

Friday, June 29
Dinner

Avocado-Corn Dressing

Ramses Bravo

The best way to judge the ripeness of an avocado is to remove the tiny stem. It should come off with no resistance, revealing a small green oval with no brown spots or veins showing. Makes about 2 cups (8 servings).

INGREDIENTS:

1 ripe avocado, flesh removed
Kernels sliced from 1 ear of fresh corn, or 1 cup thawed frozen or drained canned corn
1 cup vegetable broth, plus more as needed
Juice of ¼ lime
10 sprigs cilantro, with stems
¼ teaspoon ground coriander
¼ teaspoon ground cumin

INSTRUCTIONS:

1. Put all the ingredients in a blender and process on high speed until smooth and creamy. If the dressing is too thick, add a little more broth, 1 to 2 tablespoons at a time, until the desired consistency is achieved. Stored in a sealed container in the refrigerator, Avocado-Corn Dressing will keep for 3 days.

Per serving (¼ cup): Calories 38.7; Protein 0.7 g; Carbohydrates 3.7 g; Fat 2.8 g; Calcium 2.6mg; Sodium 9.4 mg; Omega-3 0 g

Best Ever Vegetable Soup

Jana Diedrich

This recipe makes a nice big pot of soup to enjoy with friends and family. Leftovers are perfect for lunch or a no-fuss dinner. Serves 10.

INGREDIENTS:

- 5 carrots, juiced, or 1 cup carrot juice
- 1 bunch celery, juiced, or 1 cup no-salt-added or low sodium vegetable broth
- 3 (26 ounce cartons) chopped tomatoes with juices (see note)
- 2 carrots, diced
- 4 ribs celery, diced
- 1 small head Napa cabbage, chopped
- 2 zucchini, diced
- 1 yellow crookneck squash, diced
- 1 cup potato, diced
- 2 medium sweet yellow onion, diced
- 2 bunches kale, chopped
- 1 tablespoon Dr. Fuhrman's MatoZest or other no-salt seasoning blend, adjusted to taste
- 1 teaspoon oregano
- 1/8-1/4 teaspoon cayenne pepper
- 1/2 teaspoon black pepper
- 2 tablespoons fresh basil, chopped
- 3 cups cooked garbanzo beans or 2 (15 ounce) cans low sodium or no-salt-added, drained
- 3 cups cooked red kidney beans or 2 (15 ounce) cans low sodium or no-salt-added, drained
- 1 1/2 cups cooked cannellini beans or 1 (15 ounce) can low sodium or no-salt-added, drained
- 3 cups no-salt-added or low sodium vegetable broth
- 2-3 cups water

INSTRUCTIONS:

1. Add carrot and celery juice to a large soup pot. Puree 1 carton of the tomatoes and add to soup pot. Add remaining ingredients and simmer until vegetables are soft, about 30 minutes.

NOTES:

- This soup freezes well.
- Select tomato products packaged in glass or cartons. These materials do not contain BPA.

Calories 312; Protein 17 g; Carbohydrates 61 g; Total Fat 2.7 g; Saturated Fat 0.4 g; Cholesterol 0 mg; Sodium 179 mg; Fiber 16.6 g; Beta-Carotene 6209 ug; Vitamin C 122 mg; Calcium 268 mg; Iron 7.6 mg; Folate 235 ug; Magnesium 144 mg; Zinc 2.5 mg; Selenium 4.3 ug

<https://www.drfuhrman.com/recipes/1282/best-ever-vegetable-soup>

Broccoli and Shiitake Mushrooms with Thai Peanut Sauce

Dr. Fuhrman

A quick stir fry with a tasty wok sauce is a great way to get dinner on the table fast. Cook the vegetables until they are just crisp-tender and still have a slight crunch. This preserves the nutrients and provides the perfect texture. Serves 4.

INGREDIENTS:

For the Thai Peanut Sauce:

- 1½ cups water
- 7 regular dates or 3½ Medjool dates, pitted
- ½ cup natural, unsalted peanut butter
- 2 tablespoons unsweetened shredded coconut
- 1 teaspoon minced ginger
- ½ teaspoon ground cumin
- ¼ teaspoon ground turmeric
- 1 tablespoon lime juice
- 1 teaspoon red curry powder
- ½ teaspoon chili powder

For the vegetables:

- 1 cup chopped onions
- 6 cups broccoli florets
- 1 cup thinly sliced red bell pepper strips
- 2 cups sliced shiitake mushrooms
- 2 cups trimmed snow peas

INSTRUCTIONS:

To make the sauce:

1. Blend water and dates in a high-powered blender, then add peanut butter, coconut, ginger, lime juice and spices and blend again until smooth and well-combined.

To cook the vegetables:

2. Heat ¼ cup water in a large non-stick wok or skillet; then add chopped onions and broccoli, cover and cook for 4 minutes stirring occasionally and adding additional water as needed to prevent sticking.
3. Remove cover and add red bell pepper strips, shiitake mushrooms, and snow peas and cook for an additional 4 minutes or until vegetables are crisp-tender.
4. Add desired amount of sauce and continue to stir fry for 1-2 minutes to heat through.
5. Serve with wild rice, if desired.

Calories 295; Protein 13 g; Carbohydrates 39 g; Sugars 18 g; Total Fat 13.5 g; Saturated Fat 3.2 g; Cholesterol 0 mg; Sodium 70 mg; Fiber 11.4 g; Beta-Carotene 1123 ug; Vitamin C 174 mg; Calcium 117 mg; Iron 3.4 mg; Folate 151 ug; Magnesium 111 mg; Potassium 1152 mg; Zinc 2.6 mg; Selenium 11.9 ug

Caesar-y Salad

Cathy Fisher

Serves 4 to 6. (Makes about 9 cups salad and 1 cup dressing.)

INGREDIENTS:

For the salad:

- 1 large head romaine lettuce (about $\frac{3}{4}$ pound), coarsely chopped
- 1 medium red bell pepper, seeded and chopped (about $1\frac{1}{2}$ cups)
- 1 medium, ripe avocado, chopped (optional)
- 1 ounce raw, unsalted cashews or walnuts, ground (about $\frac{1}{4}$ cup; for optional garnish)
- Ground black pepper

For the dressing:

- $\frac{1}{2}$ cup water
- 2 ounces raw, unsalted cashews (about $\frac{1}{2}$ cup)
- 2 tablespoons lemon juice
- 2 tablespoons mustard (I like Dijon or stone ground)
- 1 tablespoon raisins
- 1 medium clove garlic
- 1 tablespoon dried Italian herb seasoning

INSTRUCTIONS:

1. Place all of the dressing ingredients (water, cashews, lemon juice, mustard, raisins, garlic, and herbs) into a blender, and set aside for 15 minutes (so the cashews can soften).
2. Place the lettuce, bell pepper, and avocado (if using) into a large salad bowl.
3. Blend the dressing ingredients until smooth. Pout the dressing over the salad and toss well. Season with pepper to taste, and garnish with ground cashews or walnuts, if desired (see Notes).

NOTES:

- For a lower-fat dressing, replace the cashews with $\frac{3}{4}$ cup of cooked white beans.
- To achieve the look of finely grated parmesan cheese, use a rotary cheese grater to add a dusting of walnuts or cashews to the top of each salad plate.
- When tomatoes are in season, I use 2 cups chopped tomatoes instead of the bell pepper.
- As a crouton substitute, try some Roasted Garbanzo Beans (<http://www.straightupfood.com/blog/2011/04/13/roasted-garbanzo-beans/>).

Serving size: $\frac{1}{6}$ recipe, 1.3 cups. Calories: 141 Fat: 4.6g Saturated fat: 0.8g Carbohydrates: 24.7g Sugar: 14.9g Sodium: 95mg Fiber: 4.1g Protein: 3.6g Cholesterol: 0

<http://www.straightupfood.com/blog/2013/04/26/caesar-y-salad/>

Cauliflower “Egg” Salad

Chef Collin Cook

Serves 5-6 for lunch.

INGREDIENTS:

12 cups chopped cauliflower
1 medium yellow onion, diced
2 cups diced celery
7 tablespoons apple cider vinegar
7 tablespoons lemon juice
2 cups raw cashews
3 pitted dates
½ cup stone ground mustard
2 tablespoons onion powder
1 teaspoon garlic powder
½ teaspoon black pepper
2 cups spring water
2 teaspoon turmeric powder

INSTRUCTIONS:

1. Using a food processor, finely mince the cauliflower and place in a large mixing bowl.
2. Add the chopped celery and diced onions to the mixing bowl with the minced cauliflower.
3. Using the Vitamix, add all of the remaining ingredients and blend until smooth for the dressing.
4. Fold the dressing into the prepared salad until well mixed.

NOTES:

- The chef prefers Lakewood bottled organic lemon juice for a consistent product.

Chocolate Avocado Mousse with Cashew Cream Topping

Makes 5-6 servings.

INGREDIENTS:

For the Chocolate Mousse:

- 1 avocado
- 1 cup almond milk
- $\frac{2}{3}$ cup Medjool dates, pitted and soaked
- $\frac{1}{2}$ cup cocoa powder
- $\frac{1}{4}$ cup almond butter

For the Cashew Cream:

- $1\frac{1}{2}$ cups cashews, soaked to soften
- $\frac{1}{2}$ cup light coconut water, fresh-squeezed orange juice, or fresh cashew milk
- 1 date
- 1 teaspoon vanilla extract or vanilla bean powder

Optional Frozen Fruit Layer:

- Frozen mango chunks or strawberries
- A few dates

INSTRUCTIONS:

1. Mousse: Combine all of the mousse ingredients and blend until creamy using a high-speed blender or food processor. Set in the fridge to chill.
2. Cashew cream: Blend all ingredients until smooth and creamy. Set in the fridge to chill.
3. Optional fruit layer (see Notes): Purée the frozen fruit and dates in a high-speed blender.
4. Layer the mousse, fruit purée (if using), and cream in wine, martini, or parfait glasses.
5. Add fresh strawberries or raspberries on top, if desired. You can also sprinkle each parfait with $\frac{1}{4}$ tsp of cocoa nibs.

