

Vegan Up!

Mouthwatering and Nutritious
Whole-Food Dishes



Thierry Pascal



Tina Botel

Imperial & Metric
Measurements



150
Easy-to-Follow
Recipes

VEGAN UP!

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150 Easy-To-Follow Recipes

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“There are plenty of whole-food, plant-based recipes out there that are of poor quality. The market is in dire need of your level of expertise, Thierry.”

- **Peter Burney**, Vice President of mLogica Inc

“Just had the best meal I’ve had in a month thanks to Thierry Pascal here in Cannes! So thankful! Food was AMAZING and SUPER healthy. Great start and feel physically great thanks to Thierry’s great cooking.”

- **Daniel Negreanu**, ‘Best poker player of the past decade’ (GPI)

“Thierry Pascal is the most creative person I know with vegan cuisine.”

- **Norene Gilletz**, Author of 10 cookbooks

“Thank you for the wonderful work you do promoting veganism. You were a huge influence in my decision to go vegan, and now my dad has gone vegan, too. Many of my friends try out recipes with me. You have no idea the difference you make. Keep up the great work!”

- **Elise Szabo**, Kent, Ohio

“For many years I struggled with my weight. I have dieted and tried many “tricks” to lose this weight. It was only when I met Thierry that I learned that it wasn’t the dieting that was failing, it was my lifestyle of eating that was failing. Stop the dieting and start eating to live was the message I got loud and clear. Now, I no longer diet. I just eat a well-balanced whole-food vegan lifestyle. I have lost lots of weight and continue to lose even more. Thierry’s recipes are very easy to follow and delicious. The benefits for me include, my skin looks better, I have more energy than I have had in a long time, I think clearer, and overall, feel a lot better. Thank you for changing my life!”

- **David Gunzenhauser**, Basel, Switzerland



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Introduction

Thierry Pascal, a private chef with many years of experience, and I, Tina Botel, have been vegans for many years. When we learned about the massive health benefits of unprocessed plant-food, Thierry started to use purely whole-food produce and eliminated all processed oils from our kitchen.

At the beginning, it was extremely challenging to create tasty dishes without the use of any processed oils. Using his amazing imagination and culinary experience, Thierry began to design his own unique dishes, incorporating a wide range of plant foods, and infusing them with taste-enhancing and health-beneficial herbs and spices, while keeping in mind what's most common and readily available all year round.

Thierry and I became so passionate about this 'New Age' Vegan Lifestyle that we devoted three years full-time on the intensive research and development for our *Vegan Up!* cookbook to help the countless people worldwide who can't find enticing oil-free whole-food recipes.

Since Thierry has been an extremely talented chef for most of his life, he quickly excelled at developing and refining preparation techniques for completely cutting-edge, exciting, and mouthwatering dishes which are easy to make.

His oil-free, plant-based, whole-food creations bring pleasure to many vegans, vegetarians, and omnivores alike, without the use of any meat replacements, such as tofu or seitan.

Thierry has been the creative force for *Vegan Up!*, while I have passionately and meticulously written up his recipes in easy-to-follow steps, as well as taken the photos of his wonderful creations. *Vegan Up!* was then carefully edited by Norene Gilletz, a Canadian author of 10 cookbooks, a freelance food writer, food consultant, recipe editor, and culinary spokesperson.

All recipes have been thoroughly kitchen-tested to ensure user-friendliness, reliability, and amazing results. Thierry designed them with the sole purpose of enriching and empowering the lives of vegans and non-vegans by providing whole-food vegan recipes

that are tasty, innovative, and uncomplicated. They are healthy and delicious alternatives to the bland, processed and/or oil-laden vegan recipes commonly available.

To make *Vegan Up!* useful to everybody worldwide, we have specified the quantities of all ingredients in imperial, as well as metric measurements.

Thierry created all his easy-to-follow recipes with a very strong emphasis on taste, nutritional values, easily sourced ingredients, and presentation. As a private chef he learned long ago that high-end, healthy vegan cuisine can be easy and in many cases inexpensive. *Vegan Up!* will teach you how to make delicious salad dressings and meals without the need of processed oils. Most recipes take into account today's busy lifestyle and are kept to absolute minimal preparation times.

With *Vegan Up!*, we will show you how easy it is to enjoy a healthy plant-based lifestyle, and also included many helpful tips and notes to help demystify this unique vegan way of food preparation.

We are living in a time where heart disease, diabetes, cancer, and obesity rates are rapidly escalating each year, and our environment is slowly but surely falling apart. Our hope and dream is that by teaching people an alternative, healthier and cruelty-free way of feeding themselves, Thierry and I will be doing our little bit towards helping reduce modern day diseases, saving animal lives, and improving the environment.

Being totally dedicated to promoting a healthy balanced vegan lifestyle with all its enormous benefits to our body and mind, as well as our environment, which we hope will save many more lives of humans and animals alike in the future.

Thierry is well known as “Vegan Up” for his dedication and passion for the vegan cause, and has been spending countless hours each week educating people, including through social media, on the amazing nutritional health and healing values of this vegan lifestyle, as well as the resulting benefits for the animals and environment.

Anything that encourages and teaches a more positive, cruelty-free lifestyle, which also helps our environment and fellow living beings, is truly valuable to our world - our book does it all.

Thierry and I hope you enjoy your vegan adventures – It's time to Vegan-Up!

Stocking Up for a Plant-Based Lifestyle

Basics

- Beans, lentils, and chickpeas (assorted unhulled dried legumes and canned legumes)
- Blackstrap molasses
- Brewer's yeast flakes
- Caper berries
- Coconut milk, unsweetened
- Coconut, shredded and unsweetened
- Einkorn berries, unhulled (or spelt berries)
- Miso paste
- Mustard (Dijon or mild yellow)
- Nutritional yeast flakes
- Nuts (such as almonds, Brazil nuts, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts)
- Olives, green
- Olives, Kalamata (or any non-colored black olives)
- Pasta, whole-grain
- Pineapple slices, canned
- Quinoa, white
- Rice (whole-grain such as brown basmati, brown long-grain)
- Rice milk, unsweetened (or almond, hemp, or oat milk)
- Sea vegetable flakes, mixed (such as dulse, nori, and sea lettuce)
- Seeds (such as chia, flax, pumpkin, and unhulled sesame)
- Sun-dried tomatoes, oil-free
- Tahini (sesame seed paste)
- Tamari (or shoyu, or soy sauce)
- Tomato passata (strained crushed tomatoes, no added sugar)
- Tomato paste, concentrated
- Tomatoes, canned, peeled (diced and whole) (no added sugar or salt)
- Vinegar, assorted (such as apple cider, red wine, white, and white balsamic)

Specialty Items

The following ingredients are occasionally called for in recipes in this book, although they don't appear as often as items in the Basics list ([see Basics](#)).

- Brown rice vinegar
- Farro couscous, whole-grain (e.g., spelt)
- Medjool dates
- Quinoa, red or black
- Red hot chili flakes
- Rice (such as black rice, or black or red long-grain Camargue)
- Spelt flour, whole-grain
- Truffles
- Umeboshi vinegar (ume plum vinegar)
- Umeboshi paste
- Wakame algae, dried

Dessert Basics

- Agar agar
- Agave syrup
- Almonds, whole and slivered
- Apricots, pitted and dried
- Black mulberries, dried (or brown sultanas)
- Bourbon vanilla powder
- Brown sultanas, dried (or brown raisins)
- Cocoa powder, unsweetened
- Coconut butter
- Coconut flakes, unsweetened
- Coconut palm sugar
- Dates, pitted and dried
- Goji berries, dried
- Maple syrup
- Whole-grain rice cakes
- Rolled whole-grain spelt (or oats)

Herbs and Spices

- Cardamom, ground
- Cayenne pepper, ground
- Chili powder (ground red chili peppers)
- Cilantro, ground
- Cinnamon, ground
- Cumin, ground
- Cumin seeds
- Curry powder
 - Brown curry powder (e.g., Sri Lankan)
 - Madras curry powder
 - Yellow hot curry powder
 - Yellow Indian curry powder
- Dill, dried
- Fennel seeds, whole and ground
- Garam masala
- Ginger, ground
- Herbes de Provence
- Lemongrass, ground
- Marjoram, dried
- Mustard seeds
- Nutmeg, ground
- Oregano, dried
- Paprika, sweet (Hungarian)
- Peppercorns, black, whole
- Red hot chili peppers, dried
- Ras el hanout
- Rosemary, ground
- Sage, dried, whole and ground
- Sea salt (or Himalayan pink salt)
- Tarragon, dried, ground and leaves
- Thyme, dried
- Turmeric, ground



Basic Food Preparation

I recommend that you always use certified organic foods, whenever possible. By doing this, you are making positive healthy, environmental and ethical choices.

Wash all fresh ingredients thoroughly before using.

Contrary to popular believe, organic vegetables, such as potato, sweet potato, carrot, zucchini, and cucumber, do not need to be peeled, but should only be thoroughly scrubbed under warm water prior to using. However, onions, garlic, and ginger should always be peeled.

Other commonly used ingredients in this book, such as avocado, pumpkin, squash, mango, and pineapple, are always peeled, then seeded, pitted, or cored.

Bell peppers should be cored and seeded.

Fresh herbs such as parsley, cilantro and basil should always be washed, blotted dry, and stemmed. Keep the stems and add them to your next Green Juice for an extra health kick.

Handy Tips and Facts

Avocado

- The Hass avocado, with its dark-green alligator skin, is the most popular variety of avocado worldwide. When ripe, its skin becomes a dark, purplish black. It is an ideal addition to salads because its firm flesh will keep its shape when cut.
- To ripen an avocado, place it in a brown paper bag and store it at room temperature. To speed up ripening, add an apple or banana to the bag. Check daily to see if the avocado is ripe yet. The flesh of a ripe avocado should yield when pressed gently. Once the avocado is ripe, store it in the refrigerator for up to 10 days.
- Here's the scoop! Slice the avocado in half lengthwise with a sharp knife all the way around to the pit. Twist each half gently in the opposite direction and separate. Scoop out the flesh with a large spoon and sprinkle with lemon juice. Wrap any leftovers airtight and refrigerate to prevent browning.
- Lemon Aid: Avocado flesh begins to darken quickly when it is exposed to the air. The addition of lemon juice helps prevent the avocado flesh from turning dark.
- To freeze avocado, puree the flesh with a little lemon juice. Transfer the puree to a container, press plastic wrap directly against the surface of the puree, and seal tightly. Avocado puree can be frozen for up to 3 months.
- The flesh of an average avocado will yield about 1 cup [240 g] puree.

Dragon Fruit

- Dragon fruit is actually a type of cactus grown in Southeast Asia, Mexico, South and Central America, and Israel. Its flesh is sweet and crunchy, with a flavor that is a cross between a kiwi and a pear. To check if it is ripe, hold the dragon fruit in your hand and press gently with your fingers. It should give slightly, like a ripe kiwi.

Grains

• Rice

- Always buy whole-grain rice only.
 - **Black rice**
 - Black rice is also known as purple rice or forbidden rice. It has a mild, nutty taste, and its fiber content is similar to brown rice. Black rice usually turns dark purple when it is cooked. In ancient China, it was considered the finest grain and was usually served to the Emperor.
 - Black rice was referred to as forbidden rice because it was off limits to the general population.

- **Camargue rice**

- Camargue rice comes from the Camargue region of France. It has a chewy texture and mild flavor. It is available in either red or black, and is sold at many specialty stores that carry organic and non-GMO products. If you are unable to find Camargue rice, substitute any black, brown, or red whole-grain rice.

- **Einkorn**

- Einkorn is a German word that means “one kernel.” It is one of the earliest cultivated forms of wheat and was first domesticated by man approximately 7500 BC. Some have said that einkorn is the purest form of wheat, before any hybridization took place. In addition to being highly nutritious and tasty, it is easy on the digestive system.
- Other names for einkorn are: small spelt (Italian), farro piccolo (Italian), engrain (French), le petit épautre (French), tiphe (Greek), siyez (Turkish), and sifon (Hebrew).
- Soaking the einkorn berries overnight (or sprouting them) converts them from a starch-sugar based food to be more like that of a vegetable-sugar like food (from a sugar standpoint). Starch sugars cause spikes in blood glucose, which is deleterious for health. Soaking also neutralizes the phytic acids in the grains, allowing the body to absorb more of the important nutrients and minerals. While many will benefit from einkorn’s inherent characteristics, soaking does have advantages.
- Einkorn hulls vary in hardness, so cooking times will vary. Cook the einkorn berries until tender, but still somewhat chewy.
- You can substitute spelt berries for einkorn.
- The “hardness” of einkorn berries varies widely between brands, so cooking times indicated on package directions may differ. If package directions don’t mention soaking the einkorn before cooking, the indicated cooking time will be way too long, resulting in mushy einkorn. Use the cooking time indicated on the package as a guideline, but be sure to start checking for doneness after 20 minutes of cooking time to prevent the einkorn berries from overcooking.

Herbs (fresh)

I normally only use the leaves of fresh herbs in my recipes. The stems can be added to your next Green Juice.

- **Basil leaves**

- Fresh basil is aromatic and will elevate the flavor of any dish. It is often used in Italian and Asian dishes, and adds a flavor boost to almost any recipe.
- The best way to chop it is to stack the leaves, roll them up into a cylinder, then cut them crosswise. This method is called ‘chiffonade.’

- **Cilantro leaves**

- Cilantro resembles flat-leaf parsley in appearance, but has quite a pungent taste. Some people are sensitive to the taste of cilantro, and find it has a soapy taste. The dried seeds are known as coriander.

- **Parsley leaves**

- Flat-leaf parsley is more flavorful than curly parsley. Always chop or mince the parsley leaves, not the stems. The leaves from one sprig of parsley will yield about 1 Tbsp chopped.
- Tip: Put the leaves in a small juice glass and snip them with your kitchen scissors for fast and mess-free chopping.

- **Lemongrass**

- Lemongrass adds a zesty lemon flavor and aroma to recipes. When purchasing, look for firm stalks. If they are soft or rubbery, the lemongrass is too old.
- To use fresh lemongrass, cut off the lower bulb and the top part of the stalk. Remove and discard the tough, outer layers. Then “bruise” and flatten the stalk by pounding it with a heavy rolling pin or the bottom of a heavy skillet to release the lemon flavor. Chop or mince finely with a sharp knife.

Legumes

- **Chickpeas (and other dried beans)**

- Chickpeas are also known as garbanzo beans. They are available either canned or dried.
- Dried chickpeas and beans should be soaked before cooking. Pick them over, discarding any shriveled ones, or stones. Rinse and drain thoroughly in a colander under cold water. Place in a large bowl with plenty of fresh water. A good guideline is to add triple the amount of water. If they are very old, add 1/4 tsp baking soda per lb [500 g] of chickpeas or beans to the soaking water. Soak them for at least 12 hours. Rinse and drain thoroughly.
- If you don't have time to cook them at this point, just change the water and let them soak in the refrigerator for up to 2 days longer, changing the water every 12 hours or so.
- Place the soaked, drained chickpeas or beans in a large pot with at least triple the amount of cold water, and bring to a boil. The water should cover them by 3 inches [7.5 cm]. Reduce heat and simmer until tender, about 2 hours. They will double in volume when cooked.
- A great timesaver is to soak dried chickpeas or beans, then drain thoroughly and freeze them for later use.
- Canned chickpeas and beans should be rinsed and drained before using.
- One can (15 oz [425 g]) of chickpeas or beans is equivalent to 1 1/2 cups

cooked.

- **Lentils**

- Dried lentils come in a variety of colors, including yellow, red, brown, green, and black (Beluga) lentils. Pick them over before cooking discarding any shrivelled lentils or tiny stones.
- Lentils do not need to be soaked before cooking, but they must be thoroughly rinsed and drained, until the water runs clear. However, in some recipes I do soak them for faster preparation times and ease.
- Always use a deep pot when cooking lentils, as they have a tendency to froth up when they first come to a boil. Then turn down the heat to medium, and simmer until done, following the cooking times indicated in the recipe.

Mushrooms

Tip: Leaving mushrooms in the sunlight for 20 minutes before preparing will enrich them with natural vitamin D. Sunshine in a bowl!

- **Button mushrooms**

- Button mushrooms are also known as cultivated mushrooms. They are the most common mushroom in the world, and have pale white or light brown flesh. Brown mushrooms are also known as cremini mushrooms. Mature cremini mushrooms are known as portobellos.

- **King oyster mushrooms**

- King oyster mushrooms are super-sized, chubby mushrooms with long, thick, meaty white stems and small, brown caps. They are the largest species in the oyster mushroom category.
- One average sized king oyster mushroom weighs about 2 oz [60 g].
- Oyster mushrooms
- Oyster mushrooms cook more evenly than other types of mushrooms because they are fairly flat and even in thickness.
- 1 oyster mushroom weighs approximately 2 oz [60 g].

- **Shiitake mushrooms**

- Shiitake mushrooms have umbrella-shaped, dark brown caps which are chewy and delicious when cooked. The stems are somewhat tough and chewy, but they are full of flavor, so save them to add to soups and sauces.
- 2 to 3 large fresh shiitake mushrooms weigh approximately 1 oz [30 g].

Olives: Kalamata, black, green

- Kalamata olives are purple-black, almond-shaped olives native to Greece, with their own distinct taste. However, you may substitute any other black olives, as long as they are not artificially colored and are preserved in brine, and not in oil.

- Black olives are picked at full maturity, when they are fully ripe. They are found in shades of purple to brown to black.
- Green olives are picked when they have reached full size, but before the ripening process has begun.

Pasta

- **Using your Noodle:** Always choose whole-grain pasta rather than refined white pasta. Compared to those who eat mainly refined white grains, those who eat whole grains have a lower risk of heart disease, stroke, diabetes, obesity, and certain cancers. Whole-grain pasta provides approximately double the amount of fiber of refined white pasta.
- Whole-grain organic pasta comes in a variety of shapes, sizes, and flavors. It can be made from a variety of grains including whole-grain spelt, rye, kamut, quinoa, whole wheat, buckwheat, and brown rice.
- Package sizes of organic pasta vary, depending on the manufacturer and where you live. Common package sizes are 8 oz [227 to 250 g], 10 oz [300 g], 12 oz [340 g], 14 oz [400 g], and 16 oz [500 g].
- 12 oz [375 g] (dry weight) of short pasta (e.g., macaroni, penne, fusilli) measures about 4 cups before cooking.
- As a general guideline, 56 g (dry weight) of pasta (e.g., macaroni, penne, fusilli, spaghetti, linguine, fettucine) will yield 1 cup [240 ml] cooked pasta.
- 85 g (dry weight) of pasta will yield about 1 1/2 cups [375 ml] cooked pasta.
- When serving pasta as a main dish, calculate about 2 cups cooked pasta [110 g dry pasta] per person.

Salad Greens

- **Basic Preparation of Salad Greens:** Separate the leaves, and shred or chop any large leaves into bite-sized pieces. Place the greens in a large bowl of cold water, wash and rinse well. Washed salad greens can be gently rolled up in a towel and refrigerated for several hours.
- Leafy salad greens are loaded with chlorophyll which is a super brain nutrient.

• Arugula

- Arugula, a leafy salad green with a pungent, peppery flavor, is also known as rucola and rocket. Use arugula within 1 to 2 days of purchase. It bruises easily, so it is best to prepare it just before serving.

• Belgian endive

- Belgian endive is also known as French endive or whitloof (white leaf). In Germany, Belgian endive is called chicorée.
- Belgian endive is a small, elongated, cigar-shaped head of cream-colored, tightly packed, slightly bitter leaves with pale, yellow-green tips. It is grown

in complete darkness to prevent it from turning green because the leaves become bitter when exposed to light.

- Three medium-sized Belgian endive weigh about 1 lb [500 g].
- Don't confuse Belgian endive with curly endive (also known as chicory or frisée). Curly endive grows in loose heads of lacy, green-rimmed outer leaves that curl at the tips. Curly endive is often mistakenly called chicory in the United States.
- Butterhead lettuce
- Butterhead lettuce has a mild, delicate flavor and a crisp texture. In North America, the most common varieties are Boston and Bibb lettuce.

- **Mâche**

- Mâche is known by several names, including corn salad, field salad, nut lettuce, and rapunzel. In restaurants that feature French cuisine, it may be called doucette or raiponce. Mâche has rounded leaves, a dark green color, nutty flavor, and soft texture.
- If you can't find mâche substitute with baby spinach or arugula.

Shoyu, Tamari

- Shoyu is Japanese-style natural soy sauce, and is made from wheat and fermented soy beans.
- Tamari is wheat-free, gluten-free, and is thicker and less salty than most brands of soy sauce. Some brands of soy sauce are gluten-free. You can substitute soy sauce for shoyu or tamari, if desired. Just ensure that they are organic and non-GMO (genetically modified organisms), which are foods created by merging DNA from different species.

Spice blends, Spices

- **Bourbon Vanilla**

- Bourbon Vanilla Powder: The term "bourbon" applies to vanilla beans grown on the Bourbon Islands (Madagascar, Comoro, Seychelles and Reunion). There is no connection to the bourbon liquor that is produced in Kentucky, USA. Madagascar bourbon vanilla is considered the highest quality pure vanilla available. Powdered vanilla is indispensable in the kitchen and can be used without discoloring foods.
- 1 tsp vanilla powder = 1 tsp pure vanilla extract.
- About 1/4 tsp of bourbon vanilla powder equals the seeds of 1 vanilla bean.

- **Garam masala**

- Garam masala is a blend of ground spices common in North Indian and other South Asian cuisines. It may contain black and white peppercorns, cloves, cinnamon, black and white cumin seeds, and black, brown and green cardamom pods. The spices are usually toasted, then ground together.

- **Paprika, sweet**

- Sweet paprika is Hungarian sweet paprika, sometimes also called mild paprika.

- **Ras el hanout**

- Ras el hanout, Morocco's most famous spice blend, means "top of the shop" or "the best that the shop has to offer". The authentic spice blend can contain up to 32 different ingredients, including cumin, ground ginger, ground peppercorns, fenugreek, ground mild chili peppers, cloves, star anise, and cardamom. The spices are often toasted before being ground and mixed together. Ras el hanout is frequently added to rice dishes.

- **Sea salt**

- You may use any unrefined sea salt, but I only use and recommend Himalayan pink crystal salt, as it has the most health benefits of all, e.g. it contains the highest amount of essential minerals vital to the human body. Never use common table salt, as it's usually being refined with the use of ferro cyanide, aluminium, and bleach. It is also very high in sodium chloride, is depleted of its natural minerals, and contains anti-caking compounds.

- **Tempeh**

- Tempeh, a soybean cake with a yeasty, nutty flavor, is made by fermenting cooked soybeans. They are then formed into a firm, dense, chewy cake. Tempeh is a whole soybean product that is healthier than tofu because it is less processed, contains more protein and dietary fiber, with a higher vitamin content. Tempeh makes an excellent meat substitute because it is high in protein, cholesterol-free, and readily absorbs flavors.
- Tempeh cakes are available in natural food stores and some supermarkets. Always read the label to ensure no oil has been added.

Tomato passata

- Tomato passata is also known as Italian crushed, strained tomatoes. It is an uncooked, unsalted tomato puree that has been strained of its seeds and skins. Look for a brand without added sugar. Passata is considered superior to tomato sauce and canned tomatoes. Tomato sauce often contains other ingredients such as onions, garlic, carrots, and seasonings.
- Tomato passata can be found in many specialty stores that carry organic and non-GMO products. It is usually packaged in tall, carafe-like glass jars.
- If tomato passata is not readily available, put plain (unsalted) canned tomatoes through a sieve or food mill to remove the seeds and skins.

Umeboshi paste

- Umeboshi paste is a tangy, sour Japanese condiment, made from pickled, pureed umeboshi plums, which is aged for up to one year in wooden kegs.

Therefore, it is quite expensive or can be difficult to find, so here is an excellent alternative. Coarsely chop dried fruit such as prunes, dates, or apricots. Place in a small saucepan and add enough vinegar to cover, plus a dash of sea salt. Heat the mixture until piping hot, but not boiling. Remove from the heat and soak the fruit overnight. The next day, mash the fruit into a paste. Store in a covered container in the refrigerator.

- The umeboshi plum has been used as medicine for 1000 years for a wide variety of conditions.

Vegetables

• Chili peppers

- The smaller the chili pepper, the hotter it usually is. The only way to reduce its heat is to remove the ribs and seeds.
- After working with chili peppers, be sure to wash your hands thoroughly as failure to do so can result in painful burning of your eyes or skin. To avoid this problem, wear latex gloves when handling hot chili peppers, especially the ribs and seeds.

• Daikon, Daikon Chips

- Daikon is also known as white radish.
- Daikon Chips: Cut off and discard the ends of the daikon. Cut it into 2-inch [5 cm] pieces. Cut each piece into thin slabs. Cut each slab into strips (chips) approximately 1/4 inch x 2 inches [0.5 cm x 5 cm].

• Garlic

- Garlic, with its pungent flavor, is used throughout the world as a seasoning. The papery covering surrounding each clove of garlic should be peeled away and discarded. If there is a green sprout in the garlic cloves, remove and discard. Garlic's flavor becomes mellow and sweet when it is cooked.
- Tip: Crush the garlic at least 5 minutes before adding it to the food to get the most of its many health benefits.
- An easy way to remove the smell of garlic from your fingers is to rub them on a stainless steel sink. To remove the smell of garlic from your breath, chew on fresh parsley.

• Kohlrabi

- Remove the long stems and green leaves from kohlrabi with a sharp knife. Never throw away the leaves. They can be cooked like kale or collard greens, or added to your next Green Juice.
- Small kohlrabi bulbs are less fibrous and better-tasting than larger bulbs. Look for kohlrabi bulbs about the size of a peach.

• Potatoes

- If you are using organic potatoes, there is no need to peel them. Potato skin

contains fiber and nutrients.

- **Pumpkin**

- How to Cut a Pumpkin: Smaller pumpkins are more flavorful than larger ones, which tend to be more fibrous. Cut off the top and the base of the pumpkin, using a sharp knife. Cut the pumpkin in half. Use a large spoon to scoop out the stringy fiber and seeds. Cut the pumpkin into large pieces and peel with a sharp knife or peeler.
- 9 oz [270 g] unpeeled pumpkin, with seeds and flesh = approximately 7 oz [200 g] peeled pumpkin flesh.

- **Ramp leaves**

- Ramp leaves are also called ransoms or wild garlic leaves. They are only available fresh for a short time period, usually at farmers' markets in the spring. When they aren't in season, use dried ramp leaves. Sometimes they are also referred to as bear's garlic, because brown bears love them and just can't get enough.

- **Sea vegetable flakes**

- Sea vegetable flakes contain many trace minerals. They are also referred to as algae. Dried sea vegetable flakes include dulse, nori, and sea lettuce. A staple in Asian cuisine, sea vegetables add a salty flavor to foods.
- Dishes containing sea vegetables should not be eaten every day, as they are high in iodine.

- **Zucchini, Zucchini Chips**

- There are 3 medium zucchini in 1 lb [500 g].
- Zucchini Chips: Cut off and discard the ends of the zucchini. Cut the zucchini in half lengthwise. Slice each half crosswise into 3 equal pieces. Cut each piece lengthwise into strips (chips) approximately 1/4 inch x 2 inches [0.5 cm x 5 cm].

Yeast

- **Brewer's yeast**

- Brewer's yeast is a product of the beer-making process and has a yeasty, almost cheesy flavor. It makes a tasty addition to savory dishes and is interchangeable with nutritional yeast. Brewer's yeast is a great source of protein, vitamins, minerals, and micronutrients. It is also low in fat.

- **Nutritional yeast**

- Nutritional yeast is inactive, and has no leavening ability. Please note that nutritional yeast is not the same thing as active dry yeast, and they are not interchangeable. Nutritional yeast is a source of protein and vitamins. It has a somewhat 'cheesy' taste, so you can also sprinkle it on vegetables, salads, and pasta.

SALADS



Raw Mushroom Salad

Total time: 15 minutes • Active time: 15 minutes

Serves: 1 (main dish) | 2 (side dish)

Protein-packed and vitamin-rich, this colorful salad is quick and easy to make, and has a wonderful, crunchy taste.

Ingredients:

- 2 Tbsp white balsamic vinegar
- 4 Tbsp red wine vinegar
- 4 Tbsp shoyu (or tamari)
- 1/2 tsp ground cumin
- 7 oz [200 g] small king oyster mushrooms, cut into bite-sized pieces (about 3 1/3 cups)
- 1/4 cup [15 g] mixed sprouts (such as alfalfa and arugula)
- 12 cherry tomatoes, halved (or 1/2 tomato, diced)
- 1 green onion (scallion), finely diced
- *Sea salt and freshly ground black pepper to taste (optional)*

Method:

1. Put both of the vinegars, shoyu, and cumin into a medium bowl and blend well.
2. Add the mushrooms and mix well, coating them completely. Let marinate for 5 minutes.
3. Meanwhile, combine the sprouts, tomatoes, and green onion in a salad bowl.
4. Spoon the mushrooms together with the marinade over the top. *Sprinkle with the salt and pepper to taste, if desired, and mix thoroughly.*



Mushroom, Radish and Sprout Salad

Total time: 10 minutes • Active time: 10 minutes

Serves: 2 (main dish) | 4 (side dish)

Mushrooms are one of the best vegan natural meat substitutes you can find, making this scrumptious salad ideal to serve as a main dish to your omnivore friends.

Ingredients:

Salad

- 1 small head firm lettuce, chopped (about 3 cups [225 g])
- 2 1/2 cups [150 g] alfalfa sprouts
- 1 large tomato, diced
- 3/4 ripe Hass avocado, pitted, peeled, and diced into bite-sized pieces (save remaining 1/4 for the dressing)
- 4 large button mushrooms (or any other firm mushrooms), quartered
- 1/2 small red bell pepper, sliced (save remaining 1/2 for the dressing)
- 5 red radishes, trimmed and halved

Dressing

- 1/4 ripe Hass avocado

- 1/2 small red bell pepper, cut into chunks
- 2 cloves garlic
- 4 Brazil nuts
- 1 Tbsp shoyu (or tamari)
- 2 Tbsp apple cider vinegar
- 6 basil leaves
- 1/4 tsp ground rosemary
- 1/4 tsp ground sage
- 4 Tbsp cold water
- *Sea salt and freshly ground black pepper to taste (optional)*

Method:

Salad

1. Place the lettuce and alfalfa sprouts in a salad bowl.
2. Add the tomato, avocado, and mushrooms to the salad.
3. Top with the bell pepper and radishes.

Dressing

1. Put all the dressing ingredients into a small food processor fitted with the 'S' blade.
2. Blend until well combined, about 1 minute.
3. Pour the dressing over the salad and toss thoroughly before serving.



Potato Olive Salad

Total time: 20 minutes • Active time: 15 minutes

Serves: 2 (main dish) | 4 to 6 (side dish)

The combination of golden-yellow potatoes, Kalamata olives, and sun-dried tomatoes looks and tastes absolutely amazing.

Ingredients:

Salad

- 1 lb [500 g] baby potatoes (unpeeled, unless organic), halved (or regular potatoes, cut into bite-sized pieces)
- 1 tsp ground turmeric
- 1/2 tsp freshly ground black pepper
- 24 Kalamata olives, pitted and cut into fine strips
- 1 oz [30 g] oil-free sun-dried tomatoes (about 12), diced
- 2 Tbsp parsley leaves, finely chopped

Dressing

- 4 Tbsp tomato passata
- 4 Tbsp mild yellow mustard

- 2 Tbsp shoyu (or tamari)
- 2 tsp dried dill
- 2 Tbsp apple cider vinegar

Method:

Salad

1. Place the potatoes in a large saucepan and cover completely with cold water. Stir in the turmeric and pepper, and bring to a boil over high heat.
2. Reduce the heat and simmer until a skewer slides easily through the potatoes, about 15 to 20 minutes, depending on the kind of potatoes.
3. Drain the potatoes well, and put them into a stainless steel bowl.
4. Pour some cold water into your sink. Place the bowl containing the potatoes into the cold water for at least 5 minutes to help them cool off.
5. Add the olives and sun-dried tomatoes to the potatoes.

Dressing

1. Put all the dressing ingredients into a small bowl and mix thoroughly with a teaspoon.
2. Spoon the dressing over the potatoes and mix well. Transfer to a salad bowl.
3. Garnish with the parsley.



Kalamata Iceberg Salad

Total time: 10 minutes • Active time: 10 minutes

Serves: 2 (main dish) | 4 to 6 (side dish)

This gorgeous salad is rich in flavor and so satisfying. It is great for people wanting a delicious meal that only takes a few minutes to prepare.

Ingredients:

Salad

- 1 small head iceberg lettuce (or any firm lettuce), coarsely chopped (about 3 cups [225 g])
- 4 cups [100 g] mâche
- 5 artichoke hearts (canned or cooked), halved
- 3/4 ripe Hass avocado, pitted, peeled, and diced into bite-sized pieces (save remaining 1/4 for the dressing)
- 6 cherry tomatoes, halved
- 6 Kalamata olives, pitted
- 1/2 cup [30 g] mixed sprouts (such as alfalfa and arugula)
- 1 Tbsp pine nuts
- 1/2 tsp dried dill

- 1/2 tsp sweet paprika

Dressing

- 3/4 ripe Hass avocado
- 2 Tbsp shoyu (or tamari)
- 3 Tbsp red wine vinegar
- 1 Tbsp Dijon mustard
- 4 Tbsp cold water
- *Sea salt and freshly ground black pepper to taste (optional)*

Method:

Salad

1. Combine the iceberg lettuce with the mâche in a salad bowl. Mix well.
2. Add the artichoke hearts, avocado, tomatoes, and olives.
3. Sprinkle the sprouts and pine nuts over the salad.

Dressing

1. Put all the dressing ingredients into a small food processor fitted with the 'S' blade.
2. Blend until mousse-like, about 30 seconds.
3. Spoon the dressing into the center of the salad and sprinkle with the dill.
4. Sprinkle the paprika over the artichoke hearts and avocado.
5. Mix well just prior to serving.



Zucchini Chips and Asparagus Salad

Total time: 10 minutes • Active time: 10 minutes

Serves: 2 to 3 (main dish) | 4 to 6 (side dish)

A nutritious, tasty salad perfectly partnered with a rich, thick dressing. The zucchini and daikon are cut into the shape of French fries (chips) for an attractive presentation.

Ingredients:

Salad

- 4 Belgian endive, coarsely chopped (about 6 cups [500 g])
- 12 thin green asparagus spears, cut into 2-inch [5 cm] pieces
- 1 red bell pepper, diced into bite-sized pieces
- 1 zucchini, cut into chips ([Zucchini Chips](#))
- 1 cup [100 g] daikon (white radish), cut into chips ([Daikon Chips](#))
- 1/2 cup [30 g] mixed sprouts (such as alfalfa and arugula)

Dressing

- 1 ripe Hass avocado, halved and pitted
- 2 cloves garlic
- 1 tsp mild yellow mustard

- 1 tsp dried dill
- 1 tsp sweet paprika
- 3 Tbsp shoyu (or tamari)
- 3 Tbsp red wine vinegar
- 2 Tbsp apple cider vinegar
- 2 Tbsp fresh lemon juice
- 1/2 cup [120 ml] cold water
- *Sea salt and freshly ground black pepper to taste (optional)*

Method:

Salad

1. Place the Belgian endive, asparagus, and bell pepper in a salad bowl.
2. Add the zucchini and daikon.
3. Top with the sprouts and mix well.

Dressing

1. Scoop out the avocado flesh with a spoon into a small food processor fitted with the 'S' blade.
2. Add all the other dressing ingredients and blend until smooth, about 30 seconds.
3. Pour the dressing over the salad just prior to serving and mix thoroughly.

