepper, onion and garlic over medium heat until soft but not brown, about 10 minutes. Add eggplant, tomatoes, lemon juice, pepper, and basil and cook over low heat, stirring often, until thick and nearly smooth, about 20 minutes. Garnish with chopped parsley and serve hot or cold.
Garden Vegetable Pistachio Potato Salad:

Source: Adapted from California Pistachio Commission

Serving Size : 12

Ingredients:

2 lbs. new red potatoes
1 cup garden peas
1 large carrot -- pared, sliced (1 cup)
1 cup fresh corn kernels (2 ears)
1 cup broccoli florettes -- cut into small pieces
1/4 cup sliced green onion
1/2 cup natural California pistachios
3/4 cup plain dairy free yogurt
3/4 cup fat-free vegan mayonnaise
1 teaspoon dill weed
1/2 teaspoon black pepper

Preparation:

Cook whole potatoes in boiling water about 15 to 20 minutes, or until tender; drain. Cool, then slice potatoes 1/4 inch thick.

Combine potatoes with peas, carrot, corn, broccoli, green onion and pistachios in large bowl. Stir yogurt with mayonnaise, dill and pepper; combine with vegetables and toss gently.
Hummus:

Hummus is a Middle Eastern dip or spread. There are lots of recipes for it, each with a different proportion of ingredients.

1-2 cloves garlic
1 1/2 cups cooked chickpeas, drained
1/8 cup lemon juice
cooking liquid from beans (or water)
1 tbsp. tahini (sesame paste)
1/4 tsp. cumin
1/4 tsp. paprika
dash cayenne
a few sprigs fresh parsley
sumac (optional)

Chop the garlic in a food processor. Add the chickpeas and lemon juice and begin processing. If needed, add 1/4 cup bean cooking liquid or water, just enough so that the chickpeas become a smooth paste. Continue processing as you add the remaining ingredients. Put into a dish, sprinkle with extra paprika (or for a more authentic taste use powdered sumac), garnish with parsley, and serve. Or, for best flavor, allow the flavors to mingle for a while before serving.

Now, I usually make about triple this amount, so this is just a guideline. You can add more spices as desired. I also have a lot of variations on this recipe that I use: black olive hummus, green olive hummus, hickory smoke hummus (add liquid smoke flavor), roasted red pepper hummus, and broccoli hummus (a great way of getting greens into kids).

You can serve this as a dip, a sandwich filling or as a topping for a salad. It should last several days to a week in the refrigerator.
Greek lima Bean Dip:

Makes 2&1/2 cups)

Ingredients;

3 cups cooked lima beans* (2 15-ounce cans drained, but RESERVE LIQUID-butter beans are the same thing)
2 garlic cloves, minced or pressed
1/4 cup lemon juice
2 Tbsp minced fresh dill (about 2 tsp dried)
1 Tbsp chopped fresh mint (about 1 tsp dried) (I only use a little)
1/3 cup minced red onions
salt and pepper to taste

Preparation;

In a blender or food processor, puree the limas, garlic, lemon juice, dill and mint. If needed, add about 1/4 cup of the reserved bean liquid to aid in pureeing. Process until smooth and creamy. Fold in the red onions by hand and add salt and pepper to taste. Serve at room temperature, or chill for at least an hour and serve cold.

*If you’d like to make your own limas for this recipe from dried beans, you’ll need about 1 slightly generous cup dried limas. I don’t know how this recipe works with frozen limas (I haven’t tried that, and the book doesn’t mention it.)
Santa Fe Chowder:

Ingredients;

olive oil cooking spray
1 medium sweet onion, finely chopped
2 cloves garlic, minced
1 gold or sweet potato, peeled and diced
1 cup peeled, diced carrots
4 cups (32 oz.) light vegetable broth
8 oz. chopped green chilies
15-oz pinto or white beans, drained
13-oz. light coconut milk or other non-dairy milk
1 10-oz. package frozen corn, thawed
1/4 tsp grated nutmeg
1 tsp dried cilantro
1/2 tsp cumin, to taste
dash of chili powder, to taste
chopped fresh cilantro for garnish
(see Notes below)

Preparation;

Lightly spray a heavy soup pot with non-stick cooking spray; heat on medium high heat, add the onion and stir till golden and softened, about 5 minutes. Add the garlic, potatoes, carrots, and vegetable broth. Cover and simmer for about 15 to 20 minutes, or until the potatoes and carrots are tender. Add the green chilies, beans, light coconut milk and corn. Stir in the seasonings. Heat through gently. Taste for seasoning adjustments.

Serve with a sprinkle of fresh chopped cilantro. I serve this delicious soup with warm corn tortillas.

Note: If you like more heat you can add red pepper flakes, or smoky ground chipotle pepper, to taste.