NOTES:

- For best results, let the mousse and whipped cream chill in the fridge before assembling the parfait. If time is short, the parfaits can be assembled without chilling the layers first.
- If using the fruit layer, blend it shortly before assembling the parfaits.

Eggplant Cannelloni with Pine Nut Romesco Sauce

Chef Martin Oswald

In this company-worthy recipe, the eggplant is stuffed with a savory mixture of quinoa, spinach, onions, and garlic. It is finished with a drizzle of nut- and red pepper-based romesco sauce. Serves 6.

INGREDIENTS:

For the eggplant cannelloni:

- 2 large eggplants, peeled and sliced lengthwise ½ inch thick
- 2-3 tablespoons water
- 2 medium red bell peppers, seeded and coarsely chopped
- 1 medium onion, coarsely chopped
- 1 cup chopped carrots
- ½ cup chopped celery
- 4 cloves garlic
- 8 ounces baby spinach
- 1 tablespoon Dr. Fuhrman's VegiZest (or other no-salt-seasoning blend, adjusted to taste)
- 1 cup cooked quinoa, kamut or barley
- 2 cups no-salt-added or low-sodium pasta sauce
- 3 ounces nondairy Daiya brand Mozzarella-type cheese

For the pine nut romesco sauce:

- 2 cloves garlic
- ½ cup roasted red bell peppers
- 2 tablespoons water
- 2 tablespoons red wine vinegar
- 2 hot Thai chili peppers
- 2 tablespoons pine nuts (see Note) or almonds
- ½ tomato, cored
- 2 tablespoons nutritional yeast

INSTRUCTIONS:

1. Preheat oven to 350 degrees F. Lightly oil a non-stick baking pan. Arrange eggplant in a single layer in the pan. Bake about 20 minutes or until eggplant is flexible enough to roll up easily. Set aside.
2. Heat 2 tablespoons water in a large pan, add the bell pepper, onion, celery and garlic; saute until just tender, adding more water if needed. Add the spinach and VegiZest and cook until spinach is wilted. Add the cooked quinoa.
3. Transfer to a mixing bowl. Mix in 2-3 tablespoons of the pasta sauce and all of the shredded cheese. Spread about 1/4 cup of the pasta sauce in a baking pan. Put some of the vegetable mixture on each eggplant slice, roll up and place in pan. Pour remaining sauce over the eggplant rolls. Bake for 20 minutes, until heated through.
4. To make romesco sauce, combine all ingredients in a blender and blend until chunky. Serve eggplant with a drizzle of romesco sauce.

NOTE:

- Mediterranean pine nuts are best.

Calories 227; Protein 10 g; Carbohydrates 38 g; Sugars 16 g; Total Fat 5.3 g; Saturated Fat 0.8 g; Cholesterol 0 mg; Sodium 172 mg; Fiber 12 g; Beta-Carotene 5100 ug; Vitamin C 97 mg; Calcium 187 mg; Iron 3.5 mg; Folate 175 ug; Magnesium 122 mg; Potassium 1313 mg; Zinc 2.3 mg; Selenium 5.7 ug

<https://www.drfuhrman.com/recipes/1711/eggplant-cannelloni-with-pine-nut-romesco-sauce>

Oil-Free Vegan Thousand Island Dressing

Katie Mae

Nutritious and delicious!!! Makes about 2 cups.

INGREDIENTS:

¼ cup cashews
½–¾ cup water
3 Medjool dates, pitted
3 tablespoons apple cider vinegar
2 tablespoons tomato paste
1 teaspoon Dijon mustard
1 teaspoon garlic granules
1 teaspoon onion granules
½ teaspoon dried rosemary
pinch of allspice
1 cup unsweetened low-sodium pickles, chopped (or raw cucumber)

INSTRUCTIONS:

1. Add all of the ingredients except the pickles to a high-powered blender. Blend until the cashews are smooth and creamy.
2. Add the pickles and pulse a few times, just enough so you have an even consistency, but leaving some little pieces of pickle that will give the dressing more texture.
3. Transfer dressing to an airtight container and store in the fridge. Lasts up to 10 days.

<https://plantzst.com/oil-free-vegan-thousand-island-dressing/>

Spiralized Zucchini Pasta Pomodoro Salad

INGREDIENTS:

- 12 ounces spiralized zucchini
- 3 vine-ripe tomatoes, coarsely chopped
- 1 tablespoon minced garlic
- 1 tablespoon balsamic vinegar
- 1 tablespoon finely chopped fresh basil
- 2 teaspoons date syrup (see Notes)
- Dash of black pepper
- 1 teaspoon of Mrs. Dash salt substitute
- $\frac{2}{3}$ cup faux parmesan (below)

For the faux parmesan:

- $\frac{1}{2}$ cup raw almonds (see Notes)
- $\frac{1}{2}$ cup raw walnuts
- $\frac{1}{2}$ cup nutritional yeast
- 1 tablespoon Mrs. Dash salt-free seasoning

INSTRUCTIONS:

1. Prepare the faux parmesan: In a food processor fitted with the “S” blade, combine all ingredients until a powdery texture is achieved.
2. Combine all ingredients except spiralized zucchini and faux parmesan in a mixing bowl.
3. Add the tomato mixture to the spiralized zucchini.
4. Fold in the faux parmesan and chill.
5. Serve cold, garnished with a basil sprig and the remaining faux parmesan.

NOTE:

- For date syrup, blend whole pitted Medjool dates with water to obtain consistency of syrup.
- You can substitute almond flour for the whole raw almonds and walnuts.#

Saturday, June 30
Breakfast

Avocado-Dill Dressing

Cathy Fisher

This creamy, rich dressing has a bright, herby flavor. Makes about 1 cup.

INGREDIENTS:

- ½ cup water
- 2 ounces raw, unsalted cashews (about ½ cup)
- ½ medium, ripe avocado, chopped
- 3 tablespoons lemon juice
- 1 medium clove garlic
- 2 green onions, white and green parts, chopped
- 2 tablespoons chopped fresh dill

INSTRUCTIONS:

1. Place the water, cashews, avocado, lemon juice, and garlic into a blender, and set aside for at least 15 minutes (so the cashews can soften).
2. Blend the ingredients until smooth. Add the green onions and dill, and blend briefly, so you can still see green flecks.
3. Store leftover dressing in a covered container in the refrigerator for up to three days. Shake before using.

NOTE:

For a lower-fat dressing, substitute ½ cup of cooked white beans for the cashews.

Better Ketchup

Cathy Fisher

Ketchup is a straightforward condiment, mainly calling for tomatoes, vinegar, salt, and sugar. For this recipe, the sugar will come from an apple and the salty flavor from the concentrated tomato paste. It will keep for up to 10 days in the refrigerator. Makes about 1 cup.

INGREDIENTS:

¾ cup water

Half of a medium apple, peeled, cored, and chopped (about ½ cup)

1 can (6 ounces) tomato paste

1 tablespoon apple cider vinegar

½ teaspoon dried oregano

¼ teaspoon granulated garlic

INSTRUCTIONS:

1. Place all of the ingredients (water, apple, tomato paste, vinegar, oregano, and granulated garlic) into a blender, and blend until smooth.
2. Refrigerate for two to three hours for the best flavor.

NOTES:

- You can substitute ½ cup apple juice for the apple (and decrease the water to ½ cup).
- You can substitute 1 tablespoon lemon juice for the apple cider vinegar.

Serving size: ¼ recipe, ¼ cup. Calories: 48 Fat: 0.3g Saturated fat: 0.1g Carbohydrates: 11.5g Sugar: 7.6g Sodium: 27mg Fiber: 2.4g Protein: 1.9g Cholesterol: 0

<http://www.straightupfood.com/blog/2011/09/06/salt-free-ketchup/>

Ginger Almond Dressing

Dr. Fuhrman

Almonds and sesame seeds blended with a touch of vinegar, a few dates and zesty garlic and ginger. A great way to dress a salad! Serves 4.

INGREDIENTS:

- ½ cup raw almonds or ¼ cup raw almond butter
- ¼ cup unsweetened soy, hemp or almond milk
- ¼ cup water
- 2 tablespoons rice vinegar
- 2 tablespoons unhulled sesame seeds or tahini
- 3 dates, pitted
- 2 small cloves garlic, chopped
- ½ inch piece fresh ginger, peeled and chopped

INSTRUCTIONS:

1. Blend all ingredients in a high-powered blender until smooth and creamy. Add more water as needed to adjust consistency.

Calories 171; Protein 6 g; Carbohydrates 10 g; Sugars 4 g; Total Fat 13.1 g; Saturated Fat 1.3 g; Cholesterol 0 mg; Sodium 10 mg; Fiber 3.1 g; Beta-Carotene 1 ug; Vitamin C 1 mg; Calcium 83 mg; Iron 1.2 mg; Folate 17 ug; Magnesium 61 mg; Potassium 227 mg; Zinc 1 mg; Selenium 3.4 ug

<https://www.drfuhrman.com/recipes/960/ginger-almond-dressing>

Potato-Veggie Scramble

Cathy Fisher

This colorful scramble makes a hearty breakfast dish. I usually make it for company or during the holidays, as it takes some time to prepare, but the beautiful presentation is worth it. Top with ketchup, salsa, or Lemon-tahini Sauce (recipe below). Serves 4. (Makes about 8 cups salad.)

INGREDIENTS:

- 1½ pounds white potatoes, unpeeled, cut into ½-inch cubes (about 4½ cups)
- 1 medium yellow or white onion, chopped (about 2 cups)
- 1 medium red bell pepper, seeded and chopped (about 1½ cups)
- 5 medium white or cremini mushrooms, sliced (about 2 cups)
- 1½ teaspoons finely chopped garlic (about 2 medium cloves)
- 1 tablespoon dried Italian herb seasoning
- 1 teaspoon paprika or smoked paprika
- 1 can cooked navy or other white beans (15 ounces; about 1½ cups), drained and rinsed
- 1 cup halved cherry or grape tomatoes
- 3 cups packed spinach leaves or coarsely chopped Swiss chard
- ketchup, salsa, or Lemon-tahini Sauce (recipe in Notes below)

INSTRUCTIONS:

1. Preheat the oven to 400°F. Line a large baking sheet with parchment paper.
2. Spread the potatoes out evenly on the baking sheet and bake for 15 minutes. Remove from the oven and flip the potatoes with a spatula (this does not have to be precise). Return to the oven, and bake for 20 to 25 minutes more, or until tender and lightly browned.
3. About 10 minutes before the potatoes are done, place 1 tablespoon of water into a frying pan over medium-high heat. When the water starts to sputter, add the onion, bell pepper, and mushrooms, and cook while stirring for about 3 minutes. Stir in the garlic, Italian seasoning, and paprika, adding a little water, as needed, to prevent sticking.
4. Decrease the heat to medium-low and stir in the beans, tomatoes, and greens. Cover and cook for 5 more minutes, or until the greens have wilted, stirring once or twice. Toss in the hot cooked potatoes last, and serve immediately as is or with ketchup, salsa, or Lemon-tahini Sauce.