Notes:

- **Zucchini Chips:** Cut off and discard the ends of the zucchini. Cut the zucchini in half lengthwise. Slice each half crosswise into 3 equal pieces. Cut each piece lengthwise into strips (chips) approximately 1/4 inch x 2 inches [0.5 cm x 5 cm].
- **Daikon Chips:** Cut off and discard the ends of the daikon (white radish). Cut the daikon into 2-inch [5 cm] pieces. Cut each piece into thin slabs. Cut each slab into strips (chips) approximately 1/4 inch x 2 inches [0.5 cm x 5 cm].



Artichoke Hearts and Avocado Salad

Total time: 10 minutes • Active time: 10 minutes

Serves: 1 (main dish) | 2 (side dish)

The dressing that I drizzle over this scrumptious salad at serving time looks like it is made from dairy ingredients. That's because of the rice milk, which works beautifully in this salad.

Ingredients:

Salad

- 4 cups [100 g] mâche
- 6 cherry tomatoes, halved (or 1/2 tomato, diced)
- 4 artichoke hearts (canned or cooked), quartered
- 1/2 red onion, finely diced
- 1 ripe Hass avocado, pitted, peeled, and cut into wedges, then cut crosswise into half wedges
- 1 tsp sweet paprika

Dressing

- 1/2 red onion, cut into chunks

- 4 Tbsp rice milk (or almond milk)
- 2 Tbsp shoyu (or tamari)
- 1 Tbsp fresh lemon juice
- 2 Tbsp apple cider vinegar
- 1 Tbsp tomato passata
- 1 tsp Dijon mustard
- *Sea salt and freshly ground black pepper to taste (optional)*

Method:

Salad

1. Place the mâche in a salad bowl.
2. Add the tomatoes, artichoke hearts, and onion.
3. Top with the avocado and sprinkle with paprika.

Dressing

1. Put all the dressing ingredients into a small food processor fitted with the 'S' blade.
2. Blend until smooth, about 30 seconds.
3. Pour the dressing over the salad and mix well before serving.

Asian Shiitake Tempeh Salad

Total time: 20 minutes • Active time: 20 minutes

Serves: 2 to 3 (main dish) | 4 to 5 (side dish)

This Asian-inspired salad gets a protein boost from the shiitake mushrooms and tempeh. Even your carnivore guests will be impressed with its gourmet flavor.

Ingredients:

- 1 oz [30 g] dried sliced shiitake mushrooms (or 4 oz [120 g] fresh shiitake mushrooms, thinly sliced)
- 1 Tbsp Madras curry powder
- 1 tsp ground cumin
- 2 Tbsp shoyu (or tamari)
- 4 Tbsp unsweetened coconut milk
- 8 oz [240 g] tempeh, diced into bite-sized pieces
- 1 head iceberg lettuce (or any firm lettuce), finely chopped (about 4 1/2 cups [340 g])
- 1 red bell pepper, diced into bite-sized pieces
- 1 green bell pepper, diced into bite-sized pieces
- 1 stalk lemongrass, trimmed and finely chopped
- 1/4 cup [30 g] fennel, finely chopped
- 2 1/2 cups [150 g] mixed sprouts
- 8 green or black olives, pitted
- 1 Tbsp parsley leaves, chopped

Method:

1. Place the dried shiitake mushrooms in a small bowl, cover with hot water and let soak. (Omit this step if using fresh shiitake mushrooms.)
2. For the marinade, combine the curry powder, cumin, shoyu, and coconut milk in a small bowl. Mix well.
3. Add the tempeh to the marinade and mix with a spoon to coat completely. Let marinate for 10 to 15 minutes.
4. Meanwhile, combine the lettuce, bell peppers, and lemongrass in a large salad bowl.
5. Add the fennel and sprouts to the salad bowl, and mix well.

6. Spoon the tempeh out of the marinade and add to the salad. Keep the marinade.
7. If you used dried mushrooms, strain them. Stir the mushrooms into the leftover marinade and let sit for 1 minute. Pour the mushrooms and marinade evenly over the salad.
8. Place the olives on top. Sprinkle with the parsley.

Tropical Salad

Total time: 10 minutes • Active time: 10 minutes

Serves: 1 (main dish) | 2 (side dish)

This sweet, crunchy, colorful salad is so refreshing on a hot summer day.

Ingredients:

Salad

- 2 1/2 cups [60 g] red oak leaf lettuce (or any other dark colored soft lettuce), coarsely shredded
- 1 small ripe mango, peeled and diced into bite-sized pieces
- 5 red radishes, trimmed and quartered
- 3/4 ripe Hass avocado, pitted, peeled, and diced into bite-sized pieces (save remaining 1/4 for the dressing)
- 1 cup [130 g] fresh coconut, diced into bite-sized pieces
- 1/2 tsp dried dill

Dressing

- 2 cloves garlic
- 1/4 ripe Hass avocado
- 1 tsp mild yellow mustard
- 1 Tbsp fresh lemon juice
- 3 Tbsp tomato passata
- 1 Tbsp shoyu (or tamari)
- 2 Tbsp cold water
- *Sea salt and freshly ground black pepper to taste (optional)*

Method:

Salad

1. Place the lettuce in a salad bowl.
2. Add the mango, radishes, and avocado. Toss gently to combine.
3. Distribute the coconut evenly on top.
4. Garnish with the dill.

Dressing

1. Put all the dressing ingredients into a small food processor fitted with the 'S' blade.

2. Blend until mousse-like, about 1 minute. ([See Note, below.](#))
3. Pour the dressing into the center of the salad and mix well just prior to serving.

Note:

- This dressing is deliberately quite thick, but can easily be thinned down by adding extra water, if desired.

Positive Energy Salad

Total time: 20 minutes • Active time: 20 minutes

Serves: 2 to 3 (main dish) | 3 to 4 (side dish)

This super crunchy salad in a delicious dressing will positively energize you!

Ingredients:

Salad

- 1 large head butterhead lettuce, coarsely shredded (about 8 cups [200 g])
- 1 cup [60 g] alfalfa sprouts
- 1/2 ripe Hass avocado, pitted, peeled, and cut into wedges (save remaining 1/2 for the dressing)
- 6 red radishes, trimmed and thinly sliced
- 1/2 red bell pepper, diced into bite-sized pieces (save remaining 1/2 for the dressing)
- 4 large button mushrooms, diced into bite-sized pieces
- 1 heaping cup [120 g] raw cauliflower florets, cut into small bouquets
- 1/4 tsp sweet paprika
- 1 Tbsp brewer's yeast flakes (or nutritional yeast flakes)
- 1 tomato, quartered and thinly sliced
- 1 Tbsp chives, finely chopped

Dressing

- 1 tomato, quartered
- 1/2 ripe Hass avocado, cut into chunks
- 1/2 red bell pepper, cut into chunks
- 2 Tbsp brewer's yeast flakes (or nutritional yeast flakes)
- 3 Tbsp tamari (or shoyu)
- 2 Tbsp cold water
- *Sea salt and freshly ground black pepper to taste (optional)*

Method:

Salad

1. Combine the lettuce and sprouts in a salad bowl.
2. Add the avocado, radishes, bell pepper, and mushrooms. Mix gently to combine.

3. Top with the cauliflower florets and sprinkle them with paprika.
4. Sprinkle the yeast flakes over the salad.
5. Arrange the tomatoes around the rim of the salad.
6. Scatter the chives over the top of the salad.

Dressing

1. Put the tomato, avocado, and bell pepper into a small food processor fitted with the 'S' blade. Add the rest of the dressing ingredients.
2. Blend until the bell pepper has totally broken up and everything is well combined, about 1 minute. If you prefer the dressing to be more liquid, add another 1 to 2 Tbsp of cold water.
3. Add the dressing to the salad and toss together just prior to serving.

Arugula Artichoke Salad with Tarragon Mousse Dressing

Total time: 15 minutes • Active time: 15 minutes

Serves: 2 (main dish) | 3 to 4 (side dish)

The tarragon-flavored dressing complements this peppery, leafy arugula salad extremely well. This creamy, mousse-like dressing is also wonderful for any plain green salad.

Ingredients:

Salad

- 4 cups [100 g] arugula leaves
- 1/2 cup [30 g] mixed sprouts (such as alfalfa and arugula)
- 8 artichoke hearts (canned or cooked), quartered
- 3/4 ripe Hass avocado, pitted, peeled, and cut into wedges (save remaining 1/4 for the dressing)
- 6 cherry tomatoes, halved (or 1/2 tomato, diced)
- 2/3 cup [120 g] sweet corn kernels (canned)
- 4 Kalamata olives, pitted and halved
- 2 Tbsp pine nuts

Dressing

- 2 Tbsp shoyu (or tamari)
- 3 Tbsp apple cider vinegar
- 1 Tbsp nutritional yeast flakes (or brewer's yeast flakes)
- 1/4 ripe Hass avocado
- 1 clove garlic
- 1 Tbsp dried tarragon leaves
- 1/3 cup [80 ml] cold water
- *Sea salt and freshly ground black pepper to taste (optional)*

Method:

Salad

1. Place the arugula, mixed sprouts, and artichoke hearts in a salad bowl.
2. Arrange the avocado around the salad.
3. Add the cherry tomatoes and evenly distribute the corn kernels over the salad.
4. Top with the olives.

5. Sprinkle the pine nuts over the top.

Dressing

1. Put all the dressing ingredients into a small food processor fitted with the 'S' blade. Blend until the dressing is smooth and almost mousse-like, about 45 seconds.
2. Transfer the dressing to a serving jug.
3. Add the dressing to the salad just prior to serving and mix thoroughly.



Marinated King Oyster Mushroom Stem Salad

Total time: 15 minutes • Active time: 15 minutes

Serves: 2 to 3 (main dish) | 5 to 6 (side dish)

Every ingredient in this artfully arranged salad, as well as its unique dressing, will tantalize your taste buds.

Ingredients:

Marinated Mushrooms

- 4 Tbsp shoyu (or tamari)
- 2 Tbsp red wine vinegar
- 2 Tbsp fresh lemon juice
- 1/2 tsp ground turmeric
- 1/4 tsp ground cumin
- 8 medium-size king oyster mushrooms (about 1 1/4 lbs [600 g])

Salad

- 2 Belgian endive, chopped (about 3 cups [250 g])
- 1/2 cup [30 g] mixed sprouts (such as alfalfa and arugula)
- 6 red radishes, trimmed and quartered

- 12 green asparagus tips
- 1 cup [100 g] daikon (white radish), trimmed, peeled, and cut into chips ([Daikon Chips](#))
- 3/4 ripe Hass avocado, pitted, peeled, and cut into wedges (save remaining 1/4 for the dressing)
- 6 cherry tomatoes, halved
- 6 walnut halves
- 1/4 tsp sweet paprika

Dressing

- 1/4 ripe Hass avocado
- 2 cloves garlic
- 1/4 cup [7 g] cilantro leaves
- 1 Tbsp fresh lemon juice
- 1/2 tsp mild yellow mustard
- 4 Tbsp cold water
- *Sea salt and freshly ground black pepper to taste (optional)*

Method:

Marinated Mushrooms

1. Mix the shoyu, vinegar, lemon juice, turmeric, and cumin in a small bowl.
2. Cut off the mushroom caps and set them aside.
3. Add the mushroom stems to the marinade and mix well, coating them completely. Let marinate for 10 minutes.

Salad

1. Combine the Belgian endive, mixed sprouts, and red radishes in a large salad bowl.
2. Place the asparagus tips evenly around the inside edge of the bowl.
3. Arrange the daikon evenly next to the asparagus.
4. Place the avocado next to the daikon.
5. Add the cherry tomatoes to the salad.
6. Put the mushroom caps in the middle of the bowl. Top with the drained, marinated stems. Keep the leftover marinade for the dressing.
7. Top the salad with the walnut halves. Sprinkle the paprika over the asparagus, daikon, and avocado.

Dressing

1. Transfer the leftover marinade to a small food processor fitted with the 'S' blade.

2. Add all the other dressing ingredients and blend until the texture is mousse-like, about 45 seconds.
3. Pour into a serving jug.
4. Just before serving, drizzle the dressing over the salad and toss gently to combine.

Nutty Chickpea Salad

Total time: 15 minutes • Active time: 15 minutes

Serves: 2 (main dish) | 4 (side dish)

This delectable, crunchy, protein-rich salad is simple to make, yet very taste rewarding.

Ingredients:

Salad

- 1 small head butterhead lettuce, coarsely shredded (about 3 1/2 cups [90 g])
- 1 ripe Hass avocado, pitted, peeled, and cut into 1-inch [2.5 cm] pieces
- 2/3 cup [120 g] chickpeas (canned or cooked), rinsed and drained
- 5 cherry tomatoes, halved
- 1 small zucchini, cut into chips ([Zucchini Chips](#))
- 1 red onion, halved and finely sliced
- 12 walnut halves
- 1 Tbsp pumpkin seeds

Dressing

- 2 cherry tomatoes, halved
- 2 Tbsp parsley leaves, coarsely chopped
- 1 tsp mild yellow mustard
- 2 Tbsp fresh lemon juice
- 2 Tbsp tamari (or shoyu)
- 2 cloves garlic
- 6 walnut halves
- 4 Tbsp cold water
- *Sea salt and freshly ground black pepper to taste (optional)*

Method:

Salad

1. Place the lettuce in a salad bowl.
2. Add the avocado and chickpeas.
3. Top with the tomatoes, zucchini, and onion. Mix gently to combine.

Dressing

1. Put the tomatoes and parsley into a small food processor fitted with the 'S' blade. Add all the other dressing ingredients.
2. Blend until smooth, about 1 minute.
3. Pour the dressing over the salad and mix well.
4. Garnish with the remaining 12 walnut halves and pumpkin seeds.

Forest Mushroom Salad

Total time: 5 minutes • Active time: 5 minutes

Serves: 1 (main dish) | 2 (side dish)

An enjoyable, quick lunch high in plant-based protein, made in only 5 minutes.

Ingredients:

Salad

- 1 small head butterhead lettuce, coarsely shredded (about 3 1/2 cups [90 g])
- 4 large button mushrooms, diced into bite-sized pieces (about 7 oz [200 g])
- 6 cherry tomatoes, halved (or 1/2 tomato, diced)
- 1 Tbsp parsley leaves, finely chopped
- 6 Kalamata olives, pitted

Dressing

- 1 tsp mild yellow mustard
- 2 Tbsp shoyu (or tamari)
- 3 Tbsp apple cider vinegar
- 1 tsp dried dill
- 4 Tbsp cold water
- *Sea salt and freshly ground black pepper to taste (optional)*

Method:

Salad

1. Place the lettuce, mushrooms, tomatoes, and parsley in a salad bowl. Mix well.
2. Top with the olives.

Dressing

1. Put all the dressing ingredients into a small food processor fitted with the 'S' blade.
2. Blend until smooth, about 30 seconds.
3. Pour the dressing over the salad and mix well.

Zucchini Chips Salad with Avocado Mousse Dressing

Total time: 15 minutes • Active time: 15 minutes

Serves: 1 to 2 (main dish) | 3 to 4 (side dish)

Chip, chip, hooray! This delicious protein-packed salad is a wonderful way to eat raw zucchini.

Ingredients:

Salad

- 1 large carrot, cut into pieces to fit a small food processor
- 2 zucchinis, cut into chips ([Zucchini Chips](#))
- 12 button mushrooms, quartered
- 12 red radishes, trimmed, halved, and thinly sliced
- 1 cup [60 g] alfalfa sprouts

Dressing

- 1 ripe Hass avocado, halved, pitted, and peeled
- 2 cloves garlic
- 1 Tbsp [15 g] grated ginger
- 3/4 cup [15 g] parsley leaves, coarsely chopped (about 1/2 bunch)
- 2 Tbsp nutritional yeast flakes (or brewer's yeast flakes)
- 2 Tbsp shoyu (or tamari)
- 1/2 cup [120 ml] cold water
- *Sea salt and freshly ground black pepper to taste (optional)*

Method:

Salad

1. Shred the carrots in a small food processor fitted with the 'S' blade. Transfer them to a salad bowl.
2. Add the zucchini, mushrooms, and radishes to the bowl.
3. Top with the sprouts and mix well.

Dressing

1. Scoop out the avocado flesh into the cleaned food processor.
2. Add the garlic, ginger, parsley, yeast flakes, shoyu, and water.
3. Blend until everything is well combined, about 30 seconds. *Add the salt and*

pepper, if using. If you prefer a thinner dressing, add more water, 1 Tbsp at a time. Blend again until desired thickness is achieved.

4. Pour the dressing over the salad and mix well.



Mixed Salad with Parsley-Cashew Dressing

Total time: 10 minutes • Active time: 10 minutes

Serves: 1 (main dish) | 2 (side dish)

You will go absolutely nuts over this delightful salad with its refreshing dressing.

Ingredients:

Salad

- 1 small head butterhead lettuce, coarsely chopped (about 3 1/2 cups [90 g])
- 6 cherry tomatoes, halved (or 1/2 tomato, diced)
- 1/2 small yellow bell pepper, quartered, and sliced into thin strips
- 1/2 cup [30 g] mixed sprouts (such as alfalfa and arugula)
- 8 small button mushrooms
- 6 cashews

Dressing

- 12 cashews
- 1 Tbsp Dijon mustard
- 1 tsp tamari (or shoyu)
- 2 small cloves garlic

- 4 Tbsp parsley leaves, coarsely chopped
- 2 Tbsp apple cider vinegar
- 1/3 cup [80 ml] cold water

Method:

Salad

1. Place the lettuce, tomatoes, and bell pepper in a serving bowl.
2. Add the sprouts, mushrooms, and cashews. Mix well.

Dressing

1. Place all the dressing ingredients into a small food processor fitted with the 'S' blade.
2. Blend until smooth, about 1 minute.
3. Pour the dressing over the salad and mix well before serving.



Mushroom Pine Nut Energy and Protein Salad

Total time: 10 minutes • Active time: 10 minutes

Serves: 1 (main dish) | 2 (side dish)

This energy-packed salad, tossed with a delicious, nutty-tasting dressing, is an excellent source of protein. Little effort, big benefits!

Ingredients:

Salad

- 1 large head butterhead lettuce, coarsely chopped (about 8 cups [200 g])
- 2 cups [120 g] mixed sprouts (such as alfalfa and arugula)
- 5 button mushrooms, halved
- 5 cherry tomatoes, halved
- 1 small yellow bell pepper, halved and thinly sliced
- 3 Tbsp parsley leaves, coarsely chopped
- 2 Tbsp pine nuts

Dressing

- 2 Tbsp apple cider vinegar
- 5 Brazil nuts

- 2 Tbsp shoyu (or tamari)
- 1 clove garlic
- 1 Tbsp mild yellow mustard
- 2 Tbsp parsley leaves, coarsely chopped
- 4 Tbsp cold water
- *Sea salt and freshly ground black pepper to taste (optional)*

Method:

Salad

1. Combine the lettuce and sprouts in a salad bowl.
2. Add the mushrooms, tomatoes, bell pepper, and parsley. Mix well.
3. Sprinkle the pine nuts over the salad.

Dressing

1. Put all the dressing ingredients into a small food processor fitted with the 'S' blade.
2. Blend until well combined, about 1 minute.
3. Pour the dressing over the salad and mix before serving.

Mixed Bean Salad

Total time: 10 minutes • Active time: 10 minutes

Serves: 2 to 3 (main dish) | 6 (side dish)

This scrumptious mixed bean salad is an excellent replacement for meat protein. Canned beans are quite convenient, but always drain and rinse them thoroughly.

Ingredients:

Salad

- 1/2 English cucumber, finely diced (about 2 cups [250 g])
- 1 large tomato, finely diced
- 2 1/2 cups [400 g] mixed beans (canned or cooked), rinsed and drained
- 3/4 cup [45 g] mixed sprouts (such as alfalfa and arugula)
- 6 Kalamata olives, pitted
- 6 cashews
- 1 Tbsp fennel seeds

Dressing

- 2 Tbsp shoyu (or tamari)
- 2 Tbsp apple cider vinegar
- 3 Tbsp tomato passata
- 1 clove garlic
- 1/2 tsp dried dill
- *Sea salt and freshly ground black pepper to taste (optional)*

Method:

Salad

1. Combine the cucumber and tomato in a salad bowl.
2. Add the beans and sprouts to the salad and mix well.
3. Top with the olives and cashews.
4. Sprinkle the fennel seeds over the top.

Dressing

1. Combine all the dressing ingredients in a small food processor fitted with the 'S' blade.
2. Process until well blended, about 30 seconds.

3. Pour the dressing over the salad and toss together before serving.



Chia Artichoke Avocado Salad with Lime-Parsley Mousse

Total time: 10 minutes • Active time: 10 minutes

Serves: 2 (main dish) | 4 (side dish)

This delightful salad in a tangy parsley mousse dressing is very refreshing on a warm summer day. It can be made quickly, looks fabulous, and is really quite filling.

Ingredients:

Salad

- 1/2 head Chinese (Napa) cabbage, finely shredded (about 4 1/2 cups [300 g])
- 6 artichoke hearts (canned or cooked), halved
- 3/4 ripe Hass avocado, pitted, peeled, and cut into wedges (save remaining 1/4 for the dressing)
- 1/4 cup [15 g] mixed sprouts (such as alfalfa and arugula)
- 4 red radishes, trimmed and quartered
- 6 large caper berries, stems removed and halved
- 2 Tbsp chia seeds
- 1 pinch sweet paprika

Dressing

- 1/4 ripe Hass avocado
- 1 Tbsp mild yellow mustard
- 1 Tbsp parsley leaves, chopped
- 1 Tbsp apple cider vinegar
- 1 Tbsp fresh lime juice
- 1 tsp shoyu (or tamari)
- 1 clove garlic
- 1/3 cup [80 ml] cold water
- *Sea salt and freshly ground black pepper to taste (optional)*

Method:

Salad

1. Put the cabbage into a salad bowl.
2. Arrange the artichoke hearts around the rim of the bowl.
3. Place the avocado between the artichoke hearts.
4. Spread the sprouts and radishes over the cabbage. Sprinkle the caper berries on top.
5. Scatter the chia seeds over the avocado and artichokes.
6. Sprinkle the paprika over the sprouts, radishes, and caper berries.

Dressing

1. Put all the dressing ingredients into a small food processor fitted with the 'S' blade.
2. Blend until well combined, about 15 seconds.
3. Pour the dressing into a serving jug.
4. Add to the salad and toss together just before serving.



Quinoa Cashew Salad

Total time: 10 minutes • Active time: 10 minutes

Serves: 2 (main dish) | 4 (side dish)

This magnesium-rich salad is packed with plant-based protein and is also an energy booster. A wonderful way to use up leftover cooked pumpkin, quinoa, and lentils!

Ingredients:

Salad

- 1 small head butterhead lettuce, coarsely shredded (about 3 1/2 cups [90 g])
- 1 cup [150 g] cooked cold pumpkin flesh (or butternut squash), diced into bite-sized pieces
- 2 large cherry tomatoes, quartered (or 1/2 tomato, finely chopped)
- 1 small red bell pepper, finely chopped
- 3/4 cup [100 g] cooked black quinoa (or red or white)
- 3/4 cup [120 g] cooked Beluga lentils (or black lentils)
- 1/2 cup [30 g] mixed sprouts (such as alfalfa and arugula)
- 6 cashews

Dressing

- 2 Tbsp tomato passata
- 2 Tbsp apple cider vinegar
- 3 Tbsp tamari (or shoyu)
- 2 Tbsp fresh lemon juice

- 1/2 tsp umeboshi paste
- 4 Tbsp cold water
- *Sea salt and freshly ground black pepper to taste (optional)*

Method:

Salad

1. Place the lettuce in a large mixing bowl.
2. Add the pumpkin, cherry tomatoes, and bell pepper.
3. Mix in the quinoa, lentils, and sprouts.
4. Transfer to a salad bowl.
5. Garnish with the cashews.

Dressing

1. Put all the dressing ingredients in a small mixing bowl and whisk until smooth (or blend in a small food processor fitted with the 'S' blade).
2. Pour the dressing over the salad and mix well just before serving.

Avocado Olive Salad with Lemon-Parsley Dressing

Total time: 10 minutes • Active time: 10 minutes

Serves: 1 (main dish) | 2 (side dish)

The luscious, lemon-flavored dressing adds a refreshing twist to this quickly assembled salad.

Ingredients:

Salad

- 7/8 ripe Hass avocado, pitted, peeled, and cut into wedges (save remaining 1/8 for the dressing)
- 8 button mushrooms, quartered
- 6 cherry tomatoes, halved (or 1/2 medium tomato, diced)
- 4 Kalamata olives, pitted
- 4 green olives, pitted
- 1 Tbsp unhulled sesame seeds

Dressing

- 1/8 ripe Hass avocado
- 2 Tbsp parsley leaves
- 2 Tbsp red wine vinegar
- 3 Tbsp shoyu (or tamari)
- 2 Tbsp fresh lemon juice
- 1/3 cup [80 ml] cold water
- *Sea salt and freshly ground black pepper to taste (optional)*

Method:

Salad

1. Arrange the avocado around the rim of a salad bowl.
2. Evenly arrange the mushrooms and cherry tomatoes in the bowl.
3. Distribute the black and green olives evenly over the top.

Dressing

1. Put all the dressing ingredients into a small food processor fitted with the 'S' blade.
2. Blend until the parsley is finely minced, about 30 seconds.
3. Drizzle the dressing over the salad and sprinkle the sesame seeds over the top.

4. Mix well just before serving.



Sprout Energy Salad with Pine Nuts

Total time: 10 minutes • Active time: 10 minutes

Serves: 2 (main dish) | 4 (side dish)

A treat for your taste buds, this Mediterranean delight is so simple to make. The dressing tastes very similar to any traditional dressing made with processed oil, thanks to the addition of Brazil nuts.

Ingredients:

Salad

- 1 small head butterhead lettuce, coarsely shredded (about 3 1/2 cups [90 g])
- 2 1/2 cups [150 g] mixed sprouts (such as alfalfa and arugula)
- 1 1/4 cups [150 g] English cucumber, finely diced
- 6 cherry tomatoes, thinly sliced
- 5 red radishes, thinly sliced
- 6 button mushrooms, thinly sliced
- 6 Kalamata olives, pitted
- 2 Tbsp pine nuts

Dressing

- 6 Brazil nuts
- 2 Tbsp apple cider vinegar
- 2 Tbsp tamari (or shoyu)
- 2 cloves garlic
- 1 Tbsp Herbes de Provence
- 4 Tbsp cold water
- 1/2 tsp umeboshi paste
- *Sea salt and freshly ground black pepper to taste (optional)*

Method:

Salad

1. Combine the lettuce and sprouts in a mixing bowl and mix thoroughly.
2. Add the cucumber, tomatoes, radishes, and mushrooms. Toss to combine.
3. Transfer to a serving bowl and add the olives.
4. Sprinkle the pine nuts over the top.

Dressing

1. Put all the dressing ingredients into a small food processor fitted with the 'S' blade.
2. Blend until smooth, about 45 seconds.
3. Add the dressing to the salad, mix and serve.



Golden Cauliflower Asparagus Salad

Total time: 20 minutes • Active time: 20 minutes

Serves: 2 (main dish) | 4 to 6 (side dish)

The golden-colored cauliflower transforms this healthy salad into a feast for the eyes as well as the palate. This salad dressing tastes very similar to a conventional dressing, but without the processed oil.

Ingredients:

Salad

- 1 small head cauliflower, trimmed and cut into small bouquets (about 1 lb [500 g])
- 1 tsp ground turmeric
- 1/2 tsp freshly ground black pepper
- 12 asparagus spears, stems trimmed and cut into thirds
- 1/2 small head iceberg lettuce (or any firm lettuce), coarsely chopped (about 2 cups [150 g])
- 1/4 cup [35 g] lentil sprouts (or rice or chickpea sprouts)
- 4 artichoke hearts (canned or cooked), quartered
- 3/4 tomato, cut into wedges (save remaining 1/4 for the dressing)

- 6 Kalamata olives, pitted
- 3/4 ripe Hass avocado, pitted, peeled, and cut into wedges, then cut crosswise into half wedges (save remaining 1/4 for the dressing)

Dressing

- 1/4 ripe Hass avocado
- 1/4 tomato
- 1 Tbsp fresh lemon juice
- 1 clove garlic
- 1 Tbsp Dijon mustard
- 1 tsp dried dill
- 2 Tbsp red wine vinegar
- 2 Tbsp shoyu (or tamari)
- 4 Tbsp cold water
- *Sea salt and freshly ground black pepper to taste (optional)*

Method:

Salad

1. Cook the cauliflower florets in 1 quart [liter] of water with the turmeric and pepper for about 10 minutes. Don't overcook; the cauliflower should stay firm.
2. Drain and rinse the cauliflower under cold water. Cover completely with cold water and let sit for 2 minutes. Drain well.
3. In a separate saucepan, bring 1/2 quart [liter] of water to a boil. Add the asparagus and cook for about 10 minutes, until tender-crisp. (Cooking time will depend on the thickness of the spears.)
4. Drain and rinse the asparagus under cold water. Cover completely with cold water and let sit for 2 minutes. Drain well.
5. While the cauliflower and asparagus are cooking, place the lettuce and sprouts in a salad bowl. Mix well.
6. Add the artichoke hearts, tomato, and olives.
7. Arrange the avocado around the edge of the salad.
8. Top the salad with the cauliflower and asparagus.

Dressing

1. Put all the dressing ingredients into a small food processor fitted with the 'S' blade.
2. Blend until smooth, about 20 seconds. This makes quite a thick dressing. (Note: If you like a thinner dressing, add another 2 Tbsp of water. However, if you make the dressing according to the recipe, be prepared for compliments.)

3. Pour the dressing over the salad and mix thoroughly before serving.



Jazzy Einkorn Salad

Total time: 50 minutes • Active time: 10 minutes • Soaking time: 12 to 18 hours

Serves: 2 to 3 (main dish) | 5 to 6 (side dish)

This colorful, grain-based salad will satisfy the heartiest of appetites. While the einkorn and rice are cooking, prepare the remaining salad ingredients and make the dressing. At mealtime, toss all the ingredients together and enjoy!

Ingredients:

Salad

- 1 1/4 cups [250 g] einkorn berries
- 1/2 cup [110 g] whole-grain rice
- 1 tsp ground turmeric
- 1/4 tsp freshly ground black pepper
- 1/4 tsp sea salt (optional)
- 1 small red bell pepper, diced into bite-sized pieces
- 12 green olives, pitted and thinly sliced, divided
- 4 basil leaves, chopped

Dressing

- 1/2 cup [120 ml] tomato passata
- 1 tsp umeboshi paste
- 2 Tbsp tamari (or shoyu)

Method:

Salad:

1. Soak the einkorn berries for 12 to 18 hours in triple the amount of cold water. Drain well.
2. Cook the einkorn in a saucepan according to package directions. (If the directions don't mention soaking the einkorn before cooking, use the suggested cooking time as a guideline, but start checking for doneness after 20 minutes to prevent the einkorn from overcooking and becoming mushy.)
3. Cook the rice in a separate saucepan according to package directions. Once the water starts to boil, stir in the turmeric, pepper, *and salt, if using*.
4. Strain the einkorn, cover with cold water, and let cool for 5 minutes. Strain the einkorn again and transfer to a serving bowl.
5. Strain the rice under cold water for 1 minute and let cool for 5 minutes. Add the rice to the einkorn.
6. Add the bell pepper and olives to the rice and einkorn. Mix well.

Dressing:

1. Put all the dressing ingredients into a small bowl and whisk until well combined (or blend in a small food processor fitted with the 'S' blade for about 15 seconds).
2. Add the dressing to the salad and mix thoroughly.
3. Garnish with the olives and basil.

Avocado, Lettuce and Olive Salad

Total time: 5 minutes • Active time: 5 minutes

Serves: 1 (main dish) | 2 to 3 (side dish)

Avocados are found all year round. They are great for your skin and health, so I use them a lot in salads. This balanced, flavor-packed dish is a real palate-pleaser.

Ingredients:

Salad

- 1 small head butterhead lettuce, coarsely chopped (about 3 1/2 cups [90 g])
- 5 cherry tomatoes, halved
- 6 Kalamata olives, pitted
- 3/4 ripe Hass avocado, pitted, peeled, and cut into pieces (save remaining 1/4 for the dressing)
- 4 walnut halves
- 1 tsp unhulled sesame seeds

Dressing

- 2 Tbsp apple cider vinegar
- 1 Tbsp mild yellow mustard
- 2 Tbsp shoyu (or tamari)
- 1/4 ripe Hass avocado
- 4 Brazil nuts
- 4 Tbsp cold water
- *Sea salt and freshly ground black pepper to taste (optional)*

Method:

Salad

1. Combine the lettuce, tomatoes, and olives in a salad bowl.
2. Top with the avocado.
3. Sprinkle the walnut halves and sesame seeds over the top.

Dressing

1. Put all the ingredients into a small food processor fitted with the 'S' blade.
2. Blend until smooth, about 1 minute.
3. Pour the dressing over the salad and mix well before serving.

Kaleidoscopic Daikon Salad

Total time: 10 minutes • Active time: 10 minutes

Serves: 2 (main dish) | 4 (side dish)

This seeds, nuts, and vegetable salad is supercharged in nutrients and delicious to eat. The radishes, sesame seeds, and pine nuts really increase the crunch factor.

Ingredients:

- 1 ripe Hass avocado, pitted, peeled, and diced into bite-sized pieces
- 1 tomato, diced into bite-sized pieces
- 6 red radishes, trimmed and quartered
- 1 1/3 cups [200 g] daikon (white radish), peeled and diced into bite-sized pieces
- 1 small yellow bell pepper, diced into bite-sized pieces
- 1 large oyster mushroom [about 60 g], diced into bite-sized pieces
- 2 Tbsp shoyu (or tamari)
- 2 Tbsp red wine vinegar
- 1 Tbsp unhulled sesame seeds
- 1 tsp pine nuts

Method:

1. Place the avocado, tomato, red radishes, and daikon in a serving bowl.
2. Add the bell pepper and mushroom. Mix well.
3. Pour in the shoyu and vinegar. Mix thoroughly with a large spoon.
4. Garnish with the sesame seeds and pine nuts.



Walnut Caper Salad

Total time: 10 minutes • Active time: 10 minutes

Serves: 1 (main dish) | 2 (side dish)

This crunchy, delightful salad is jam-packed with nutrients and vitamins.

Ingredients:

Salad

- 4 cups [100 g] red oak leaf lettuce (or any other dark-colored soft lettuce), coarsely chopped
- 6 green or black olives, pitted and halved
- 6 large caper berries, stems removed and halved
- 2 oil-free sun-dried tomato halves, finely diced
- 6 Tbsp sweet corn kernels (canned)
- 6 walnut halves
- 1/4 cup [35 g] lentil sprouts
- 1 Tbsp mixed sea vegetable flakes (such as dulse, nori, and sea lettuce)

Dressing

- 2 Tbsp red wine vinegar

- 2 Tbsp shoyu (or tamari)
- 8 walnut halves
- 2 Tbsp tomato passata
- 1 Tbsp Herbes de Provence
- 3 Tbsp cold water
- *Sea salt and freshly ground black pepper to taste (optional)*

Method:

Salad

1. Place the lettuce in a salad bowl.
2. Add the olives, caper berries, and sun-dried tomatoes.
3. Top with the corn kernels, walnuts, lentil sprouts, and sea vegetable flakes. Mix well.