Serves 4 to 6.
**Vegetable and Coconut Curry:**

**Ingredients;**

1 onion cut in half crosswise  
1 green pepper cut in half lengthwise, remove seeds  
1/2 cup tomatoes  
2 t fresh grated ginger root  
2 t ground cumin  
1/2 t ground cardamom  
2 t ground coriander  
1 t turmeric  
3 cups green peas  
1 medium carrot thinly sliced  
4 cups of broccoli crowns (frozen or fresh)  
2 oz of dried coconut  
1/2 cup dairy free milk

**Preparation;**

1. Preheat oven to 375 F.

2. Place the cut side of the onion and pepper down on a baking sheet and roast them for 45 minutes in the oven.

3. Once roasted, blend the onions and peppers with the tomatoes and spices in a blender or food processor. This is the masala.

4. Cook the masala for 3 minutes in a sauce pan for a few minutes on medium heat. Mix in the rest of the ingredients and cook for 20 – 30 minutes.
Whipped Sweet Potatoes with Coconut Milk:

This is a delicious dairy-free and gluten-free side dish. You can also whip butternut squash with coconut milk.

Ingredients;

* 4 medium sweet potatoes, peeled, cubed
* sea salt and freshly ground pepper, to taste
* 1 pinch of mild curry powder
* light coconut milk, as needed

Preparation;

Place the sweet potatoes in a pot and cover with fresh cold water. Bring to a boil and simmer until the potatoes are fork tender, about 15 to 20 minutes.

Drain the sweet potatoes and season with sea salt and fresh ground pepper. Add in the curry powder, and mix with a wire whisk to soften the potatoes. Begin adding the coconut milk slowly, a little at a time, whisking as you go. Whip until the sweet potatoes are smooth and creamy. Taste for seasoning adjustments. Enjoy!
Malibu Salad:

Ingredients:

Baby salad greens (mesclun mix)  
green apples cut into small cubes  
raisins  
walnuts  
sun-dried tomatoes (rehydrated in hot water)  
fatfree balsamic dressing

Preparation:

Toss the lettuces with the balsamic dressing and top with apples, raisins, walnuts, and tomatoes. It tastes incredible!
Brown Rice with Pineapple and Shiitake Mushrooms:

Serving Size : 4

Ingredients;

1/2 cup long grain brown rice or brown basmati rice
1 cup water
1/2 medium red bell pepper -- diced
8 Shiitake mushrooms -- stems removed, and diced
1 cup chopped green onions
1/2 cup crushed pineapple

Preparation;

Bring water to a boil. Add brown rice, bring to boil again, then cover and reduce heat to low simmer. Cook rice for 45 minutes or until all water is absorbed.

While rice is cooking, sauté red pepper and shiitake mushrooms in a non-stick skillet for 3 minutes. Add green onion and pineapple. Continue to sauté for one more minute.

Using fork, add rice to vegetables in pan. Cook, breaking up rice and stirring, until well combined and hot. Serve immediately.

If desired, enhance the flavor of the pineapple by "caramelizing." In a nonstick pan over high heat, stir well-drained pineapple until slightly golden (about 5-10 minutes).
**Bean and Kale Scramble:**

Serves 2

Ingredients:

1 medium onion, finely chopped
1 cup (170g) of cooked white beans (e.g. great northern, haricot, cannellini etc.)
1/8 cup (25ml) chopped dill
2 1/2 cups (65g) chopped kale
1 tbsp freshly squeezed lemon juice
One and a half tbsp water
1 tbsp soy sauce
1/2 tbsp prepared mustard (optional)

Directions:

Sauté the onion in the oil over a medium heat for 3 minutes. Add the beans and dill and cook for a further 3 minutes. Add the remaining ingredients and sauté for 5 more minutes, stirring occasionally.

Note: This is a very nice way of serving calcium-rich beans and greens together. Can be served hot or cold.
Bean and Vegetable Chili

Serving Size : 6

A delicious, fast chilli. You can omit the corn completely and just use more zucchini if you’re trying to cut out grains. This is thick enough to serve as a filling for corn burritos.

Ingredients;

1 medium onion -- coarsely chopped
1 green bell pepper -- cored, seeded and diced
2 cloves garlic -- minced
3 cups pinto beans*, cooked -- (or 2 cans)
28 ounce diced tomatoes -- ( 2 teaspoons chili powder
1 teaspoon cumin
1 1/2 cups corn -- fresh or frozen
1/4 teaspoon salt -- (optional, to taste)
1 1/2 cups zucchini -- diced (about 2 medium)

Preparations;

In a non-stick pan over medium heat, sauté the onion, bell pepper and garlic just until lightly browned, about 3 minutes. Add the beans, tomatoes, and seasonings. Bring to a boil, then reduce heat, and simmer uncovered for about 10 minutes. Stir in the corn and zucchini and continue to cook until the zucchini is just tender, not mushy, about 7 minutes.