NOTES:

- This scramble is also delicious served in steamed corn tortillas topped with salsa and/or avocado.
- Yams or sweet potatoes may be substituted for all or half of the white potatoes.
- **Lemon-tahini Sauce:** Tahini is ground sesame paste. It looks like creamy peanut butter but lighter in color, and can be found near the peanut butter in the grocery store. Ingredients: ¼ cup water, ¼ cup tahini (or 3 tablespoons hulled sesame seeds), 3 tablespoons lemon juice, 1 tablespoon lemon zest (optional), ⅛ teaspoon garlic powder, ⅛ teaspoon cumin. Combine in a blender until smooth.

Serving size: ¼ recipe, 2 cups. Calories: 286 Fat: 1.3g Saturated fat: 0.2g Carbohydrates: 59.2g Sugar: 9.1g Sodium: 54mg Fiber: 15.4g Protein: 12.0g Cholesterol: 0

<http://www.straightupfood.com/blog/2011/04/07/potato-scramble/>

Zucchini Bread

Cathy Fisher

Serves 8 to 10. (Makes about ten ¾-inch slices.)

INGREDIENTS:

- 7 ounces pitted dates (11 to 12 Medjool or 22 to 24 Deglet Noor), chopped
- 1 cup unsweetened nondairy milk
- 2 teaspoons vanilla extract (or seeds from 2 vanilla beans)
- 1¼ cups old-fashioned rolled oats
- ¾ cup dry/uncooked millet
- 1 teaspoon cinnamon
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon ground ginger
- ½ teaspoon ground nutmeg
- 2 cups unpeeled, grated zucchini (1 to 2 medium)
- 2 ounces walnuts, chopped (about ½ cup; optional)

INSTRUCTIONS:

1. Place the dates, nondairy milk, and vanilla into a small bowl, and set aside for at least 15 minutes (so the dates can soften). Preheat the oven to 325°F. Line a standard size loaf pan (9 x 5 x 3 inches) with parchment paper.
2. Grind the oats and millet into flour with a blender (30 to 40 seconds; millet is hard). Transfer to a medium bowl and whisk in the cinnamon, baking powder, baking soda, ginger, and nutmeg.
3. Pour the soaking ingredients (dates, milk, and vanilla) into the blender, and blend until smooth. Stir this mixture into the bowl of dry ingredients, then stir in the grated zucchini and walnuts (if using).
4. Spoon the batter into the pan and spread evenly. Bake for 65 minutes, or until the top is medium brown. Let cool for 10 minutes before removing from the pan and placing on a cooling rack. Cool completely before serving.

NOTE:

- If you'd like 12 cupcakes or muffins, bake in a muffin pan with parchment paper liners at 350°F for 25 to 30 minutes. For a square cake, bake in an 8 x 8-inch pan lined with parchment paper at 350°F for 40 to 45 minutes.

Serving size: 1 slice (1/10 of total recipe). Calories: 205 Fat: 5.7g Saturated fat: 0.7g Carbohydrates: 35.4g Sugar: 14.8g Sodium: 132mg Fiber: 4.8g Protein: 5.4g Cholesterol: 0

<http://www.straightupfood.com/blog/2013/01/07/zucchini-bread/>

Saturday, June 30
Lunch

Black Bean & Rice Stew

Cathy Fisher

This satisfying stew is a breeze to make if you have canned beans and tomatoes on hand, as well as some cooked rice. It's a perfect meal for a cozy night's dinner. And it makes a great taco filling! Serves 6 to 8. (Makes about 12 cups.)

INGREDIENTS:

- 8 medium white or cremini mushrooms, sliced (about 3 cups)
- 1 medium yellow or white onion, chopped (about 2 cups)
- 2 ribs celery, sliced or chopped (about $\frac{2}{3}$ cup)
- 1 tablespoon Italian herb seasoning
- 2 teaspoons chili powder
- 2 teaspoons ground coriander
- 1½ teaspoons granulated garlic
- 1½ teaspoons ground cumin
- 3 cups water
- 2 cans diced tomatoes (14.5 ounces each; about 3 cups total), undrained
- 2 cans cooked black beans (15 ounces each; about 3 cups total), drained and rinsed
- 1 large white potato, peeled or unpeeled, cut into ½-inch cubes (about 2 cups)
- 2¼ cups cooked brown rice (see Notes)

INSTRUCTIONS:

1. Heat 1 tablespoon of water in a soup pot over medium-high heat. When the water starts to sputter, add the mushrooms, onions, and celery, and cook while stirring for 4 to 5 minutes, adding a little water as needed.
2. Add the Italian seasoning, chili powder, coriander, granulated garlic, and cumin and cook while stirring for 1 minute, adding water as needed.
3. Stir in the 3 cups water, diced tomatoes, beans, potatoes, and rice, and bring to a boil, uncovered. Reduce the heat to medium-low, then cover and cook for 15 to 20 minutes, or until the potatoes are tender, stirring occasionally.

NOTES:

- Potatoes: You could also use yams in place of the white potatoes, or half and half. You could even cube some squash instead.
- Beans: Any kind of beans could be used in place of the black, such as kidney and pinto, or a mix.
- Rice: Similarly, any type of rice can be used here. I like short-grain brown. To make 2¼ cups of cooked brown rice, bring 1½ cups of water and $\frac{3}{4}$ cup of dry/uncooked rice to a boil uncovered in a medium saucepan over high heat. Reduce the heat to low, then cover and simmer for 45 minutes for long-grain rice or 50 minutes for short-grain rice. Remove from the heat and let stand for 10 minutes with the lid still on.
- Tomatoes: Use high quality no-salt tomatoes, such as Pomi, Eden, Muir Glen, or 365 brands. Or you can use fresh as well. For this recipe use 2 cans of diced tomatoes, or 1 jar (of the Eden brand), or the whole box of the Pomi brand.

- Sautéing alternative: If you want to skip the step of sautéing the onion and other vegetables first, you can also just put everything into your soup pot at once and cook it until the potatoes are tender. I like sautéing because it intensifies the flavors, especially with onion and mushrooms.
- Spices and herbs: I don't favor overly hot and spicy flavors in my meals, but if you do, this would be a good one to add more chili powder and/or other favorite chili or Mexican food herbs/spices to. I like "ancho" chili powder since it's mild.

Serving size: 1/8 recipe, 1.5 cups. Calories: 236 Fat: 1.5g Saturated fat: 0.3g Carbohydrates: 47.4g Sugar: 5.7g Sodium: 59mg Fiber: 11.7g Protein: 9.8g Cholesterol: 0

<http://www.straightupfood.com/blog/2012/11/11/black-bean-rice-stew/>

Buffalo Cauliflower

Dr. Fuhrman

Get the party started with a batch of Buffalo Cauliflower! Dial the cayenne pepper up or down, depending on your preference. Serves 4.

INGREDIENTS:

- 1 cup almond flour
- ¼ cup nutritional yeast
- 1 teaspoon Dr. Fuhrman's MatoZest or other no-salt seasoning blend, adjusted to taste
- 1 teaspoon paprika
- ¼-½ teaspoon cayenne pepper, or to taste
- ⅔ cup water
- 1 tablespoon Dijon mustard
- 1 head cauliflower, cut into florets

INSTRUCTIONS:

1. Preheat oven to 350 degrees F.
2. Combine flour, nutritional yeast and seasonings in a bowl. Using a whisk, add water gradually. Stir in mustard. Mixture should resemble a thick batter.
3. Toss cauliflower florets with the coating. Place on a parchment-lined baking sheet and bake for 20-25 minutes until coating is dry and cauliflower is tender.

Calories 235; Protein 13 g; Carbohydrates 15 g; Sugars 4 g; Total Fat 15.4 g; Saturated Fat 1.3 g; Cholesterol 0 mg; Sodium 99 mg; Fiber 7.7 g; Beta-Carotene 177 ug; Vitamin C 71 mg; Calcium 109 mg; Iron 2.1 mg; Folate 101 ug; Magnesium 111 mg; Potassium 640 mg; Zinc 2.9 mg; Selenium 3.1 ug

<https://www.drfuhrman.com/recipes/2767/buffalo-cauliflower>

Citrus-Tahini Dressing

Ramses Bravo

Raw tahini, which is made from sesame seeds, can be purchased at most natural food stores and gourmet grocery stores. This dressing is high in natural fat, so if you are accustomed to dressings that have a high oil content, this is a healthful choice that will feel satisfying and familiar. Makes about 2 cups (8 servings).

INGREDIENTS:

Juice of 2 oranges, seeds removed
Juice of 2 lemons, seeds removed
Juice of 2 limes, seeds removed
1 small shallot, peeled and coarsely chopped
6 tablespoons raw tahini

INSTRUCTIONS:

1. Put all the ingredients in a blender and process on high speed until smooth.

NOTE:

- Stored in an airtight container in the refrigerator, Citrus-Tahini Dressing will keep for 4 days.

Per serving (¼ cup): Calories 92; Protein 2.6 g; Carbohydrates 10.3 g; Fat 5.5 g; Calcium 66.3 mg; Sodium 9.8 mg; Omega-3: 0 g.

Creamy Avocado Dressing

Laura from Australia (Body2Mind)

This rich and creamy dressing contains just five ingredients and comes together in minutes. It also works well as a dip. The healthy fat in the avocados helps you to absorb more of the nutrients from the vegetables in your salad. Avocados are also a good source of fiber, folate, vitamin K, and vitamin C. Serves 4.