Dressing

1. Put all the dressing ingredients into a small food processor fitted with the 'S' blade.
2. Blend until smooth, about 10 seconds.
3. Pour the dressing over the salad and mix thoroughly before serving.

Avocado and Mixed Sprout Salad

Total time: 10 minutes • Active time: 10 minutes

Serves: 1 (main dish) | 2 (side dish)

The exquisite tasting dressing brings out the flavor of each salad ingredient.

Ingredients:

Salad

- 1 small head butterhead lettuce, coarsely shredded (about 3 1/2 cups [90 g])
- 3/4 ripe Hass avocado, pitted, peeled, and cut into wedges (save remaining 1/4 for the dressing)
- 10 cherry tomatoes, quartered
- 1 small red bell pepper, halved and thinly sliced
- 1 cup [60 g] mixed sprouts (such as alfalfa and arugula)

Dressing

- 1 Tbsp mild yellow mustard
- 1/4 ripe Hass avocado
- 3 Tbsp white balsamic vinegar
- 2 Tbsp shoyu (or tamari)
- 4 Tbsp cold water
- 1/2 tsp dried dill
- *Sea salt and freshly ground black pepper to taste (optional)*

Method:

Salad

1. Place the lettuce in a salad bowl.
2. Add the avocado, tomatoes, bell pepper, and sprouts.

Dressing

1. Put all the dressing ingredients into a small food processor fitted with the 'S' blade.
2. Blend until smooth, about 15 seconds.
3. Add to the salad just prior to serving and mix well.



Multi-Vegetable Salad

Total time: 15 minutes • Active time: 15 minutes

Serves: 1 (main dish) | 2 to 3 (side dish)

This colorful, crisp salad is tossed with a creamy, delectable dressing. If red oak leaf lettuce isn't available, use any other dark-colored soft lettuce.

Ingredients:

Salad

- 4 large button mushrooms, halved (about 7 oz [200 g])
- 1/2 small head red oak leaf lettuce, coarsely chopped (about 4 cups [100 g])
- 3/4 ripe Hass avocado, pitted, peeled, cut into wedges, then cut crosswise into half wedges (save remaining 1/4 for the dressing)
- 1 tomato, cut into 8 wedges
- 6 red radishes, trimmed and thinly sliced
- 4 Kalamata olives, pitted
- 6 large caper berries, stems removed and halved
- 1/4 cup [35 g] lentil sprouts (or any other “heavy” mild sprouts)
- 1 Tbsp pine nuts

Dressing /Marinade

- 4 Tbsp tamari (or shoyu)
- 2 Tbsp red wine vinegar
- 1/4 ripe Hass avocado
- 4 Brazil nuts
- 1/2 tsp Dijon mustard
- 2 Tbsp tomato passata
- 4 Tbsp cold water
- *Sea salt and freshly ground black pepper to taste (optional)*

Method:

Salad

1. Pour the tamari and vinegar into a small bowl and stir together.
2. Carefully put the mushrooms into the marinade and mix well, coating them completely. Let marinate for 5 minutes.
3. Meanwhile, place the lettuce, avocado, tomato, radishes, olives, caper berries, and sprouts in a salad bowl.
4. Take the mushrooms carefully out of the marinade and place them in the center of the salad. Save the leftover marinade for the dressing.

Dressing

1. Pour the leftover marinade into a small food processor fitted with the 'S' blade. Add all the other dressing ingredients.
2. Blend until the dressing is almost mousse-like, about 30 seconds. (Note: Add another 1/4 cup [60 ml] of cold water if you prefer a more liquid dressing.)
3. Pour the dressing over the salad and garnish with the pine nuts.
4. Mix together prior to serving.



Belgian Endive and Black Rice Salad

Total time: 15 minutes • Active time: 15 minutes

Serves: 1 (main dish) | 2 (side dish)

With its creamy dressing, this salad is ideal as a quick light lunch or side dish if you have leftover rice in the refrigerator.

Ingredients:

Salad

- 1 Belgian endive, cut into bite-sized pieces (about 1 1/2 cups [125 g])
- 2 1/2 cups [65 g] mâche
- 1/2 cup [100 g] cooked cold black rice (or any other whole-grain rice)
- 7/8 Hass ripe avocado, pitted, peeled, and cut into thin wedges (save remaining 1/8 for the dressing)
- 4 button mushrooms, quartered
- 1/2 tomato, finely diced (save remaining 1/2 for the dressing)
- 1/2 tsp sweet paprika
- 1 Tbsp pine nuts

Dressing

- 1/2 tomato
- 1 tsp Dijon mustard
- 2 Tbsp shoyu (or tamari)
- 3 Tbsp apple cider vinegar
- 1/8 ripe Hass avocado
- 2 Tbsp cold water
- *Sea salt and freshly ground black pepper to taste (optional)*

Method:

Salad

1. Combine the Belgian endive and lettuce in a salad bowl.
2. Add the rice, avocado, mushrooms, and tomato.
3. Sprinkle with the paprika and pine nuts.

Dressing

1. Put all the dressing ingredients into a small food processor fitted with the 'S' blade.
2. Blend until smooth, about 30 seconds.
3. Pour the dressing over the salad.
4. Mix well before serving.



Mixed Quinoa Salad

Total time: 10 minutes • Active time: 10 minutes

Serves: 2 (main dish) | 3 to 4 (side dish)

Quinoa makes a nice alternative to rice or couscous, and is extremely rich in magnesium. This is very fast to make if you have cooked quinoa in your refrigerator.

Ingredients:

Salad

- 8 cups [200 g] red oak leaf lettuce (or any other dark colored soft lettuce), shredded
- 6 button mushrooms, quartered
- 2 tomatoes, cut into eighths
- 6 red radishes, halved
- 3/4 cup [100 g] cooked cold black quinoa (or red or white)
- 3/4 ripe Hass avocado, halved, pitted, peeled, and cut into bite-sized pieces (save remaining 1/4 for the dressing)

Dressing

- 1/4 ripe Hass avocado

- 2 Tbsp fresh lemon juice
- 3 Tbsp tamari (or shoyu)
- 3 Tbsp tomato passata
- 4 Brazil nuts
- 4 Tbsp cold water

Method:

Salad

1. Place the lettuce and mushrooms in a salad bowl.
2. Add the tomatoes, radishes, and quinoa. Mix until combined.
3. Arrange the avocado around the rim of the bowl.

Dressing

1. Put all the dressing ingredients into a small food processor fitted with the 'S' blade.
2. Blend until smooth, about 45 seconds.
3. Spoon the dressing over the salad and mix well before serving.

Mushroom Avocado Salad

Total time: 5 minutes • Active time: 5 minutes

Serves: 1 (main dish) | 2 (side dish)

This mouthwatering salad is very quick to make and also very rich in plant-based protein.

Ingredients:

- 3 large oyster mushrooms (about 7 oz [200 g]), diced into bite-sized pieces
- 2 Tbsp shoyu (or tamari)
- 1 Tbsp fresh lemon juice
- 1 ripe Hass avocado, pitted, peeled, and diced into bite-sized pieces
- 1 small red bell pepper, diced into bite-sized pieces
- 4 cherry tomatoes, quartered
- 8 Kalamata (or green) olives, pitted
- 1 tsp chia seeds
- 1 Tbsp pine nuts
- 1 Tbsp flaked unsweetened coconut
- 1 Tbsp parsley leaves, coarsely chopped

Method:

1. Put the mushrooms into a mixing bowl.
2. Pour the shoyu and lemon juice over the mushrooms. Mix thoroughly with a large spoon, coating all the mushrooms. Let marinate for 5 minutes.
3. Meanwhile, add the avocado to the mushrooms and mix gently.
4. Place the bell peppers in a salad bowl.
5. Neatly spoon the mushroom/avocado mixture on top of the peppers.
6. Add the cherry tomatoes and olives. Sprinkle the chia seeds over the tomatoes.
7. Scatter the pine nuts over the avocado and mushrooms.
8. Garnish with the coconut and parsley.
9. Toss together thoroughly before serving.

Forbidden Rice Energy Salad

Total time: 15 minutes • Active time: 15 minutes

Serves: 2 (main dish) | 4 to 6 (side dish)

Nutty and crunchy, this sprouted black rice salad is jam-packed with super-energy nutrients.

Ingredients:

Salad

- 1 cup [60 g] mixed sprouts (such as alfalfa and arugula)
- 2 medium carrots, grated (about 1 cup [120 g])
- 1 cup [75 g] black rice sprouts (or brown rice or lentil sprouts)
- 1 cup [60 g] broccoli florets, cut into small bouquets
- 1 red bell pepper, diced into bite-sized pieces
- 1 tomato, diced into bite-sized pieces
- 1/2 ripe Hass avocado, pitted, peeled, and thinly sliced widthwise (save remaining 1/2 for the dressing)
- 1 Tbsp chia seeds (optional)
- 1/2 cup [15 g] cilantro leaves, whole or chopped (optional)
- 1 Tbsp brewer's yeast flakes (or nutritional yeast flakes) (optional)
- 1 Tbsp pine nuts
- 1/3 cup [15 g] chives, finely chopped

Dressing (optional, but very delicious)

- 1/2 ripe Hass avocado
- 2 Tbsp fresh lemon juice
- 4 Tbsp tomato passata
- 1/2 cup parsley leaves [10 g], coarsely chopped
- 2 Tbsp white balsamic vinegar
- 1 Tbsp shoyu (or tamari)
- 3/4 cup [180 ml] cold water
- Sea salt and freshly ground black pepper to taste (optional)

Method:

Salad

1. Place the mixed sprouts and carrots in a large salad bowl.
2. Mix in the black rice sprouts.
3. Add the broccoli, bell pepper, and tomato to the salad. Mix well.
4. Arrange the avocado around the rim of the salad bowl as a garnish.
5. *If you are using some or all of the optional salad ingredients (chia seeds, cilantro, or brewer's yeast flakes), add them to the salad now.*
6. Sprinkle the pine nuts and chives over the top.

Dressing

1. Scoop out the other avocado half with a spoon into a small food processor fitted with the 'S' blade.
2. Add all the other dressing ingredients and blend until smooth, about 30 seconds.
3. Pour over the salad just prior to serving and mix well.

Artichoke and Chia Seed Salad

Total time: 10 minutes • Active time: 10 minutes

Serves: 2 (main dish) | 3 to 4 (side dish)

Not only is this beautiful salad a feast for the eyes and palate, it is also very rich in essential vitamins and minerals.

Ingredients:

Salad

- 1 cup [60 g] mixed sprouts (such as alfalfa and arugula)
- 2 tomatoes, coarsely diced
- 6 artichoke hearts (canned or cooked), quartered
- 3/4 ripe Hass avocado, pitted, peeled, and diced into bite-sized pieces (save remaining 1/4 for the dressing)
- 12 Kalamata olives, pitted
- 6 walnut halves
- 1 tsp chia seeds

Dressing

- 1 artichoke heart (canned or cooked)
- 1/4 ripe Hass avocado
- 1 Tbsp tamari (or shoyu)
- 1 Tbsp apple cider vinegar
- 1 tsp Dijon mustard
- 4 Tbsp cold water
- *Sea salt and freshly ground black pepper to taste (optional)*

Method:

Salad

1. Spread out the sprouts on the bottom of a salad bowl.
2. Add the tomatoes and artichoke hearts.
3. Top with the avocado.
4. Add the olives and walnuts.
5. Sprinkle the chia seeds over the top.

Dressing

1. Put all the dressing ingredients into a small food processor fitted with the 'S' blade.
2. Blend until mousse-like, about 30 seconds.
3. Spoon the dressing over the salad and mix thoroughly prior to serving.



Alfalfa Avocado Salad

Total time: 10 minutes • Active time: 10 minutes

Serves: 1 (main dish) | 2 (side dish)

This scrumptious salad is so simple to make, and is also a real energy booster.

Ingredients:

Salad

- 3 1/3 cups [200 g] alfalfa sprouts
- 1/2 ripe Hass avocado, pitted, peeled, and cut into bite-sized pieces (save remaining 1/2 for the dressing)
- 4 cherry tomatoes, halved
- 6 button mushrooms, halved (about 4 oz [120 g])
- 4 Kalamata olives, pitted
- 1 red bell pepper, quartered and thinly sliced
- 6 walnut halves

Dressing

- 1/2 ripe Hass avocado
- 1 Tbsp apple cider vinegar

- 1 Tbsp umeboshi paste
- 2 Tbsp shoyu (or tamari)
- 1/2 cup [120 ml] cold water
- *Sea salt and freshly ground black pepper to taste (optional)*

Method:

Salad

1. Spread out the alfalfa sprouts on the bottom of a salad bowl.
2. Place the avocado on top of the sprouts.
3. Add the tomatoes, mushrooms, olives, and bell pepper to the salad.
4. Arrange the walnut halves on top.

Dressing

1. Put all the dressing ingredients into a small food processor fitted with the 'S' blade.
2. Blend until smooth, about 45 seconds.
3. Add the dressing to the salad and mix well just prior to serving.

SUPER SOUPS



Miso Vegetable Pasta Soup

Total time: 30 minutes • Active time: 15 minutes

Serves: 4 to 5

Hearty and wholesome, this versatile soup can be equally enjoyed by vegans and omnivores alike. The miso and tamari give the broth a dark, almost meaty color.

Ingredients:

- 2 quarts [liters] hot water
- 1 tsp sea salt
- 2 large potatoes (unpeeled, unless non-organic), finely diced
- 3 carrots, finely diced
- 1 cup [150 g] fennel (about 1 bulb), finely diced
- 5 cloves garlic, crushed
- 1 Tbsp [15 g] grated ginger
- 1 can (14 oz [400 g]) diced tomatoes (undrained)
- 2 Tbsp miso paste
- 2 Tbsp Herbes de Provence

- 4 oz [120 g] whole-wheat fusilli pasta (or any other whole-grain pasta) (about 1 1/2 cups)
- 1/4 cup [60 ml] tamari (or shoyu)
- 2 Tbsp red wine vinegar

Garnish

- 1 Tbsp cilantro (or parsley) leaves, finely chopped

Method:

1. Put a pot with the hot water and salt on high heat.
2. Add the potatoes, carrots, fennel, garlic, ginger, tomatoes, miso, and Herbes de Provence. Stir to combine.
3. Bring to a boil, reduce the heat to simmer, and let cook for 20 minutes.
4. Then add the pasta, tamari, and vinegar, and mix well. Increase the heat to high and bring back to a boil.
5. Let cook until the pasta is al dente (usually 6 to 8 minutes). As soon as the pasta is cooked, remove the pot from the heat.
6. Transfer to soup bowls, and garnish with the cilantro.

Pineapple Tomato Fennel Living Soup

Total time: 10 minutes • Active time: 10 minutes

Serves: 2

Enjoy this succulent, refreshing, living soup either cold or slightly warmed up to no more than 104°F [40°C] in order to reap its full nutritional health benefits.

Ingredients:

- 3 tomatoes, coarsely chopped
- 2 cups [250 g] pineapple flesh, coarsely chopped
- 1 cup [150 g] fennel (about 1 bulb), coarsely chopped
- 2 cups [480 ml] cold water
- 1/4 tsp ground fennel seeds
- 1/4 tsp fresh dill leaves

Method:

1. Put the tomatoes, pineapple, and fennel, together with the cold water, into a food processor fitted with the 'S' blade. Blend for 3 minutes, until puréed.
2. Transfer to two soup bowls, and sprinkle the ground fennel seeds and dill on top.

Avocado Weight-Gain Living Soup

Total time: 15 minutes • Active time: 15 minutes

Serves: 2

Beautifully creamy in texture, this living soup has an almost tropical taste. In order to reap its full nutritional health benefits, I recommend eating this soup cold or slightly warmed up to no more than 104°F [40°C]. However, if you choose to incorporate the red chili pepper and cayenne option, it will warm you up even while you are eating it cold. This soup is also great for vegans who have problems gaining weight.

Ingredients:

- 1 avocado, pitted, peeled and quartered
- 1 zucchini, coarsely chopped (about 6 oz [180 g])
- 1 stalk celery, coarsely chopped
- 1/3 cup [30 g] shredded unsweetened coconut
- 2 cloves garlic, crushed
- 1 tsp ground cumin
- 2 cups [480 ml] cold water

Garnish

- 1 tsp shredded unsweetened coconut
- *1/2 hot red chili pepper, thinly sliced (optional)*
- *1/4 tsp ground cayenne pepper (optional)*
- *Sea salt to taste (optional)*
- *Additional ground cayenne pepper to taste (optional)*

Method:

1. Put the avocado, zucchini, celery, coconut, garlic, cumin, and water into a food processor fitted with the 'S' blade. Blend for 5 minutes, until puréed.
2. Transfer to two soup bowls.
3. To garnish, sprinkle the coconut, *chili pepper, and cayenne, if desired*, evenly on top. *Add salt and additional cayenne at the table, if desired.*

Broccoli Bisque

Total time: 1 hour • Active time: 25 minutes

Serves: 2 to 3 (main dish) | 6 (starter or side)

If you are a lover of tarragon, you will adore this velvety, hearty broccoli and potato bisque.

Ingredients:

- 1 1/4 cups [270 g] whole-grain rice (round grain)
- 1 quart [liter] hot water
- 1 medium potato (unpeeled, unless non-organic), diced into 1-inch [2.5 cm] pieces
- 1 zucchini, diced into 1-inch [2.5 cm] pieces
- 3 1/2 cups [200 g] broccoli florets
- 1 Tbsp [15 g] grated ginger
- 1 tsp ground cumin
- 1 tsp dried dill
- 2 Tbsp dried ground tarragon
- 2 Tbsp fresh lemon juice
- 1 Tbsp tamari (or shoyu)
- *1 hot green chili pepper, chopped (optional) (discard seeds for a milder taste)*
- *Sea salt and freshly ground black pepper to taste (optional)*

Method:

1. Cook the rice according to package directions.
2. Meanwhile, put a medium saucepan with the hot water on high heat, and bring to a boil.
3. Add the potato, zucchini, broccoli, ginger, and cumin. Stir well.
4. Let boil for 15 minutes, until all the veggies are very tender. Remove the saucepan from the heat and let cool for 10 minutes. Do not drain.
5. Transfer the vegetables together with the cooking water to a food processor fitted with the 'S' blade.
6. Add the dill, tarragon, lemon juice, tamari, *and chili pepper, if using.*
7. Process for about 2 minutes, until completely puréed.
8. Once the rice is cooked, rinse it under hot water and set aside.

9. Pour the contents of the food processor back into the saucepan, and reheat on medium heat until it starts bubbling. *Add salt and pepper to taste, if desired.*
10. Transfer the bisque to a large serving bowl, and put the rice into a serving dish.
11. To serve, put some rice into a soup dish, and pour the bisque over it.

Tomato Chickpea Soup

Total time: 30 minutes • Active time: 10 minutes

Serves: 6

This truly awesome tasting soup is smooth enough to be served to children and adults alike. It takes just a few minutes to make, and is truly satisfying.

Ingredients:

- 1 1/2 quarts [liters] hot water
- 2 tsp sea salt
- 1 can (14 oz [400 g]) whole tomatoes (undrained)
- 1 cup [300 ml] tomato passata
- 1 red bell pepper, finely diced
- 1 red onion, finely diced
- 1 1/2 cups [250 g] chickpeas (canned or cooked), rinsed and drained
- 1 Tbsp Herbes de Provence
- 2 Tbsp concentrated tomato paste

Garnish

- 1 Tbsp parsley leaves, finely chopped

Method:

1. Put a pot with the hot water and salt on high heat.
2. Add the canned tomatoes, tomato passata, bell pepper, onion, chickpeas, Herbes de Provence, and tomato paste. Mix well.
3. Bring to a boil, and reduce the heat to simmer. Let cook for 20 minutes, stirring occasionally.
4. Then take the pot off the heat and gently crush the tomatoes with a potato masher.
5. Transfer to soup bowls, and garnish with the parsley.

Turmeric Black Quinoa Veggie Soup

Total time: 35 minutes • Active time: 15 minutes

Serves: 4 to 5

You can enjoy this scrumptious, colorful soup either as a starter or as a main meal.

Ingredients:

- 2 quarts [liters] hot water
- 1 tsp sea salt
- 1 tsp ground turmeric
- 1/4 tsp freshly ground black pepper
- 1 Tbsp Herbes de Provence
- 2 Tbsp shoyu (or tamari)
- 1 tsp dried thyme
- 1 red onion, finely diced
- 1 cup [150 g] fennel (about 1 bulb), finely diced
- 3 carrots, finely diced
- 2 potatoes (unpeeled, unless non-organic), finely diced
- 1 cup [180 g] black quinoa, rinsed and drained
- 12 cherry tomatoes, halved
- 1 Tbsp apple cider vinegar

Garnish

- 1 Tbsp parsley leaves, finely chopped

Method:

1. Put a pot with the hot water and salt on high heat.
2. Add the turmeric, pepper, Herbes de Provence, shoyu, thyme, onion, fennel, carrots, and potatoes.
3. Bring to a boil, and reduce the heat to simmer. Stir and let cook for 15 minutes.
4. Stir in the quinoa. Increase the heat to high, and add the cherry tomatoes and vinegar. Once boiling, reduce the heat to simmer, and let cook 15 minutes longer.
5. Transfer to soup bowls, and garnish with the parsley.

Pumpkin and Sweet Potato Soup

Total time: 30 minutes • Active time: 20 minutes

Serves: 2

The pumpkin and sweet potato work really well together in this recipe. This dish has just a hint of nutmeg, and is superior in taste and texture to its dairy cousin's equivalent.

Ingredients:

- 1 2/3 cups [250 g] pumpkin flesh (or any other soft-skinned squash), cut into 1-inch [2.5 cm] cubes
- 1 2/3 cups [250 g] sweet potatoes, cut into 1-inch [2.5 cm] cubes
- 2 Tbsp parsley leaves, chopped
- 1/2 cup [120 ml] unsweetened coconut milk ([See tip below](#))
- 3/4 cup [180 ml] hot water
- 1/2 tsp ground nutmeg
- 1/2 tsp ground cinnamon
- 1/2 tsp sweet paprika
- 2 Tbsp tamari (or shoyu)
- 1 tsp freshly ground black pepper
- 1/2 tsp garam masala
- *Sea salt to taste (optional)*
- 1 tsp dried dill
- *Chili powder to taste (optional)*

Method:

1. Put the pumpkin and sweet potatoes into a medium saucepan, cover them completely with hot water plus about 1 inch [2.5 cm] on top, and bring to a boil.
2. Boil for 10 to 15 minutes, until they are very soft.
3. Drain well. Put them into a food processor fitted with the 'S' blade. ([See note below](#).) Add all the remaining ingredients, except the dill *and ground chili, if using*, and blend until smooth, about 30 to 60 seconds.
4. Transfer to soup bowls and garnish with the dill *and chili powder, if desired*.

Note:

- If you don't have a food processor, use a blender or purée the vegetables in a large bowl with an immersion blender. Alternatively, use a potato masher, and then whisk

in the remaining ingredients. However, this will increase the preparation time by at least 10 minutes.

Tip:

- Using more coconut milk and less water will make this soup creamier, but it will also be higher in fat and calories.

SIDES



Toasted Yellow Indian Basmati

Total time: 50 minutes • Active time: 10 minutes

Serves: 8 to 10

This healthy, easy-to-make dish is a colorful and tasty alternative to plain rice. A feast for the eyes as well as the palate!

Ingredients:

- 2 1/2 cups [500 g] brown basmati rice
- 1 tsp ground turmeric
- 1/2 tsp freshly ground black pepper
- 1/2 tsp ground cumin
- 1/4 tsp garam masala
- 1 Tbsp unhulled sesame seeds
- 1/2 tsp ras el hanout (optional)
- *Sea salt to taste (optional)*
- 2 Tbsp shoyu (or tamari)

Method:

1. Cook the rice according to package directions, stirring the turmeric and pepper into the cooking water at the beginning. ([See tip below](#))
2. Transfer to a strainer and drain well. Let the rice sit for 2 minutes.
3. Place a large non-stick pan on high heat and add the rice. Stir in the cumin, garam masala, sesame seeds, *ras el hanout*, and salt, if using. Mix well.
4. Stir-cook for 5 minutes, until the rice is lightly toasted.
5. Add the shoyu, mix thoroughly and serve.

Tip:

- As a general guideline, 1 cup [200 g] brown basmati or long-grain rice plus 2 cups [480 ml] water will take 45-50 minutes to cook and will yield about 2 1/2 cups [465 g] cooked rice (3 servings).



Forbidden Rice

Total time: 60 minutes • Active time: 10 minutes

Serves: 4

Black rice has a surprising, nutty taste. This delicious, easy-to-make dish will bring a true taste of Asia to your table.

Ingredients:

- 1 1/4 cups [250 g] black rice
- 6 Tbsp tamari (or shoyu)
- 1 tsp unhulled sesame seeds

Method:

1. Cook the rice according to package directions.
2. Transfer to a strainer and drain well under hot water. Let the rice sit for 2 minutes.
3. Place a large non-stick pan on high heat and add the rice. Stir-cook for approximately 10 minutes, until the rice starts to become crispy. Add the tamari and mix thoroughly.
4. Place in a serving bowl, and garnish with the sesame seeds.

Cumin-Flavored Yellow Rice

Total time: 45 minutes • Active time: 5 minutes

Serves: 8 to 10

This dish looks and tastes wonderful, and will complement any curry or dal dish perfectly.

Ingredients:

- 2 1/2 cups [500 g] brown long-grain rice
- 1 Tbsp ground turmeric
- 1/2 tsp freshly ground black pepper
- 1 tsp ground cumin

Method:

1. Cook the rice according to package directions, adding the turmeric, pepper, and cumin to the cooking water once it starts boiling. Transfer to a strainer and drain well under hot water. Let the rice sit for 2 minutes.
2. Place in a serving bowl.

Violet Rice

Total time: 45 minutes • Active time: 5 minutes

Serves: 4

Impress your friends with this vibrantly colored side dish, which is super easy to make... once you know the secret. The trick is to cook it the day before and leave it in the fridge overnight.

Ingredients:

- 1 cup [200 g] brown long-grain rice
- 1/3 cup [65 g] black rice

Method:

1. Combine 1.3 quarts [liters] hot water with the brown and black rice in a large saucepan. Put on high heat and bring to a boil.
2. Reduce the heat to simmer, and let cook for 45 minutes, stirring occasionally.
3. Transfer to a large strainer. Drain and rinse quickly under cold water.
4. Let cool. Place in a sealed container, and refrigerate overnight.
5. The next day the rice will be an amazing violet color.
6. Add it cold to salads, or heat it up by stir-cooking it in a preheated non-stick pan for 5 minutes.

Madras Rice

Total time: 50 minutes • Active time: 10 minutes

Serves: 8 to 10

Madras curry, India's most famous curry powder, gives any dish a unique, exotic taste. It contains a broad mix of herbs and spices, and is hotter than standard curry powder.

Ingredients:

- 2 1/2 cups [500 g] brown rice
- 1 tsp cumin seeds
- 1 Tbsp Madras curry powder
- 1/4 tsp sweet paprika

Method:

1. Cook the rice according to package directions.
2. Transfer to a strainer and drain well under hot water. Let the rice sit for 2 minutes.
3. Place a large non-stick pan on high heat. Add the rice, cumin seeds, and Madras curry powder. Mix thoroughly.
4. Stir-cook until the rice is almost crispy, approximately 5 minutes.
5. Place in a serving dish and sprinkle the paprika over it.

Yellow Einkorn and Rice

Total time: 45 minutes • Active time: 10 minutes • Soaking time: 12 to 18 hours

Serves: 8 to 10

Turmeric is a powerful healer with numerous health benefits, including anti-inflammatory and anti-oxidant properties. Adding black pepper to turmeric increases its bioavailability by 2000%. I use it often in many of my recipe creations, including this delicious dish.

Ingredients:

- 3/4 cup [150 g] unhulled einkorn berries (or spelt berries)
- 1 1/2 cups [300 g] brown long-grain rice
- 1 Tbsp ground turmeric
- 1/2 tsp freshly ground black pepper
- 1 tsp Herbes de Provence
- 1/2 tsp ground rosemary
- 1/2 tsp *ras el hanout* (optional)

Method:

1. If using einkorn berries, soak them overnight in 1/2 quart [500 ml] cold water. Drain and rinse under hot water. (Spelt berries do not require soaking.)
2. In a large saucepan, bring 1 quart [liter] of water to a boil.
3. Stir in the rice, turmeric, and pepper. Once the water has returned to a boil, reduce the heat to simmer. Cook the rice for 10 minutes, stirring occasionally.
4. Add the drained einkorn to the saucepan. Cook on medium heat for 25 to 30 minutes, stirring occasionally, until tender but still somewhat chewy.
5. Transfer to a large strainer and rinse for a few seconds under hot water. Drain well.
6. Place in a serving bowl.
7. Add the Herbes de Provence, rosemary, and *ras el hanout*, if using. Mix well.



Mixed Einkorn and Black Rice

Total time: 50 minutes • Active time: 5 minutes • Soaking time: 12 to 18 hours

Serves: 6 to 8

Here is another excellent form of plant protein that will complement most meals. This colorful combo goes well with a curry or vegetable dish. Cooked einkorn has a unique, nutty taste, and is also quite crunchy. Soaking the einkorn overnight will reduce its cooking time and increase its digestibility.

Ingredients:

- 1 1/4 cups [250 g] unhulled einkorn berries (or spelt berries)
- 2/3 cup [125 g] black long-grain Camargue rice (or any other black rice)
- 1/2 tsp ground turmeric
- 1/2 tsp freshly ground black pepper
- *Sea salt to taste (optional)*

Method:

1. If using einkorn berries, soak them overnight in 3/4 quart [750 ml] cold water. Drain and rinse under hot water. (Spelt berries do not require soaking.)
2. Cook the black rice according to package directions.
3. In a separate saucepan, cook the drained einkorn according to package directions,

stirring the turmeric and pepper into the cooking water at the beginning. (If the directions don't mention soaking the einkorn before cooking, use the suggested cooking time as a guideline, but start checking for doneness after 20 minutes to prevent the einkorn from overcooking and becoming mushy.)

4. Strain and rinse the einkorn and rice under hot water for a few seconds. Drain well.
5. Transfer the cooked einkorn and rice to a serving bowl. *Add the salt, if using, and mix well.*

Turmeric Infused Einkorn and Quinoa

Total time: 30 minutes • Active time: 5 minutes • Soaking time: 12 to 18 hours

Serves: 4

This colorful, magnesium- and protein-rich side dish is easy to make, and can be served with hot and cold meals.

Ingredients:

- 3/4 cup [150 g] unhulled einkorn berries
- 1 tsp ground turmeric
- 1/4 tsp freshly ground black pepper
- 1 tsp sea salt (optional)
- 1/3 cup [60 g] red quinoa

Method:

1. Soak the einkorn berries overnight in 1/2 quart [500 ml] cold water. Drain and rinse under hot water.
2. Put a saucepan with 2 cups [500 ml] hot water together with the turmeric, pepper, and salt, if using, on high heat.
3. Once the water is boiling, stir in the drained einkorn, and reduce the heat to simmer.
4. Now soak the quinoa for 5 minutes, then rinse well under cold water. Add the drained quinoa to the saucepan after the einkorn has been cooking for 10 minutes.
5. Bring back to a boil. Reduce the heat to simmer again, and let cook for 15 minutes.
6. Strain and rinse under hot water. Transfer the cooked einkorn and quinoa to a serving bowl.



Yellow Quinoa Two Ways

Total time: 30 minutes • Active time: 10 minutes

Serves: 4 to 5

Quinoa is one of the best forms of plant protein on the planet. Packed with nutrients, quinoa is known as a complete protein, and is gluten-free. This dish is very colorful and makes a terrific alternative to rice, especially the crunchy variation below.

Ingredients:

- 1 1/3 cups [250 g] quinoa
- 1 tsp ground turmeric
- 1/2 tsp freshly ground black pepper
- 1/2 tsp sweet paprika

Method:

1. Rinse the quinoa under cold running water for 1 minute to remove the bitter coating. Drain well.
2. Cook the drained quinoa according to package directions, stirring the turmeric and pepper into the cooking water at the beginning.
3. Remove from heat, cover with a lid, and let the quinoa sit for 5 minutes to allow it to soak up the rest of the liquid. Fluff with a fork.

4. Transfer the quinoa to a serving bowl, and sprinkle the paprika over it.

Crunchy Yellow Quinoa

Because quinoa is high in natural oil, it will crisp up in a hot non-stick pan in no time. Prepare the quinoa as described in Steps 1 to 3, above. Place a large non-stick pan on high heat and add the cooked quinoa. *Add 1 tsp sea salt, if desired.* Stir every 20 to 30 seconds for 5 to 7 minutes, until the quinoa becomes quite dry and is lightly toasted. Transfer to a serving bowl, and sprinkle with the paprika.

Sri Lankan Inspired Yellow Potatoes and Green Beans

Total time: 25 minutes • Active time: 25 minutes

Serves: 3 to 4 (side dish) | 1 (main dish)

So pretty, so nutritious, so simple. The delectable combination of spicy green beans and turmeric potatoes will ensure that this eye-catching side dish will be noticed on any table.

Ingredients:

- 1 Tbsp ground turmeric
- 1/2 tsp freshly ground black pepper
- 1 lb [450 g] baby potatoes, cut into 1/2-inch [1 cm] round slices
- 1 cup [120 g] trimmed green beans, cut into 1-inch [2.5 cm] pieces
- 1 red onion, finely diced
- 2 tsp [10 g] ginger, finely minced
- 2 chili peppers (desired heat level), finely diced
- 1 small tomato, finely diced
- 4 cloves garlic, crushed
- 2 Tbsp tamari (or shoyu)
- 4 Tbsp hot water
- 2/3 cup [160 ml] unsweetened coconut milk
- 1 tsp garam masala
- 1 tsp additional ground turmeric
- 1 Tbsp fresh lemon juice
- 1/2 tsp sweet paprika

Method:

1. Take 2 saucepans, and fill each one with 1 quart [liter] of hot water. Place them on high heat.
2. Add 1 Tbsp ground turmeric and the black pepper to one saucepan. When boiling, add the potatoes. Cook for 15 to 20 minutes, just until tender.
3. Put the green beans into the other saucepan of boiling water. Cook for 10 minutes, until tender, but still firm (check with a fork so as not to overcook them).
4. Meanwhile, prepare the onion, ginger, chili peppers, tomato, and garlic.
5. Put a wok on high heat. Pour the tamari together with 4 Tbsp of hot water into the wok.

6. Once this liquid starts bubbling, add the onion, ginger, and chili peppers. Stir-cook with a wooden spatula for 5 minutes.
7. Stir in the tomato, garlic, coconut milk, garam masala, 1 tsp turmeric, and lemon juice. Mix well.
8. Drain and rinse the potatoes and green beans under hot water. Transfer them to the wok, carefully folding them in.
9. Gently stir-cook for about 2 more minutes, until the sauce starts thickening.
10. Transfer to a serving dish, and sprinkle with the paprika.



Cilantro Garlic Green Beans

Total time: 20 minutes Active time: 10 minutes

Serves: 2

This tangy, garlicky dish is super easy to cook and tastes fantastic. If you don't like cilantro, parsley can be used as a substitute.

Ingredients:

- 2 cups [250 g] green beans, ends trimmed and cut into 2-inch [5 cm] pieces ([See tip below](#))
- 1/4 cup [10 g] cilantro leaves (or parsley), chopped
- 4 cloves garlic, crushed
- 3 Tbsp unsweetened coconut milk
- 3 Kalamata olives, pitted and cut into fine strips
- 1/4 tsp sweet paprika
- 2 Tbsp pine nuts

Method:

1. Bring 3 cups [750 ml] of water to a boil in a saucepan.
2. Add the green beans to the boiling water, and reduce the heat to medium. Cook for

8 to 10 minutes till tender, but still firm, then strain.