*(Black Beans or kidney beans may also be used.)
**Algerian Cauliflower:**

Ingredients:

1 cup chopped tomatoes  
2 large cloves garlic  
1 tsp. paprika  
1/2 tsp. salt  
1/4 tsp. black pepper  
1 tsp. harissa*  
1 medium sized cauliflower, cut into florets  

Preparations:

Steam the cauliflower until it is cooked but still crisp (about 5 minutes). Meanwhile, cook the finely chopped garlic in a non-stick pan for a minute or so until it starts to turn golden, but not brown. Add the tomatoes, salt, pepper, paprika and harissa and mix together. Turn the heat down and simmer the sauce for 5 minutes.

Add the cauliflower to the sauce, turning it over and allowing it to heat through for 5 minutes or so. If the sauce becomes too thick, add a little water.

*hot chile paste, available in Middle Eastern stores
Barbecued Sweet Potatoes:

Serves 4

Ingredients;

2 tablespoons ketchup, plus 2 teaspoons
1 tablespoon vegetarian Worcestershire sauce
1 tablespoon rice vinegar
1 teaspoon yellow mustard
1/2 teaspoon freshly ground black pepper, to taste
1 pound sweet potatoes, pared, cut into 1/4” slices

Preparation;

Prepare grill for a medium fire.

In small bowl, combine ketchup, Worcestershire sauce, vinegar, mustard and pepper; mix well.

Brush potato slices on both sides with ketchup mixture. Grill, turning frequently and brushing with remaining ketchup mixture until cooked through, 4 minutes per side.

Divide among 4 plates. Serve warm.
Spring Vegetable Stir-Fry:

Ingredients;

Olive oil  
1 med. onion, sliced  
8 small red potatoes, unpeeled, cut into 1/4 inch slices  
1 cup sliced mushrooms  
1 pound asparagus, cut into 1 inch pieces  
1 1/2 C chopped red bell pepper  
2 cloves garlic, minced  
2-4 teaspoons minced gingerroot  
1 1/2 C veg. stock or water  
4 teaspoons cornstarch  
1/4 C water  
2 teaspoons soy sauce  
1 teaspoon sesame oil (optional)  
Cooked brown rice (optional)

Preparation;

1) Spray wok or large skillet with olive oil heat over med. heat until hot. Stir-fry onion, potatoes, and mushrooms 3-5 min. Remove from wok and reserve. Add asparagus, bell pepper, garlic, and ginger root to wok, stir-fry 5 minutes.

2) Add stock/water and reserved vegetables to wok and heat to boiling; reduce heat and simmer, covered, until vegetables are crisp tender, 3-5 minutes. Heat mixture to boiling, stir combined cornstarch and water into mixture. Boil, stirring constantly, till thickened, about 1 min. Stir in soy sauce and sesame oil, if using. Serve over rice, if desired
Vegetable Fajitas:

Serves 4

Ingredients:

* 1 onion, cut into thin wedges  
* 2 cloves garlic, minced  
* 1/4 tsp. whole cumin seeds  
* 1/2 green pepper, sliced thin  
* 1/2 red pepper, sliced thin  
* 1 medium or 2 small yellow squashes, halved lengthwise and sliced 1/4 inch thick  
* 2 medium or 3 small zucchini, halved lengthwise and sliced 1/4 in thick  
* cayenne pepper, to taste  
* salt, optional, to taste  
* 4 corn tortillas

Preparation:

Spray a non-stick skillet or wok briefly with non-stick spray, and place it over high heat. Allow the pan to heat, then add the onion and sauté until it starts to turn clear, but not brown, about 2 minutes. Add the garlic and cumin seeds, and stir for about 30 seconds. Then add the peppers, squash, and zucchini, stir-frying until all vegetables are tender but not soggy, 6-10 minutes. Add cayenne pepper and salt, if desired, stir again, and serve wrapped in a corn tortilla. Or, may be served alone, as a side dish.
Tomatoes Stuffed with Black Beans and Corn:

Ingredients:

* 4 large or 8 small ripe tomatoes
* 15.5-oz. black beans cooked
* 1 cup corn kernels (fresh or frozen)
* 3 green onions, sliced (about 1/4 cup)
* 3 Tbs. finely chopped cilantro
* 1 tsp. chili powder, or more to taste
* 1/2 tsp. ground cumin

Preperations:

1. Preheat oven to 375F. Cut 1/4-inch-thick top off each tomato. Scoop out tomato pulp onto cutting board, being careful not to pierce sides or bottoms of tomatoes.

2. Chop tomato pulp, and place in medium bowl. Add black beans, corn, green onions, cilantro, chili powder and cumin. Mix well, and season to taste with salt and pepper.