INGREDIENTS:

- 2 ripe avocados, peeled, pitted and chopped
- 2 tablespoons nutritional yeast
- ¼ cup unsweetened soy, hemp, or almond milk
- 2-3 small shallots, according to taste
- ¼ cup white wine vinegar

INSTRUCTIONS:

1. Blend all ingredients in a high-powered blender until smooth and creamy.
2. You can modify amounts of shallot and non-dairy milk to adjust taste and consistency.

NOTE:

- Unlike most fruits, avocados start to ripen only after they are picked. Unripe, firm and green fruit can take four to five days to ripen. A ripe avocado yields to gentle pressure but is still firm. If your avocado is ripe before you are ready to eat it, it can be refrigerated to slow down the ripening process.

Calories 143; Protein 4 g; Carbohydrates 9 g; Sugars 1 g; Total Fat 10.9 g; Saturated Fat 1.5 g; Cholesterol 0 mg; Sodium 14 mg; Fiber 5.8 g; Beta-Carotene 43 ug; Vitamin C 7 mg; Calcium 35 mg; Iron 0.8 mg; Folate 64 ug; Magnesium 30 mg; Potassium 397 mg; Zinc 1.4 mg; Selenium 0.5 ug

<https://www.drfuhrman.com/recipes/1911/creamy-avocado-dressing>

Creamy Coleslaw

Cathy Fisher

There are countless variations of this popular side dish; my recipe is inspired by my mom's, which includes apples and raisins. I use a cashew-based dressing instead of oily vegan mayo, but you can easily forego the cashews for a lighter dressing. Serves 6. (Makes about 8 cups salad and 1 cup dressing.)

INGREDIENTS:

For the salad:

- 3 cups chopped green cabbage
- 1³/₄ cups grated carrots (1 to 2 medium)
- 1¹/₂ cups diced apple (1 to 2 medium), peeled or unpeeled
- 1 cup chopped red cabbage
- ¹/₂ cup raisins
- ¹/₄ cup finely chopped red onion

For the dressing:

- ¹/₂ cup water
- 2 ounces raw, unsalted cashews (about ¹/₂ cup)
- 2 tablespoons mustard (I like Dijon or stone ground)
- 1 tablespoon vinegar (I like apple cider)
- 1 medium clove garlic, sliced

INSTRUCTIONS:

1. Place all of the dressing ingredients (water, cashews, mustard, vinegar, and garlic) into a blender, and set aside for at least 15 minutes (so the cashews can soften).
2. Place all of the salad ingredients (green cabbage, carrots, apple, red cabbage, raisins, and onion) into a large bowl.
3. Blend the dressing ingredients until smooth. Pour the dressing over the salad and toss well.

NOTES:

- For a little variation, add ¹/₄ cup of thinly sliced radish, celery, or fresh fennel, or ¹/₂ cup of chopped bell pepper, broccoli, cauliflower, or pineapple.
- For a lower-fat dressing, substitute ³/₄ to 1 cup of cooked white beans for the cashews.

Serving size: ¹/₆ recipe, 1.3 cups. Calories: 141 Fat: 4.6g Saturated fat: 0.8g Carbohydrates: 24.7g Sugar: 14.9g Sodium: 95mg Fiber: 4.1g Protein: 3.6g Cholesterol: 0

<http://www.straightupfood.com/blog/2013/09/01/creamy-coleslaw/>

Macaroni Salad

Cathy Fisher

Traditional macaroni salad dressings usually call for white sugar and mayonnaise (full of oil and eggs), but in this recipe we'll use dates and cashews instead.

Serves 6 to 8. (Makes 7½ cups of salad and 1¼ cup dressing.)

INGREDIENTS:

For the salad:

- 2 cups dry/uncooked elbow macaroni (use rice, corn, and/or quinoa pasta if you avoid gluten)
- 1½ cups grated carrots (1 to 2 medium)
- 1 medium red bell pepper, seeded and chopped (about 1½ cups)
- 3 ribs celery, sliced or chopped (about 1 cup)
- ½ cup finely chopped red onion
- ½ cup chopped fresh parsley
- ¼ cup chopped fresh basil
- 1 medium, ripe avocado, chopped (optional)

For the Sweet Mustard Dressing:

- ½ cup water
- 2 ounces raw, unsalted cashews (about ½ cup)
- 1 ounce pitted dates (2 Medjool or 4 Deglet Noor), chopped
- 3 tablespoons lemon juice
- 2 tablespoons mustard (I like Dijon or stone ground)
- 1 medium clove garlic, sliced

INSTRUCTIONS:

1. Place all of the dressing ingredients (water, cashews, dates, lemon juice, mustard, and garlic) into a blender, and set aside for at least 15 minutes (so the cashews can soften).
2. To make the pasta, cook the macaroni according to the package instructions. Drain and rinse with cool water, and set aside.
3. Place the carrots, bell pepper, celery, red onion, parsley, basil, and avocado (if using) into a large bowl.
4. Blend the dressing ingredients until smooth. Stir the dressing and cooked pasta into the bowl of salad ingredients. Serve immediately or after chilling for an hour.

NOTE:

- For a lower-fat dressing, substitute ¾ to 1 cup of cooked white beans for the cashews. (If you like more dressing, for a creamier salad, make a quarter to one-half more of the dressing.)

Serving size: ⅓ recipe, 1 cup. Calories: 134 Fat: 4.2g Saturated fat: 0.7g Carbohydrates: 21.1g Sugar: 6.2g Sodium: 73mg Fiber: 3.0g Protein: 4.2g Cholesterol: 0

<http://www.straightupfood.com/blog/2012/08/28/macaroni-salad/>

Orange Sesame Dressing

Dr. Fuhrman

Serves 4.

INGREDIENTS:

- 4 tablespoons unhulled sesame seeds, divided
- 2 navel oranges, peeled
- ¼ cup Dr. Fuhrman's Blood Orange Vinegar or white wine vinegar
- ¼ cup raw cashews
- 1 tablespoon lemon juice

INSTRUCTIONS:

1. Lightly toast the sesame seeds in a dry skillet over medium high heat for about 3 minutes, shaking the pan frequently.
2. In a high-powered blender, combine oranges, vinegar, cashews, lemon juice and 2 tablespoons of the sesame seeds.
3. Toss with the salad, sprinkling remaining sesame seeds on top.

NOTE:

- Serving Suggestion: Toss with mixed greens, shredded cabbage, tomatoes, red onions, and additional diced oranges or kiwi.

Calories 137; Protein 4 g; Carbohydrates 14 g; Sugars 7 g; Total Fat 8.3 g; Saturated Fat 1.3 g; Cholesterol 0 mg; Sodium 3 mg; Fiber 2.9 g; Beta-Carotene 61 ug; Vitamin C 43 mg; Calcium 122 mg; Iron 2 mg; Folate 35 ug; Magnesium 65 mg; Potassium 229 mg; Zinc 1.3 mg; Selenium 4.8 ug

<https://www.drfuhrman.com/recipes/202/orange-sesame-dressing>

Peanut Butter Cherry Chocolate Chip Cookies

Adapted from a recipe by Talia Fuhrman

Gluten-free, soy-free, zero hydrogenated fats, and no added sugar! Makes about 10-12 cookies.

INGREDIENTS:

- 1 tablespoon vanilla
- 1 tablespoon apple cider vinegar
- 1 teaspoon baking soda
- 1½ cups gluten free oats (I just use Quaker oats)
- 12 Medjool dates, pitted
- ½ cup raw peanut or almond butter (see Notes)
- ½ cup coconut flakes (shredded unsweetened coconut also works)
- ½ cup dried, unsweetened cherries or baking raisins
- ½ cup sugar-free chocolate chips (see Notes)
- ½ cup unsweetened applesauce (You can substitute this with a very ripe banana)
- 1 tablespoon cacao powder (or cocoa)

INSTRUCTIONS:

1. In a small bowl, mix the baking soda, apple cider vinegar, and vanilla extract and set aside.
2. In a food processor or Vitamix blender, pulse oats until a fine flour forms.
3. Combine the oat flour, coconut flakes, peanut butter, dates, applesauce, cacao powder, and baking soda mixture in a food processor and pulse for 5-10 minutes until a concentrated, sticky dough forms. Place in a large mixing bowl. Add chocolate chips and cherries and mix by hand. (If making oatmeal raisin cookies, substitute ½ cup golden raisins and ½ cup raw oats instead of chocolate chips and cherries.) This must be done by hand because the dough will be too thick to mix with a spoon.
4. Preheat oven to 350 degrees. Scoop 2-3 tablespoon-sized pieces of dough and mold into round disk-shaped cookies, placing them on a cookie sheet. Bake 12-15 minutes. Let cool 10 minutes prior to eating.

NOTES:

- Raw peanut butter (smooth or crunchy) or raw almond butter can be used. Both taste great, but the peanut butter is a richer cookie. I like peanut butter with chocolate chips and almond butter with the oatmeal/raisin.
- I use either the SunSpire Fair Trade Organic Baking Bar that is 100% cacao and just break it into pieces, or for a special treat once in a while, I will use the SunSpire Grain-Sweetened Chocolate Chips.

Seasoned Sweet Potato Fries

James Rohrbacher

Round out the meal with these sweet and savory fries. They'll be a hit with any crowd! Serves 4.

INGREDIENTS:

2 tablespoons water
½ teaspoon Bragg's Liquid Aminos
½ teaspoon dried thyme
½ teaspoon dried oregano
½ teaspoon dried basil
½ teaspoon paprika
2 tablespoons nutritional yeast
freshly ground black pepper, to taste
2 large sweet potatoes, peeled and cut into fry shapes or long wedges

INSTRUCTIONS:

1. Preheat oven to 375 degrees F.
2. In a large mixing bowl, whisk together the water, Bragg's, dried herbs, paprika, nutritional yeast and pepper.
3. Add the sweet potatoes and toss until thoroughly coated. Place the sweet potatoes in a single layer on a Silpat-lined or non-stick baking sheet and bake for 45 minutes or until baked through and lightly browned, giving them a stir every 15 minutes.