3. Reduce the heat to low and put the beans back into the saucepan.
4. Add the cilantro, garlic, and coconut milk.
5. Mix thoroughly for 1 minute. Transfer to a serving bowl and garnish with the olives. Sprinkle with the paprika and pine nuts.

Tip:

- 10 oz [300 g] green beans will weigh approximately 8 oz [250 g] after you trim off the ends. You should have about 2 cups green beans after cutting them into 2-inch [5 cm] pieces.

DIPS, SPREADS, SNACKS, AND SAUCES



Nutty Hummus

Total time: 5 minutes • Active time: 5 minutes

Makes about 1 2/3 cups [400 g]

This unique, nutty-tasting hummus is very versatile and can be used as a spread or dip. It will also boost the flavor of salad dressings.

Ingredients:

- 1 1/2 cups [250 g] chickpeas (canned or cooked), rinsed and drained
- 2 cloves garlic
- 2 Tbsp fresh lemon juice
- 1 Tbsp tahini
- 4 Tbsp cold water
- 6 Brazil nuts
- 1 Tbsp pine nuts

- *Sea salt to taste (optional)*

Garnish

- 1 Tbsp parsley leaves, coarsely chopped

Method:

1. Put all the ingredients into a small food processor fitted with the 'S' blade. Pulse until smooth, about 2 minutes. *If desired, add a pinch of salt, and pulse again for about 10 seconds. Repeat, if still more salt is desired.*
2. Transfer to a serving bowl and garnish with the parsley.

Traditional Hummus

Total time: 5 minutes • Active time: 5 minutes

Makes about 1 1/2 cups [375 g]

Hummus has been around for hundreds of years in the Middle East. This oil-free version of traditional hummus tastes delicious and takes just minutes to make.

Ingredients:

- 1 1/2 cups [250 g] chickpeas (canned or cooked), rinsed and drained
- 1 Tbsp tahini
- 2 Tbsp fresh lemon juice
- 2 cloves garlic
- 1/3 cup [80 ml] cold water
- *Sea salt to taste (optional)*

Garnish

- 1/4 tsp sweet paprika
- 1 tsp pine nuts

Method:

1. Put the chickpeas, tahini, lemon juice, garlic, and water into a small food processor fitted with the 'S' blade. Pulse until smooth, about 2 minutes. *If desired, add a pinch of salt, and pulse again for about 10 seconds. Repeat, if still more salt is desired.*
2. Transfer to a serving bowl.
3. Garnish with the paprika and pine nuts.

Parsley Hummus

Total time: 6 minutes • Active time: 6 minutes

Makes about 2 cups [500 g]

Fresh parsley enhances the flavor of this nutty-tasting hummus. It's fast, easy, and healthy.

Ingredients:

- 1 1/2 cups [250 g] chickpeas (canned or cooked), rinsed and drained
- 3 cloves garlic
- 3 Tbsp parsley leaves, chopped
- 4 oil-free sun-dried tomatoes, coarsely chopped
- 1/3 cup [40 g] cashews
- 1 Tbsp mild yellow mustard
- 1/2 cup [120 ml] cold water
- *Sea salt to taste (optional)*

Garnish

- 1 tsp unhulled sesame seeds

Method:

1. Put all the ingredients into a small food processor fitted with the 'S' blade. Pulse until smooth, about 2 minutes. *If desired, add a pinch of salt, and pulse again for about 10 seconds. Repeat, if still more salt is desired.*
2. Note: If you prefer your hummus more liquid or really smooth, add 1/2 Tbsp additional water at a time, and pulse again for about 15 seconds.
3. Transfer to a serving bowl and garnish with the sesame seeds.

Olive Hummus

Total time: 8 minutes • Active time: 8 minutes

Makes about 1 3/4 cups [425 g]

If you love olives, you will be a big fan of this scrumptious, protein-packed dip. Little effort, big benefit!

Ingredients:

- 1 1/2 cups [250 g] chickpeas (canned or cooked), rinsed and drained
- 2 cherry tomatoes, halved
- 8 green olives, pitted and halved
- 8 Kalamata olives, pitted and halved
- 2 cloves garlic
- 1 Tbsp fresh lemon juice
- 1 tsp mild yellow mustard
- 1/2 tsp garam masala
- 3 Tbsp cold water

Method:

1. Put all the ingredients into a small food processor fitted with the 'S' blade. Pulse until well combined, about 2 minutes.
2. Transfer to a serving bowl.

Asparagus Hummus

Total time: 5 minutes • Active time: 5 minutes

Makes about 2 cups [500 g]

Creamy and rich-tasting, this tasty hummus is always a party favorite.

Ingredients:

- 6 medium-sized cooked asparagus spears (white or green), quartered
- 2 cups [350 g] chickpeas (canned or cooked), rinsed and drained
- 2 Tbsp fresh lemon juice
- 2 cloves garlic
- 1 Tbsp tahini
- 2 Tbsp chopped ramp leaves (fresh or dried)
- 1 tsp sea salt (optional)

Method:

1. Put the asparagus, chickpeas, lemon juice, and garlic into a small food processor fitted with the 'S' blade.
2. Add the tahini, ramp leaves, *and salt, if using*. Pulse until smooth, about 2 minutes. *If desired, add a pinch of salt, and pulse again for about 10 seconds. Repeat, if still more salt is desired.*
3. If too thick, drizzle in 1 tsp water at a time until the desired thickness is achieved.
4. Transfer to a serving bowl.

Sea Vegetable Hummus

Total time: 5 minutes • Active time: 5 minutes

Makes about 1 1/2 cups [375 g]

What a great way to get the nutritional benefits of sea vegetables into your plant-based regime!

Ingredients:

- 1 1/2 cups [250 g] chickpeas (canned or cooked), rinsed and drained
- 2 Tbsp mixed sea vegetable flakes (such as dulse, nori, and sea lettuce)
- 1 tsp mild yellow mustard
- 10 green olives, pitted
- 10 walnut halves
- 1 Tbsp fresh lemon juice
- 1 clove garlic
- 2 Tbsp cold water

Garnish

- 1/4 tsp ground turmeric
- 1/2 tsp mixed sea vegetable flakes (such as dulse, nori, and sea lettuce)

Method:

1. Put all the ingredients into a small food processor fitted with the 'S' blade. Pulse until smooth, about 2 minutes.
2. Transfer to a serving bowl and garnish with the turmeric and sea vegetable flakes.



Gourmet Hummus-Butter Sandwich

Total time: 10 minutes • Active time: 10 minutes

Serves 2 (as a main dish) | 4 (as a snack)

Perfect as a snack or substantial enough for a main dish, this colorful, nutrition-packed sandwich is made in minutes and tastes divine.

Ingredients:

- 2 Tbsp [Nutty Hummus](#)
- 8 slices of whole-grain bread
- 1/2 ripe avocado, mashed
- 3/4 cup [45 g] mixed sprouts (e.g., lentil, radish, and alfalfa sprouts)
- 2 white button mushrooms, thinly sliced
- 4 cherry tomatoes, thinly sliced
- 4 Kalamata olives, pitted and halved
- Sauce
- 1 tsp umeboshi paste
- 1 tsp mild yellow mustard
- 2 Tbsp tomato passata
- 1 Tbsp shoyu (or tamari)

Method:

1. Spread a layer of the [Nutty Hummus](#) on 4 of the bread slices.
2. Carefully spread a layer of the avocado on all of the bread slices. Put the 4 bread

slices spread with only the avocado aside for now. Place the sprouts on top of the other 4 bread slices.

3. Distribute the mushrooms evenly on top.
4. Add the tomatoes, and then top with the olives.
5. Sauce: Mix the sauce ingredients in a small bowl. Drizzle it from a teaspoon, drop by drop, over the sandwich fillings.
6. Cover the sandwich fillings with the 4 “avocado spread” bread slices.
7. Hold down firmly and diagonally cut each sandwich in half with a serrated knife.

Tips:

- To decorate each sandwich half, take a toothpick with an olive or cherry tomato attached on top and put the toothpick through the top of the sandwich.
- If there is any leftover sauce, brush it over the other avocado half.



Kalamata-Mushroom Avocado Snack

Total time: 5 minutes • Active time: 5 minutes

Serves 2 (as an appetizer or snack)

Here is another extremely fast and taste-rewarding snack. Each avocado half becomes its own serving container.

Ingredients:

- 3 Tbsp tomato passata
- 1 Tbsp mild yellow mustard
- 1 tsp shoyu (or tamari)
- 2 small white button mushrooms, diced
- 3 Kalamata olives, pitted and diced
- 1 Tbsp parsley leaves, finely chopped
- 1 ripe avocado, halved and pitted

Method:

1. Combine the tomato passata, mustard, and shoyu in a small bowl and mix well.
2. Stir in the mushrooms, olives, and most of the parsley. (Set aside a pinch of the parsley to use as a garnish.)

3. You may have to cut a bit off the bottom of each avocado half to make them stand stable. Spoon the filling evenly into the avocado “indentations” (the hollow that is left when you remove the pit).
4. Sprinkle with the reserved parsley.

Curried Avocado

Total time: 5 minutes • Active time: 5 minutes

Serves 2 (as an appetizer or snack) | 1 (as a light lunch)

I love anything with curry! This is one of my favorite spreads and it is so simple to make.

Ingredients:

- 1 ripe avocado, halved and pitted
- 2 cherry tomatoes, halved
- 4 Tbsp Madras curry powder
- 1 tsp ground turmeric
- 1/4 tsp freshly ground black pepper
- 2 cloves garlic
- 1 small red onion, quartered
- 3 Tbsp shoyu (or tamari)

Method:

1. Spoon the avocado flesh into a small food processor fitted with the 'S' blade.
2. Add the cherry tomatoes, curry powder, turmeric, pepper, garlic, onion, and shoyu.
3. Blend until smooth, about 1 minute.
4. Transfer the mixture to a serving bowl.

Savory Avocado

Total time: 5 minutes • Active time: 5 minutes

Makes about 1 cup [250 g]

Vegan fast food! I love to spread this on crusty bread and top it with sliced cherry tomatoes, olives, basil and nutritional yeast. It also makes a fabulous filling for the other avocado half.

Ingredients:

- 1/2 ripe avocado, halved and pitted
- 2 Tbsp fresh lemon juice
- 2 cloves garlic
- 2 large cherry tomatoes, quartered
- 1 small red onion, quartered
- 1 tsp sea vegetable flakes (such as dulse, nori, and sea lettuce)
- 1 Tbsp Madras curry powder
- 1/2 tsp ground turmeric
- 1 pinch ground cumin
- *Sea salt and freshly ground black pepper to taste (optional)*

Method:

1. Spoon the avocado flesh into a small food processor fitted with the 'S' blade.
2. Add the lemon juice, garlic, tomatoes, onion, sea vegetable flakes, curry, turmeric, and cumin.
3. Blend until smooth, about 1 minute. *If desired, add some salt and pepper, and pulse again for about 10 seconds. Repeat, if still more salt or pepper is desired.*
4. Transfer the mixture to a serving bowl.

Avocado with Cocktail Sauce

Total time: 5 minutes • Active time: 5 minutes

Serves 2 (as an appetizer or snack)

Avocado halves topped with this cocktail sauce are a super tasty treat.

Ingredients:

- 2 Tbsp mild yellow mustard
- 1 Tbsp tomato passata
- 1 Tbsp fresh lemon juice
- 1 tsp dried dill
- *Sea salt and freshly ground black pepper to taste (optional)*
- *Finely chopped chili and crushed garlic to taste (optional)*
- 1 ripe avocado, halved and pitted

Method:

1. Mix the mustard with the tomato passata in a small bowl.
2. Add the lemon juice, dill, *and salt, pepper, chili, and garlic, if using*. Stir well.
3. You may have to cut a bit off the bottom of each avocado half to make them stand stable. Spread the mixture evenly over the two avocado halves.
4. Presto, a healthy snack in just 5 minutes!

Tangy Cilantro Dip

Total time: 5 minutes • Active time: 5 minutes

Makes about 1 1/3 cups [325 g]

The cilantro and spices give this dip a unique Indian taste. It's also excellent as a spread on bread, or as a base for a sandwich.

Ingredients:

- 1 1/2 cups [250 g] chickpeas (canned or cooked), rinsed and drained
- 2 Tbsp unsweetened coconut milk
- 1/2 tsp ground cumin
- 1/2 tsp ground turmeric
- 1/2 tsp garam masala
- 3/4 packed cup [20 g] cilantro leaves, finely chopped
- 2 Tbsp cold water
- *Sea salt to taste (optional)*

Optional Garnish

- 1/2 tsp sweet paprika
- 5 cilantro leaves

Method:

1. Put all the ingredients into a small food processor fitted with the 'S' blade. Pulse until well combined, about 2 minutes. *Add a pinch of salt, if desired, and pulse again for about 10 seconds. Repeat, if still more salt is desired.*
2. Transfer to a serving bowl.
3. *Garnish with the paprika and cilantro leaves, if desired.*

Middle Eastern “Finger Food”

Total time: 10 minutes • Active time: 10 minutes

Makes about 1 1/4 cups [300 g]

Everyone loves this salty, crunchy dish. If you like it spicy, add the chili pepper and Hot Chili Sambal. Perfect party food!

Ingredients:

- 1/3 cup [50 g] green or black olives, pitted and halved
- 1 1/4 cups [100 g] walnut halves
- 1 red hot chili pepper, finely chopped (optional)
- 2 Tbsp tamari (or shoyu)
- 2 Tbsp tomato passata
- 1 small clove garlic
- 4 Tbsp fresh lemon juice
- 1 Tbsp *Hot Chili Sambal* (optional)

Method:

1. Mix the olives, walnut halves, *and chili pepper, if using*, together in a medium bowl.
2. Combine the tamari, tomato passata, garlic, lemon juice, *and Hot Chili Sambal, if using*, in a small food processor fitted with the ‘S’ blade. Blend for approximately 15 seconds, until well combined.
3. Add the tamari mixture to the olive/walnut mixture and stir to combine.
4. Transfer to a serving bowl.

Curried “V-eggs”

Total time: 7 minutes • Active time: 7 minutes

Serves 2 (as an appetizer or snack) | 1 (as a light lunch)

This is excellent as a spread for bread, a filling for avocado, or just to enjoy on its own.

Ingredients:

- 1 ripe avocado, halved and pitted
- 2 tsp yellow Indian curry powder
- 1/2 tsp ground cumin
- 1 tsp shoyu (or tamari)
- 2 Tbsp tomato passata
- 1/2 tsp sea salt
- 4 white button mushrooms, diced
- 2 Tbsp parsley leaves, chopped

Method:

1. Spoon the avocado flesh into a blender or small food processor fitted with the ‘S’ blade.
2. Add the curry, cumin, shoyu, tomato passata, and salt.
3. Blend until smooth, about 1 minute.
4. Transfer the mixture to a small bowl.
5. Stir in the mushrooms and parsley with a spoon.



Walnut Olive Tapas

Total time: 5 minutes • Active time: 5 minutes

Makes almost 1 cup [200 g]

Tops in taste, this scrumptious, crunchy, salty dish is always popular at a party.

Ingredients:

- 12 walnut halves
- 1/2 tsp ras el hanout
- 1 tsp ground cilantro
- 1/2 tsp ground ginger
- 2 Tbsp fresh lemon juice
- 1 Tbsp shoyu (or tamari)
- 10 Kalamata olives, pitted and finely diced
- 8 green olives, pitted and finely diced
- 2 Tbsp tomato passata
- 1/2 tsp unhulled sesame seeds

Method:

1. Place the walnuts into a small bowl.
2. Sprinkle the ras el hanout, cilantro, and ginger over the nuts.
3. Drizzle in the lemon juice and shoyu. Mix well, making sure all the nuts are coated.
4. Add the olives and tomato passata. Mix thoroughly for about 1 minute so that the walnuts are completely coated.
5. Sprinkle with the sesame seeds.

Parmesan Cheeze Crumble

Total time: 2 minutes • Active time: 2 minutes

This tangy nut cheeze is as yummy as its original dairy cousin, and goes well with any pasta dish.

Ingredients:

- 1/3 cup [30 g] cashews
- 1/4 cup [30 g] pine nuts
- 1/2 cup [30 g] brewer's yeast flakes, lightly packed
- *Sea salt to taste (optional)*

Method:

1. Put all the ingredients into a small food processor fitted with the 'S' blade. Blend for 30 seconds, until the nuts are finely crushed.
2. Scrape out and transfer to a small bowl. Put the cheeze on the table and serve it with a teaspoon.

White Cheeze

Total time: 26 hours 10 minutes • Active time: 10 minutes

Makes about 1 lb [500 g]

You can use this versatile scrumptious cheeze as a spread, salad dressing, pizza topping, or snack. The options are endless.

Ingredients:

- 1 heaping cup [150 g] macadamia nuts
- 1 heaping cup [150 g] cashews
- 6 Tbsp brewer's yeast flakes (or nutritional yeast flakes)
- 1 tsp sea salt
- 2 Tbsp apple cider vinegar
- 1 cup [240 ml] rice milk
- 1 Tbsp white vinegar

Method:

1. Put the macadamia nuts, cashews, brewer's yeast, salt, and apple cider vinegar into a jug. Cover with the rice milk and stir well.
2. Cover the jug with a lid or aluminum foil. Put in the vegetable drawer of the refrigerator and let sit for at least 2 hours.
3. Transfer the mixture to a small food processor fitted with the 'S' blade, or a blender. Blend until smooth, about 2 minutes.
4. Add the white vinegar and blend for another 15 seconds.
5. Transfer to a glass jar, cover with plastic wrap and secure it in place with an elastic band.
6. Put it in the vegetable drawer of the refrigerator for 24 hours to mature.
7. Then stir with a fork.
8. Transfer to a serving bowl if serving immediately. For later use, transfer to a sealable container, cover, and store in the refrigerator.

Cashew Macadamia Nut Spread

Total time: 12 hours 10 minutes • Active time: 10 minutes

Makes about 1 lb [500 g]

This easy-to-make dairy alternative is not only delicious, but also rich in calcium, magnesium, iron, and B-vitamins. I like to call this spread “Cashewdamia” because everyone goes nuts over it! For those who just can’t wait, this spread can be enjoyed right away, but it improves in flavor even more as it matures. It’s definitely worth the wait!

Ingredients:

- 1 heaping cup [150 g] macadamia nuts
- 1 heaping cup [150 g] cashews
- 6 Tbsp brewer’s yeast flakes (or nutritional yeast flakes)
- 6 Tbsp [90 ml] rice milk
- 2 Tbsp apple cider vinegar
- 1 tsp sea salt

Method:

1. Line a round container about 5 inches in diameter x 2 inches high [12 cm x 5 cm] with a sheet of waxed paper large enough to overlap and cover the spread.
2. Put the macadamia nuts, cashews, brewer’s yeast, rice milk, vinegar, and salt into a small food processor fitted with the ‘S’ blade.
3. Blend for about 2 minutes, until it becomes a smooth, thick paste. (Note: If the nuts are extremely dry, you may need to add a small amount of spring or distilled water.)
4. Transfer the mixture to the prepared container. Neatly fold the waxed paper so it completely covers the spread.
5. Place in the vegetable drawer of the refrigerator to mature for at least 12 hours.
6. Transfer to a sealable container, cover, and store in the refrigerator.

Vegan “Goat” Cheeze

Total time: 2 hours 10 minutes • Active time: 10 minutes

Makes about 1 lb [500 g]

So versatile! This mouthwatering nut-based cheeze can be used as a dairy-free spread on bread, added to a salad, or used as a pizza topping. For maximum flavor, follow the additional directions “For Fermenting” described in steps 10-12 (below).

Ingredients:

- 1 heaping cup [150 g] cashews
- 1 heaping cup [150 g] Brazil nuts
- 2 Tbsp fresh lemon juice
- 3 Tbsp nutritional yeast flakes (or brewer’s yeast flakes), divided
- 1/2 tsp sea salt
- 1 clove garlic, crushed
- 1 tsp dried thyme

Method:

1. Put the cashews, Brazil nuts, lemon juice, 2 Tbsp nutritional yeast, and salt into a jug.
2. Cover completely with cold spring or distilled water, plus an extra 1/4 inch [0.5 cm] of water on top.
3. Cover with a cheesecloth or plastic wrap and refrigerate for 2 hours.
4. Transfer the mixture to a blender and blend until smooth, about 2 minutes.
5. Add the remaining 1 Tbsp nutritional yeast and garlic.
6. Blend again for 10 seconds.
7. Stir in the thyme with a small fork.
8. Taste and add additional salt, if desired.
9. Transfer to a serving bowl.

For Fermenting:

Total time: 50 hours 20 minutes • Active time: 20 minutes

Additional Ingredients:

- 1 Tbsp apple cider vinegar
- 1 Tbsp dried tarragon

- 1/2 tsp sea salt

10. After step 6, transfer the cheeze to a glass jar, cover with plastic wrap, and secure it in place with an elastic band. Wrap the jar in a clean kitchen towel and put it in the vegetable drawer of the refrigerator.
11. Let it sit for 24 hours to mature. After 24 hours, add the apple cider vinegar, tarragon, and salt. Stir thoroughly. Cover again, and let it mature in the vegetable drawer of the refrigerator for another 24 hours.
12. Transfer to a serving bowl or sealable container, cover, and store in the refrigerator.

Hot Chili Sambal

Total time: 5 minutes • Active time: 5 minutes

Makes almost 1 cup [200 g]

Indulge your taste buds! Sambal is a spicy chili-based sauce that is popular in many countries throughout Asia, especially Indonesia and Malaysia. Its heat level is directly related to the type of chili used. This special sambal will add flavor and heat to your meals, or you can add it to dips, marinades, and salad dressings. This versatile sauce will keep in the refrigerator for up to 2 weeks.

Ingredients:

- 5 small red hot chili peppers, halved (discard seeds if you prefer a milder taste)
- 1/2 red bell pepper, cut into chunks
- 1 small Roma tomato, quartered
- 2 cloves garlic
- 1 Tbsp fresh lemon juice
- 3 oil-free sun-dried tomatoes, diced
- 1/2 tsp brown curry powder (e.g., Sri Lankan)

Method:

1. Put all the ingredients into a small food processor fitted with the 'S' blade.
2. Blend until puréed, about 2 minutes.
3. Transfer to a sealable container, cover, and store in the refrigerator.

Chili Sauce Diavolo

Total time: 5 minutes • Active time: 5 minutes

Makes about 1 cup [250 g]

This hot, spicy sauce is easy to make and can be added to many meals for an extra kick.

Ingredients:

- 4 small red hot chili peppers (discard the seeds if you prefer a milder taste)
- 1 ripe tomato, quartered
- 1 red bell pepper, quartered
- 2 large cloves garlic
- 1 Tbsp Dijon mustard
- 1 Tbsp fresh lemon juice
- 1/2 tsp ground cumin
- 1/2 tsp extra-hot ground cayenne pepper (or dried red hot chili flakes)
- 1 tsp sea salt
- 1 Tbsp agave syrup (or coconut palm sugar)

Method:

1. Put all the ingredients into a small food processor fitted with the 'S' blade.
2. Blend until smooth, about 2 minutes.
3. Transfer to a sealable container, cover, and store in the refrigerator.

Creamy Tarragon Sauce

Total time: 10 minutes • Active time: 10 minutes

Makes about 1 2/3 cups [400 g]

This luscious sauce tastes like a creamy béarnaise sauce. It is excellent with asparagus, potatoes, cauliflower, broccoli, eggplant, or pasta of your choice. Highly recommended when entertaining omnivores!

Ingredients:

- 1 1/4 cups [200 g] chickpeas (canned or cooked), rinsed and drained
- 2 Tbsp nutritional yeast flakes (or brewer's yeast flakes)
- 1 clove garlic
- 2 Tbsp fresh lemon juice
- 10 cashews
- 1/2 cup [120 ml] water
- 4 Tbsp apple cider vinegar
- 2 Tbsp dried tarragon leaves
- 2 Tbsp additional water
- 1/4 tsp freshly ground black pepper
- *Sea salt to taste (optional)*
- 1/2 tsp sweet paprika

Method:

1. Put the chickpeas into a small food processor fitted with the 'S' blade. Add the nutritional yeast, garlic, lemon juice, cashews, and 1/2 cup [120 ml] water.
2. Blend for about 1 minute, until smooth.
3. Pour the apple cider vinegar into a 1-quart [liter] saucepan, and add the tarragon leaves. Stir on high heat with a wooden spoon until the liquid has reduced by half.
4. Reduce the heat to medium, and remove the saucepan from the heat.
5. Add 2 Tbsp water to the saucepan. Add the puréed chickpea mixture, pepper, *and salt, if using*. Place the saucepan back onto the heat, and mix well with a wooden spoon.
6. Keep stirring for 4 to 5 minutes until the sauce is hot, but don't let it boil. If necessary, reduce the heat.
7. Pour the sauce over your vegetables or pasta in a serving dish and sprinkle the paprika over the top.

OVEN DISHES



Roasted Shiitake Mushrooms in Gourmet Sauce

Total Time: 40 minutes • Active time: 10 minutes

Serves: 2 (along with your favorite grain and a salad)

Shiitake mushrooms, with their meaty, earthy flavor, taste terrific when baked in this mouthwatering, aromatic gourmet sauce. Serve with rice, pasta, or quinoa along with a fresh salad, for a memorable meal.

Ingredients:

- 5 oz [150 g] large shiitake mushrooms, tough ends trimmed
- 2 cloves garlic, crushed
- 2 tsp ground turmeric
- 2 Tbsp tamari (or shoyu)
- 7 fl oz [200 ml] unsweetened coconut milk, divided
- 2 Tbsp fresh lemon juice
- 2 Tbsp yellow Indian curry powder

- 1/2 tsp ground cumin
- 1 green chili pepper, thinly sliced (optional)

Method:

1. Preheat the oven to 480°F [250°C].
2. Arrange the mushrooms in a single layer in a 7 x 11-inch ovenproof baking dish [18 x 28 cm], rounded-side up. (Use a baking dish that can be used under the broiling element, so you can brown the mushrooms the last few minutes of cooking.)
3. Place the garlic in a small bowl. Add the turmeric, tamari, and 2 fl oz [60 ml] of the coconut milk, and mix well. Lightly brush this mixture onto the mushroom tops with a small pastry brush.
4. Squeeze the lemon juice into the same small bowl. Add the curry, cumin, and remaining coconut milk, and mix well. (*Stir in the sliced chili pepper, if using.*)
5. Pour this sauce carefully into the baking dish. Avoid pouring it directly onto the mushrooms.
6. Bake uncovered on the middle rack for 30 minutes.
7. Then turn on the broiling element for approximately 5 minutes, until the mushrooms are golden-brown. Watch carefully to prevent them from burning.

Tip:

- Put 8 oz [250 g] rice, pasta, or quinoa on to cook at the same time you start preparing this dish. Make your favorite salad while everything is cooking. Dinner is done!

Baked Cauliflower, Broccoli & Potatoes in Cheeze Sauce

Total time: 50 minutes • Active time: 30 minutes

Serves: 5

This amazingly creamy baked dish is really easy to make, and is a great meal to prepare when entertaining. It's ideal for vegans, vegetarians, and omnivores alike.

Ingredients:

- 2 lb [900 g] starchy potatoes (e.g., Russets) (unpeeled, unless non-organic), sliced lengthwise 1/4-inch [5 mm] thick
- 1 tsp ground turmeric
- 1/4 tsp freshly ground black pepper
- 1/4 tsp sea salt
- 2 1/2 cups [250 g] cauliflower florets
- 3 1/2 cups [200 g] broccoli florets
- 2 red onions, finely diced
- 2 tomatoes, diced

Sauce

- 1 heaping cup [150 g] macadamia nuts
- 1/2 cup [75 g] cashews
- 3 Tbsp brewer's yeast flakes
- 2 tsp sea salt (*optional*)
- 3 cups [720 ml] unsweetened rice milk, divided
- 2 Tbsp Herbes de Provence
- 1 tsp ground cumin
- 1/2 tsp ground nutmeg
- 1 tsp sweet paprika
- 1 tsp ground turmeric
- 5 cloves garlic, crushed
- 4 Tbsp brewer's yeast flakes (for the gratin)

Method:

1. Preheat the oven to 480°F [250°C] on the convection setting. ([See note below.](#)) Place the oven rack about 4 inches [10 cm] from the top element.

2. Put two saucepans, each containing 1.5 quarts [liters] of hot water, on high heat. Bring to a boil.
3. Add the potatoes to one saucepan, making sure that all the slices are separated. Let cook for 10 minutes.
4. Stir the turmeric, pepper, and salt into the second saucepan of water. Add the cauliflower and broccoli, and let cook for 10 minutes.
5. Meanwhile, prepare the sauce. Put the macadamia nuts, cashews, yeast flakes, *salt, if using*, and 1 1/2 cups [360 ml] of the rice milk into a small food processor fitted with the 'S' blade. Blend for about 30 seconds, until smooth.
6. Transfer to a large mixing bowl. Add the remaining 1 1/2 cups [360 ml] rice milk, Herbes de Provence, cumin, nutmeg, paprika, turmeric, and garlic. Mix well.
7. Drain the potatoes in a large strainer, rinse them under cold water for 30 seconds, and carefully transfer them to a bowl.
8. Drain the cauliflower and broccoli, and transfer them to another bowl. Roughly break them up with a fork. Add the onions and tomatoes, and stir them in gently with a wooden spoon.
9. Cover the bottom of a large ovenproof baking dish (about 9 x 14 x 2.5-inches [22 x 35 x 7 cm]) with half the potatoes, arranging them in a single layer.
10. Evenly distribute the vegetable mixture over the potato layer.
11. Pour half of the sauce evenly over the vegetable layer, spreading it evenly.
12. Arrange a second layer of potatoes over the sauce. Pour the remaining sauce evenly over the potatoes.
13. Sprinkle the yeast flakes on top with a soup spoon, covering the entire surface.
14. Put the baking dish into the oven, and reduce the heat to 430°F [220°C]. Let bake for 20 minutes.
15. Then turn on the broiling element. Broil for 4 to 5 minutes, until golden brown. Watch carefully to prevent the top from burning.
16. Take the baking dish out of the oven, and let sit for 5 minutes.
17. Now transfer the vegetables with a serving spoon to dinner plates, and spoon some sauce over the top.

Note:

- If your oven doesn't have a convection setting, either increase the temperature by 20 to 25°F [10°C], or add a few extra minutes to the total cooking time.

Mango Steak Curry

Total time: 75 minutes • Active time: 20 minutes

Serves: 4 to 5

Colorful cubes of vegetables are layered in a baking dish and topped with a curried coconut sauce. Sliced mangos form a tasty top layer for this aromatic casserole. The most difficult part of making this dish is waiting for it to finish cooking!

Ingredients:

- 2 large potatoes (about 12 oz [350 g]), cut into 1/2-inch [1 cm] cubes
- 1 small sweet potato (about 3 oz [90 g]), cut into 1/2-inch [1 cm] cubes
- 1 carrot, cut into 1/2-inch [1 cm] cubes
- 2 red onions, cut into 1/2-inch [1 cm] cubes
- 1 red bell pepper, cut into 1/2-inch [1 cm] cubes
- 1 tomato, cut into 1/2-inch [1 cm] cubes
- 3 mangos (about 1 1/2 lb [750 g])

Sauce

- 7 fl oz [200 ml] unsweetened coconut milk
- 4 Tbsp fresh lemon juice
- 2 Tbsp yellow Indian curry powder
- 2 Tbsp brown curry powder (e.g., Sri Lankan)
- 1 tsp yellow hot curry powder
- 1/2 tsp garam masala
- 1/2 tsp ground cumin
- 1/4 tsp cardamom powder
- 1/2 tsp ground ginger
- 1/4 tsp ground nutmeg
- 1/4 cup [60 ml] water

Method:

1. Preheat the oven to 480°F [250°C] on the convection setting. ([See note.](#))
2. Combine the potatoes, sweet potato and carrot in a 9 x 13-inch ovenproof baking dish [22 x 33 cm]. Spread evenly.
3. Place the onions, bell pepper, and tomato into a bowl, and mix well. Spread the mixture evenly over the potatoes and carrots.

4. Prepare the Sauce as directed (below). Using a large spoon or ladle, pour the sauce evenly over the veggie mix.
5. Peel the mangos, and cut them sideways to get the biggest slices. Arrange the mango slices on top of the veggie mix. Scrape the rest of the mangos off their skin and cover any “holes” between the mango slices.
6. Bake uncovered on the middle rack for 30 minutes. Take the baking dish out of the oven and turn all the mango pieces over with a fork.
7. Bake 30 minutes longer, or until the carrots and potatoes are tender when pierced with a fork.
8. Transfer the contents to a serving dish.

Sauce

1. Put all the sauce ingredients into a small food processor fitted with the ‘S’ blade. Blend for about 30 seconds.



Nutty Cheeze Cauliflower Mushroom Bake

Total time: 45 minutes • Active time: 10 minutes

Serves: 2

Oyster mushrooms and cauliflower florets are baked in a nutty, dairy-free sauce that is quite similar to a cheese sauce. Little effort, yet extremely delectable!

Ingredients:

- 3 oyster mushrooms (or any other large, flat, thick mushrooms) (about 6 oz [180 g])
- 1 red onion, finely diced
- 1 small head cauliflower (about 12 oz [350 g]), cut into florets (the trimmings can be added to your Green Juice)

Sauce

- 3/4 cup [125 g] chickpeas (canned or cooked), rinsed and drained
- 12 Brazil nuts
- 10 cashews
- 3.5 fl oz [100 ml] dry white vegan wine (e.g., Sauvignon Blanc)
- 5 fl oz [150 ml] unsweetened coconut milk

- 5 fl oz [150 ml] water
- 3 cloves garlic
- 1 tsp sea salt
- 1 tsp freshly ground black pepper
- 1/2 tsp ground turmeric

Garnish

- 1 oil-free sun-dried tomato, chopped
- 1 Tbsp parsley leaves, chopped

Method:

1. Preheat the oven to 425°F [220°C] on the convection setting. ([See note.](#))
2. Place the mushrooms in the middle of a 7 x 11-inch ovenproof baking dish [18 x 28 cm]. Sprinkle the onion over the mushrooms. Arrange the cauliflower evenly around the mushrooms.
3. Put all the sauce ingredients into a small food processor fitted with the ‘S’ blade. Blend until smooth, about 1 minute. ([See tip below.](#))
4. Ladle the sauce evenly over the vegetables.
5. Bake on the middle rack for 15 minutes.
6. Increase the heat to 475°F [240°C], and bake 10 minutes longer.
7. Reduce the heat to 450°F [230°C], and bake 7 to 12 minutes longer. The cauliflower should be tender when pierced with a fork. Watch carefully to prevent burning.
8. Transfer the vegetables to a serving dish.
9. Garnish with the sun-dried tomato and parsley.

Tip:

- Clean the food processor immediately so the turmeric doesn’t stain it. Alternatively, mix the turmeric in last with a whisk in a non-plastic bowl.



Roasted Sweet and Sour Pineapple

Total time: 55 minutes • Active time: 30 minutes

Serves: 2 (main dish) | 4 (on a bed of whole-grain rice)

Juicy wedges of pineapple tossed with an aromatic blend of oriental spices, topped with red bell peppers and red onions, then roasted in a scrumptious, creamy sweet and sour sauce. Perfection on a plate!