3. Fill tomatoes with bean mixture, and place them in lightly oiled 9x13-inch baking dish. Bake 30 minutes, or until filling is heated through.
Ultimate Shepherd's Pie:

Preheat oven to 375F.

Saute in a bit of water over medium until soft [about 5 min]:

1 yellow onion, chopped
1 large carrot, chopped
4oz white mushrooms, chopped

Stir in and simmer until slightly thickened:

1 tablespoon tomato paste
2 tablespoons tamari or other fermented soy sauce
1 cup vegetable stock
1/2 teaspoon dried thyme
1/2 teaspoon marjoram
Salt and freshly ground black pepper to taste
1 tablespoon cornstarch dissolved in 2 tablespoons water

Spoon into a 2 1/2 quart casserole dish and add:

3 veggie burgers, crumbled
1/2 cup frozen green peas, thawed
1/4 cup ground walnuts

Taste and adjust the seasonings. Spread 3 cups of mashed potatoes over top. Sprinkle with a bit of paprika, for color, and bake for 30 minutes, or until hot and bubbly. Serves 4.

Note - I added 14oz of diced tomatoes to the filling because I had some in the fridge that I wanted to use up.
**Slow and Easy Mushroom and Green Bean Stroganoff:**

Meaty mushrooms and tender green beans stand in for beef in this creamy Eastern European classic.

2 tablespoons water -- or broth  
16 ounces mushrooms -- quartered  
2 tablespoons tomato paste  
2 cups vegetable stock  
1 large yellow onion -- chopped  
1 large green bell pepper -- seeded and chopped  
2 tablespoons all-purpose flour  
1 1/2 tablespoons sweet Hungarian paprika  
8 ounces green beans -- washed & trimmed to 1"  
salt and pepper -- to taste  
1/2 cup dairy free sour cream

1. Brown the mushrooms in a tablespoon or water (or broth) for 3-4 minutes and remove to another dish.

2. In a small bowl, combine the tomato paste with 1/4 cup of stock and set aside.

3. Add the onions and bell peppers to the skillet, adding more water if needed. Cook until all vegetables are softened, then whisk in the flour, mixing well to prevent lumping. Cook for about a minute to remove the starchy taste.

4. Add everything except the mushrooms & sour cream to the slow cooker and cook on LOW for 6 to 8 hours.

5. About a half hour before serving, add the mushrooms and season with salt and pepper. Turn to HIGH for about 20 minutes or until thoroughly heated and the sauce is thickened.

6. Just before serving, whisk in the sour cream, then serve at once.

Serving Size : 4
Mashed Sweet Potatoes with Leeks and Peas:

Serves 4 to 6

Stuffed into winter squash of any type, this makes a great main dish for a festive meal. Or you can simply serve it on its own for a colorful and nourishing side dish.

Ingredients:

- 4 large sweet potatoes, peeled and diced
- 1/4 cup orange juice
- 2 medium leeks, white and palest green parts only, chopped and well-rinsed
- 1 cup frozen petite green peas, thawed
- 1 teaspoon grated fresh ginger
- Generous pinch of ground or freshly grated nutmeg
- Salt and freshly ground pepper to taste
- 2 to 3 fresh sage leaves, thinly sliced

Preparation:

Combine the diced sweet potatoes with just enough water to cover in a large saucepan. Bring to a rapid simmer, then lower the heat. Cover and simmer steadily until tender, about 15 minutes.

Meanwhile, heat 3 tablespoons water in a medium skillet. Add the leeks, then cover and cook over medium heat until tender, stirring occasionally, about 5 to 7 minutes. Remove from the heat.

When the sweet potatoes are done, drain them and transfer to a mixing bowl. Add the orange juice and mash until smooth. Stir in the leeks, followed by the peas, ginger and nutmeg. Stir gently until the mixture is well mixed. Season with salt and pepper. Serve at once, topping each serving with a sprinkling of sliced sage leaves.
Lemony Asparagus-Mushroom Stir-Fry:

Ingredients:

- 2 cups (1 1/2-inch) diagonally cut asparagus
- 2 cups sliced mushrooms
- 1 cup snow peas, trimmed and diagonally cut
- 1 garlic clove, minced
- 1/3 cup finely chopped fresh parsley
- 1 1/2 teaspoons grated lemon rind
- 1/4 teaspoon kosher salt (optional)
- 1/8 teaspoon coarsely ground black pepper

Preparation:

Heat pan spray in a large nonstick skillet over medium-high heat. Add asparagus, mushrooms, and snow peas; sauté 7 minutes or until vegetables are tender. Add garlic; sauté 1 minute. Combine parsley and remaining ingredients. Sprinkle over the vegetables. Serve immediately.