Calories 73; Protein 3 g; Carbohydrates 15 g; Sugars 3 g; Total Fat 0.3 g; Saturated Fat 0.1 g; Cholesterol 0 mg; Sodium 65 mg; Fiber 3.1 g; Beta-Carotene 5613 ug; Vitamin C 2 mg; Calcium 34 mg; Iron 1.1 mg; Folate 9 ug; Magnesium 24 mg; Potassium 235 mg; Zinc 1 mg; Selenium 0.4 ug

<https://www.drfuhrman.com/recipes/2407/seasoned-sweet-potato-fries>

Strawberry-Date Syrup

Cathy Fisher

I love this syrup on pancakes and waffles because it's sweet, but not "tooth-tingling" sweet like maple syrup. It also works well with a variety of fresh fruits (see Notes).

Serves 4. (Makes about 2 cups.)

INGREDIENTS:

1½ cups water

4 ounces pitted dates (7 to 8 Medjool or 14 to 16 Deglet Noor), chopped

½ cup sliced strawberries

INSTRUCTIONS:

1. Place the water, dates, and strawberries into a blender, and set aside for at least 15 minutes (so the dates can soften).
2. Blend until a smooth, pourable consistency is reached (add more water, as needed, to thin, but the syrup will thicken as it sits). Serve over pancakes and waffles.

NOTES:

- Instead of water, you may also use fruit juice (or a mixture); I love fresh tangerine juice in this syrup.
- Instead of strawberries, try raspberries, blueberries, kiwifruit, peaches, and mango.
- Use any leftover syrup on fruit or oatmeal.

Serving size: ½ cup. Calories: 85 Fat: 0.1g Carbohydrates: 45.7g Sugar: 19.9g Sodium: 4mg Fiber: 2.3g Protein: 0.7g Cholesterol: 0g

<http://www.straightupfood.com/blog/2010/05/03/date-syrup/>

Tu-No Salad

Cathy Fisher

Garbanzo beans are an ideal substitute for canned tuna when it comes to creating a health-promoting tuna salad. You can serve this by itself or atop a green or spinach salad, spooned into romaine leaves, or as a filling in steamed corn tortillas.
Serves 4 to 6. (Makes 1 cup dressing and 5 cups salad.)

INGREDIENTS:

For the Cashew-Mustard Dressing:

- ½ cup water
- 2 ounces raw, unsalted cashews (about ½ cup)
- 3 tablespoons lemon juice
- 2 tablespoons mustard (I like Dijon or stone ground)
- 2 teaspoons vinegar (I like apple cider)
- 1 medium clove garlic, sliced
- 2 to 3 teaspoons kelp granules (optional; see Notes)

For the salad:

- 2 cans cooked garbanzo beans (15 ounces each; about 3 cups total), drained and rinsed
- 3 ribs celery, sliced or chopped (about 1 cup)
- ¼ cup finely chopped red onion
- ¼ cup finely chopped fresh basil
- 1 medium, ripe avocado, chopped (optional)

INSTRUCTIONS:

1. Place all of the dressing ingredients (water, cashews, lemon juice, mustard, vinegar, garlic, and kelp, if using) into a blender, and set aside for at least 15 minutes (so the cashews can soften).
2. Place the garbanzo beans into a food processor and pulse until the beans are broken but still flaky (do not overblend). Transfer the beans to a large bowl and add the celery, red onion, basil, and avocado (if using).
3. Blend the dressing ingredients until smooth. Stir the dressing into the salad. Serve as is or see the serving suggestions above.

NOTES:

- Adding kelp granules lends a seafood flavor to this salad (although it's great without it, too). You can find kelp granules in the spice aisle or Asian cooking section of the grocery store.
- For a lower-fat dressing, substitute a little over ½ cup cooked white beans (any type; drained and rinsed) for the cashews.

Serving size: ½ recipe, ¾ cup. Calories: 203 Fat: 6.1g Saturated fat: 0.9g Carbohydrates: 26.6g Sugar: 2.4g Sodium: 105mg Fiber: 6.3g Protein: 9.3g Cholesterol: 0

<http://www.straightupfood.com/blog/2011/04/15/tu-no-salad-wraps/>

Saturday, June 30
Dinner

Bean, Corn, and Summer Squash Sauté

Makes 4 servings.

INGREDIENTS:

- 1 medium red onion, peeled and thinly sliced
- 4 medium zucchini, cut into ½-inch rounds
- 4 yellow squash, cut into ½-inch rounds
- 2 cups corn kernels (from about 3 ears)
- 2 cups cooked navy beans, or one 15-ounce can, drained & rinsed
- Zest of 2 lemons
- 1 cup finely chopped basil
- Mrs. Dash salt-free seasoning to taste

INSTRUCTIONS:

1. Place the onion in a large saucepan and sauté over medium heat for 7 to 8 minutes. Add water, 1 to 2 tablespoons at a time, to keep onion from sticking to the pan.
2. Add the zucchini, squash, corn, and beans, and cook until the squash is tender, about 8 minutes.
3. Remove from the heat; stir in the lemon zest and basil.

Katie Mae's Carrot Cake

Katie Mae

I don't know anyone who doesn't enjoy a yummy, moist carrot cake! This carrot cake is quite a bit different than traditional recipes in that 100% of the ingredients are whole food, plant-based. No refined sugar. No refined flour. No dairy. No eggs. No oil. Makes 9" x 13" cake. Stores 6 days in fridge.

INGREDIENTS:

For the cake:

- 1 cup quinoa (uncooked)
- 1 cup rolled oats
- 1 cup unsweetened applesauce
- ¾ cup unsweetened fruit juice of your choice
- ½ cup unsweetened, non-dairy milk
- 12 Medjool dates, pitted
- 1 vanilla bean or 1 tablespoon vanilla extract
- 1 tablespoon ground flaxseed
- 1 tablespoon apple cider vinegar
- 1 tablespoon baking powder
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 2 cups carrots, shredded
- ½ cup walnut pieces

For the frosting:

- 8 Medjool dates, pitted
- 1 cup cashews
- 1 cup unsweetened non-dairy milk
- ½ cup shredded coconut

INSTRUCTIONS:

1. Add quinoa and rolled oats to a blender or food processor. Blend until the grains have turned to flour. Transfer the flour to a medium bowl.
2. In the empty blender, combine the apple sauce, juice, non-dairy milk, dates, vanilla, ground flaxseeds, and apple cider vinegar. Wait to blend.
3. Preheat oven to 350°F. Line a 9-inch cake pan with parchment paper, making sure the sides are covered. You can cut slits in the paper along the sides so it overlaps and lies flat.
4. Add the baking powder, cinnamon, and nutmeg to the bowl of flour and stir.
5. Blend everything that's in the blender until smooth. Fold the wet ingredients into the dry ingredients, and stir until the batter has an even consistency, making sure to incorporate all of the flour at the bottom of the bowl.
6. Now, stir the carrots and walnuts into the batter.

7. Using a spatula, pour the batter into the paper-lined pan. Bake for 30 minutes, or until a toothpick inserted into the center comes out clean. Cool at room temperature for 10 minutes before frosting.
8. Add all of the frosting ingredients to a blender and blend until creamy. Spread the frosting over the top of the cake, and if you like, cover the sides as well. Slice, serve, and enjoy!

<https://plantzst.com/katie-maes-carrot-cake/>

Lentil and Mushroom Shepherd's Pie with Cauliflower Mash

Dr. Fuhrman

This wonderful Shepherd's Pie features savory lentils and mushrooms topped with a creamy cauliflower and roasted garlic puree. It's a perfect choice for entertaining. Prepare in advance and then bake just before serving. Serves 6.

INGREDIENTS:

- 1 bulb garlic
- 1 medium head cauliflower, cut into chunks
- ½ cup raw cashew butter
- 2 tablespoons nutritional yeast
- ¼ teaspoon black pepper, divided
- ¼ cup soy, hemp or almond milk, if needed to adjust consistency
- 1½ cups dry lentils
- 1 large onion, diced
- 2 cloves garlic, minced
- 2 large carrots, diced
- 2 ribs celery, diced
- 10 ounces mushrooms, sliced
- 2 tablespoons tomato paste
- 1 cup low sodium or no-salt-added vegetable broth
- 1 teaspoon dried rosemary or 2 teaspoons fresh rosemary, chopped
- ½ teaspoon dried thyme or 1 teaspoon fresh thyme, chopped

INSTRUCTIONS:

1. Preheat oven to 350 degrees F. Roast unpeeled garlic in a small baking dish for about 25 minutes or until soft. When cool, squeeze out the soft cooked garlic, removing and discarding the skins.
2. Steam cauliflower for about 8 to 10 minutes or until tender. Place in a high-powered blender along with roasted garlic, cashew butter, nutritional yeast and ¼ teaspoon of the black pepper and blend until smooth, adding a splash of non-dairy milk if needed to adjust consistency. Set aside.
3. While cauliflower is cooking, bring lentils and 3 cups water to a boil. Reduce heat and simmer until lentils have absorbed all liquid and are soft, about 30 minutes. Set aside.
4. Heat 2-3 tablespoons water in a large sauté pan, add carrots and celery and cook for 5 minutes, then add onions and garlic and cook until vegetables are tender. Add the mushrooms and cook for an additional 3 minutes. Stir in tomato paste. Add the lentils, rosemary, thyme, remaining black pepper and ½ cup of the vegetable broth. Simmer for 5 minutes, stirring occasionally. Add remaining vegetable broth as needed; mixture should be moist but not runny.
5. Place the lentil mixture in a large casserole dish or individual ramekins and spread mashed cauliflower evenly over the top. Bake at 350 degrees F for 20 minutes or until the cauliflower starts to brown.

Calories 394; Protein 23 g; Carbohydrates 53 g; Total Fat 12.1 g; Saturated Fat 2.4 g; Cholesterol 0 mg; Sodium 105 mg; Fiber 20.6 g; Beta-Carotene 1765 ug; Vitamin C 79 mg; Calcium 112 mg; Iron 6.4 mg; Folate 348 ug; Magnesium 156 mg; Zinc 4.8 mg; Selenium 13.6 ug#

<https://www.drfuhrman.com/recipes/2397/lentil-and-mushroom-shepherds-pie-with-cauliflower-mash>

Mustard-Braised Brussels Sprouts and Corn

Ramses Bravo

November and December are the peak months for Brussels sprouts. Their flavor becomes stronger the longer they are stored, so cook them soon after purchase. Makes 4 servings.