Ingredients:

- 1 tsp ground ginger
- 2 tsp garam masala
- 1/2 tsp sweet paprika
- 1/2 tsp freshly ground black pepper
- 1/2 tsp sea salt
- 3 Tbsp unhulled sesame seeds
- 1 tsp ground cardamom
- 1 Tbsp ground cinnamon

- 1 small, extra-sweet pineapple (about 2 lb [1 kg]), peeled and cored
- 3 red bell peppers, cut into 1-inch [2.5 cm] pieces
- 3 red onions, cut into 1-inch [2.5 cm] pieces
- 1 cup [240 ml] unsweetened coconut milk
- 1 cup [240 ml] pure pineapple juice
- 2 oil-free sun-dried tomatoes, finely diced
- 4 Tbsp fresh lemon juice
- 1/2 tsp parsley leaves, chopped

Method:

1. Preheat the oven to 475°F [240°C] on the convection setting. ([See note.](#))
2. Put the ginger, garam masala, paprika, black pepper, salt, sesame seeds (*save one pinch for later*), cardamom, and cinnamon into a large mixing bowl with a lid. Mix well with a wooden spoon.
3. Cut the pineapple into wedges (about 1/2 inch thick x 2 inches wide) [1 x 5 cm]. Add the pineapple to the spice mixture and firmly place the lid on the bowl. Toss together, coating the pineapple with the spices.
4. Transfer the pineapple to a 9 x 13-inch ovenproof baking dish [22 x 33 cm]. (Use a baking dish that can be used under the broiling element, so you can brown the pineapple the last few minutes of cooking.)
5. Scatter the bell pepper and onion evenly in the baking dish. Pour the coconut milk and pineapple juice from the sides into the dish.
6. Bake on the middle rack for 25 minutes. Carefully take the baking dish out of the oven and turn all the pineapple wedges over.
7. Bake an additional 10 minutes. Then turn on the broiling element for approximately 6 to 8 minutes, until the pineapple wedges are golden brown. Watch carefully to prevent them from burning.
8. Take the baking dish out of the oven, and carefully stir the lemon juice into the sauce.
9. Transfer the contents to a serving dish.
10. Sprinkle the sun-dried tomatoes, a pinch of sesame seeds, and parsley over the top.

Tip:

- If you are serving this meal with rice, put 1 1/2 cups [300 g] brown long-grain rice on to cook at the same time you start preparing this dish. That way, everything will be ready to eat at the same time.

Baked Oyster Mushroom Risotto

Total time: 30 minutes • Active time: 5 minutes

Serves: 3

This baked version of risotto eliminates the need to stand at the stove and stir the pot. Super rich in taste and flavor – bake it, serve it, and wait for the compliments!

Ingredients:

- 2 3/4 cups [500 g] cooked whole-grain rice
- 2 tomatoes, sliced into rounds (about 3/4-inch [1.5 cm] thick)
- 7 fl oz [200 ml] unsweetened coconut milk
- 2 Tbsp apple cider vinegar
- 1 Tbsp fresh lemon juice
- 1 tsp ground turmeric
- 1/2 tsp sweet paprika
- 3 to 4 large oyster mushrooms (about 8 oz [240 g])
- 2 Tbsp tamari (or shoyu)
- 1 Tbsp cilantro leaves, chopped

Method:

1. Preheat the oven to 480°F [250°C] on the convection setting. ([See note.](#))
2. Spread a bed of the cooked rice in a 7 x 11-inch ovenproof baking dish [18 x 28 cm].
3. Arrange a layer of tomatoes on top of the rice.
4. Combine the coconut milk, vinegar, and lemon juice in a mixing bowl. Add the turmeric and paprika, and mix well.
5. Place the mushrooms, rounded-side up, on top of the tomatoes. Pour the coconut milk mixture over the top. Drizzle the tamari over the mushrooms, and sprinkle with the cilantro.
6. Cover the baking dish tightly with aluminum foil. Bake on the middle rack for 25 minutes.
7. Carefully remove the foil and transfer the contents to a serving dish.



Baked Madras Vegetables

Total time: 40 minutes • Active time: 15 minutes

Serves: 3 to 4 (main dish) | 4 to 6 (with whole-grain rice)

This colourful, nourishing dish is baked in a creamy coconut sauce that has been enhanced with aromatic spices. Serve it on a bed of cooked whole-grain rice to absorb its wonderful juices.

Ingredients:

- 1/2 lb [250 g] small potatoes, sliced 1 inch [2.5 cm] thick
- 1/2 lb [250 g] purple potatoes, sliced 1 inch [2.5 cm] thick (if unavailable, use a total of 1 lb [500 g] small potatoes)
- 1/2 lb [250 g] cauliflower, trimmed and cut into florets (about 2 1/4 cups)
- 1/3 lb [150 g] broccoli, trimmed and cut into florets (about 2 1/2 cups)
- 10 cherry tomatoes, halved (or 2 tomatoes, diced)
- 2/3 cup [120 g] sweet corn kernels (canned)
- 3/4 cup [120 g] cooked black (or brown) lentils
- 1 red onion, coarsely chopped

Sauce

- 3 cloves garlic
- 1 cup [240 ml] unsweetened coconut milk
- 2 Tbsp fresh lemon juice
- 2 Tbsp Madras curry powder
- 1 tsp ground cumin
- 1 tsp ground ginger
- 2 Tbsp tamari (or shoyu)
- 4 Tbsp tomato passata
- 1/2 tsp ground turmeric
- 1 Tbsp chia seeds (or unhulled sesame seeds)
- 1 Tbsp parsley leaves, chopped

Method:

1. Preheat the oven to 480°F [250°C] on the convection setting. ([See note.](#))
2. Place the potatoes in a 9 x 13-inch ovenproof baking dish [22 x 33 cm].
3. Scatter the cauliflower and broccoli over the potatoes. Top with the tomatoes, corn kernels, lentils, and onion.
4. Prepare the Sauce as directed (below). Carefully pour the sauce into the baking dish from the sides.
5. Cover the baking dish tightly with *aluminum foil*. Bake on the middle rack for 30 minutes.
6. Carefully remove the *foil and* transfer the contents to a serving dish.
7. Sprinkle the chia seeds and parsley over the top.

Sauce

1. Put the garlic into a small food processor fitted with the ‘S’ blade. Add the coconut milk, lemon juice, curry powder, cumin, ginger, tamari, and tomato passata. Blend until smooth, about 30 seconds.
2. Transfer the contents into a small, non-plastic bowl, and stir in the turmeric with a tablespoon.

Tip:

- If you are serving this dish with rice, put 1 1/2 cups [300 g] brown long-grain rice on to cook at the same time you start preparing this dish. That way, everything will be ready to eat at the same time.

Pineapple Mushroom Steaks

Total time: 40 minutes • Active time: 10 minutes

Serves: 2 (with whole-grain rice)

This creamy combo is super colorful and packed with flavor, yet is so easy to make. The cashews and macadamia nuts add a crunchy texture to the mushroom filling. Simply delicious!

Ingredients:

- 1 can (15 oz [425 g]) pineapple slices, drained, reserving juice (you will need 6 slices)
- 12 brown button mushrooms (about 6 oz [180 g])
- 1/2 cup [60 g] cashews
- 1/2 cup [60 g] macadamia nuts
- 1 Tbsp brewer's yeast flakes (or nutritional yeast flakes)
- 1 tsp ground cumin
- 1 Tbsp fresh lemon juice
- 3 cloves garlic
- 7 fl oz [200 ml] unsweetened coconut milk, divided
- 1 Tbsp tamari (or shoyu)
- 1 pinch sweet paprika

Method:

1. Preheat the oven to 425°F [220°C] on the convection setting. ([See note.](#))
2. Arrange 6 pineapple slices in a single layer in a 7 x 11-inch ovenproof baking dish [18 x 28 cm]. (Keep the remaining pineapple for another recipe, your next Green Juice, or enjoy as a snack!)
3. Remove the mushroom stems and place them in a small food processor fitted with the 'S' blade. Add the cashews, macadamia nuts, brewer's yeast, cumin, lemon juice, and garlic.
4. Add 2 fl oz [60 ml] of the coconut milk and 2 Tbsp of the pineapple juice. Blend until paste-like, about 1 minute.
5. Use a teaspoon to fill the mushroom caps with the filling.
6. Place 6 of the filled mushrooms on top of the pineapple slices, and the other 6 mushrooms around the sides.
7. Pour the remainder of the coconut milk, pineapple juice, and tamari into the food

processor. Blend until smooth, about 30 seconds. Pour this liquid into the bottom of the baking dish.

8. Bake on the middle rack for about 30 minutes, until the mushroom stuffing is golden brown.
9. Garnish with the paprika.

Tip:

- Put 3/4 cup [150 g] brown long-grain rice on to cook when you start preparing this dish. Then everything will be ready at the same time.

Baked Oyster Mushroom Ratatouille

Total time: 50 minutes • Active time: 15 minutes

Serves: 2 to 3

This down-to-earth vegetable dish is packed with aromatic flavor and nutrients. Hearty and healthy, too!

Ingredients:

- 1 large carrot, finely diced
- 8 oz [250 g] celery root, finely diced
- 3 green onions (scallions), finely diced
- 1 red onion, finely diced
- 1 zucchini, cut into 1/2-inch [1 cm] cubes
- 20 cherry tomatoes, halved
- 1 Tbsp Herbes de Provence
- 1 Tbsp cilantro leaves, chopped
- 7 oz [200 g] large oyster mushrooms (about 3 mushrooms)

Marinade

- 1 cup [240 ml] hot water
- 2 Tbsp miso paste
- 2 Tbsp red wine vinegar
- 2 Tbsp fresh lemon juice
- 3 cloves garlic, crushed

Method:

1. Preheat the oven to 480°F [250°C] on the convection setting. ([See note.](#))
2. Combine the carrot, celery root, green onions, and red onion in a mixing bowl. Add the zucchini, tomatoes, Herbes de Provence, and cilantro. Mix well.
3. Spread the vegetable mixture evenly in a 9 x 13-inch ovenproof baking dish [22 x 33 cm].
4. Place the mushrooms, rounded-side up, on top of the mixed vegetables.
5. Prepare the Marinade as directed (below). Brush the mushrooms with the marinade, using a pastry brush.
6. Pour the leftover marinade into the baking dish around the mushrooms. Pour 1/4 cup [60 ml] of cold water into the baking dish (but not over the mushrooms).

7. Cover the baking dish tightly with aluminum foil. Bake on the middle rack for 35 minutes.
8. Carefully remove the foil and transfer the contents to a serving dish.

Marinade

1. In a small bowl, slowly whisk the hot water together with the miso paste until completely dissolved. Add the vinegar, lemon juice, and garlic, and mix well.



Baked Gourmet Mushrooms

Total time: 75 minutes • Active time: 15 minutes

Serves: 2 | 4 (with whole-grain rice)

King oyster mushrooms are transformed into an elegant dish that is fit for a king (or queen)! If king oyster mushrooms are not available, substitute any other large, thick mushrooms, such as porcini.

Ingredients:

- 6 king oyster mushrooms (about 12 oz [350 g])
- 2 tomatoes, diced
- 1 red onion, diced
- 1 yellow onion, diced
- 2 large cloves garlic, crushed
- 1 green chili pepper, finely sliced (optional)
- 1 can (14 fl oz [400 ml]) unsweetened coconut milk
- 1 tsp ground turmeric
- 1/2 tsp freshly ground black pepper

- 1 tsp ras el hanout (or ground ginger)
- 1 Tbsp fennel seeds
- 1 Tbsp cilantro leaves, minced (or 1 tsp cilantro powder)
- 2 Tbsp fresh lemon juice
- *Sea salt to taste (optional)*

Method:

1. Preheat the oven to 350°F [180°C] on the convection setting. ([See note.](#))
2. Place the mushrooms in a single layer in a 9 x 13-inch ovenproof baking dish [22 x 33 cm].
3. In a bowl, combine the tomatoes, onions, garlic, *and chili pepper, if using*. Mix well. Spread the tomato mixture evenly over the mushrooms.
4. Pour the coconut milk into a mixing bowl. Add the turmeric, black pepper, ras el hanout, fennel seeds, cilantro, lemon juice, *and salt, if using*. Mix well and pour evenly over the mushrooms.
5. Cover the baking dish tightly with aluminum foil. Bake on the middle rack for 45 minutes.
6. Carefully remove the foil and bake 10 to 15 minutes longer, until nicely browned. Watch carefully to prevent the mushrooms from burning.
7. Transfer the contents to a serving dish.

Tip:

- Put 1 1/2 cups [300 g] brown long-grain rice on to cook at the same time you start preparing this dish. That way, everything will be ready at the same time.

Baked Cauliflower in Mango Sauce

Total time: 45 minutes • Active time: 15 minutes

Serves: 2

This flavorful dish is slightly on the sweet side due to the mango. Kohlrabi is a member of the turnip family. The taste and texture of kohlrabi are similar to a broccoli stem, but milder and sweeter. If kohlrabi is not available, you can substitute turnip.

Ingredients:

- 2 3/4 cups [500 g] cooked whole-grain rice
- 1 small head cauliflower (about 12 oz [350 g]), trimmed and cut into florets
- 1 small kohlrabi, diced (reserve the leaves for the sauce)
- 1 mango (about 1 lb [500 g]), peeled, pitted, and diced into bite-sized pieces
- 1 small celery root (about 10 oz [300 g]), diced into bite-sized pieces
- 1 cup [240 ml] water

Method:

1. Preheat the oven to 425°F [220°C] on the convection setting. ([See note.](#))
2. Spread a bed of the cooked rice in the bottom of a 9 x 13-inch ovenproof baking dish [22 x 33 cm].
3. Scatter the cauliflower and kohlrabi root evenly over the rice.
4. For the sauce: Coarsely chop the reserved kohlrabi leaves. Place them in a small food processor fitted with the 'S' blade. Add the mango, celery root, and water. Blend until smooth, about 2 minutes. Pour the sauce evenly over the cauliflower and kohlrabi.
5. Bake uncovered on the middle rack for 25 to 30 minutes, until the cauliflower is tender when pierced with a fork.

Aromatic Baked Shiitake Casserole

Total time: 2 hours • Active time: 30 minutes

Serves: 3 to 4

This nutritious, colorful vegetable medley is irresistible. The aroma wafting through the house while it is baking in the oven is amazing.

Ingredients:

Marinated Mushrooms

- 2 Tbsp shoyu (or tamari)
- 2 Tbsp red wine vinegar
- 4 cloves garlic, crushed
- 8 oz [250 g] large shiitake mushrooms, tough ends trimmed

Vegetable Medley

- 7 oz [200 g] pumpkin flesh, cut into 1-inch [2.5 cm] pieces
- 1 sweet potato (about 7 oz [200 g]), cut into 1-inch [2.5 cm] pieces
- 2 carrots, cut into 1/2-inch [1 cm] pieces
- 1/2 celery root (about 5 oz [150 g]), cut into 1/2-inch [1 cm] pieces
- 3 green onions (scallions), finely diced
- 7 oz [200 g] Swiss chard, chopped into bite-sized pieces (about 2 cups)
- 1 red onion, finely diced
- 1 red bell pepper, finely diced
- 12 cherry tomatoes, halved (or 1 medium tomato, diced)
- 2 Tbsp Herbes de Provence
- 1 tsp dried oregano
- 1 tsp dried sage
- 1 tsp dried marjoram
- 2 Tbsp miso paste
- 1 cup [240 ml] hot water

Method:

Marinated Mushrooms

1. Pour the shoyu and vinegar into a small mixing bowl. Stir in the garlic.
2. Dip each mushroom into the marinade, coating both sides.

3. Place the mushrooms on a plate. Keep the remaining marinade for later.

Vegetable Medley

1. Preheat the oven to 400°F [200°C] on the convection setting. ([See note.](#))
2. Put the pumpkin and sweet potato into a large mixing bowl.
3. Add the carrots, celery root, and green onions.
4. Next, add the Swiss chard, red onion, and bell pepper. Top with the tomatoes.
5. Sprinkle with the Herbes de Provence, oregano, sage, and marjoram. Mix until well combined, using either your hands or a rubber spatula.
6. Transfer the vegetable mixture to a 9 x 13-inch ovenproof baking dish [22 x 33 cm], and spread evenly. Place the mushrooms on top, rounded-side up.
7. Add the miso paste to the reserved marinade, and blend with a whisk. Slowly whisk in the hot water.
8. Pour the liquid evenly into the four corners of the baking dish. Cover tightly with aluminum foil.
9. Bake on the middle rack for 1 1/2 hours. Carefully remove the foil.
10. Transfer the contents to a large serving dish.

Savory Baked Mushrooms

Total time: 40 minutes • Active time: 10 minutes

Serves: 2 (with 2 cups [500 g] mixed vegetables of your choice)

This browned, bubbly mushroom dish comes with ample sauce to ladle over your favorite combo of vegetables. A luscious and easy to prepare dish full of the rich flavors of India.

Ingredients:

- 4 Tbsp shoyu (or tamari)
- 12 large brown button mushrooms (about 8 oz [250 g])
- 1 red bell pepper, coarsely chopped
- 2 oz [60 g] fennel (about 1/4 of a small bulb), trimmed and finely diced (the trimmings can be added to your Green Juice)
- 7 fl oz [200 ml] unsweetened coconut milk
- 2 Tbsp Madras curry powder
- 1 Tbsp ground turmeric
- 1 tsp garam masala
- 1 tsp ground cumin
- 1 tsp ground ginger
- 1/2 tsp cardamom powder
- 2 cloves garlic, crushed
- 3.5 fl oz [100 ml] water

Method:

1. Preheat the oven to 480°F [250°C] on the convection setting. ([See note.](#))
2. Pour the shoyu into a 7 x 11-inch ovenproof baking dish [18 x 28 cm], covering the bottom of the dish.
3. Separate the mushroom caps from the stems. Cut the mushroom caps sideways into halves, and place them, cut-side down, in the baking dish.
4. Then cut the mushroom stems in half. Scatter the stems, bell pepper, and fennel around the mushroom caps.
5. Pour the coconut milk into a small mixing bowl, and add all the spices and garlic. Stir together with a small whisk, and gradually add the water. Pour the sauce carefully over the vegetables.
6. Cover the baking dish tightly with aluminum foil. Bake on the middle rack for 25 minutes.

7. Carefully remove the foil. Bake an additional 4 to 5 minutes to brown the mushrooms, being careful not to burn them.
8. Transfer the contents to a serving bowl.

Tip:

- If you are serving this dish with mixed vegetables, put them on to cook when the mushroom mixture is half-baked. That way, everything will be ready to eat at the same time.

Roasted Turmeric Shiitake Mushrooms

Total time: 30 minutes • Active time: 10 minutes

Serves: 2 to 3 (with salad, potatoes or whole-grain rice)

The garlicky, nutty sauce boosts the flavor of these meaty mushrooms. Easy to make, protein-rich, and simply superb!

Ingredients:

- 8 oz [250 g] large shiitake mushrooms, tough ends trimmed
- 3 cloves garlic
- 3 walnut halves
- 2 Tbsp fresh lemon juice
- 4 Tbsp water, divided
- 2 tomatoes, finely diced
- 1 tsp ground turmeric
- 1 tsp garam masala
- 1/4 cup [60 ml] unsweetened coconut milk
- 1 tsp nutritional yeast flakes (or brewer's yeast flakes)
- *Sea salt to taste (optional)*

Method:

1. Preheat the oven to 480°F [250°C] on the convection setting. ([See note.](#))
2. Arrange the mushrooms in a single layer in a 7 x 11-inch ovenproof baking dish [18 x 28 cm], rounded-side up.
3. Spoon the tomatoes in between the mushrooms.
4. Put the garlic cloves into a mortar and crush them with the pestle. Crush the walnuts into the garlic. Add the lemon juice and 2 Tbsp of the water, and stir to combine. ([See tip below.](#))
5. Using a pastry brush, lightly brush the tops of the mushrooms with the liquid part of the contents of the mortar.
6. Transfer the remaining contents of the mortar into a soup bowl. Add the turmeric, garam masala, coconut milk, and the remaining 2 Tbsp water. Whisk together until well combined. Spoon the sauce evenly over the tomatoes.
7. Reduce the oven temperature to 425°F [220°C]. Roast the mushrooms on the middle rack for approximately 20 minutes, but start checking after 15 minutes to ensure the mushrooms are browning and not starting to burn. (Not all ovens are the

same.)

8. Transfer the contents to a serving dish. Sprinkle the nutritional yeast *and salt, if using*, evenly over the mushrooms. Serve immediately.

Tip:

- If you don't have a mortar and pestle, crush the garlic into a small bowl. Crumble the walnuts in a small food processor fitted with the 'S' blade, and add them to the garlic. Add the lemon juice and water, and stir to combine.

Shiitake Mushrooms with Sesame Cashew Sauce

Total time: 40 minutes • Active time: 15 minutes

Serves: 2 to 3 (on a bed of whole-grain rice)

The creamy sauce, with its somewhat nutty flavor, enhances the texture and taste of the shiitake mushrooms. Be sure to use a baking dish that can be placed under the broiling element so you can brown the mushrooms the last few minutes of cooking.

Ingredients:

- 4 Tbsp unhulled sesame seeds
- 10 cashews
- 3 cloves garlic, crushed
- 2 Tbsp tamari
- 1 cup [240 ml] unsweetened coconut milk, divided
- 6 large shiitake mushrooms, tough ends trimmed
- 1/2 tsp dried dill
- 2 Tbsp fresh lemon juice

Method:

1. Preheat the oven to 480°F [250°C]. Place an oven rack on the second lowest slot.
2. Put the sesame seeds into a mortar and grind them down to a paste with the pestle. Transfer to a small mixing bowl. Then do the same with the cashews.
3. Add the garlic to the sesame seeds and cashews, and mix well. Add the tamari and 1/4 cup [60 ml] of the coconut milk, and stir well.
4. Arrange the mushrooms in a 7 x 11-inch ovenproof baking dish [18 x 28 cm], next to each other, rounded-side up.
5. Lightly coat the mushroom caps with the sesame mixture, using a pastry brush.
6. Add the rest of the coconut milk, dill, and lemon juice to the mixing bowl. Mix thoroughly.
7. Carefully pour the mixture into the bottom of the baking dish (but not over the mushrooms).
8. Bake, uncovered, for 25 minutes.
9. Then turn on the broiling element and bake the mushrooms about 5 minutes longer, until golden-brown. Watch carefully to prevent them from burning.
10. Transfer the contents to a serving dish.

Tip:

- If you are serving this dish over rice, put 1 cup [200 g] brown long-grain rice on to cook when you start preparing this dish. That way, everything will be ready at the same time.

Mini Pizzas

Total time: 30 minutes • Active time: 15 minutes

Serves: 2

These fun-to-make mini pizzas are great when entertaining vegans, as well as vegetarians and omnivores. Tangy and well balanced in flavor, with a refreshing taste provided by the sprouts and the avocado.

Ingredients:

- 4 whole-wheat pitas, each sliced into 2 rounds, making 4 rounds
- 1 can (14 oz [400 g]) diced tomatoes (undrained), divided
- 1/2 cup [30 g] brewer's yeast flakes, lightly packed
- 1 Tbsp red wine vinegar
- 1 Tbsp apple cider vinegar
- 3 cloves garlic, crushed
- 4 cherry tomatoes, halved and thinly sliced
- 4 red radishes, halved and thinly sliced
- 3 small gherkins (cornichons), halved and thinly sliced
- 1/2 small red onion, thinly sliced
- 8 large caper berries, stems cut off and halved
- 4 walnut halves, coarsely crushed
- 1Tbsp dulse flakes
- 1/4 cup [20 g] Beluga lentil sprouts (or any other mild sprouts)
- 1 avocado, pitted, peeled, quartered, and cut into 1/2-inch [1 cm] pieces
- 1/4 tsp sweet paprika

Method:

1. Preheat the oven to 480°F [250°C]. (Alternatively, preheat the broiler.)
2. Place the pitas, cut-side up, on an oven tray. Lightly toast them on the middle oven rack for about 5 minutes, until golden brown. Be careful not to burn them.
3. While the bread is toasting, combine 2/3 of the canned tomatoes with the yeast flakes, both vinegars, and the garlic in a small bowl. Mix well.
4. Remove the pitas from the oven and evenly spread the tomato mixture on the toasted side of each pita. Put the pitas back in the oven for 5 minutes.
5. Remove the pitas from the oven, and evenly spoon on the remaining tomato

mixture. Evenly distribute the cherry tomatoes, radishes, gherkins, onion, and capers onto each pita.

6. Put the pizzas back in the oven on the top rack for a further 3 to 5 minute, watching carefully to avoid burning.
7. Remove the tray from the oven, and sprinkle the walnuts and dulse flakes over the pizzas.
8. Evenly distribute the sprouts onto the center of each pizza. Evenly distribute the avocado around the sprouts. Sprinkle the paprika over the avocado.
9. Transfer the pizzas carefully to a serving dish with a spatula.

DALS



Dal is a staple food throughout India, Nepal, Bangladesh, Pakistan, Sri Lanka, and the West Indies.

Warming, satisfying, and so easy to make, dals are one of my favorite sources of protein. The best part is that they will keep in the refrigerator for more than one week.

Serve over whole-grain brown rice or your favorite cooked grain for an absolutely delicious meal!

When cooking any of these dals, always make sure that there is about 1 inch [2.5 cm] of cooking liquid on top.

Lentils can produce a lot of froth when boiling. You should be vigilant to avoid a mess from an overflowing pot.

Pol Sambol with a Twist

Total time: 5 minutes • Active time: 5 minutes

Makes 5 oz [150 g]

Super easy, this spicy coconut condiment takes just minutes to make. Sri Lankan-inspired, it makes a great accompaniment to dals, rice, and many other meals. Traditionally, Pol Sambol is made with lemon juice, but I make this one with orange juice instead, which gives it its unique flavor. Try it with any of the dals in this chapter for an additional flavor boost – you’ll love it!

Ingredients:

- 1 oz [30 g] red onion, quartered (about 2 Tbsp)
- 1 orange, freshly juiced
- 1 cup [80 g] shredded unsweetened coconut
- 1 Tbsp ground cayenne pepper
- 1 tsp sea salt

Method:

1. Combine the onion with the orange juice in a small food processor fitted with the ‘S’ blade. Blend for 15 seconds.
2. Put the shredded coconut into a mixing bowl.
3. Add the onion mixture, as well as the cayenne pepper and salt.
4. Mix with a fork until well combined, about 1 minute.
5. Will keep refrigerated in a sealed container for up to one week.



Classic Lentil Dal

Total time: 35 minutes • Active time: 15 minutes

Serves: 8 (main dish) | 12 (with whole-grain rice and/or vegetables)

Flavored with Madras curry powder, this yellow lentil dal is so easy to make. It is packed with spices and herbs containing many health benefits.

Ingredients:

- 2 1/2 cups [500 g] unhulled dried yellow lentils, rinsed and drained
- 2 green chili peppers, thinly sliced lengthwise
- 14 oz [400 g] chopped tomatoes (canned or fresh)
- 2 Tbsp Madras curry powder
- 2 tsp ground lemongrass
- 1/2 tsp ground cinnamon
- 1 tsp cumin seeds
- 1 Tbsp garam masala
- 1 tsp ground ginger
- 1/2 tsp ground cardamom
- 4 Tbsp tamari (or shoyu)

- 1 Tbsp ground turmeric
- 3 Tbsp Herbes de Provence
- 1 Tbsp sweet paprika
- 1/2 tsp freshly ground black pepper
- 2 Tbsp fresh lemon juice
- 4 large cloves garlic, crushed
- 6 Tbsp cilantro leaves, finely chopped

Method:

1. Put the lentils and chili peppers into a 3-quart [liter] pot, together with 1.5 quarts [liters] of water. Bring to a boil on high heat. As soon as the water is boiling, reduce the heat to medium to ensure that the lentils don't foam up and overflow.
2. Add the tomatoes, curry powder, lemongrass, cinnamon, cumin, garam masala, ginger, cardamom, tamari, turmeric, Herbes de Provence, paprika, and pepper. Stir well.
3. Cook for 20 minutes longer, stirring occasionally.
4. Add the lemon juice and garlic, and stir to combine.
5. Ladle the dal into serving dishes, and sprinkle the cilantro on top of each serving.

Dharamsala Dal

Total time: 70 minutes • Active time: 30 minutes • Soaking time: 12 to 18 hours

Serves: 8 to 10 (main dish) | 16 to 20 (with whole-grain rice and/or vegetables)

This North Indian-inspired dal is super rich in plant protein. The addition of fresh cilantro will surely wake up your taste buds.

Ingredients:

- 2 1/2 cups [500 g] unhulled dried brown lentils
- 3/4 cup [150 g] dried chickpeas
- 2 green chili peppers, sliced in long strips (optional)
- 2 large red onions, quartered
- 2 Tbsp [30 g] grated ginger
- 1 can (14 oz [400 g]) whole tomatoes, undrained
- 1 cup [175 g] red kidney beans (canned or cooked), rinsed and drained
- 4 Tbsp yellow Indian curry powder
- 1 tsp garam masala
- 2 tsp ground cumin
- 2 Tbsp ground turmeric
- 2 Tbsp red hot chili flakes, or to taste (optional)
- *Sea salt and freshly ground black pepper to taste (optional)*
- 1 head garlic, crushed
- *1 can (14 oz [400 ml]) unsweetened coconut milk (optional)*
- 10 cilantro leaves

Method:

1. The night before, combine the lentils and chickpeas in 3 quarts [liters] of cold water in a large pot. Soak for 12 to 18 hours.
2. The next day, rinse them well under cold water, and place them back in the cleaned pot with 2 quarts [liters] of fresh water.
3. Place the pot on high heat and bring to a boil, then reduce the heat to medium.
4. *Add the chili peppers, if using, to the pot.*
5. Place the onions and ginger into a food processor fitted with the 'S' blade. Add the tomatoes and blend it all into a paste. (If you have a small processor, do half at a time.)

6. Transfer the paste to the pot, and stir well.
7. Add the kidney beans, curry powder, garam masala, cumin, turmeric, *chili flakes, salt and pepper, if using*. Mix thoroughly.
8. Cook for 1 hour, stirring occasionally.
9. Stir in the garlic. Mash the dal with a potato masher until the liquid starts to thicken. (Be careful not to burn yourself.)
10. Turn off the heat. *Add the coconut milk, if using, and mix well.*
11. Transfer the dal to a serving dish and garnish with the cilantro leaves.

Yellow Masala Dal

Total time: 40 minutes • Active time: 15 minutes

Serves: 8 (main dish) | 12 (with whole-grain rice and/or vegetables)

Hot or cold, enjoy this dal straight up or with rice and/or vegetables. Lentil dals are an extremely rich source of iron and protein. One soup bowl a day will almost give you the RDI of iron.

Ingredients:

- 2 1/2 cups [500 g] unhulled dried yellow lentils, rinsed and drained
- 1 can (15 oz [425 g]) chickpeas (1 1/2 cups), rinsed and drained
- 1 can (14 oz [400 g]) diced tomatoes, undrained
- 2 small red onions, chopped
- 1 Tbsp ground turmeric
- 1 tsp garam masala
- 2 Tbsp Madras curry powder
- 1/2 tsp freshly ground black pepper
- 1 tsp ground cumin
- 2 Tbsp Herbes de Provence
- 4 cloves garlic, crushed
- 1 Tbsp [15 g] grated ginger
- Sea salt to taste
- 2 red chili peppers, thinly sliced lengthwise
- 1 green chili pepper, thinly sliced lengthwise

Method:

1. Bring 2 1/2 quarts [liters] water to a boil in a large pot.
2. Add the lentils and reduce the heat to medium.
3. Stir in the chickpeas, tomatoes, onions, turmeric, garam masala, Madras curry, pepper, cumin, and Herbes de Provence.
4. Cook for 30 minutes, or until the lentils start breaking up. Stir occasionally.
5. Then add the garlic, ginger, and salt. Mix well.
6. Place the dal in a serving bowl, and garnish with the red and green chili peppers.

Green Dhaka Dal

Total time: 2 hours • Active time: 30 minutes • Soaking time: 12 to 18 hours

Serves: 20 to 24 (main dish) | 40 to 50 (with 20 cups whole-grain rice, uncooked)

This delicious party or banquet dal is packed with nutrients and protein, and is great when entertaining a very large group of friends. Any leftovers will keep in the fridge for over one week, or can be frozen in meal-sized portions.

Ingredients:

- 2 1/2 cups [500 g] dried azuki beans
- 2 1/2 cups [500 g] dried borlotti (or cannellini) beans
- 2 1/2 cups [500 g] dried chickpeas
- 2 1/2 cups [500 g] dried black beans
- 8 1/4 cups [1.8 kg] unhulled dried green lentils, rinsed and drained
- 6 cups [1 kg] canned red kidney beans, rinsed and drained
- 6 yellow onions, cut into chunks
- 3 cans (14 oz [400 g] each) diced tomatoes, undrained
- 2 small red hot dried chili peppers, finely chopped
- 3 Tbsp ground turmeric
- 9 Tbsp yellow Indian curry powder
- 2 Tbsp garam masala
- 2 Tbsp ground cumin
- 1 Tbsp cumin seeds
- 1 Tbsp ground nutmeg
- 1 Tbsp ground cinnamon
- 3 Tbsp Herbes de Provence
- 2 Tbsp sea salt (or to taste)
- 1 tsp freshly ground black pepper
- 2 Tbsp [30 g] grated ginger
- 12 cloves garlic, crushed

Method:

1. The night before, soak all the dried legumes (except for the lentils) in 8 quarts [liters] of cold water in a very large pot for 12 to 18 hours.

2. The next day, rinse them well under cold water, and place them back in the cleaned pot.
3. Add the lentils and kidney beans to the pot along with 8 quarts [liters] of hot water. Bring to a boil.
4. Put the onions and 4 Tbsp of water into a food processor fitted with the 'S' blade. Blend for 1 minute, until puréed. Add to the pot and stir to combine.
5. Stir in the tomatoes and chili peppers.
6. Add all the other ingredients, except for the garlic, and mix well.
7. Once the liquid is boiling again, reduce the heat to medium. Cook for 1 hour, stirring occasionally.
8. Stir in the garlic. Then mash the dal with a potato masher to break up the legumes and thicken the sauce. (Be careful not to splatter it and burn yourself.)
9. Your dal is now ready to be served.

Moong Dal

Total time: 35 minutes • Active time: 20 minutes

Serves: 4 (main) | 6 to 8 (with whole-grain rice and/or vegetables)

Spice up your life! This dal is quite hot and not for the faint-hearted. Protein-rich, it is quite filling and comes with a kick.

Ingredients:

- 2 1/2 cups [500 g] unhulled dried yellow lentils, rinsed and drained
- 2 1/2 cups [65 g] spinach leaves, chopped
- 1 cup [120 g] green beans, ends trimmed, cut into 1-inch [2.5 cm] pieces
- 2 Tbsp ground turmeric
- 1/2 tsp freshly ground black pepper
- 1 Tbsp [15 g] grated ginger
- 1 Tbsp garam masala
- 1 Tbsp sea salt (or to taste)
- 2 Tbsp fresh lemon juice
- 4 Tbsp unsweetened coconut milk (the solid part of it)
- 1 Tbsp ground cayenne pepper
- 1 tsp cumin seeds
- 6 dried red hot chili peppers, crushed

Method:

1. Put the lentils, spinach, and green beans into a large pot with 1 quart [liter] of water, and bring to a boil.
2. Add the turmeric, pepper, and ginger. Stir well.
3. Reduce the heat to medium and let cook for 15 minutes, stirring occasionally.
4. Add the garam masala, salt, and lemon juice. Mix well.
5. Reduce the heat to low, and let cook for 10 more minutes.
6. Spoon the coconut milk into a small saucepan, and put it on high heat.
7. Add the cayenne pepper, cumin seeds, and chili peppers.
8. Once the sauce is bubbling, add 2 Tbsp water, stir rapidly for 10 seconds, and mix the sauce into the lentil mixture.
9. Stir thoroughly, and transfer to a serving bowl.

Serving Suggestion: Excellent with whole-grain rice, quinoa, and/or whole-grain Naan bread.

Red Lentil and Cilantro Dal

Total time: 40 minutes • Active time: 10 minutes

Serves 1 to 2 (main dish) | 3 to 4 (with whole-grain rice and/or vegetables)

The spices and coconut milk bring out the flavors in this uncomplicated dish. Dal-icious!

Ingredients:

- 1 cup [200 g] unhulled dried red lentils, rinsed and drained
- 1/4 tsp cumin seeds
- 1/4 tsp chili powder
- 1/4 tsp ground ginger
- 1/4 tsp ground nutmeg
- 1 tsp yellow Indian curry powder
- 1/2 tsp freshly ground black pepper
- 1/4 tsp ground cardamom
- 1/2 cup [120 ml] unsweetened coconut milk
- *1/2 tsp sea salt or to taste (optional)*
- 3 cilantro leaves, chopped

Method:

1. Put the lentils into a medium saucepan with 2 cups [480 ml] hot water. Add the cumin seeds and chili powder, and bring to a boil.
2. Once boiling, add the remaining spices. Mix well.
3. Reduce the heat to medium, and let cook for 25 minutes, stirring occasionally.
4. Stir in the coconut milk *and salt, if using*. Cook for another 5 minutes.
5. Transfer to a serving bowl, and garnish with the cilantro.

Yellow Mumbai Dal

Total time: 1 hour • Active time: 20 minutes • Soaking time: 12 to 18 hours

Serves: 8 to 10 (main dish) | 16 to 20 (with whole-grain rice and/or vegetables)

You don't like it spicy? Then this savory mild dal is perfect for you! Those who prefer a zestier flavor can add their favorite spices.

Ingredients:

- 2 cups [400 g] dried chickpeas
- 2 cups [400 g] dried azuki beans
- 2 cups [400 g] dried borlotti (or cannellini) beans
- 2 1/2 cups [500 g] unhulled dried yellow lentils, rinsed and drained
- 1 onion, quartered
- 2 tomatoes, quartered
- 2 Tbsp ground turmeric
- 1/2 tsp freshly ground black pepper
- 1 Tbsp garam masala
- 1 Tbsp ground cumin
- 1/2 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 3 Tbsp brown curry powder (e.g., Sri Lankan)
- 2 Tbsp tamari (or shoyu)
- 1 Tbsp [15 g] grated ginger
- 1 Tbsp ground cilantro
- 1 tsp sea salt
- *Chili powder and additional sea salt to taste (optional)*
- 4 cloves garlic, crushed

Method:

1. The night before, combine the chickpeas, azuki beans and borlotti beans with 5 quarts [liters] of cold water in a large pot. Soak for 12 to 18 hours.
2. The next day, rinse them well under cold water, and place them back in the cleaned pot with 3 quarts [liters] of hot water.
3. Add the lentils and bring to a boil.

4. Put the onion and tomatoes into a small food processor fitted with the 'S' blade. Blend for 30 seconds. Put them into the pot and stir to combine.
5. Add all the remaining ingredients, except for the garlic, and mix well.
6. Bring to a boil once again. Reduce the heat to medium and let cook for 40 minutes, stirring occasionally.
7. Stir in the garlic.
8. Transfer the dal to a serving dish.

Green Pea Dal

Total time: 50 minutes • Active time: 25 minutes • Soaking time: 12 to 18 hours

Serves: 8 to 10 (main dish) | 12 to 15 (with whole-grain rice and/or vegetables)

This colorful, protein and iron rich dal is simplicity at its best. Eat piping hot on its own, or with your favorite boiled or steamed whole-grain rice and vegetables.

Ingredients:

- 1 1/4 cups [250 g] dried chickpeas
- 1 1/4 cups [250 g] dried azuki beans
- 1 1/4 cups [250 g] dried black beans
- 2 1/2 cups [500 g] unhulled dried green lentils, rinsed and drained
- 1 1/2 cups [250 g] canned kidney beans, rinsed and drained
- 2 red onions, cut into chunks
- 14 oz [400 g] chopped tomatoes (canned or fresh)
- 2 Tbsp brown curry powder
- 1 Tbsp ground cumin
- 1 Tbsp garam masala
- *Powdered or fresh chili peppers (chopped) to taste (optional)*
- 1 1/2 cups [200 g] green peas (frozen or fresh)
- 2 Tbsp tamari (or shoyu)
- 4 cloves garlic, crushed
- 1 Tbsp cilantro leaves

Method:

1. The night before, combine the chickpeas, azuki beans, and black beans in 3 quarts [liters] of cold water in a large pot. Soak for 12 to 18 hours.
2. The next day, rinse them well under cold water, and place them back in the cleaned pot with 3.5 quarts [liters] of fresh water. Bring to a boil.
3. Put the lentils and kidney beans into the pot once the water is boiling.
4. Finely shred the onions in a small food processor fitted with the 'S' blade. Transfer them to the pot, and stir to combine.
5. Add the tomatoes, curry powder, cumin, garam masala, *and chili peppers, if using.*
6. Reduce the heat to medium and cook for 30 minutes. Stir occasionally.
7. Add the peas, and cook 10 minutes longer.

8. Mash the dal with a potato masher to the desired thickness.
9. Add the tamari and garlic. Stir well.
10. Reduce the heat to low and cook 5 minutes longer.
11. Transfer to soup bowls, and garnish with the cilantro leaves.

Creamy Green Lentil Dal

Total time: 30 minutes • Active time: 10 minutes

Serves 5 to 6 (main dish) | 7 to 9 (with whole-grain rice and/or vegetables)

The coconut milk in this dal makes it a healthy alternative to dairy, while still providing the creamy taste.

Ingredients:

- 5 cups [1 kg] unhulled dried green lentils, rinsed and drained
- 1 large red onion, cut into chunks
- 3 tomatoes, cut into chunks
- 4 Tbsp Herbes de Provence
- 3 Tbsp tamari (or shoyu)
- 1 Tbsp ground turmeric
- 2 Tbsp Indian curry powder
- 1 tsp ground ginger
- *Chili flakes, sea salt, and freshly ground black pepper to taste (optional)*
- 1 can (14 oz [400 ml]) unsweetened coconut milk

Method:

1. Put the lentils into a 4-quart [liter] pot together with 2 quarts [liters] of water. Bring to a boil.
2. Place the onions and tomatoes in a food processor fitted with the 'S' blade. Blend until puréed, about 1 minute.
3. Transfer the contents of the food processor to the pot, and stir to combine.
4. Add all the other ingredients, except for the coconut milk, and mix well.
5. Cook on medium heat for 20 minutes, stirring occasionally.
6. Pour in the coconut milk and mix thoroughly.
7. Bring back to a boil, and let cook for 5 minutes. Stir occasionally to avoid anything from sticking to the bottom of the pot.
8. Transfer to a serving bowl.

Yellow Nepali Dal

Total time: 45 minutes • Active time: 25 minutes

Serves 8 (main dish) | 12 (with whole-grain rice and/or vegetables)

Colorful and easy to make, this dal is high in protein and rich in the flavors of India. The cardamom adds the magic factor to the taste of this superb dal.

Ingredients:

- 2 1/2 cups [500 g] unhulled dried yellow lentils, rinsed and drained
- 14 oz [400 g] chopped tomatoes (canned or fresh)
- 3 Tbsp Madras curry powder
- 1 Tbsp garam masala
- 1 tsp cumin seeds
- 1 tsp ground ginger
- 1/2 tsp ground cardamom
- 4 Tbsp tamari (or shoyu)
- 2 green chili peppers, thinly sliced lengthwise
- 1 Tbsp ground turmeric
- 1 tsp ground fennel seeds
- 1 Tbsp yellow curry powder
- 1/2 tsp freshly ground black pepper
- 2 Tbsp fresh lemon juice
- 4 large cloves garlic, crushed
- 6 Tbsp cilantro leaves, finely chopped

Method:

1. Put the lentils into a 3-quart [liter] pot together with 1.5 quarts [liters] water, and bring to a boil.
2. As soon as the water is boiling, reduce the heat to medium to ensure that the lentils don't froth and overflow.
3. Add the tomatoes, Madras curry, garam masala, cumin seeds, ginger, cardamom, tamari, chili peppers, turmeric, fennel, curry powder, and pepper. Mix well.
4. Cook for 30 minutes longer, stirring occasionally.
5. Add the lemon juice and garlic, and mix well.
6. Transfer to a serving dish, and sprinkle the cilantro over it.

PASTAS



Pasta à la Provence

Total time: 35 minutes • Active time: 25 minutes

Serves: 4

When creating this oil-free dish, I tried to stay as close as possible to the original classic. I was extremely pleased with my results. Smell, taste, volume, and texture all turned out perfect.

Ingredients:

- 3 Tbsp tamari (or shoyu)
- 1 cup [240 ml] hot water, divided
- 2 red onions, finely diced
- 1 green bell pepper, diced
- 3 cups [200 g] white button mushrooms, quartered
- 12 cherry tomatoes, halved
- 8 Kalamata olives, pitted and quartered
- 1 can (14 oz [400 g]) diced tomatoes (undrained)
- 3 Tbsp Herbes de Provence

- 1 Tbsp ground sage
- 1 tsp ground marjoram
- 1 pkg (8 oz [240 g]) whole-wheat fusilli (or any other whole-grain pasta)
- 2 Tbsp fresh lemon juice
- 4 cloves garlic, crushed
- 1 1/2 Tbsp basil leaves, chopped

Method:

1. Put a large non-stick skillet with the tamari and 1/2 cup [120 ml] hot water on high heat.
2. Once it starts bubbling, add the onions and bell pepper. Stir-cook for about 5 minutes, until they start to become tender.
3. Then add the mushrooms, cherry tomatoes, and olives. Stir-cook for 2 minutes.
4. Then stir in the canned tomatoes, and reduce the heat to medium.
5. Combine the Herbes de Provence, sage, and marjoram in a small mixing bowl with a fork.
6. Add the herbs to the skillet and mix well. Simmer, stirring occasionally, until the pasta is ready.
7. Put a large pot of lightly salted water on high heat and bring to a boil. Add the pasta and cook according to package directions or until al dente. Drain well.
8. Add the remaining 1/2 cup [120 ml] hot water, lemon juice, and garlic to the sauce, and stir to combine.
9. Then add the pasta and stir-cook for 2 minutes, combining all the ingredients thoroughly.
10. Transfer to a serving bowl, and evenly sprinkle the basil over the top.

Pasta Heaven

Total time: 25 minutes • Active time: 15 minutes

Serves: 2 to 3

Transform your favorite pasta into a 5-star Italian meal with this rich tomato and mushroom based Mediterranean sauce.

Ingredients:

- 1 pkg (10 oz [300 g]) whole-grain spelt spiral pasta (or any other whole-grain pasta)
- 1 can (14 oz [400 g]) whole tomatoes (undrained)
- 3/4 cup [180 ml] hot water
- 10 brown button mushrooms, quartered (about 3 cups [200 g])
- 1 red bell pepper, quartered
- 1 large red onion, quartered
- 2 cloves garlic, crushed
- 2 Tbsp fresh lemon juice
- 7 oz [200 g] cherry tomatoes
- 3 Tbsp Herbes de Provence
- 1 tsp sweet paprika
- 2 Tbsp tamari (or shoyu)
- 1/2 cup [10 g] parsley leaves, finely chopped
- 1 Tbsp brewer's yeast flakes

Method:

1. Put a large pot of lightly salted water on high heat and bring to a boil. Add the pasta and cook according to package directions or until al dente.
2. Pour the canned tomatoes into a small food processor fitted with the 'S' blade. Blend for 5 seconds.
3. Pour the hot water into a large non-stick skillet on high heat. Add the puréed tomatoes and stir until combined.
4. Stir in the mushrooms.
5. Put the bell pepper, onion, garlic, and lemon juice into the food processor. Blend to a paste (about 20 seconds). Add to the skillet.
6. Stir well and reduce the heat to medium.

7. Add the cherry tomatoes, Herbes de Provence, paprika, and tamari. Stir until thoroughly combined.
8. Let cook for 8 minutes, stirring occasionally.
9. Gently squash the cherry tomatoes with a wooden spatula or spoon until they break open. Let cook for a further 2 minutes.
10. Strain the pasta and put it into a serving bowl. Put the sauce into another serving bowl.
11. Sprinkle the parsley and yeast flakes over the sauce just prior to serving.

Creamy Mushroom Nut Pasta

Total time: 25 minutes • Active time: 25 minutes

Serves: 2 to 3

Rich, thick, and creamy, this delectable sauce is also excellent with rice or potatoes, or you can use it as a spread or dip.

Ingredients:

- 1 pkg (8 oz [250 g]) whole-grain pasta of your choice
- 2 large cloves garlic
- 2 Tbsp fresh lemon juice
- 3/4 cup [15 g] parsley leaves, chopped (about 1/2 bunch)
- 5 oil-free sun-dried tomatoes
- 1/2 cup [30 g] brewer's yeast flakes, lightly packed
- 1 heaping cup [150 g] cashews
- 1/3 cup [40 g] Brazil nuts
- 5 Tbsp cold water
- 7 oz [200 g] button mushrooms, thinly sliced (about 3 cups)
- 3/4 cup [180 ml] unsweetened rice milk (or unsweetened almond milk)
- *Sea salt to taste (optional)*

Method:

1. Put a large pot of lightly salted water on high heat and bring to a boil. Add the pasta and cook according to package directions or until al dente.
2. Meanwhile, place the garlic and lemon juice into a small food processor fitted with the 'S' blade. Add the parsley, sun-dried tomatoes, yeast flakes, cashews, Brazil nuts, and water. Blend until smooth, about 2 minutes. (*Optional: Keep 1 finely diced sun-dried tomato and 1 tsp of chopped parsley aside as a garnish.*)
3. Transfer this mixture to a saucepan, add the mushrooms and rice milk. Put the saucepan on high heat for about 5 minutes until almost boiling, stirring continuously to prevent the sauce at the bottom of the saucepan from burning.
4. Put the pasta into a large serving bowl.
5. Pour the sauce over the pasta. *Sprinkle the sun-dried tomatoes and parsley over it, if desired.*
6. *Add salt at the table, if desired.*

Mediterranean Pasta

Total time: 1 hour • Active time: 15 minutes

Serves: 4

Rich and creamy, this pasta sauce is quite easy to make and tastes as good as any traditional oil-laden Italian sauce in a 5-star restaurant. It will really bring out the chef in you.

Ingredients:

- 2 Tbsp tamari (or shoyu)
- 2 shallots, finely diced
- 2 tomatoes, finely diced
- 1 cup [60 g] white button mushrooms, finely diced
- 1 cup [240 ml] hot water
- 2 Tbsp Herbes de Provence
- 1 tsp ground sage
- 1 can (14 oz [400 g]) whole tomatoes (undrained)
- 3 cloves garlic, crushed
- 2 Tbsp fresh lemon juice
- 1 Tbsp [10 g] finely diced black truffle (optional)
- 4 Tbsp brewer's yeast flakes
- 2 tsp sweet paprika
- 1 pkg (16 oz [500 g]) whole-grain spaghetti (or any other pasta of your choice)
- 8 to 10 basil leaves

Method:

1. Put a large saucepan on high heat and add the tamari.
2. Once bubbling, add the shallots and stir for 1 minute.
3. Stir in the tomatoes and mushrooms.
4. After 2 minutes, add the hot water, Herbes de Provence, sage, and canned tomatoes. Stir together, then gently burst the tomatoes with a wooden spoon to break them up.
5. Let cook for 3 minutes, stirring occasionally. Reduce the heat to medium and let cook 2 minutes longer.
6. Stir in the garlic, lemon juice, *and black truffle, if using.*
7. After 3 minutes, add the yeast flakes and paprika. Stir until combined and let cook

for 2 minutes.

8. Reduce the heat to low and cover the saucepan. Cook the sauce for 45 minutes, stirring it every 10 to 15 minutes to ensure nothing is sticking to the bottom.
9. While the sauce is cooking, cook the pasta according to package directions. Drain well.
10. Transfer the pasta to pasta plates, ladle the sauce over it, and garnish with the basil leaves.



Classic Italian Pasta

Total time: 30 minutes • Active time: 30 minutes

Serves: 3 to 4

An easy, healthy version of the classic Italian sauce, which is mushroom and tomato based. This scrumptious sauce contains both fresh and canned tomatoes. The green beans add a tasty twist.

Ingredients:

- 2 red onions, finely diced (1 cup [125 g])
- 2 large tomatoes, finely diced (1 1/3 cups [270 g])
- 1 can (14 oz [400 g]) diced tomatoes (undrained)
- 1 tsp miso paste
- 4 Tbsp hot water (plus more as needed)
- 2 Tbsp tamari (or shoyu)
- 4 Tbsp Herbes de Provence
- 1 tsp ground rosemary
- 10 white button mushrooms, quartered (about 3 cups [200 g])
- 3/4 cup [90 g] green beans, ends trimmed, cut into 2-inch [5 cm] pieces

- 1 pkg (14 oz [400 g]) whole-grain pasta of your choice
- 4 cloves garlic, crushed
- 1 Tbsp parsley leaves, coarsely chopped
- 2 Tbsp fresh lemon juice
- 1 Tbsp brewer's yeast flakes
- 3 basil leaves, shredded

Method:

1. Cover the bottom of a large non-stick skillet with hot water, and put it on high heat.
2. Once the water starts bubbling, add the onions, fresh tomatoes, and canned tomatoes.
3. Mix well and reduce the heat to medium. Let cook for 10 minutes, stirring occasionally.
4. Dilute the miso paste with 4 Tbsp hot water in a small mixing bowl, and add to the sauce. Stir in the tamari, Herbes de Provence, and rosemary.
5. Stir in the mushrooms, and let cook for 15 minutes, stirring occasionally. *Optional: After 15 minutes, stir in 2 Tbsp hot water at a time, until the consistency of the sauce is to your liking.*
6. While the sauce is cooking, put a medium saucepan of hot water for the green beans on high heat. Put a large pot of lightly salted water for the pasta on high heat.
7. Once the water in the saucepan is boiling, add the beans. Cook until tender (about 10 minutes, depending on the thickness of the beans). Drain well.
8. When the water in the large pot is boiling, add the pasta. Cook according to package directions or until al dente.
9. Strain the beans and mix them into the sauce together with the garlic, parsley, and lemon juice.
10. Stir for 1 minute, then put the sauce into a serving bowl. Sprinkle the yeast flakes and basil over the sauce just before serving.
11. Strain the pasta and put it into a serving dish. (Alternatively, put the pasta into a serving bowl first, and then pour the sauce over it.)

CURRIES



Exotic Thai Mango Lentil Curry

Total time: 40 minutes • Active time: 25 minutes

Serves: 2 to 3

This spicy, velvety curry perfectly offsets the sweet-tasting mangoes. Fantastic on its own, or accompanied by rice.

Ingredients:

- 3/4 cup [150 g] unhulled dried red (or yellow) lentils, rinsed and drained
- 5 Tbsp hot water, divided
- 1 red onion, diced
- 1 Tbsp [15 g] grated ginger
- 1/2 stalk lemongrass, finely chopped
- 2 tomatoes, coarsely chopped
- 1 large jalapeno, chopped into 1/2-inch [1 cm] pieces (discard seeds for a milder taste)
- 2 Tbsp tamari (or shoyu)
- 1 tsp garam masala

- 1 tsp ground cilantro
- 1 tsp ground turmeric
- 1/2 tsp freshly ground black pepper
- 1 pinch ground nutmeg
- 4 cardamom pods, crushed (discard pods) (or 1 pinch ground cardamom)
- 4 Tbsp Madras curry powder (or any other brown curry powder)
- 3/4 cup [180 ml] unsweetened coconut milk
- 2 large ripe mangoes, cut into bite-sized pieces
- 2 cloves garlic, crushed
- 2 Tbsp fresh lemon juice

Method:

1. Cook the lentils according to package directions. When done, strain and rinse under warm water.
2. Meanwhile, put a wok with 3 Tbsp hot water on high heat.
3. When the water starts bubbling, add the onion, ginger, lemongrass, tomatoes, and jalapeno. Stir-cook for 2 minutes.
4. Add the tamari, all the spices, coconut milk, and remaining 2 Tbsp of hot water. Mix well.
5. After 2 minutes, stir in the mango.
6. Simmer on medium heat for 20 minutes, stirring occasionally.
7. Add the lentils, garlic, and lemon juice. Mix thoroughly.
8. Stir-cook for 2 minutes, then transfer to a serving dish. Best eaten piping hot.

Four-Vegetable Curry with Oyster Mushrooms and Pecans

Total time: 20 minutes • Active time: 20 minutes

Serves: 3

Ready in a hurry! This quick vegetable curry is extremely easy to make, and very taste-rewarding, too. It is a real all-round dish.

Ingredients:

- 2 cups [300 g] potatoes (unpeeled, unless non-organic), cut into 1/2-inch [1 cm] cubes
- 2 cups [300 g] sweet potatoes (unpeeled, unless non-organic), cut into 1/2-inch [1 cm] cubes
- 3 1/2 cups [200 g] small broccoli florets
- 2 cups [200 g] small cauliflower florets
- 2 Tbsp tamari
- 2 Tbsp hot water
- 1 red onion, coarsely chopped
- 1 Tbsp [15 g] grated ginger
- *1 chili pepper, finely chopped (optional)*
- 1 1/2 cups [90 g] oyster mushrooms, coarsely diced
- 2/3 cup [160 ml] unsweetened coconut milk
- 2 Tbsp Madras curry powder
- 1/2 tsp ground turmeric
- 1/4 tsp freshly ground black pepper
- 1/2 tsp ground cumin
- 2 cloves garlic, crushed
- *Sea salt to taste (optional)*
- 20 pecan halves, coarsely chopped
- 20 cilantro leaves

Method:

1. Bring a medium saucepan of hot water to a boil. Add the potatoes and sweet potatoes. Let cook for 10 minutes.
2. Fill a second saucepan with hot water and bring to a boil. Add the broccoli and cauliflower. Let cook for 10 minutes.

3. Put a wok on high heat, and add the tamari and hot water.
4. Once the liquid starts bubbling, add the onion, ginger, and *chili pepper, if using*. Stir-cook for 3 minutes.
5. Stir in the mushrooms and coconut milk.
6. Add the curry, turmeric, pepper, and cumin, and mix well. Reduce the heat to medium.
7. Strain the potatoes lightly, and add them to the wok. Mix gently to combine.
8. Strain the broccoli and cauliflower lightly, and add them to the wok. Stir until combined.
9. Add the garlic, *and salt, if desired*, and stir until well incorporated. Turn off the heat, and mix in the pecans.
10. Transfer to a serving dish, and garnish with the cilantro leaves.

Sri Lankan Pineapple Curry

Total time: 45 minutes • Active time: 30 minutes

Serves: 2

Aromatic, sweet, and mildly spicy at the same time, the vegetables and pineapple are coated in a velvety, rich coconut sauce.

Ingredients:

- 3/4 cup [90 g] green beans, ends trimmed, cut into 1-inch [2.5 cm] pieces
- 1 carrot, cut into 1/2-inch [1 cm] cubes (about 3/4 cup [90 g])
- 1 cup [150 g] potatoes (unpeeled, unless non-organic), cut into 1-inch [2.5 cm] cubes
- 2 cups [300 g] pineapple, cut into 2 x 2-inch [5 x 5 cm] pieces
- 4 Tbsp tamari (or shoyu)
- 4 Tbsp hot water
- 1 red onion, finely diced
- 1 tsp unhulled sesame seeds
- 1 cup [175 g] chickpeas (canned or cooked), rinsed and drained
- 1 cup [140 g] green peas (frozen or fresh)
- 1 cup [240 ml] unsweetened coconut milk
- 1/2 cup [120 ml] hot water
- 1 tsp ground cumin
- 1 Tbsp yellow Indian curry powder (or any other good curry powder)
- 1/4 tsp ground cardamom
- 1 tsp ground cinnamon
- 1 pinch sweet paprika
- 8 pecan halves

Method:

1. Preheat the oven to 480°F [250°C].
2. Fill a medium saucepan with hot water and bring to a boil on high heat.
3. Add the green beans, carrot, and potatoes. Reduce the heat to medium-high and let simmer for 20 minutes.
4. Arrange the pineapple in a single layer on a baking sheet. Place in the oven on the middle rack, and lightly brown the pineapple for about 7 minutes on each side.

5. Meanwhile, put a wok on high heat. Add the tamari, 4 Tbsp hot water, onion, and sesame seeds. Stir-cook for 5 minutes.
6. Strain the beans, carrots, and potatoes, add them to the wok and mix until combined.
7. Add the chickpeas, peas, coconut milk, 1/2 cup [120 ml] hot water, cumin, curry, and cardamom. Cook and stir for 1 minute, then reduce the heat to medium. Cook 7 minutes longer, stirring often.
8. Sprinkle the pineapple with the cinnamon, coating both sides. Add the pineapple to the wok, and mix gently.
9. Transfer the contents of the wok to a serving dish. Sprinkle the paprika and pecans over the top.

Mild Green Bean and Potato Curry

Total time: 30 minutes • Active time: 25 minutes

Serves: 2

This toothsome meal with green beans, potatoes, sun-dried tomatoes, and sesame seeds in a coconut curry sauce is so simple to make. If you prefer a hot curry, just add the optional spices to your taste.

Ingredients:

- 1 2/3 cups [200 g] green beans, ends trimmed, cut into 1-inch [2.5 cm] pieces
- 3 1/3 cups [500 g] potatoes (unpeeled, unless non-organic), cut into 1-inch [2.5 cm] cubes
- 1 1/4 cups [300 ml] unsweetened coconut milk
- 6 oil-free sun-dried tomatoes, thinly sliced
- 1 stalk lemongrass, finely chopped
- 1 tsp ground cumin
- 1 tsp garam masala
- 1 tsp ground ginger
- 2 Tbsp fresh lemon juice
- 1/4 tsp freshly ground black pepper
- 3 cloves garlic, crushed
- 1 tsp dried tarragon leaves
- 2 tsp sweet paprika
- *Chili flakes to taste (optional)*
- *Ground cayenne pepper to taste (optional)*
- *Sea salt to taste (optional)*
- 1 Tbsp unhulled sesame seeds

Method:

1. Bring two medium saucepans of hot water to a boil.
2. Once the water is boiling in the first saucepan, add the green beans. Boil them for about 10 minutes, until tender, but still firm (don't overcook them).
3. Add the potatoes to the other saucepan of boiling water. Boil them for about 10 minutes, until tender, but still firm (again, don't overcook them).
4. Strain the green beans and potatoes once they are tender.

5. Put a wok on high heat. Add the coconut milk, sun-dried tomatoes, lemongrass, cumin, garam masala, ginger, and lemon juice, and mix thoroughly.
6. When the sauce starts bubbling, add the cooked potatoes and stir-cook for 2 minutes.
7. Then add the cooked green beans to the wok and stir-cook 2 minutes longer.
8. Reduce the heat to medium. Add the pepper, garlic, and tarragon. Stir-cook until the sauce starts to thicken, about 2 minutes.
9. Add the paprika *and any of the optional ingredients, if desired*.
10. Reduce the heat to low, and stir everything in thoroughly.
11. Transfer to a serving dish, and sprinkle the sesame seeds over it.

Spinach Zucchini Curry

Total time: 40 minutes • Active time: 20 minutes • Soaking time: 12 to 18 hours

Serves: 4

Simplicity at its best! This hearty curry, made with spinach, zucchini, and bell peppers, is rich in vitamin C and protein. It is mild enough for all family members.

Ingredients:

- 1/2 cup [100 g] dried chickpeas
- 1.5 quarts [liters] hot water
- 1 cup [200 g] unhulled dried brown lentils, rinsed and drained
- 1 zucchini, halved lengthwise, then sliced into 2/3-inch [1.5 cm] half-moons (1 heaping cup [150 g])
- 2 red and green bell peppers, coarsely diced (1 inch [2.5 cm])
- 2 tomatoes, coarsely chopped
- 2 red onions, coarsely chopped
- 1 Tbsp Madras curry powder
- 1 tsp ground turmeric
- 1/4 tsp freshly ground black pepper
- 1 tsp ground cumin
- 1 tsp ground ginger
- 1 tsp sea salt
- 6 cups [150 g] baby spinach
- 3 cloves garlic, crushed
- 2 Tbsp tamari

Method:

1. The night before, soak the chickpeas in triple the amount of cold water for 12 to 18 hours. Rinse and drain thoroughly.
2. Bring the hot water to a boil in a 5-quart [liter] pot.
3. Add all the ingredients with the exception of the spinach, garlic, and tamari. Mix well and bring back to a boil.
4. Reduce the heat to simmer and cook for 30 minutes, stirring occasionally.
5. Then add the spinach, garlic, and tamari. Mix until combined. Cook 3 minutes longer, stirring occasionally.

6. Transfer to a serving bowl.

HOT POTS AND STEWS



Mixed Veggie Stew with Quinoa and Einkorn

Total time: 25 minutes • Active time: 25 minutes • Soaking time: 12 hours (optional)

Serves: 4 (main dish) | 8 to 12 (side dish)

This complete protein dish is nutty and crunchy, but it is mild enough for anybody who can't handle spices, or for those with "sensitive taste buds." If you soak the einkorn berries overnight, it will shorten the cooking time substantially.

Ingredients:

- 1 1/4 cups [250 g] unhulled einkorn berries
- 3/4 quart [750 ml] hot water
- 1/2 cup [90 g] quinoa, rinsed and drained
- 1 cup [240 ml] hot water
- 1 can (8.5 oz [240 g]) peas and carrots, rinsed and drained
- 1 can (10 oz [300 g]) sweet corn kernels, rinsed and drained
- 1/2 can diced tomatoes (7 oz [200 g]), undrained
- 4 Tbsp Herbes de Provence
- 1/2 tsp ground turmeric

- 2 Tbsp tamari (or shoyu)
- 4 Tbsp hot water
- 2 oil-free sun-dried tomatoes, finely diced
- 8 Kalamata olives, pitted and halved
- 2 Tbsp pine nuts
- 2 Tbsp lentil sprouts

Method:

1. If you have time, soak the einkorn overnight in triple the amount of cold water.
2. The next day, drain and rinse the einkorn well. Put it into a saucepan with 3/4 quart [750 ml] of hot water. Bring to a boil over high heat. Reduce the heat to simmer, and cook for about 15 minutes, until tender but still firm to the bite. Stir occasionally. (Note: If you didn't soak the einkorn, increase the cooking time to 45 minutes.)
3. Put the quinoa into a small saucepan with 1 cup [240 ml] of hot water. Bring to a boil over high heat. Reduce the heat to simmer, cover, and cook for 15 minutes.
4. Meanwhile, combine the peas, carrots, and corn in a 2-quart [liter] saucepan. Add the canned tomatoes, Herbes de Provence, turmeric, tamari, and 4 Tbsp of hot water. Mix well. Cook on medium heat for about 10 minutes, until the vegetables are heated through, stirring occasionally.
5. Drain and then rinse the einkorn and quinoa under hot water. Add them to the vegetable mixture, and stir until incorporated.
6. Transfer to a serving dish. Garnish with the sun-dried tomatoes, olives, pine nuts, and sprouts.

Himalayan Hot Pot

Total time: 1 hour 40 minutes • Active time: 20 minutes • Soaking time: 12 to 18 hours

Serves: 14

This full-bodied, protein-packed “hot pot” is simple to make, and is rich in the spices of Northern India. It can be eaten on its own or with your favorite vegetables. What a perfect dish for busy professional couples who prepare their weekly protein on the weekend! It will keep in the fridge for 10 days in a sealed container, and can be frozen for much longer.

Ingredients:

- 2 1/2 cups [500 g] dried chickpeas
- 2 1/2 cups [500 g] dried white beans
- 3 3/4 cups [750 g] unhulled dried brown lentils, rinsed and drained
- 6 quarts [liters] hot water
- 2 red onions, diced (about 1/2 inch [1 cm])
- 1 can (14 oz [400 g]) diced tomatoes (undrained)
- 2 small red hot chili peppers, thinly sliced (discard seeds for a milder taste)

Homemade Curry Powder (or 11 Tbsp brown curry powder)

- 2 Tbsp ground turmeric
- 1 tsp freshly ground black pepper
- 1 Tbsp sweet paprika
- 1 Tbsp ground cilantro
- 1 Tbsp ground cumin
- 1 Tbsp ground ginger
- 1 tsp ground fennel seeds
- 1/2 tsp extra-hot ground cayenne pepper (use regular cayenne for less heat)
- 1/2 tsp ground cardamom
- 1/2 tsp ground nutmeg
- 1 tsp red hot chili flakes
- 1 tsp cumin seeds
- 1 Tbsp mustard seeds
- 2 Tbsp sea salt

Method:

1. The night before, combine the chickpeas and beans in triple the amount of cold water in a very large bowl or pot. (You'll need about 3 quarts [liters] of cold water.) Soak for 12 to 18 hours. Rinse and drain thoroughly.
2. Put the rinsed chickpeas, beans, and lentils into a very large pot (minimum size 13-quarts [liters]) together with the hot water. Cover and put on high heat.
3. Add the onions, tomatoes, and chili peppers to the pot.
4. Combine all the spices for the Homemade Curry Powder in a bowl.
5. Once the legumes are boiling, uncover, add the curry powder, and stir well.
6. Reduce the heat to medium, and let cook uncovered for 45 minutes, stirring occasionally.
7. Then put the lid back on and turn the heat back up to high.
8. Let cook for another 35 minutes, stirring every 10 minutes to prevent anything from sticking to the bottom of the pot.
9. Serve in individual bowls.

Moroccan Protein Stew

Total time: 50 minutes • Active time: 15 minutes • Soaking time: 12 to 18 hours

Serves: 3 to 4

This hearty stew is very satisfying on a cool day. I deliberately didn't use herbs or spices, as this combination worked really well as is, and brings out the bell peppers' natural taste nicely. It will actually taste even yummier once reheated the next day.

Ingredients:

- 1 cup [200 g] dried chickpeas
- 1.5 quarts [liters] hot water
- 1 cup [200 g] unhulled dried brown lentils, rinsed and drained
- 1 tsp sea salt
- 2 red onions, diced (1 inch [2.5 cm])
- 2 tomatoes, coarsely chopped
- 2 green (or red) bell peppers, coarsely chopped
- 3 cloves garlic, crushed
- *Additional sea salt to taste (optional)*
- *Freshly ground pepper to taste (optional)*

Method:

1. The night before, soak the chickpeas in triple the amount of cold water for 12 to 18 hours. Rinse and drain thoroughly.
2. Bring the hot water to a boil in a large pot.
3. Add the rinsed chickpeas, lentils, salt, onions, tomatoes, and bell peppers to the boiling water.
4. Reduce the heat and simmer gently for 30 minutes, stirring occasionally.
5. Turn the heat back up to high, and cook 5 minutes longer, stirring once or twice.
6. Remove the pot from the heat. Add the garlic, *salt and pepper, if desired*, and stir for 30 seconds.
7. Transfer to a serving bowl.

Super Protein Legume Pottage

Total time: 1 hour • Active time: 15 minutes

Serves: 6 to 8

A mild Nepalese inspired, protein-rich legume, fennel, and tomato hot pot, infused with exotic herbs and spices. This is so simple to make, and is very taste-rewarding and filling.