INGREDIENTS:

- 1 small yellow onion, thinly sliced
- ¼ teaspoon ground toasted fennel seeds
- ¼ teaspoon granulated garlic
- ¼ teaspoon granulated onion
- Kernels slice from 2 ears fresh corn, or 2 cups thawed frozen or drained canned corn
- ⅓ cup salt-free whole-grain mustard
- Juice of ½ lemon
- 2 pounds Brussels sprouts, trimmed and halved
- 1 cup vegetable broth
- 2 tablespoons fresh thyme leaves, or 2 teaspoons dried thyme

INSTRUCTIONS:

1. Put the onion, fennel seeds, granulated garlic, and granulated onion in a large dry saucepan over medium heat and cook for 3 minutes, stirring constantly to prevent burning.
2. Stir in the corn, mustard, and lemon juice and cook for 30 seconds.
3. Stir in the Brussels sprouts and broth. Decrease the heat to low, cover, and cook, stirring occasionally, for 15 minutes.
4. Stir in the thyme and cook uncovered for 1 minute longer.

Per serving: Calories 145.1; Protein 9.4 g; Carbohydrates 30.9 g; Fat 1.2 g; Calcium 101.3 mg; Sodium 76.9 mg; Omega-3: 0.2 g.

Pumpkin-Walnut Cornbread

Cathy Fisher

This twist on traditional cornbread is perfect for the holiday table, and a healthy departure from nutrient-poor, white-flour breads and rolls. Lightly sweetened with dates, this bread is a delicious complement to soups, stews, potato dishes and salads.

Serves 9. (Makes 9 large pieces.)

INGREDIENTS:

- 1 cup water
- 3 ounces pitted dates (5 to 6 Medjool or 10 to 12 Deglet Noor), cut in half
- 1 cup old-fashioned rolled oats
- 1½ cups yellow cornmeal
- 1 teaspoon baking powder
- ¾ teaspoon baking soda
- 1½ cups pumpkin puree (or 1 15-ounce can, see Notes)
- ½ cup chopped walnuts

INSTRUCTIONS:

1. Place the water and dates into a small bowl, and set aside for at least 15 minutes (so the dates can soften). Preheat the oven to 350°F. Line an 8×8-inch baking pan with parchment paper.
2. Using a blender, grind the oats into flour. Transfer to a medium bowl, and add the cornmeal, baking powder, and baking soda. Whisk to blend thoroughly. Set aside.
3. Pour the water and dates into the blender, and blend until smooth. Add the pumpkin puree, and blend until incorporated. Pour into the bowl of dry ingredients, and stir until the dry ingredients disappear. Stir in the walnuts.
4. Spread the batter evenly into the pan and bake for 38 to 40 minutes. When the cornbread is done, it will have cracks in the top and be lightly browned around the edges. Set aside to cool. Serve warm or cold. Cut into 9 pieces.

NOTES:

- Pumpkin: Use "pure pumpkin" not "pumpkin pie mix." Pure pumpkin can be found in cans or in boxes. I have not tried this recipe with homemade pumpkin puree, but I'm sure it would work as long as the cooked pumpkin has been drained of some of its liquid first (search "homemade pumpkin puree" online for instructions on making your own).
- Cornmeal: Cornmeal comes in various "grinds" or textures. For this recipe use regular cornmeal. If you only have "medium" or "polenta" grind, add it in with the oats when processing it into flour; otherwise, your cornbread may be too gritty.
- Nondairy milk: I use soy milk in my baked recipes since it's richer. Other nondairy milks may bring slight variations, but they should work fine.
- Baking pan: I like to use my metal 8x8 baking pan with a recipe like this, as the metal conducts heat better than ceramic or glass (which is better for casseroles and other dishes where you want to maintain moisture).

- Leavening: For this recipe, I used Hain sodium-free baking powder, and regular baking soda (you can also use Ener-G baking soda replacement, which is sodium-free).

Serving size: 120 g (1/9 of total recipe). Calories: 196 Fat: 5.8 g Saturated fat: 0.6 g Carbohydrates: 33.7 g Sugar: 8.6 g Sodium: 168 mg Fiber: 4.6 g Protein: 4.4 g Cholesterol: 0

<http://www.straightupfood.com/blog/2017/11/19/pumpkin-walnut-cornbread/>

Ranch Dressing

Cathy Fisher

Use this as a salad dressing, or as a dip for French fries or raw, cut-up vegetables.
(Makes about 1 cup.)

INGREDIENTS:

- ½ cups water
- 2 ounces raw, unsalted cashews (about ½ cup)
- 3 tablespoons lemon juice
- 1 teaspoon vinegar (I like apple cider)
- ½ teaspoon granulated onion
- ½ teaspoon granulated garlic
- 1 green onion, white and green parts, sliced
- 2 teaspoons chopped fresh dill (or ¾ teaspoon dried)

INSTRUCTIONS:

1. Place the water, cashews, lemon juice, vinegar, and granulated onion and garlic into a blender, and set aside for at least 15 minutes (so the cashews can soften).
2. Blend until very smooth, adding a little water as needed.
3. Add the green onion and dill, and blend for just a few more seconds so that you can still see green flecks in the dressing.
4. Refrigerate for 2 to 3 hours (or overnight) for the best flavor. Store leftover dressing in a covered container in the refrigerator for up to five days and shake before using. If the dressing is too thick, stir in a little water.

Roasted Bell Pepper Dressing

Ramses Bravo

Because bell peppers are available year-round, this dressing can be a staple. Although this recipe calls for red or yellow peppers, any color will work. Makes about 2 cups (8 servings).

INGREDIENTS:

- 2 large bell peppers (red, yellow, or both), halved, stemmed, and seeds and veins removed
- ½ cup vegetable broth
- 5 sprigs cilantro, with stems
- ½ small shallot, peeled
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin

INSTRUCTIONS:

1. Preheat the oven to 350 degrees F. Line a rimmed baking sheet with parchment paper.
2. Put the peppers cut-side down on the lined baking sheet and roast about 20 minutes, until the skins are browned. Let cool. When cool enough to handle, remove and discard the skins.
3. Put the peppers, broth, cilantro, shallot, coriander, and cumin in a blender and process on high speed until smooth.

NOTE:

- Stored in an airtight container in the refrigerator, Roasted Bell Pepper Dressing will keep for 3 days.

Per serving (¼ cup): Calories 17.8; Protein 0.6 g; Carbohydrates 3.7 g; Fat 0.1 g; Calcium 5.5 mg; Sodium 5.6 mg; Omega-3: 0 g.

Southwest Stew

Cathy Fisher

This chunky, satisfying stew is full of beans, greens, corn, mushrooms, bell pepper, and plenty of herbs and spices to please your taste buds and fill your belly. This recipe makes 12 cups of stew, perfect for leftovers throughout the week! Serves 6 to 8.

INGREDIENTS:

- 6 medium white or cremini mushrooms, sliced (about 2½ cups)
- 1 medium yellow or white onion, chopped (about 2 cups)
- 1 small red bell pepper, seeded and chopped (about 1 cup)
- 1 tablespoon chili powder
- 1 tablespoon dried oregano
- 2 teaspoons granulated garlic
- 2 teaspoons ground cumin
- 4½ cups water
- ¾ pound white potatoes, peeled and cut into ½-inch thick chunks (about 2 cups)
- 1 can cooked black beans (15 ounces; about 1½ cups), drained and rinsed
- 1 can cooked pinto beans (15 ounces; about 1½ cups), drained and rinsed
- 1½ cups corn kernels
- 1 can diced tomatoes (14.5 ounces; about 1½ cups), undrained
- ⅓ cup tomato paste (half of a 6-ounce can)
- 4 cups coarsely chopped collard greens (or other greens)
- 1½ cups loosely packed cilantro, chopped (plus extra for garnish)

INSTRUCTIONS:

1. Heat 1 tablespoon of water in a soup pot over medium-high heat. When the water starts to sputter, add the onion, bell pepper, and mushrooms, and cook while stirring, for 5 to 8 minutes, adding a little water as needed.
2. Add the chili powder, oregano, granulated garlic, and cumin, and cook while stirring for 1 minute more, adding water as needed.
3. Stir in the water, potatoes, black beans, pinto beans, corn, diced tomatoes, and tomato paste, and bring to a boil, uncovered. Reduce the heat to medium-low, cover, and cook for 10 minutes, stirring once or twice.
4. Stir in the greens, and cook covered for 10 to 15 minutes more, or until the potatoes are tender. Stir in the cilantro, and serve as is or garnished with more chopped cilantro.

NOTES:

- I like to use a half can (1/3 cup) of tomato paste in this stew, since it delivers a milder tomato flavor. But feel free to use the whole can (2/3 cup) if you like a richer tomato zing.
- Tasty additions: Add a small peeled and chopped sweet potato (or yam) in step 3, or serve the final dish over baked sweet potatoes (or yams). Add ¼ cup of dry/uncooked quinoa in step 3. A little chopped avocado on top adds a touch of richness.

Serving size: ⅓ recipe, 1.25 cups. Calories: 194 Fat: 1.4g Saturated fat: 0.2g Carbohydrates: 39.2g Sugar: 7.1g Sodium: 66mg Fiber: 10.4g Protein: 9.6g Cholesterol: 0

<http://www.straightupfood.com/blog/2014/01/14/southwest-stew/>

Sunday, July 1
Breakfast

Apple Chai Steel-Cut Oats

Dr. Fuhrman

Want to start your day with a hot, hearty and delicious breakfast? A bowl of steel cut oats flavored with apples and chai-inspired spices is the way to go. Steel cut oats have a great, non-mushy texture and reheat well, so if pressed for time, you can make them the night before. Serves 1.

INGREDIENTS:

- 1 cup water
- ¼ cup steel cut oats
- ½ cup diced apple
- 2 tablespoons raisins
- ½ tablespoon ground flax seeds
- ½ teaspoon alcohol-free vanilla extract or pure vanilla bean powder
- ½ teaspoon cinnamon
- ¼ teaspoon cardamom
- ⅛ teaspoon cloves
- ⅛ teaspoon nutmeg

INSTRUCTIONS:

1. In a saucepan, bring water to a boil and stir in all ingredients. Reduce heat; cover and simmer for 12-15 minutes or until oats are tender and water is absorbed, stirring occasionally.

NOTE:

- If you are short on time in the morning, this can be made the night before. Reheat before serving.

Calories 283; Protein 8 g; Carbohydrates 55 g; Sugars 7 g; Total Fat 4.9 g; Saturated Fat 0.3 g; Cholesterol 0 mg; Sodium 17 mg; Fiber 9.7 g; Beta-Carotene 19 ug; Vitamin C 4 mg; Calcium 62 mg; Iron 2.8 mg; Folate 6 ug; Magnesium 28 mg; Potassium 260 mg; Zinc 0.3 mg; Selenium 1.1 ug

<https://www.drfuhrman.com/recipes/2965/apple-chai-steel-cut-oats>

Blood Orange Dressing

Ramses Bravo

Blood oranges, which are usually available during the winter months, have a tangy, vibrantly colored juice that makes this sweet-and-spicy dressing unforgettable. Makes 2 cups (8 servings).

INGREDIENTS:

1 ripe pear, peeled and coarsely chopped
1½ cups freshly squeezed blood orange juice
½ shallot, coarsely chopped
½ teaspoon dried oregano

INSTRUCTIONS:

1. Put all the ingredients in a blender and process on high speed until smooth.

NOTE:

- Stored in a sealed container in the refrigerator, Blood Orange Dressing will keep for 3 days.

Per serving (¼ cup): Calories 39; Protein 0.6 g; Carbohydrates 9.5 g; Fat 0.1 g; Calcium 9.8 mg; Sodium 1.5 mg; Omega-3: 0 g.

Blueberry Muffins

Cathy Fisher

Lemon zest and ground cardamom give these muffins a dreamy flavor and aroma. Oat and millet flours produce a muffin that is hearty and filling while dates and applesauce lend sweetness and moistness without refined sugar and oil. (Makes 12 muffins.)

INGREDIENTS:

- 8 ounces pitted dates (12 Medjool or 24 Deglet Noor, about 1½ cups), chopped
- 1¼ cups unsweetened almond (or other nondairy) milk
- 1½ cups old-fashioned rolled oats
- ¾ cup dry/uncooked millet
- 2 teaspoons baking powder
- ½ teaspoon ground cardamom (or see Notes)
- ½ cup applesauce
- 1 teaspoon lemon zest (see Notes)
- 1 cup fresh or unthawed frozen blueberries (to go into batter)
- 2 ounces walnuts, chopped (about ½ cup; optional)
- ½ cup fresh or unthawed frozen blueberries (optional, to go on top)

INSTRUCTIONS:

1. Place the dates and nondairy milk into a small bowl, and set aside for at least 15 minutes (so the dates can soften).
2. Preheat the oven to 350°F. Line a standard 12-cup muffin tray with paper cupcake liners (parchment paper liners are preferable).
3. Grind the rolled oats and millet into flour with a blender (30 to 40 seconds; millet is hard). Transfer to a medium bowl, and whisk in the baking powder and cardamom.
4. Pour the soaking dates and milk into the blender, and blend until smooth.
5. Pour the date mixture into the bowl of dry ingredients, add the applesauce and lemon zest, and mix just until all the dry ingredients have disappeared. (The batter will be thick.)
6. Gently fold in the blueberries and chopped walnuts (if using). Don't overmix or you'll have purple muffins.
7. Fill each muffin cup with an even amount of batter. Optional: Use the ½ cup of extra blueberries to top each muffin with a few just before baking, making sure to push them in at least halfway so they won't roll off during rising.
8. Bake for 25 to 30 minutes. The muffins are done when the tops have begun to brown and cracks appear, and when a toothpick inserted comes out clean. These are hearty muffins, so they will not rise very much. Set aside to cool before removing from pan.

NOTES:

- If you do not have cardamom, you can use 1½ teaspoons of cinnamon instead. But if you've never used cardamom, I urge you to seek some out. It's a wonderfully aromatic spice that is used quite a bit in Indian cooking. You can buy it preground or in seed form (the seeds are black). I like to buy the seeds and grind them myself, since this results in a bigger flavor and aroma.

- To zest a lemon, use a very fine-toothed grater (like a Microplane), grating or "zesting" only the yellow outer skin, avoiding the white pith below it.
- I do not use any glutinous grains in my recipes, so usually opt for oats and, to a lesser degree, millet when baking. Millet helps balance any gumminess that often results from using just oats alone. Millet also gives baked goods a more cake-like and slightly crunchy texture (even when finely ground), which I love. So, as with cardamom above, if you've not used millet, give it a try. You'll like it.

Serving size: 1/12 recipe (1 muffin). Calories: 187 Fat: 4.8g Saturated fat: 0.5g Carbohydrates: 34.8g Sugar: 16.0g Sodium: 20mg Fiber: 4.3g Protein: 4.0g Cholesterol: 0

<http://www.straightupfood.com/blog/2013/10/04/blueberry-muffins/>

Potato-Veggie Scramble

Cathy Fisher

This colorful scramble makes a hearty breakfast dish. I usually make it for company or during the holidays, as it takes some time to prepare, but the beautiful presentation is worth it. Top with ketchup, salsa, or Lemon-tahini Sauce (recipe below). Serves 4. (Makes about 8 cups salad.)

INGREDIENTS:

- 1½ pounds white potatoes, unpeeled, cut into ½-inch cubes (about 4½ cups)
- 1 medium yellow or white onion, chopped (about 2 cups)
- 1 medium red bell pepper, seeded and chopped (about 1½ cups)
- 5 medium white or cremini mushrooms, sliced (about 2 cups)
- 1½ teaspoons finely chopped garlic (about 2 medium cloves)
- 1 tablespoon dried Italian herb seasoning
- 1 teaspoon paprika or smoked paprika
- 1 can cooked navy or other white beans (15 ounces; about 1½ cups), drained and rinsed
- 1 cup halved cherry or grape tomatoes
- 3 cups packed spinach leaves or coarsely chopped Swiss chard
- ketchup, salsa, or Lemon-tahini Sauce (recipe in Notes below)

INSTRUCTIONS:

1. Preheat the oven to 400°F. Line a large baking sheet with parchment paper.
2. Spread the potatoes out evenly on the baking sheet and bake for 15 minutes. Remove from the oven and flip the potatoes with a spatula (this does not have to be precise). Return to the oven, and bake for 20 to 25 minutes more, or until tender and lightly browned.
3. About 10 minutes before the potatoes are done, place 1 tablespoon of water into a frying pan over medium-high heat. When the water starts to sputter, add the onion, bell pepper, and mushrooms, and cook while stirring for about 3 minutes. Stir in the garlic, Italian seasoning, and paprika, adding a little water, as needed, to prevent sticking.
4. Decrease the heat to medium-low and stir in the beans, tomatoes, and greens. Cover and cook for 5 more minutes, or until the greens have wilted, stirring once or twice. Toss in the hot cooked potatoes last, and serve immediately as is or with ketchup, salsa, or Lemon-tahini Sauce.

NOTES:

- This scramble is also delicious served in steamed corn tortillas topped with salsa and/or avocado.
- Yams or sweet potatoes may be substituted for all or half of the white potatoes.
- **Lemon-tahini Sauce:** Tahini is ground sesame paste. It looks like creamy peanut butter but lighter in color, and can be found near the peanut butter in the grocery store. Ingredients: ¼ cup water, ¼ cup tahini (or 3 tablespoons hulled sesame seeds), 3 tablespoons lemon juice, 1 tablespoon lemon zest (optional), ⅛ teaspoon garlic powder, ⅛ teaspoon cumin. Combine in a blender until smooth.

Serving size: ¼ recipe, 2 cups. Calories: 286 Fat: 1.3g Saturated fat: 0.2g Carbohydrates: 59.2g Sugar: 9.1g Sodium: 54mg Fiber: 15.4g Protein: 12.0g Cholesterol: 0

<http://www.straightupfood.com/blog/2011/04/07/potato-scramble/>

Strawberry Almond Balsamic Dressing

James Rohrbacher

Bursting with strawberry flavor, this delicious dressing will transform any salad into a restaurant-quality experience. Serves 4.

INGREDIENTS:

½ pound fresh organic strawberries, hulled or frozen strawberries
½ cup raw almonds soaked overnight in water
2 tablespoons balsamic vinegar
1 teaspoon almond extract
(add 1-2 tablespoons raisins if strawberries are not very sweet)

INSTRUCTIONS:

1. Drain the almonds, reserving the soaking liquid. Blend all ingredients in a high-powered blender until creamy, adding some of the soaking liquid to facilitate blending and until desired consistency is reached.

Calories 133; Protein 4 g; Carbohydrates 11 g; Sugars 5 g; Total Fat 8.9 g; Saturated Fat 0.7 g; Cholesterol 0 mg; Sodium 3 mg; Fiber 3.4 g; Beta-Carotene 15 ug; Vitamin C 23 mg; Calcium 59 mg; Iron 1.1 mg; Folate 19 ug; Magnesium 55 mg; Potassium 220 mg; Zinc 0.6 mg; Selenium 0.8 ug

<https://www.drfuhrman.com/recipes/2613/strawberry-almond-balsamic-dressing>

Sunday, July 1
Lunch

4-Bean Salad

Cathy Fisher

In addition to beans, this salad features corn, peas, and red onion. The dressing is a tangy and mildly spicy vinaigrette. This is a colorful, hearty salad, perfect for any of the three P's: potlucks, parties, and picnics! Serves 8. (Makes about 10 cups salad and 1 cup dressing.)