Ingredients:

- 2 quarts [liters] hot water
- 2 Tbsp Madras curry powder
- 1 Tbsp ground turmeric
- 1 tsp freshly ground black pepper
- 1 can (14 oz [400 g]) whole or diced tomatoes (undrained)
- 2 cups [400 g] unhulled dried green (or brown) lentils, rinsed and drained
- 1 cup [150 g] fennel (about 1 bulb), finely chopped
- 1 tsp sea salt
- 1/2 tsp ground cumin
- 1/2 tsp ground mustard seeds
- 1/4 tsp ground fennel seeds
- 1/4 tsp ground cardamom
- 2 Tbsp white wine vinegar
- 2 Tbsp red wine vinegar
- 1 1/2 cups [250 g] canned chickpeas, rinsed and drained
- 1 3/4 cups [300 g] canned red kidney beans, rinsed and drained
- 6 Tbsp cilantro (or parsley) leaves, chopped

Method:

1. Pour the hot water into a 5-quart [liter] pot, and put on high heat.
2. Add the Madras curry, turmeric, pepper, tomatoes, lentils, and fennel.
3. Cover and bring to a boil. Uncover and reduce the heat to medium-high.
4. Add the salt, cumin, mustard seeds, fennel seeds, cardamom, and both vinegars. Mix well. Let cook uncovered for 45 minutes, stirring occasionally.
5. Then reduce the heat to low, stir in the chickpeas and kidney beans, and let cook for 5 minutes longer.

6. Transfer to a serving dish, and garnish with the cilantro.

Bhutanese Lentil Stew

Total time: 40 minutes • Active time: 20 minutes

Serves: 4 to 6 (main dish) | 8 to 12 (side dish)

This rich and hearty aromatic dish is made with lentils and sweet corn. Don't "stew" over the long list of ingredients - it comes together quite quickly!

Ingredients:

- 1.5 quarts [liters] hot water
- 2 1/2 cups [500 g] unhulled dried green or brown lentils, rinsed and drained
- 1 can (14 oz [400 g]) diced tomatoes (undrained)
- 3 Tbsp red wine vinegar, divided
- 3 Tbsp Herbes de Provence
- 1 tsp ground turmeric
- 2 tsp ground cumin
- 2 tsp garam masala
- 1 tsp ground ginger
- 1 tsp sweet paprika
- 1 tsp freshly ground black pepper
- 1 Tbsp tamari (or shoyu)
- 1 tsp chili flakes or to taste (optional)
- Sea salt to taste (optional)
- 1 can (15 oz [425 g]) sweet corn kernels, rinsed and drained
- 3/4 cup [180 ml] unsweetened coconut milk, divided (reserve 2 Tbsp for the garnish)

Method:

1. Put a large saucepan with the hot water on high heat and bring to a boil.
2. Add the lentils, and bring back to a boil.
3. Reduce the heat to medium-high, and cook according to the package directions, about 20 to 30 minutes. Stir occasionally.
4. Then add the tomatoes and 2 Tbsp of the vinegar. Add the Herbes de Provence, turmeric, cumin, garam masala, ginger, paprika, pepper, tamari, *chili flakes*, and *salt, if desired*. Mix in with a wooden spoon.
5. Increase the heat to high. Once boiling, add the corn kernels and stir-cook for 2

minutes.

6. Then turn off the heat. Stir in most of the coconut milk, reserving 2 Tbsp for the garnish, until well combined.
7. Add the remaining 1 Tbsp vinegar and mix well.
8. Transfer to a serving bowl. Pour the remaining coconut milk onto the center just before serving.

WOK DISHES



Yellow Potatoes with Green Beans and Sun-Dried Tomatoes

Total time: 20 minutes • Active time: 15 minutes

Serves: 3 to 4

This succulent Sri Lankan-inspired potato, green bean, and zucchini curry is extremely easy to make, and can be eaten mild or spiced up to your liking. It is very low in sodium.

Ingredients:

- 3 1/3 cups [500 g] baby potatoes (unpeeled, unless non-organic), sliced 1/2 inch [1 cm] thick
- 3/4 cup [90 g] green beans, ends trimmed, cut into 1-inch [2.5 cm] pieces
- 1 cup [240 ml] hot water, divided
- 1 red onion, diced
- 1 cup [130 g] zucchini, diced (1 small zucchini)
- 2 green chili peppers, thinly sliced (optional)
- 2 Tbsp Madras curry powder
- 1 tsp ground cumin
- 2 oil-free sun-dried tomatoes, diced

- 1 1/2 cups [250 g] chickpeas (canned or cooked), rinsed and drained
- 1 tsp cilantro (or parsley) leaves, coarsely chopped
- 1 tsp [6 g] grated ginger
- 3/4 cup [180 ml] unsweetened coconut milk
- *Sea salt and freshly ground black pepper to taste (optional)*
- 1 tsp unhulled sesame seeds
- 1 Tbsp parsley leaves, finely chopped

Method:

1. Put a medium saucepan of water on high heat, and bring to a boil.
2. Add the potatoes and green beans to the boiling water and let cook for 10 to 15 minutes, until tender. Do not overcook.
3. Meanwhile, put a wok on high heat and add 1/2 cup [120 ml] of the hot water.
4. Once the water starts bubbling, stir in the onion, zucchini, *and chili peppers, if using*. Cook for 3 minutes, stirring occasionally.
5. Reduce the heat to medium. Stir in the curry, cumin, and sun-dried tomatoes. Add the remaining hot water and mix well.
6. Add the chickpeas, cilantro, and ginger. Let cook for 5 minutes, stirring occasionally.
7. Turn the heat back up to high, and add the coconut milk. Mix until combined. Let cook for 1 minute.
8. Strain the potatoes and beans, and add them to the wok. Stir thoroughly. Remove the wok from the heat.
9. *Add the salt and pepper to taste, if desired, and mix well.*
10. Let sit for 2 minutes.
11. Transfer to a serving dish, and sprinkle the sesame seeds and parsley on top.

Béarnaise Potatoes with a Twist

Total time: 30 minutes • Active time: 20 minutes

Serves: 2

The velvety Béarnaise mousse complements the potatoes, green beans and broccoli perfectly in this mouthwatering dish.

Ingredients:

- 3 1/3 cups (1 lb [500 g]) baby potatoes (unpeeled, unless non-organic), cut into 1-inch [2.5 cm] pieces
- 1 tsp ground turmeric
- 1/2 tsp freshly ground black pepper
- 1 cup [120 g] green beans, ends trimmed, cut into 1-inch [2.5 cm] pieces
- 2 1/2 cups [150 g] broccoli florets
- 1 tomato, finely diced
- 2 oil-free sun-dried tomatoes, finely diced

Béarnaise Sauce

- 1/2 cup [120 ml] apple cider vinegar
- 2 Tbsp dried ground tarragon
- 1 tsp ground turmeric
- 1 tsp freshly ground black pepper
- 1/2 tsp garam masala
- 1/2 tsp sea salt
- 1 1/2 cups [360 ml] unsweetened coconut milk, divided
- 1 Tbsp whole-grain spelt flour

Method:

1. Add the potatoes, turmeric, and pepper to a large saucepan of hot water, and bring to a boil. Cook for 10 to 12 minutes. Add the green beans to the potatoes and cook together for another 10 minutes, or until tender.
2. Put a medium saucepan of hot water on the stove on high heat. Once boiling, add the broccoli florets, cover, and cook for 8 to 10 minutes, until tender.
3. While the vegetables are cooking, prepare the sauce.
4. **Béarnaise Sauce:** Heat the vinegar and tarragon in a medium saucepan on high heat. Stir together with a wooden spoon until the vinegar has reduced by half, about 5

minutes.

5. Remove the saucepan from the heat, and add the turmeric, pepper, garam masala, salt, and half of the coconut milk. Stir well.
6. Bring back to a boil over high heat, and stir for another 2 minutes. Reduce the heat to medium, and whisk in the flour until there are no more lumps.
7. Whisk in the remaining coconut milk, and heat until the sauce starts to simmer, whisking it occasionally. Reduce the heat to low.
8. To assemble the dish: Put a wok on high heat, and stir in the tomato. Once sizzling, reduce the heat to low. Add the sun-dried tomatoes, strained potatoes, and beans. Stir well. Add the strained broccoli to the wok, and mix until combined.
9. Take the wok off the heat, and pour the sauce on top. Mix until thoroughly combined, and serve.



Sweet and Sour Pineapple Steaks with Mixed Vegetables

Total time: 45 minutes • Active time: 35 minutes

Serves: 4

This beautiful and relatively easy to make meal will satisfy anyone with a sweet tooth. If you prefer a sauce that is more sour than sweet, you may replace step 10 with the 5-Minute Sweet and Sour Sauce recipe at the end of this recipe.

Ingredients:

- 1 cup [200 g] brown long-grain rice
- 2 cups [300 g] unpeeled organic baby potatoes, chopped into 1-inch [2.5 cm] pieces
- 1 1/3 cups [200 g] unpeeled organic black/purple potatoes (or regular potatoes), chopped into 1-inch [2.5 cm] pieces
- 3 cups [170 g] broccoli florets
- 1 pineapple, peeled, cored, and cut into 3/4-inch [2 cm] rounds (or 4 slices canned)
- 1 tsp ground cinnamon
- 2/3 cup [160 ml] hot water
- 1 red bell pepper, coarsely chopped

- 1 Tbsp parsley leaves, finely chopped

Sweet and Sour Sauce

- 1/3 cup [80 ml] rice vinegar
- 3 Tbsp coconut palm sugar (or raw sugar)
- 1 Tbsp tamari (or shoyu)
- 3/4 cup [180 ml] pure pineapple juice
- 2 Tbsp tomato passata
- 1 Tbsp blackstrap molasses
- 2 Tbsp whole-grain spelt flour (or any other whole-grain flour, except corn flour)

Method:

1. Cook the rice according to package directions.
2. Meanwhile, preheat the oven to 480°F [250°C].
3. Put a medium saucepan of hot water on high heat and bring to a boil. Add the potatoes and cook about 20 minutes, just until tender. Drain well.
4. Bring another medium saucepan of hot water to a boil. Add the broccoli florets and cook for 8 to 10 minutes. Drain thoroughly.
5. Place a broiling rack on a baking sheet. Arrange the pineapple rounds in a single layer on the broiling rack.
6. Place the pineapple in the oven on the middle rack. Reduce the oven heat to 400°F [200°C], and bake for 15 minutes.
7. Then turn on the broiling element and broil the pineapple for 3 minutes.
8. Remove the baking pan from the oven, turn the pineapple rounds over, and sprinkle evenly with the cinnamon. Broil the pineapple for another 3 minutes.
9. Turn the heat down to 400°F [200°C], and bake the pineapple for another 5 to 6 minutes. Then turn the oven off, but leave the pineapple in the oven until step 12 is completed.
10. Sweet and Sour Sauce: Add the vinegar, sugar, tamari, pineapple juice, tomato passata, and molasses to a saucepan. Put on high heat and whisk rapidly until combined. Bring to a boil, then reduce the heat to low, add the flour and whisk it in.
11. Put a wok on high heat with the hot water and add the bell pepper. Blanch for 3 minutes.
12. Add the potatoes, broccoli, and 3/4 of the sauce to the wok. Reduce the heat to low, and stir until combined. Let cook for 7 minutes.
13. Place a pineapple round on one side of each dinner plate. Spoon the remaining 1/4 of the sauce evenly over the pineapple. Spoon some of the mixed vegetables onto each plate.

14. Sprinkle the parsley on top. Serve the rice separately in a bowl.

5-Minute Sweet and Sour Sauce

Total time: 5 minutes • Active time: 5 minutes

Use this versatile sweet and sour sauce on your favorite vegetables. The flavor improves and keeps extremely well in a sealed container in the refrigerator.

Ingredients:

- 2/3 cup [160 ml] apple cider vinegar
- 2/3 cup [160 ml] brown rice vinegar
- 1/2 cup [80 g] coconut palm sugar (or raw sugar)
- 2 Tbsp tomato passata
- 2 Tbsp tamari (or shoyu)
- 1/2 cup [120 ml] hot water
- 4 Tbsp whole-grain spelt flour (or any other whole-grain flour, except corn flour)

Method:

1. Add all the ingredients, except the flour, to a saucepan. Put on high heat and whisk rapidly until well combined.
2. Once the sauce starts boiling, remove the saucepan from the heat, add the flour and whisk it in for 1 minute. If any lumps remain, don't worry, just strain the sauce.

Asian Wok Veggies in Peanut Sauce

Total time: 35 minutes • Active time: 30 minutes

Serves: 2 to 3

The aroma of this easy to make Asian-inspired wok stir-cooked meal is well complemented with its scrumptious peanut sauce.

Ingredients:

- 1 cup [185 g] cooked whole-grain rice (or unhulled einkorn berries)
- 3 Tbsp tamari (or shoyu)
- 1 leek stem, green tops cut off, outer tough leaf removed, then sliced into thin rounds
- 1 red onion, halved and thinly sliced
- 1 red bell pepper, quartered and thinly sliced
- 1 Tbsp [15 g] minced ginger
- 3 small green chili peppers, medium heat (or 1 jalapeno), finely chopped (discard seeds for a milder taste)
- 1 small carrot, julienned
- 2 cups [120 g] broccoli florets
- 1 stalk celery, cut into 2-inch [5 cm] sticks and thinly sliced lengthwise
- 6 cherry tomatoes, halved (or 1/2 regular tomato, chopped)
- 4 brown button mushrooms, quartered (about 1 cup [90 g])
- 20 shelled peanuts (about 2/3 oz [20 g])
- 3 cloves garlic, crushed
- 2 Tbsp fresh lemon juice
- 1/2 cup [120 ml] unsweetened coconut milk
- 1/2 tsp ground lemongrass
- 1/2 tsp freshly ground black pepper
- 1/2 tsp ground sage
- 1/2 tsp ground rosemary
- Sea salt to taste
- 4 Tbsp warm water

Method:

1. Cook the rice according to package directions. It will take about 35 minutes to cook.
2. Place a wok on high heat, and pour the tamari into the wok.
3. Add the leek, onion, bell pepper, ginger, and chili peppers. Stir-cook, using a wooden spatula, for 5 minutes.
4. Now add the carrots, broccoli, celery, tomatoes, and mushrooms. Stir well to combine.
5. Let cook for 8 minutes, stirring often.
6. While the vegetables are cooking, put the peanuts into a small food processor fitted with the 'S' blade. Blend for about 15 seconds, until the peanuts have broken down into small crumbs.
7. Turn the heat down to medium. Scrape the peanuts into the wok, and mix thoroughly.
8. Add the garlic, lemon juice, coconut milk, lemongrass, pepper, sage, rosemary, salt, and the warm water.
9. Stir-cook for a further 5 minutes.
10. Transfer the contents of the wok to a serving dish. Put the rice into a serving bowl.



Marinated Wakame with Einkorn and Okra

Total time: 40 minutes • Active time: 30 minutes • Soaking time: 12 to 18 hours

Serves: 2 to 3

Japanese inspired, this delectable dish is relatively easy to make, but hard to stop eating. The fusion of wakame, okra, Napa cabbage, red onion, and einkorn berries works really well with the aromatic sauce.

Ingredients:

- 1/2 cup [100 g] unhulled einkorn berries
- 1 quart [liter] hot water
- 2 Tbsp tamari (or shoyu)
- 3 Tbsp fresh lime juice
- 4 cloves garlic, crushed
- 1 Tbsp [15 g] grated ginger
- 2 Tbsp lukewarm water
- 1/2 oz [15 g] dried wakame
- 1/2 quart [liter] hot water
- 1 tsp sea salt
- 1 1/2 cups [150 g] okra, washed in cold water, stems cut off, and chopped crosswise into 1-inch [2.5 cm] pieces

- 1 tsp miso paste
- 1 cup [240 ml] tomato passata
- 1/2 cup [120 ml] warm water
- 1 red onion, diced (about 1 inch [2.5 cm])
- 4 1/2 cups [300 g] Napa cabbage (Chinese cabbage), shredded crosswise (about 1 inch [2.5cm])
- 1/2 cup [120 ml] unsweetened coconut milk
- 2 Tbsp parsley leaves, chopped

Method:

1. If you have time, soak the einkorn overnight in triple the amount of cold water.
2. The next day, drain and rinse the einkorn under cold water. Put it into a saucepan with the hot water. Bring to a boil over high heat. Reduce the heat to simmer, and cook for about 15 minutes, stirring occasionally. (Note: If you didn't soak the einkorn, increase the cooking time to 45 minutes.)
3. Meanwhile, combine the tamari, lime juice, garlic, ginger, and the lukewarm water in a small mixing bowl (about 5 inches [13 cm] in diameter). Mix well.
4. Add the wakame (if it is too long, break it to fit), and let marinate for 20 minutes. After 2 or 3 minutes, gently push the wakame down into the marinade with the back of a fork to ensure it is completely covered while marinating.
5. Put the hot water and salt into a tall pot. ([See tip below.](#)) Bring to a boil. Add the okra, and cook it for 5 minutes, stirring occasionally. Strain and rinse under hot water.
6. Place a wok on high heat. Drain the marinade through a strainer into the wok, pushing the wakame down with the back of a spoon to drain most of the marinade. Add the miso paste, mixing with a wooden spoon to dissolve it. Stir in the tomato passata and the warm water.
7. Once the liquid starts bubbling, add the onion. Cook for 3 minutes, stirring occasionally.
8. Add the wakame and cabbage. Stir-cook for 3 minutes.
9. Strain and rinse the einkorn under hot water. Add to the wok, and mix well.
10. Now add the strained okra and stir-cook for 1 minute.
11. Add the coconut milk and stir-cook 1 minute longer.
12. Take the wok off the heat, and mix in the parsley.
13. Transfer to a serving dish.

Tip:

- Be sure to use a tall pot to cook the okra because the cooking water will foam a lot.

You only need about 1/2 quart [500 ml] of hot water for cooking the okra.



Thai-Style Veggie Rice

Total time: 50 minutes • Active time: 20 minutes

Serves: 3 to 4 (main dish) | 6 to 8 (side dish)

Simple to make, but nourishing, this Thai-style rice dish will really rock your taste buds.

Ingredients:

- 1 1/2 cups [300 g] whole-grain rice (long grain)
- 1 1/2 cups [260 g net] canned peas, rinsed under cold water
- 1 2/3 cups [260 g net] canned baby carrots, rinsed under cold water
- 4 button mushrooms, finely diced (about 1 cup [90 g])
- 4 cherry tomatoes, thinly sliced
- 1/2 stalk lemongrass, finely chopped
- 1/2 Tbsp ground turmeric
- 1/2 tsp freshly ground black pepper
- 1 dried small red hot chili pepper, crushed (optional)
- 2 Tbsp tomato passata
- 1/4 cup [60 ml] tamari
- 1/2 cup [120 ml] unsweetened coconut milk

- 2 tsp unhulled sesame seeds
- 1 Tbsp cilantro (or parsley) leaves, finely chopped

Method:

1. Cook the rice according to package directions.
Once the rice is cooked, strain and rinse it under hot water, and put it into a large non-stick skillet or wok on high heat.
2. Add the peas, carrots, mushrooms, cherry tomatoes, lemongrass, turmeric, pepper, *and crushed chili pepper, if using*. Carefully stir with a wooden spoon until well combined.
3. Then add the tomato passata, tamari, and coconut milk. Mix gently until combined.
4. Reduce the heat to medium, and let cook for 5 minutes, stirring occasionally.
5. Place in a serving bowl, and garnish with the sesame seeds and cilantro.



Squash, Cauliflower and Sweet Potato Wok Stir

Total time: 30 minutes • Active time: 30 minutes

Serves: 2

The vibrant colors and flavors in this scrumptious stir-cooked dish are pleasing to both the eye and the palate.

Ingredients:

- 1 1/3 cups [200 g] butternut squash flesh (or another soft-skinned squash), cut into bite-sized pieces
- 1 1/3 cups [200 g] sweet potatoes, peeled, cut into bite-sized pieces
- 1/4 tsp garam masala
- 1/2 tsp ground cumin
- 1 1/2 cups [150 g] cauliflower florets
- 1/2 tsp ground turmeric
- 1/2 tsp freshly ground black pepper
- 4 Tbsp tamari (or shoyu)
- 4 Tbsp tomato passata
- 4 Tbsp hot water

- 1 red onion, cut into 1/2-inch [1 cm] wedges
- 1/2 cup [120 ml] unsweetened coconut milk
- 1/2 cup [120 g] canned sweet corn kernels, rinsed and drained
- 1 stalk lemongrass, thinly sliced
- 4 jalapenos, finely chopped
- 1 oil-free sun-dried tomato, finely diced
- 2 cloves garlic, crushed
- 1/2 Tbsp dried tarragon leaves, chopped
- 2 tsp unhulled sesame seeds
- 1 Tbsp basil leaves, chopped

Method:

1. Put 2 saucepans of hot water on high heat, and bring to a boil.
2. Add the squash, sweet potatoes, garam masala, and cumin to the first saucepan. Cook for about 10 minutes, until tender. Be careful not to overcook the squash and sweet potatoes. Strain well.
3. Add the cauliflower, turmeric, and pepper to the second saucepan, and cook for about 8 minutes. Again, be careful not to overcook the cauliflower. Strain thoroughly.
4. Meanwhile, put a wok on high heat, and add the tamari, tomato passata, and the hot water.
5. Once this mixture starts bubbling, add the onion wedges and cook for 5 minutes, mixing occasionally.
6. Add the coconut milk and corn kernels to the wok, and stir to combine.
7. Add the strained squash and sweet potatoes to the wok. Stir gently until combined.
8. Add the lemongrass, jalapenos, and sun-dried tomato. Stir once again.
9. Reduce the heat to medium. Cook for 8 to 10 minutes, mixing occasionally.
10. Add the strained cauliflower and garlic. Sprinkle with the tarragon.
11. Stir continuously, but gently, for 1 minute to thicken the sauce.
12. Transfer to a serving bowl. Garnish with the sesame seeds and basil.

Eat the Rainbow with Creamy Tarragon Sauce

Total time: 40 minutes • Active time: 35 minutes

Serves: 3

This fun-to-make, very colorful dish with its own unique, distinctive taste is a must for tarragon lovers.

Ingredients:

- 1 2/3 cups [250 g] potatoes (unpeeled, unless non-organic), cut into 1/2-inch [1 cm] cubes
- 3/4 cup [90 g] green beans, ends trimmed, cut into 1-inch [2.5 cm] pieces
- 1 2/3 cups [250 g] sweet potatoes (unpeeled, unless non-organic), cut into 1-inch [2.5 cm] cubes
- 2 or 3 large carrots, diced into 1/2-inch [1 cm] pieces (about 2 1/2 cups [250 g])
- [Creamy Tarragon Sauce](#)
- 1/3 cup [80 ml] hot water
- 1 Tbsp tamari (or shoyu)
- 1 red bell pepper, diced into 3/4-inch [2 cm] pieces (about 1 cup [185 g])
- 2 red onions, diced (about 1 cup [125 g])
- 8 cherry tomatoes, halved
- 1/4 cup [60 ml] unsweetened rice milk (or unsweetened almond milk)
- 1 Tbsp nutritional yeast flakes
- 1/2 tsp ground turmeric
- *Sea salt to taste*
- 1 tsp sweet paprika

Method:

1. Put 2 saucepans of hot water on high heat, and bring to a boil.
2. Add the green beans and potatoes to the first saucepan. Cook for about 15 minutes, until tender, but not soft.
3. Add the sweet potatoes and carrots to the second saucepan. Cook for about 10 minutes, until tender, but not mushy.
4. Meanwhile, make the [Creamy Tarragon Sauce](#).
5. Strain the green beans and potatoes well, and put them into a large bowl. Then strain the sweet potatoes and carrots, adding them to the bowl.

6. Put a wok on high heat, and add the hot water and tamari.
7. Once it starts bubbling, add the bell pepper and onions. Stir-cook for 3 minutes.
8. Then add the cherry tomatoes, yeast flakes, turmeric, and rice milk. Stir-cook for 2 minutes, combining all the ingredients well.
9. Add the cooked potatoes, beans, sweet potatoes, and carrots to the wok. Fold everything together until combined. Stir-cook for 2 minutes.
10. Take the wok off the heat and pour in the sauce. Mix it all in together for about 1 minute to ensure the sauce is blended right in. *Add salt, if desired.*
11. Transfer to a serving dish and sprinkle the paprika on top.

Savory Swiss Chard

Total time: 40 minutes • Active time: 25 minutes

Serves: 4

This scrumptious fusion of Swiss chard, zucchini, bell pepper, and red onions in a savory sauce is actually relatively easy to prepare, and extremely pleasant on the palate.

Ingredients:

- 1 cup [200 g] whole-grain brown rice
- 10 oz [300 g] Swiss chard (1 medium bunch)
- 2 red onions, quartered
- 1 tomato, quartered
- 2 Tbsp tamari (or shoyu)
- 4 Tbsp water
- 1 zucchini, diced (about 1 1/3 cups [200 g])
- 1 yellow bell pepper, finely chopped
- 1 additional tomato, diced
- 1 Tbsp red wine vinegar
- 1/2 tsp ground cumin
- 1/2 tsp sweet paprika
- 2 Tbsp brewer's yeast flakes
- *Chili flakes to taste (optional)*
- *Sea salt to taste (optional)*
- 1 pinch ground cumin
- 1 pinch sweet paprika
- 1 tsp parsley leaves, finely chopped

Method:

1. Cook the rice according to package directions.
2. Cut the white stems off the Swiss chard. Coarsely chop the stems, and put them into a small food processor fitted with the 'S' blade. Add the onions, tomato, tamari, and the water. Blend for about 15 seconds, until everything is mush-like. Set aside.
3. Cut the Swiss chard leaves into 1-inch [2.5 cm] slices, and set aside as well.
4. About 15 minutes before the rice is cooked, put a wok or large non-stick skillet on high heat. Add the zucchini, bell pepper, additional tomato, and vinegar. Stir-cook

for 5 minutes.

5. Then add the mixture from the food processor and the Swiss chard leaves. Mix well. Add the cumin and paprika to the center of the wok, and stir until incorporated. Cover and cook for 5 minutes.
6. Now turn the heat down to medium and give it a good stir. Cook, covered, for another 5 minutes.
7. Take the wok off the heat, sprinkle the yeast flakes, *chili flakes*, and *salt, if desired*, over it, and stir well to combine.
8. Transfer the contents of the wok to a serving dish, and transfer the rice to a serving bowl.
9. Sprinkle the cumin, paprika, and parsley over the rice.

Mixed Bean Chili

Total time: 60 minutes * • **Active time: 20 minutes** • **Soaking time: 12 to 18 hours**

Serves: 3 to 4

A four-bean chili meal is popular with omnivores, vegetarians, and vegans alike. My version not only tastes delicious, but is also healthy for you. This dish is easy to make and high in protein and fiber. It keeps well in the refrigerator for up to one week in a well-sealed container.

Ingredients:

- 1/2 cup [100 g] dried red kidney beans
- 1/2 cup [100 g] dried chickpeas
- 1/2 cup [100 g] dried borlotti (or cannellini) beans
- 1/2 cup [100 g] dried adzuki beans
- 3 quarts [liters] hot water
- 1 Tbsp tamari (or shoyu)
- 2 jalapenos, finely chopped (discard seeds for a milder taste)
- 1 red onion, finely chopped
- 1 can (14 oz [400 g]) diced tomatoes (undrained)
- 1 tsp ground cumin
- 1 tsp ground ginger
- 1/2 tsp freshly ground black pepper
- 3 Tbsp Herbes de Provence
- 1 tsp sea salt
- 3 cloves garlic, crushed
- 1 Tbsp miso paste, dissolved in 2 Tbsp hot water
- 1/2 cup tomato passata
- 2 Tbsp parsley leaves, chopped (optional)

Method:

1. The night before, combine the kidney beans, chickpeas, borlotti beans, and adzuki beans in a large bowl with triple the amount of cold water (about 1 1/2 quarts [liters]). Soak for 12 to 18 hours. Rinse and drain thoroughly.
2. Put the drained legumes into a large pot with the hot water, and bring to a boil. Cook for 1 hour, or until they are tender.

3. After the legumes have cooked for 40 minutes, put a wok or large non-stick skillet with the tamari on high heat.
4. Add the jalapenos and onion to the wok, and stir-cook for about 5 minutes until tender.
5. Add the tomatoes, cumin, ginger, pepper, Herbes de Provence, and salt.
6. Reduce the heat to medium and mix until well combined.
7. Let cook for a further 10 minutes, stirring occasionally.
8. Add the garlic to the miso/water paste. Pour it into the wok together with the tomato passata, and mix well.
9. Strain and rinse the beans under hot water. Add them to the wok and stir in thoroughly.
10. Cook 2 minutes longer. Transfer to plates, *garnish with the parsley, if using*, and serve.

* Tip:

- To reduce the preparation time, omit soaking and cooking the dried kidney beans, chickpeas, borlotti beans, and adzuki beans. Instead, substitute 5 cups [830 g] of canned 4-Bean-Mix, rinsed and drained under cold water. Add them directly to the wok after step 8, and cook for 8 to 10 minutes. This reduces the total time to only 15 minutes.

Cauliflower, Bean and Leek Risotto

Total time: 40 minutes • Active time: 30 minutes

Serves: 3 to 4

Risotto is a well-known rice dish, and this mouthwatering version, made with cauliflower, beans, and leeks is so simple to make. It is ideal if you have some leftover boiled rice in the fridge.

Ingredients:

- 2 cups [370 grams] cooked whole-grain rice (round grain) ([see note below](#))
- 2 1/2 cups [300 g] green beans, ends trimmed, cut into 2-inch [5 cm] pieces
- 1 small head cauliflower (about 1 lb [500 g]), broken into large florets
- 2 Tbsp tamari (or shoyu)
- 1/2 cup [120 ml] tomato passata, divided
- 1 red onion, diced (about 1/2 inch [1 cm])
- 2 leek stems, sliced into 1/2-inch [1 cm] rings
- 2 Tbsp white balsamic vinegar
- 4 cloves garlic, crushed
- 1 cup [240 ml] unsweetened coconut milk
- 1 tsp ground turmeric
- 1 tsp sweet paprika
- 1/2 tsp freshly ground black pepper
- *Sea salt to taste (optional)*
- 1 Tbsp unhulled sesame seeds
- 1 oil-free sun-dried tomato, finely diced

Method:

1. Put 2 medium saucepans of hot water on high heat, and bring to a boil.
2. Add the green beans to the first saucepan. Cook for about 15 minutes, until tender, but not soft.
3. Add the cauliflower to the second saucepan, and cook for about 10 minutes, until tender.
4. Meanwhile, put a large non-stick skillet or wok on high heat. Add the tamari and half of the tomato passata. Mix with a wooden spoon or ladle.
5. Once the liquid starts bubbling, add the onion and leek. Stir-cook together for 2

minutes.

6. Add the vinegar, the remainder of the tomato passata, and the cooked rice. Reduce the heat to medium. Stir-cook for another 5 minutes.
7. Then stir in the garlic.
8. Transfer to a pot and put back onto the heat.
9. Strain the green beans, then add them to the pot, and stir gently to combine. Increase the heat to high.
10. Add the coconut milk, turmeric, paprika, pepper, *and salt, if desired*. Stir thoroughly for 2 minutes.
11. Transfer to a serving dish.
12. Then strain the cauliflower. Place the florets around the rim of the serving dish, and garnish them with the sesame seeds.
13. Sprinkle the sun-dried tomato over the middle of the dish.

Note:

- If you don't have any leftover rice in the refrigerator, cook rice according to package directions. You may start with step 1 about 20 minutes before the rice is ready. Measure 2 cups [370 g] cooked rice.



Tangier Farro Couscous

Total time: 25 minutes • Active time: 25 minutes

Serves: 2 to 3

Tamari-marinated mushrooms and a variety of vegetables are stir-cooked together with whole-grain farro couscous in a garlicky tomato and lemon sauce. So simple, yet so satisfying!

Ingredients:

- 4 cups [240 g] button (or shiitake) mushrooms, cut into bite-sized pieces
- 1 red onion, finely diced
- 1 large tomato, finely diced
- 2 Tbsp unhulled sesame seeds
- 1 Tbsp red wine vinegar
- 2 Tbsp tamari (or shoyu)
- 1 cup [200 g] whole-grain farro couscous (e.g., spelt)
- 1/2 cup [120 ml] boiling water
- 1 tsp ground turmeric
- 2 cups [200 g] cauliflower florets, cut into small bouquets

- 2 Tbsp tomato passata
- 1 Tbsp fresh lemon juice
- 2 Tbsp hot water
- 1 zucchini, finely diced
- 5 cloves garlic, crushed
- 1/4 tsp ground nutmeg
- 1/2 cup [120 ml] unsweetened coconut milk
- *Sea salt, freshly ground black pepper, and chili flakes to taste (optional)*

Method:

1. Put the mushrooms, onion, tomato, sesame seeds, vinegar, and tamari into a large mixing bowl. Mix with a tablespoon until well combined. Marinate while you prepare the remaining ingredients.
2. Put the couscous into a mixing bowl. Pour the boiling water over the couscous, stir well with a fork to fluff it up, and set aside.
3. Put a medium saucepan of hot water on the stove on high heat. Add the turmeric, and bring to a boil. Add the cauliflower bouquets, and blanch for 5 minutes. Transfer to a colander and strain.
4. Meanwhile, put a wok (or large non-stick skillet) on high heat, and add the passata, lemon juice, and the hot water.
5. Once it starts bubbling, add the zucchini and stir-cook for 2 minutes.
6. Then add the marinated mushroom mixture, and stir-cook for 4 minutes.
7. Stir in the garlic, then turn off the heat, but leave the wok on the heat.
8. Add the strained cauliflower bouquets and fold them in.
9. Sprinkle the nutmeg over the couscous and stir with a fork, making sure that the grains of couscous are well separated.
10. Turn the heat on high again. Add the couscous and coconut milk to the wok, and stir-cook for 2 minutes. *Add the salt, pepper, and chili flakes, if desired.*
11. Transfer to a serving dish, and voila, enjoy.

MARVELOUS MUSHROOMS



Succulent Shiitake Quinoa

Total time: 25 minutes • Active time: 20 minutes

Serves: 2 to 3

The exotic infusion of quinoa, shiitakes, sea vegetables, tomatoes, ginger, turmeric, and coconut milk gives this dish a unique rich and extremely satisfying taste. It is not difficult to make, and is always a delight.

Ingredients:

- 2 1/2 cups [600 ml] hot water, divided
- 1 tsp ground turmeric
- 1/2 tsp freshly ground black pepper
- 1 cup [180 g] quinoa, rinsed and drained
- 2 Tbsp tamari (or shoyu)
- 1 1/2 cups [200 g] zucchini, diced
- 3/4 cup [90 g] grated carrots
- 2 tomatoes, finely diced (about 1 cup [200 g])
- 10 oz [300 g] large shiitake mushrooms, halved

- 1/2 cup [9 g] mixed sea vegetable flakes (such as dulse, sea lettuce, and nori)
- 2 oil-free sun-dried tomatoes, finely diced
- 2/3 cup [160 ml] unsweetened coconut milk
- 4 cloves garlic, crushed
- 1 tsp ground ginger
- 2 Tbsp fresh lemon juice
- *Sea salt and red hot chili flakes to taste (optional)*
- 1 Tbsp unhulled sesame seeds
- 1 Tbsp parsley leaves, finely chopped

Method:

1. Put a medium saucepan with 2 cups of hot water, turmeric, and pepper on high heat. Bring to a boil.
2. Add the quinoa, reduce the heat to simmer, cover and cook for 15 minutes.
3. Put a wok on high heat, and add the tamari along with the remaining hot water, zucchini, carrots, and tomatoes. Cook for 4 minutes, stirring occasionally.
4. Add the mushrooms and sea vegetable flakes to the wok. Mix well for 1 minute. Cover with a lid and let cook for 2 minutes.
5. Uncover and mix thoroughly, making sure that nothing is sticking to the base of the wok. Cover, reduce the heat to medium, and cook 2 minutes longer. Stir once again.
6. Add the sun-dried tomatoes, coconut milk, garlic, ginger, and lemon juice. Mix thoroughly.
7. Add the quinoa to the wok. Stir-cook for 2 minutes. Take the wok off the heat.
8. *Add the salt and chili flakes, if desired, and stir until combined.*
9. Transfer to a serving dish. Sprinkle the sesame seeds and parsley on top.



King Oyster Mushrooms in Coconut Lemongrass Sauce

Total time: 20 minutes • Active time: 20 minutes

Serves: 2

Packed with protein, this awesome Asian-inspired meal is fun to make in minutes. Totally taste satisfying!

Ingredients:

- 3/4 cup [140 g] quinoa, rinsed and drained
- 4 Tbsp tamari (or shoyu)
- 4 Tbsp water
- 1 tomato, diced into 1-inch [2.5 cm] pieces
- 1 red bell pepper, diced into 1-inch [2.5 cm] pieces
- 1 stalk celery, diced into 1-inch [2.5 cm] pieces
- 1 red onion, finely diced
- 2 cups [120 g] broccoli florets
- 2 king oyster mushrooms (about 4 oz [120 g]) (slice stems into 1/2-inch [1 cm] rounds, cut caps in half)
- 1 tsp ground lemongrass

- 1 tsp ground cumin
- 1 tsp ground sage
- 1 pinch ground cardamom
- 1 Tbsp fresh lemon juice
- 2 *small green chili peppers, thinly sliced (optional) (discard seeds for a milder taste)*
- 1/2 cup [120 ml] unsweetened coconut milk
- 3 cloves garlic, crushed
- 1 Tbsp cilantro leaves, finely chopped
- 1 Tbsp unhulled sesame seeds

Method:

1. Cook the quinoa according to package directions.
2. Meanwhile, pour the tamari and water into a wok and place on high heat.
3. Add the tomato, bell pepper, celery, and onion. Stir-cook for 2 minutes.
4. Then add the broccoli florets and mushrooms to the wok, and stir-cook for 3 minutes.
5. Add the lemongrass, cumin, sage, and cardamom. Mix well.
6. Reduce the heat to medium. Stir in the lemon juice *and chili peppers, if using*. Stir-cook for 2 minutes longer.
7. Now add the coconut milk and increase the heat to high for 2 minutes, stirring continuously. Add the garlic and cilantro. Mix until combined.
8. Drain the quinoa if necessary. Add it to the wok, and stir it in for about 1 minute, until piping hot.
9. Transfer to a serving dish, and garnish with the sesame seeds.



Succulent Quinoa Veggie Mushroom Wok

Total time: 20 minutes • Active time: 20 minutes

Serves: 2 (main dish) | 3 to 4 (side dish)

Extremely quick to make, this complete protein meal tastes terrific and is loaded with natural magnesium.

Ingredients:

- 3/4 cup [140 g] quinoa, rinsed and drained
- 4 Tbsp tomato passata
- 2 Tbsp tamari (or shoyu)
- 1 red onion, finely diced
- 2 small hot red chili peppers, finely chopped (optional)
- 1 zucchini (about 6 oz [180 g]), diced into 1-inch [2.5 cm] pieces
- 3/4 cup [90 g] green beans, ends trimmed, cut into 1-inch [2.5 cm] pieces
- 10 cherry tomatoes, halved
- 18 white button mushrooms, quartered
- 3 cloves garlic, crushed
- 1 Tbsp [15 g] grated ginger

- 1 tsp ground turmeric
- 1 tsp ground cumin
- 1/4 tsp ground cardamom
- 3/4 cup [180 ml] unsweetened coconut milk, divided
- *Sea salt and freshly ground black pepper to taste (optional)*
- 1/2 tsp sweet paprika (or ground cayenne pepper, if you like it hot)

Method:

1. Cook the quinoa according to package directions.
2. Meanwhile, put a wok on high heat, and add the tomato passata and tamari.
3. Add the onion *and chili peppers, if using*. Stir-cook for 3 minutes.
4. Add the zucchini, green beans, and cherry tomatoes. Stir-cook for about 6 minutes, until the beans are tender. If the mixture starts to get too dry, add 1 Tbsp of water at a time.
5. Add the mushrooms, garlic, ginger, turmeric, cumin, cardamom, and half of the coconut milk. Mix thoroughly for 2 minutes, then reduce the heat to simmer.
6. Once the quinoa is cooked, drain if necessary. Add it to the wok with the rest of the coconut milk, and mix until combined. *Stir in the salt and pepper to taste, if desired.*
7. Transfer to a serving dish, and sprinkle the paprika over it.

Asian Oyster Mushroom Wok Delight

Total time: 20 minutes • Active time: 20 minutes

Serves: 2

A fabulous fusion of Asian and Mediterranean cuisines! Even your omnivore friends will love this quick, tasty dish.

Ingredients:

- 6 oz [170 g] whole-grain angel hair noodles
- 2 Tbsp tamari (or shoyu)
- 1/4 cup [60 ml] hot water
- 3 cups [250 g] oyster mushrooms, cut into bite-sized pieces (about 1 1/2 inches [4 cm])
- 1 small red onion, finely diced
- 6 cherry tomatoes, halved
- 2 oil-free sun-dried tomatoes, finely diced
- 10 cashews
- 8 large caper berries, stems removed
- 8 Kalamata olives, pitted
- 1 tsp ground ginger
- 1 tsp sweet paprika
- 2 Tbsp parsley leaves, coarsely chopped
- 4 cloves garlic, crushed
- 2 Tbsp hot water
- *2 chili peppers to taste, thinly sliced into rounds (optional)*

Method:

1. Put a large pot of lightly salted water on high heat and bring to a boil so it will be ready to cook the noodles.
2. Meanwhile, put a wok on high heat, and add the tamari and 1/4 cup [60 ml] hot water.
3. Once it starts bubbling, add the mushrooms, onion, and cherry tomatoes. Stir until well combined. Let cook for 5 minutes, stirring occasionally.
4. Add the sun-dried tomatoes, cashews, capers, olives, ginger, paprika, and 3/4 of the parsley. Reduce the heat to medium and stir-cook for 7 minutes.

5. Add the garlic and 2 Tbsp hot water, and stir-cook for 1 minute longer. Reduce the heat to low.
6. Cook the noodles according to package directions or until al dente.
7. Transfer the noodles to a serving plate, top with the contents of the wok, and garnish with the rest of the parsley.
8. *Put the chili peppers, if using, into a small bowl and place on the table to be mixed in to taste.*

DESSERTS



Strawberry Islands in Chocolate Walnut Sauce

Total time: 45 minutes • Active time: 20 minutes

Serves 2

Although this recipe takes a little extra effort to prepare, the final result is truly rewarding to both the eyes and the palate.

Ingredients:

- 5 Tbsp unsweetened cocoa powder
- 1 Tbsp blackstrap molasses
- 1 tsp ground cinnamon
- 4 Tbsp agave syrup
- 2 Tbsp coconut butter
- 8 large strawberries, hulled (cut off stems so strawberries can stand pointed-side up)
- 1/2 Tbsp shredded unsweetened coconut
- 7 fl oz [200 ml] unsweetened coconut milk
- *Additional agave syrup to taste (optional)*

- 2 Tbsp chia seeds
- 6 walnut halves, crushed

Method:

1. Fill a pot 3/4 full with hot water and place over high heat. Fit a smaller pot into the larger pot, resting it directly on the water (bain-marie style).
2. Pour 4 Tbsp warm water into the smaller (inner) pot.
3. Whisk in the cocoa powder, adding it one spoonful at a time.
4. Then blend in the molasses and cinnamon.
5. Once the water in the larger pot starts to bubble, reduce the heat to medium and whisk the agave syrup into the chocolate mixture.
6. When the mixture gets hot (about 140°F [60°C]), add the coconut butter and mix until combined.
7. Take the pot off the heat and let sit for 10 minutes.
8. Dip 6 strawberries, one at a time, into the chocolate mixture, using two small forks to coat them completely.
9. Transfer the chocolate-coated strawberries to a flat plate, placing them pointed-side up, not touching each other. Immediately sprinkle the coconut over each strawberry with your fingers.
10. Place in the refrigerator to set for at least 15 minutes.
11. Meanwhile, put the saucepan back on the stove on medium heat.
12. Pour in the coconut milk *and more agave syrup, if desired*. Whisk thoroughly for 3 minutes.
13. Add the chia seeds and whisk 30 seconds longer.
14. Take the pot off the heat and let sit for at least 10 minutes.
15. Ladle the chocolate sauce evenly into 2 dessert bowls.
16. Place one uncoated strawberry in the center of each bowl and surround with 3 chocolate-coated strawberries. (A small fork will make this easier.)
17. Sprinkle the walnuts over the sauce.

Poached Bananas with Warm Chocolate Fudge Sauce

Total time: 15 minutes • Active time: 15 minutes

Serves 2 to 3

Looks complicated – but actually cooks easy! This decadent dessert is an absolute must for anyone who loves chocolate.

Chocolate Fudge Sauce

Ingredients:

- 5 Tbsp unsweetened cocoa powder
- 3.5 fl oz [100 ml] rice milk (or almond milk)
- 1 Tbsp agar agar
- 1 Tbsp blackstrap molasses
- 4 Tbsp agave syrup (or sweetener of your choice)
- 1 Tbsp coconut butter
- 1 tsp bourbon vanilla powder (or vanilla powder)

Method:

1. In a small saucepan, combine the cocoa powder and rice milk. Whisk together on medium heat until smooth, about 2 minutes.
2. Add the agar agar and stir well.
3. Blend in the molasses, agave syrup, and coconut butter, whisking until combined. If the mixture becomes too thick, add 2 Tbsp of water.
4. Whisk in the bourbon vanilla powder and continue whisking until the mixture starts to bubble slightly.
5. Turn off the heat, but leave the saucepan on the stove.

Poached Bananas

Ingredients:

- 2 bananas, peeled and cut into 6 wedges
- 4 Tbsp maple syrup
- 1 Tbsp dried raisins (or sultanas)
- 1 Tbsp dried goji berries
- 1 Tbsp slivered almonds
- 1 tsp unhulled sesame seeds

- 1/2 tsp ground cinnamon
- 1 Tbsp shredded unsweetened coconut
- 1 dried date, pitted and finely diced

Method:

1. Combine the bananas and maple syrup in a pan on medium heat. Gently poach the bananas for about 2 minutes, basting occasionally.
2. Add the raisins, goji berries, and almonds. Mix well.
3. Sprinkle the sesame seeds and cinnamon over the top.
4. Place the banana mixture in a serving dish. Pour the Chocolate Fudge Sauce over the top with a large scoop.
5. Garnish with the coconut and dates.



Dragon Fruit Heaven

Total time: 10 minutes • Active time: 10 minutes

Serves 4 to 5

Minimal effort, with maximum results! This exotic, colorful dessert looks and tastes wonderful, yet is extremely easy to prepare.

Ingredients:

- 1 small honeydew melon, peeled, seeded, and diced
- 1 dragon fruit, peeled and diced
- 4 strawberries, hulled and diced
- 1 kiwi, peeled and diced
- 4 Tbsp agave syrup
- 1/2 tsp ground cinnamon

Method:

1. Combine the melon, dragon fruit, strawberries, and kiwi in a serving bowl.
2. Add the agave syrup and cinnamon. Mix well.

Hot Strawberries and Nuts

Total time: 10 minutes • Active time: 10 minutes

Serves 4

Everyone will go nuts over this crunchy, sweet dessert. It is quick to make and full of flavor.

Ingredients:

- 4 Tbsp maple syrup
- 1 tsp blackstrap molasses
- 8 oz [250 g] strawberries, hulled and halved (about 1 2/3 cups)
- 1 tsp chia seeds
- 1 Tbsp slivered almonds
- 2 Tbsp pine nuts
- 1/4 cup [30 g] dried goji berries
- 1 Tbsp dried sultanas (or raisins)
- 6 dried dates, pitted and diced
- 1/4 tsp bourbon vanilla powder
- 2 Tbsp agave syrup
- 1/3 cup [30 g] pecans
- 1 Tbsp coconut butter
- 1 Tbsp flaked unsweetened coconut

Method:

1. Combine the maple syrup and molasses in a medium-sized pan on medium heat.
2. Add the strawberries and stir constantly for 5 minutes, until the molasses has completely dissolved.
3. Stir in the chia seeds, almonds, pine nuts, goji berries, sultanas, and dates. Mix well.
4. Sprinkle the bourbon vanilla over the top. Add the agave syrup and pecans, and mix until combined.
5. Turn the heat to high. Stir in the coconut butter until completely dissolved, about 2 minutes.
6. Transfer to a serving dish and sprinkle with the coconut. Serve immediately.

Sticky Dates and Bananas

Total time: 15 minutes • Active time: 15 minutes

Serves 3 to 4

Go ahead, spoil yourself. This wickedly delicious dessert is seriously addictive in taste, yet is totally healthy.

Ingredients:

- 4 Tbsp maple syrup
- 2 plantains, cut into 1-inch [2.5 cm] slices
- 1 cup [125 g] diced coconut flesh
- 1 Tbsp slivered almonds
- 1 Tbsp dried goji berries
- 2 Medjool dates, pitted and thinly sliced
- 3 Tbsp coconut butter
- 6 pecan halves
- 1 Tbsp dried sultanas (or raisins)
- 2 Tbsp agave syrup (or sweetener of your choice)
- 1 tsp unhulled sesame seeds

Method:

1. Put a pan on high heat and pour in the maple syrup. Add the plantain, coconut, almonds, and goji berries, spreading them evenly in the pan.
2. Once the mixture starts bubbling and the plantains are slightly caramelized (brown, not black) on the bottom, turn them over.
3. Reduce the heat to medium. Add the dates, coconut butter, pecans, sultanas, and agave syrup. Stir well.
4. Cook 5 minutes longer, stirring occasionally.
5. Transfer to a serving dish and garnish with the sesame seeds.



Succulent Fruit Salad

Total time: 10 minutes • Active time: 10 minutes

Serves 5 to 6

Colorful and easy-to-make, this scrumptious dessert combines tropical fruits with exotic spices, creating a refreshing, mouthwatering experience.

Ingredients:

- 1 small honeydew melon, peeled, seeded, and diced
- 2 kiwis, peeled and finely diced
- 1 banana, peeled and finely diced
- 1 unpeeled red apple, cored and finely diced
- 2 Tbsp dried goji berries
- 2 Tbsp dried black mulberries (or sultanas)
- 1 Tbsp unsweetened cocoa powder
- 1 Tbsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1 red apple, peeled, cored, and finely diced
- 6 Tbsp agave syrup (or sweetener of your choice)

- 1 Tbsp shredded unsweetened coconut

Method:

1. Put the melon, kiwis, and banana into a large mixing bowl. Toss gently to combine.
2. Add the unpeeled apple dices, goji berries, and mulberries. Mix well. Transfer the fruit mixture to a serving bowl.
3. Combine the cocoa powder, cinnamon, and nutmeg in a medium bowl, and mix well. Add the peeled apple dices and toss gently, until evenly coated.
4. Carefully spoon the coated apple dices on top of the fruit mixture.
5. Pour the agave syrup evenly over the top. Sprinkle with the coconut.



Crunchy Coconut Fruit Salad

Total time: 10 minutes • Active time: 10 minutes

Serves 4

So refreshing! This beautiful dessert is easy to prepare and ideal on a hot summer day. It's a winner! If fresh coconut is not available, flaked unsweetened coconut can be substituted.

Ingredients:

- 2 1/4 cups [320 g] watermelon flesh, cut into 1-inch [2.5 cm] cubes
- 1 1/3 cups [200 g] strawberries, hulled and quartered
- 1 large kiwi, peeled and finely diced
- 5 oz [150 g] fresh coconut flesh, cut into 1/2-inch [1 cm] cubes (about 1 heaping cupful)
- 3 Tbsp dried raisins (or sultanas)
- 1/2 tsp ground cinnamon
- 3 Tbsp maple syrup
- 2 Tbsp cashews

Method:

1. Combine the watermelon, strawberries, and kiwi in a large mixing bowl.

2. Add the coconut and raisins to the bowl.
3. Sprinkle with the cinnamon and maple syrup, and mix thoroughly.
4. Transfer to a serving bowl and sprinkle the cashews on top.



Ambrosia Fruit Salad

Total time: 10 minutes • Active time: 10 minutes

Serves: 2

Ideal as a dessert or part of your breakfast, this exotic vitamin-fuelled fruit salad is easy to make and really delicious and refreshing.

Ingredients:

- 1/2 cup [60 g] red raspberries
- 1/2 cup [60 g] black raspberries (or blackberries)
- 2 kiwis, peeled and diced
- 2 Tbsp agave syrup (or sweetener of your choice)
- 2 nectarines, pitted and thinly sliced
- 1 Tbsp dried goji berries
- 1 tsp shredded unsweetened coconut
- 1 Tbsp pine nuts
- 1 small handful mint leaves

Method:

1. Mix the raspberries, kiwi, and agave syrup in a small bowl. Then spoon them into

the center of two dessert plates.

2. Arrange the nectarine slices evenly along one side of each plate.
3. Sprinkle the goji berries, coconut, and pine nuts over both plates.
4. Garnish with the mint leaves, and serve at room temperature.

Exotic Strawberry and Kiwi Dessert

Total time: 5 minutes • Active time: 5 minutes

Serves 2 to 3

Exotic and colorful, the taste of this easy, elegant dessert is absolutely heavenly.

Ingredients:

- 12 strawberries, hulled and quartered
- 2 kiwis, peeled and diced
- 12 grapes, halved
- 1/4 cup [30 g] dried goji berries
- 1/4 cup [30 g] pine nuts
- 1/2 cup [80 g] dried sultanas (or raisins)
- 2 Tbsp flaked unsweetened coconut
- 1/2 tsp ground cinnamon
- 1 pinch ground nutmeg
- 1/4 tsp bourbon vanilla powder
- 1 tsp unhulled sesame seeds
- 1 tsp agave syrup (or sweetener of your choice)

Method:

1. Place all the ingredients in a large mixing bowl and toss gently until combined.
2. Transfer to individual serving bowls.

ENERGY BARS



Pecan Apricot Cinnamon Energy Bars

Total time: 1 hour • Active time: 20 minutes

Makes about 12 bars

Easy, simple, tasty – the perfect combo! These bars are great to have for breakfast or as energy food to carry around when you're on the run.

Ingredients:

- 1 cup [90 g] pecans
- 2/3 cup [120 g] dried pitted apricots
- 2/3 cup [100 g] dried sultanas (or raisins)
- 1 1/4 cups [150 g] rolled whole-grain spelt (or oats)
- 1 1/2 cups [30 g] coarsely crushed whole-grain rice cakes (about 4 rice cakes) [\(Measure Rice Cakes\)](#)
- 3.5 fl oz [100 ml] rice milk (or almond milk)
- 1/4 cup [60 ml] unsweetened coconut milk
- 1 Tbsp agave syrup
- 1 tsp ground cinnamon

- 1/3 cup [30 g] shredded unsweetened coconut

Method:

1. Preheat the oven to 350°F [180°C] on the convection setting. ([See note.](#))
2. Spread the pecans in a single layer in an ovenproof dish. Toast for 5 to 10 minutes, watching carefully to prevent burning.
3. Meanwhile, put the apricots into a small food processor fitted with the 'S' blade. Chop them into small shreds.
4. Add the sultanas, spelt flakes, and rice cakes. Blend until the spelt flakes and rice cakes have broken up, about 20 seconds.
5. Pour the rice milk and coconut milk into a saucepan on low heat. Add the agave syrup and cinnamon. Mix thoroughly.
6. Stir in the apricot mixture, pecans, and coconut until well combined.
7. Transfer the mixture to a 7 x 11-inch silicone baking dish [18 x 28 cm]. Press down firmly with a spatula or large spoon to spread the mixture evenly in the baking dish.
8. Bake on the middle rack for 20 minutes, or until golden brown.
9. Remove from the oven and let cool for at least 20 minutes.
10. Unmold from the baking dish onto a cutting board.
11. Cut into even bars using a non-serrated knife. ([See Cutting Tip below.](#))

Note:

- If your oven does not have a convection setting, increase the baking time slightly. It will probably take an extra 5 minutes to bake.

Cutting Tip:

- Fill a tall container with very hot water. It should be deep enough to cover the blade of your knife. Dip a non-serrated knife into the hot water, then quickly wipe it dry with a clean towel. Cut straight down from the top, quickly and firmly, like a guillotine, into even bars. Repeat the dipping and drying process between cutting each bar.

How to Measure Rice Cakes:

- Place the rice cakes into a resealable plastic bag and crush coarsely with a rolling pin. Alternatively, break them into pieces, put into a small food processor fitted with the 'S' blade. Process for about 20 seconds, until coarsely crushed.

Maple Cocoa Energy Bars

Total time: 45 minutes • Active time: 10 minutes

Makes about 10 bars

Get energized! This crunchy, nutrition-packed treat is ideal for busy people on the go.

Ingredients:

- 3 Tbsp unsweetened cocoa powder
- 3/4 cup [15 g] coarsely crushed whole-grain rice cakes (about 2 rice cakes)
- 3 Tbsp rolled whole-grain spelt (or oats)
- 4 Tbsp shredded unsweetened coconut
- 2/3 cup [100 g] dried sultanas (or raisins)
- 1 Tbsp dried goji berries (or any other small dried berries)
- 1 Tbsp cashews
- 3 Tbsp unhulled sesame seeds
- 4 Tbsp maple syrup

Method:

1. Preheat the oven to 400°F [200°C] on the convection setting. ([See note.](#))
2. Put all the ingredients except the maple syrup into a small food processor fitted with the 'S' blade. Blend until they are evenly incorporated, about 1 minute.
3. Add the maple syrup. Blend until the mixture is almost paste-like, about 2 minutes.
4. Scoop it out of the blender into the bottom of a 9 x 4-inch silicone baking dish [23 x 10 cm]. Press down firmly with a spatula or large spoon and spread the mixture evenly in the baking dish.
5. Bake on the middle rack for 20 minutes, or until golden brown.
6. Remove from the oven and let cool for at least 20 minutes.
7. Unmold from the baking dish onto a cutting board.
8. Cut into even slices using a non-serrated knife. ([Cutting Tip.](#))

Sticky Date Bars

Total time: 45 minutes • Active time: 10 minutes

Makes about 12 bars

Totally addictive, these scrumptious bars taste so good that it is hard to stop eating them once you start. They are very easy to make and taste terrific. Win, win!

Ingredients:

- 4 Tbsp dried sultanas (or raisins)
- 2 Tbsp almonds
- 1 Tbsp dried goji berries (or any other dried small berries)
- 3 Tbsp cashews
- 3 Tbsp unhulled sesame seeds
- 4 Tbsp shredded unsweetened coconut
- 1 cup [20 g] coarsely crushed whole-grain rice cakes (about 2 2/3 rice cakes) ([Measure Rice Cakes.](#))
- 4 Tbsp rolled whole-grain spelt (or oats)
- 3 Tbsp maple syrup
- 4 Medjool dates (or any large dried dates), pitted and chopped

Method:

1. Preheat the oven to 400°F [200°C] on the convection setting. ([See note.](#))
2. Combine the sultanas, almonds, goji berries, cashews, sesame seeds, shredded coconut, rice cakes, and spelt in a small food processor fitted with the 'S' blade. Process for about 45 seconds, until well combined.
3. Add the maple syrup and dates. Blend for about 2 minutes, until the mixture is almost paste-like in consistency.
4. Transfer to a 9 x 4-inch silicone baking dish [23 x 10 cm]. Press down firmly with a spatula or large spoon and spread the mixture evenly in the baking dish.
5. Bake on the middle rack for 20 minutes, or until golden brown.
6. Remove from the oven and let cool for at least 20 minutes.
7. Unmold from the baking dish onto a cutting board.
8. Cut into even slices using a non-serrated knife. ([Cutting Tip.](#))

GREEN JUICES



I developed these Green Juices for rejuvenation, energy, memory boosting, hydration, and strengthening of the immune system.

Always use raw organic produce to get the healthiest, most nutrient-dense juice possible, without the health risks associated with pesticides, herbicides, and fungicides. You don't have to use only green vegetables for your Green Juice. You can add other colored fruits and vegetables, but in smaller amounts.

Wash the ingredients thoroughly, chop, and then process them through a high quality juicer. There's no need to peel anything, as long as it's organic.

Always drink your Green Juice as soon as possible (preferably within 20 minutes of preparation). As soon as you juice fresh produce, you break open every cell wall of the fruits and vegetables. From the first moment they are exposed to air, their enzymatic and nutritional values start to deteriorate. This process is known as oxidation, which is simply exposure to oxygen. Think about a freshly cut apple that starts to turn brown over time. A blended juice is even more susceptible to oxidation, since every part of the produce has been exposed to air. Because of this, bottled juices are pasteurized to prevent oxidation and help preserve their freshness.

Consuming Green Juices on an empty stomach allows your body to quickly and easily quickly absorb all the nutrients without the interference of other food. Juicing first thing in the morning is an excellent way to start your day with a huge nutritional boost, but without taxing your digestive system.

When you juice your produce, it breaks up the cells, separating the liquid from the fibrous

pulp. Liquids go into our digestive system instantaneously as they don't need to use any energy to digest the fiber. This way your body absorbs and assimilates the essential nutrients such as vitamins, minerals, antioxidants, phytochemicals, and enzymes very easily. Fresh juice nourishes your body with life-giving, rich nutrients immediately.

If you are new to juicing these powerhouse greens, you may experience some digestive challenges. You may get rumblings in your tummy, or experience diarrhea, flatulence, or loose stools.

The reason why Green Juices cause tummy disturbances is because they are doing their job! They are cleansing, cleaning the debris, and hydrating the small and large intestines, bringing in powerful nutrients to help rebuild a strong immune system.

Also, if you haven't juiced any dark greens for approximately 30 to 60 days, you have to consider yourself a new 'juicing' person again. Your intestines will react almost the same way as a beginner's would.

Any of these disturbances will usually disappear in a day or two, so just be patient. Initially it can be challenging, but you will quickly get over this initial hurdle and feel wonderful as the days progress.

Happy juicing!

Vitamin-C Infused Hydrator

Makes about 27 fl oz [800 ml]

This lemony flavored, breath-freshening, slightly sweet nectar is hydrating and loaded with vitamin C.

Ingredients:

- 1 bulb fennel (about 9 oz [270 g]), chopped
- 1 lemon, chopped
- 1 red bell pepper, chopped
- 1 English cucumber, chopped
- 1 kiwi, chopped
- 2 large celery stalks with leaves, chopped
- 1/4 oz [7 g] ginger (about the size of a walnut)

Method:

Process all the ingredients through a juicer.

Cucumbers - Facts and Tips:

- I often use an English cucumber in my Green Juices, as cucumbers are low in saturated fat, with very little cholesterol and sodium. They are also a good source of vitamin A, pantothenic acid, magnesium, phosphorus, and manganese, and are a great source of vitamin C, vitamin K, and potassium. On top of it, they have a very high content of natural mineral water, so when juiced, they easily help hydrate your skin.
- Cucumbers are alkalizing, preventing calcium from being leached from the bones, thus helping to reduce the risk of osteoporosis.
- Avoid cucumbers that are soft, yellow, or wrinkled on the ends. Large, fat cucumbers (also known as field cucumbers) have tougher skins, large, tough seeds, and are often bitter tasting. That's why I recommend English cucumbers, which are long, slender, and more flavorful. They also yield a superior amount of juice over the larger, fatter kinds of cucumbers found in many grocery stores and supermarkets.

High-Energy Revitalizer

Makes about 20 fl oz [600 ml]

This vivid, energy-charged juice is sweetly refreshing and easy to drown down. It provides a colorful start to your day.

Ingredients:

- 2 tomatoes (about 10 oz [300 g]), chopped
- 3 carrots (about 7 oz [210 g]), chopped
- 1/3 cup [20 g] alfalfa sprouts
- 1 beet (about 7 oz [210 g]), chopped
- 1/2 bulb fennel (about 4 1/2 oz [135 g]), chopped
- 1 kiwi, chopped
- 1 lemon, chopped
- 1/4 oz [7 g] ginger (about the size of a walnut)

Method:

Process all the ingredients through a juicer.

Carrots - Facts and Tips:

- While we associate carrots with the color orange, they can also be found in a variety of other colors, including white, yellow, red, and purple. The original color of carrots was actually purple!
- Carrots get their characteristic, bright orange color from beta-carotene, a source of vitamin A. They are high in B complex vitamins such as folate, and contain many minerals including calcium, copper, magnesium, potassium, phosphorus, and iron. Carrots are also a good source of dietary fiber. They contain lutein and zeaxanthin, which play a strong role in promoting good vision and eye health.

Invigorator

Makes about 24 fl oz [700 ml]

This parsley-packed, lemony breath-freshener is absolutely loaded with chlorophyll, which is the best known plant-fuel for the body and soul.

Ingredients:

- 1 green bell pepper, chopped
- 1 English cucumber, chopped
- 1 bunch parsley (1 1/2 cups [30 g]), chopped
- 4 celery stalks with leaves, chopped
- 1 lime, chopped
- 1 zucchini, chopped

Method:

Process all the ingredients through a juicer.

Celery - Facts and Tips:

- Long, lean stalks of celery not only resemble bones, they are good for them, too! Celery contains bone-healthy nutrients that will help strengthen your bones.
- Low in calories and high in fiber, celery is great for people watching their weight. It also has properties that help reduce blood pressure. Celery always adds a refreshing taste to your Green Juice.

Rejuvenator

Makes about 27 fl oz [800 ml]

This smooth, sweet juice with a slight celery taste and a hint of lime flavor is another ideal starter for your day. It is packed with vitamin C and chlorophyll.

Ingredients:

- 1 English cucumber, chopped
- 4 celery stalks with leaves, chopped
- 1 lime, chopped
- 1 yellow bell pepper, chopped
- 1 red bell pepper, chopped
- 1 pear, chopped
- 1/2 cup [30 g] mixed lentil and mung bean sprouts

Method:

Process all the ingredients through a juicer.

Pears - Facts and Tips:

- If you are new to juicing, this is a great juice to try. Pears contribute a natural sweetness to your Green Juice, and are a good source of vitamin B2, C, E, copper, and potassium. They also contain a significant amount of pectin, a water soluble fiber which helps lower cholesterol.
- Actually, pears contain more pectin than apples, so perhaps the old adage should be changed to: “A pear a day keeps the doctor away!”

IQ-Saver

Makes about 17 fl oz [500 ml]

This citrusy delight is mouth-freshening and invigorating. The cauliflower in it contains lecithin, an important protector for the cell membranes in the brain.

Ingredients:

- 1 English cucumber, chopped
- 1 2/3 cups [150 g] cauliflower florets
- 1 green bell pepper, chopped
- 1 tomato, chopped
- 1 large lemon, chopped
- 1/2 oz [15 g] ginger (about the size of a golf ball)
- 1/4 cup [7 g] cilantro, chopped

Method:

Process all the ingredients through a juicer.

Bell Peppers - Facts and Tips:

- Bell peppers (also known as capsicums) have more vitamin C than oranges! They are packed with vitamin C, which powers up your immune system and keeps your skin youthful. The highest amount of vitamin C in a bell pepper is concentrated in the red variety.
- And YES, please juice the seeds. Unlike cayenne peppers and other hot peppers, the seeds from bell peppers are not that spicy/hot. Also, they are rich in many micronutrients and trace minerals that our bodies require.
- Did you know that green bell peppers are actually unripe red bell peppers? Red bell peppers don't cause the indigestion that green bell peppers often do.
- Bell peppers are very low in calories. Even if you eat one full cup of them (an average-sized red bell pepper), you only get about 45 calories. Bonus: that one cup will give you more than your daily quota of vitamin A and C!
- Red bell peppers contain several phytochemicals and carotenoids, particularly beta-carotene, which provides antioxidant and anti-inflammatory benefits. Combine bell peppers with carrots and you now have a plethora of nutrients that are packed with pro-vitamin A (highly usable vitamin A that our bodies are able to absorb).
- Bell peppers are a good source of vitamin E, sulphur, and vitamin B6 for our nervous system.
- They also contain enzymes called lutein, which has been proven to protect our eyes from cataracts and macular degeneration that often develop as we age.

Healthy Beet Juice

Makes about 24 fl oz [700 ml]

This sweet tasting, smooth nectar is perfect for kicking off any day in a positive way. The natural nitrate from the beet makes this juice also ideal for those suffering from hypertension.

Ingredients:

- 4 oz [120 g] beet (about 1/2 beet), chopped
- 1 large lemon, chopped
- 1 tomato, chopped
- 1 Granny Smith apple (or any other sour apple), chopped
- 1 English cucumber, chopped
- 3 celery stalks with leaves, chopped
- 1/4 oz [7 g] ginger (about the size of a walnut)

Method:

Process all the ingredients through a juicer.

The Pros and Cons of Beets:

- Juicing raw beets can do more for us than, I believe, almost any other vegetable. However, they can also cause havoc in some ways, if we are not cognizant of their reactions when juiced!
- For example, if you are not familiar with beets, or do not consume them often, I highly recommend to NEVER juice more than 1/2 of a medium sized beet at a time.
- Beets can affect our bowels, creating a bit of diarrhea, as well as redness in our stools (which can be scary, but is harmless). They can also throw off your inner ear balance, which causes vertigo.
- But the benefits of beets are endless! Beet juice can help boost stamina, so you can exercise longer.
- Beets help fight inflammation, and also provide excellent cardiovascular benefits. They are rich in natural chemicals called nitrates, which your body converts into nitric oxide, which improves blood flow and lowers blood pressure.
- Beets are packed with many valuable nutrients, have anti-cancer properties, and also provide detoxification support. You can't 'beet' that!

Spectacular Spud

Makes about 20 fl oz [600 ml]

This simple, smooth-tasting juice, with its amazing gastric healing properties, is also loaded with vitamins and minerals.

Ingredients:

- 1 lb [500 g] potatoes (about 2 medium), chopped
- 1 English cucumber, chopped
- 1 kiwi, chopped
- 1 large lemon, chopped
- 2 celery stalks with leaves, chopped

Method:

Process all the ingredients through a juicer.

Potatoes - Facts and Tips:

- Raw potato? Yes, because potato juice is rich in nutrients. Most people think that raw potatoes are dangerous to juice, but aren't they considered to be the same as carrots, for example? After all, they both grow underground, so why do we consider raw potatoes to be indigestible and inedible? Perhaps it's because of the taste.
- Raw potatoes have a sweet, sort of earthy taste, but when you juice them, you can't even taste them when they are combined with other root vegetables or leafy greens.
- Always use firm, unblemished potatoes, with no hint of green. Never use sprouted or green potatoes as they contain solanin, which is toxic.
- Do we leave the peel on? Yes! There are a lot of nutrients on the skins, so juice them (as long as they are organic).
- Potatoes are packed with potassium, an electrolyte and essential mineral, which helps maintain the electrical activity in your heart. It also helps with the production of protein and muscle and regulates the acid-base balance in your body's cells. A 1/2-cup serving of potato juice has 1,263 milligrams of potassium. This is almost 27 percent of the daily recommended dietary intake for all adults. Yes, the potato is certainly a spectacular package!