INGREDIENTS:

For the salad:

- 3 cups precooked green beans (cut into 1-inch pieces; or 2 14.5-ounce cans, drained and rinsed)
- 1 can cooked black beans (15 ounces; about 1½ cups), drained and rinsed
- 1 can cooked kidney beans (15 ounces; about 1½ cups), drained and rinsed
- 1 can cooked garbanzo beans (15 ounces; about 1½ cups), drained and rinsed
- 1½ cups peas (thaw first if frozen)
- 1½ cups corn (thaw first if frozen)
- ½ cup finely chopped red onion

For the dressing:

- 1 medium tomato, chopped (including seeds; about ¾ cup)
- ⅓ cup vinegar (I like apple cider vinegar)
- 2 tablespoons mustard (I like Dijon or stone ground)
- 1 teaspoon ground cumin
- 1 medium clove garlic

INSTRUCTIONS:

1. Place all of the salad ingredients (green beans, black beans, kidney beans, garbanzo beans, peas, corn, and onion) into a large bowl.
2. Place all of the vinaigrette ingredients (tomato, vinegar, mustard, cumin, and garlic) into a blender, and blend until smooth. Stir into the salad.

NOTES:

- A little chopped fresh parsley or basil is also nice in this salad.
- If you're feeling decadent, add 1 chopped ripe avocado.

Serving size: ⅓ recipe, 1.2 cups. Calories: 289 Fat: 3g Saturated fat: 0.4g Carbohydrates: 52.5g Sugar: 8.3g Sodium: 52mg Fiber: 15.9g Protein: 16.0g Cholesterol: 0

<http://www.straightupfood.com/blog/2014/06/09/4-bean-salad/>

Apple-Mustard Dressing

Ramses Bravo

Salt-free mustard is available at natural food stores and gourmet grocery stores. Makes 2 cups (8 servings).

INGREDIENTS:

- 1½ cups peeled and coarsely chopped apples
- ¾ cup unsweetened apple juice
- 1½ tablespoons salt-free whole-grain mustard
- 1½ teaspoons cider vinegar
- ½ small shallot, peeled
- 4 fresh sage leaves, or ⅛ teaspoon dried

INSTRUCTIONS:

1. Put all the ingredients in a blender and process on high speed until smooth.

NOTE:

- Stored in a sealed container in the refrigerator, Apple-Mustard Dressing will keep for 4 days.

Per serving (¼ cup): Calories 12.9; Protein 0.1 g; Carbohydrates 3.3 g; Fat 0 g; Calcium 2.6 mg; Sodium 0.8 mg; Omega-3: 0 g.

Black Bean Mushroom Chili

Chef AJ

Adapted from and inspired by a recipe by Jocelyn Graef of *The Low-Fat Herbivore*.

INGREDIENTS:

For the chili:

- 10 ounces chopped onions (about 3 cups)
- 8 cloves garlic, minced or pressed through a garlic press
- 2 pounds mushrooms, sliced (I just use 3 10-ounce bags of pre-sliced mushrooms from Trader Joe's)
- 2 14.5-ounce cans Muir Glen Salt-Free Fire Roasted Tomatoes
- 3 15-ounce cans salt-free black beans (or 4.5 cups of cooked beans)
- 1 pound frozen corn, defrosted
- 1 tablespoon ground cumin
- 1 tablespoon dried oregano
- ½ tablespoon smoked paprika
- ½ teaspoon chipotle powder

For the Enlightened Faux Parmesan:

- 1 cup gluten-free oats
- 1 cup nutritional yeast
- 1 tablespoon Benson's Table Tasty or your favorite salt-free seasoning

INSTRUCTIONS:

To make the Enlightened Faux Parmesan:

1. Place all ingredients in a blender or food processor fitted with the "S" blade and process into a powder. Store in the refrigerator.

To make the chili:

1. Place all ingredients except for corn in an electric pressure cooker and cook on high pressure for 6 minutes. Release pressure and stir in corn.
2. Sprinkle with Enlightened Faux Parmesan.

NOTES:

- If you have the 8-quart Instant Pot, you can put all of the ingredients in at once.
- If you like, you can use the sauté function and sauté the onion, garlic, and mushrooms first.
- One can of beans is approximately 1½ cups, plus liquid. If you use cooked beans instead of canned beans, you need to add 2 cups of water.
- This is delicious over a baked Yukon Gold Potato or brown rice.##

Fresh Tomato Salsa

Cathy Fisher

This type of salsa is known for its fresh ingredients and simplicity. It's made from tomatoes, onion, cilantro, lime juice, and garlic. (See Notes for other variations.) It can be served along with corn chips or hash browns, or on top of salads or baked potatoes. (Makes about 2½ cups.)

INGREDIENTS:

- 2½ cups chopped Roma tomatoes (about 1 pound or 5 to 6 medium)
- 1 cup chopped yellow or white onion (about ½ medium onion)
- ½ cup chopped cilantro or basil
- 2 tablespoons lime juice
- 1 medium clove garlic, finely chopped

INSTRUCTIONS:

1. Halve the tomatoes and with a spoon, remove the soft insides that contain the seeds (see Notes). If the seeds and soft centers are not removed, the salsa will be very watery.
2. Chop the seeded tomatoes and place them into a medium bowl. Stir in the onion, cilantro or basil, lime juice, and garlic. This method results in a chunky salsa; for a smoother salsa, pulse very briefly in a food processor or blender. Chill for at least 30 minutes to allow the flavors to blend.

NOTES:

- To add flair to this basic salsa recipe, add chopped jalapeño, bell pepper, mango, jicama, cucumber, and/or corn kernels. A little dried oregano, ground cumin, black pepper, and/or chili powder are also nice additions.
- If you don't want to throw out your tomato seeds/soft centers, save them to blend into a homemade salad dressing.

Guacamole

Cathy Fisher

Guacamole is an avocado-based dip and spread that can be served with cut-up vegetables, corn chips, salads, veggie burgers, stews, tacos, baked potatoes, and hash browns. (Makes about 2 cups.)

INGREDIENTS:

- 3 small-to-medium ripe avocados
- ½ cup finely chopped yellow or white onion
- ½ cup chopped fresh cilantro or basil
- 3 tablespoons lime juice
- 2 small-to-medium cloves of garlic, finely chopped
- ½ teaspoon ground cumin

INSTRUCTIONS:

1. Peel and chop the avocados, and mash them with a fork in a medium bowl.
2. Stir in the onion, cilantro or basil, lime juice, garlic, and cumin. Chill for at least 30 minutes to blend the flavors.

NOTE:

- Look for ripe avocados that yield to gentle pressure but are not mushy or indented, indicating that they are overripe. Leave unripe avocados on your countertop for four or five days to ripen; then eat them or store them in the refrigerator.

Peach Pie-lets

Cathy Fisher

These single-serving peach pies (“pie-lets”) are delicious and very cute, ideal for a special end to any meal. I don’t use butter, shortening, sugar, salt, or white flour in my recipes, so I’m using a cookie crust, which I like even better than traditional crust. Serves 12. (Makes 12 pie-lets.)

INGREDIENTS:

For the fruit sauce:

- ½ cup water (or fruit juice)
- 2 ounces pitted dates (3 to 4 Medjool or 6 to 8 Deglet Noor), chopped
- 2 tablespoons lemon juice
- ¼ cup old-fashioned rolled oats
- ½ teaspoon cinnamon

The fruit:

- 4 medium-large ripe peaches, thinly sliced and then sliced crossways (about 4 cups)
- 1 tablespoon lemon juice

For the crust and topping:

- 1½ cups old-fashioned rolled oats
- 2½ ounces raw, unsalted pecans (about ½ cup)
- ½ teaspoon cinnamon
- 4 ounces pitted dates (6 to 7 Medjool or 12 to 14 Deglet Noor), chopped
- 1 tablespoon nondairy milk

INSTRUCTIONS:

1. **To start the fruit sauce**, place the water (or juice), dates, and lemon juice into a blender, and set aside. Line a standard 12-cup muffin tray with paper cupcake liners.
2. **For the fruit**, place the twice-sliced peaches into a medium bowl and toss with the 1 tablespoon of lemon juice.
3. **To start the crust/topping**, grind the 1½ cups of rolled oats (for the crust) and ¼ cup of rolled oats (for the fruit sauce) together in a food processor until it resembles flour (about 30 seconds). Remove ¼ cup of the flour from the food processor, and set it aside (to be used later in the fruit sauce).
4. **To finish the crust/topping**, add the pecans and cinnamon to the food processor of oat flour, and process until the texture resembles coarse flour. Add the chopped dates, and process for about 1 minute, or until the mixture just begins to clump together. Add the milk and process until the mixture starts to ball up into dough (this will happen quickly). Transfer to a medium bowl and set aside.
5. **To finish the fruit sauce**, blend the water (or juice), dates, and lemon juice until smooth. Add the ¼ cup of oat flour that you had set aside and the cinnamon, and blend again until smooth. Pour this into the bowl of peaches, and stir. Preheat the oven to 350°F.
6. Now you should have two bowls in front of you: one with the peaches and sauce, and one with the crust/topping. Place about 1 tablespoon of crust dough into the bottom of each

Raspberry-Walnut Dressing

Ramses Bravo

Fresh raspberries are highly perishable. They are usually sold in plastic containers. Before purchasing, inspect the paper that lines the container bottom. It should be dry, and the raspberries should not be bruised or moldy. Makes 2 cups (8 servings).

INGREDIENTS:

- 6 ounces fresh or frozen raspberries
- 1 cup unsweetened apple juice
- 1 teaspoon brown rice vinegar
- 2 tablespoons walnuts
- 1 teaspoon dried oregano

INSTRUCTIONS:

1. Put the raspberries, apple juice, and vinegar in a blender and process on high speed until the raspberries are pulverized.
2. Pour the mixture through a fine-mesh strainer to remove the raspberry seeds.
3. Rinse the blender container to remove any seeds, then return the raspberry mixture to the container.
4. Add the walnuts and oregano and process on high speed until smooth.

NOTE:

- Stored in a sealed container in the refrigerator, Raspberry-Walnut Dressing will keep for 2 days.

Per serving (¼ cup): Calories 48.8; Protein 0.8 g; Carbohydrates 6.6 g; Fat 2.5 g; Calcium 11.3 mg; Sodium 1.5 mg; Omega-3: 0.4 g.