



2021 NHA CONFERENCE JUNE 25-27

Recipes

Friday Dinner

SALAD BAR

Salad Bar: Greens, toppings, beans, nuts, and seeds

Dressings: Strawberry Balsamic Dressing and Easy Ranch Dressing

DINNER BUFFET

Smoky White Bean & Tomato Soup

Spaghetti Squash al Pomodoro

Eggplant Cannelloni with Pine Nut Romesco Sauce

Steamed Broccoli (with lemon slices on the side)

Lebanese Lentils and Whole Grain (Mujadara)

DESSERT

Easy Chocolate Pudding Parfait and Lemon Blueberry Parfait

BEVERAGES

Decaffeinated herbal tea, Teecino herbal coffee (use coupon code WFPB for 10% off), iced water

Strawberry Balsamic Dressing

StraightUpFood.com

YIELD: ABOUT 1 CUP

1 cup sliced strawberries
(about 7 medium)

¼ cup water

2 tablespoons balsamic vinegar

1 tablespoon finely chopped onion
or shallot

1 tablespoon mustard (I like Dijon
or stone ground)

½ teaspoon ground black pepper

1. Place all of the ingredients (strawberries, water, vinegar, onion or shallot, mustard, and black pepper) into a blender, and blend until smooth, adding a little water as needed.

Store leftover dressing in a covered container in the refrigerator for up to five days, and shake before using.

NUTRITION

SERVING SIZE: 1 RECIPE (ABOUT 1 CUP); CALORIES: 85; SUGAR: 13.3G; SODIUM: 11.8MG; FAT: 0.5G; SATURATED FAT: 0; CARBOHYDRATES: 19.3G; FIBER: 3.6G; PROTEIN: 1.4G; CHOLESTEROL: 0

Easy Ranch Dressing

Amy Torres from DrFuhrman.com

SERVES: 6

¾ cup raw cashews

¼ cup hemp seeds

¾ cup unsweetened soy, hemp,
or almond milk

¼ cup fresh lemon juice

2 tablespoons rice vinegar

1 teaspoon onion powder

1 teaspoon garlic powder

1 teaspoon dried dill weed

1 teaspoon dried parsley

1 teaspoon dried basil

½ teaspoon black pepper

2 teaspoons nutritional yeast (optional)

½ teaspoon coconut aminos or kelp
granules (optional)

1. In a high-powered blender, combine the cashews, hemp seeds, non-dairy milk, fresh lemon juice, and rice vinegar. Blend until creamy and smooth, adding more non-dairy milk to reach the desired consistency.
2. Add all of the spices and dried herbs and pulse for several seconds to combine.
3. Allow to chill in the fridge before serving. Store in an airtight container in the fridge; it will keep for several days.

PER SERVING

CALORIES 155; PROTEIN 8G; CARBOHYDRATES 6G; SUGARS 1G; TOTAL FAT 12.3G; SATURATED FAT 1.4G; SODIUM 39MG; FIBER 1.4G; BETA-CAROTENE 3UG; VITAMIN C 4MG; CALCIUM 88MG; IRON 2.4MG; FOLATE 26UG; MAGNESIUM 156MG; POTASSIUM 325MG; ZINC 2.5MG; SELENIUM 1.5UG

Smoky White Bean & Tomato Soup

StraightUpFood.com

SERVES: 8 TO 10 (MAKES ABOUT 11 CUPS)

- 1 medium yellow or white onion, chopped (about 2 cups)
- 5 cups water
- 3 15-oz. cans cooked white cannellini beans (about 5 cups)
- 1 15-oz. can diced tomatoes (with juice)
- 2 medium carrots, sliced (about 1½ cups)
- 2 ribs celery, sliced (about ¾ cup)
- 3 ounces tomato paste (half of a small 6-ounce can)
- 2 teaspoons granulated garlic
- 1 tablespoon smoked paprika (see Notes)
- 1½ tablespoons dried Italian herb seasoning
- ¼ to ½ teaspoon red pepper flakes (optional; these are spicy)
- 4 cups chopped green cabbage

1. Add 1 tablespoon water to a soup pot on medium-high heat, and when the water starts to sputter, add the onion. Cook while stirring for 3 to 4 minutes, until the onion is soft.
2. Add to the pot: the water, beans, diced tomatoes, carrot, celery, tomato paste, and spices (granulated garlic, paprika, and red pepper flakes if using). Bring to a boil, reduce heat to medium, and cook uncovered for 10 minutes.
3. Stir in the cabbage, and cook for another 10 minutes (or until the carrots and celery are tender).

NOTES

Paprika: If you don't like smoky paprika, feel free to use regular paprika (or a mix of both).

Tomato paste: This recipe calls for a half can of tomato paste because a full 6-ounce can was too tomato-y and thick. Any leftover tomato paste can be frozen in small snack bags.

Beans: I like cannellini or Great Northern beans for this soup, but feel free to use other white beans or a mix. Use canned beans or make them from scratch in your pressure cooker (like Instant Pot) or slow cooker.

NUTRITION

SERVING SIZE: 1 CUP (335G); CALORIES: 123; SUGAR: 5G; SODIUM: 66G; FAT: 1G; SATURATED FAT: 0G; CARBOHYDRATES: 23G; FIBER: 7G; PROTEIN: 7G; CHOLESTEROL: 0G

Spaghetti Squash al Pomodoro

DrFuhrman.com

SERVES: 4

FOR THE SQUASH:

- 1–2 (depending on size) spaghetti squash

FOR THE POMODORO:

- 3 pints (about 6 cups) cherry tomatoes
- 2 cups sliced shiitake mushrooms
- ¼ cup balsamic vinegar
- ¼ cup water
- 2 tablespoons chopped garlic
- 1 tablespoon Italian seasoning
- ½ cup fresh basil, stems removed, chopped

1. To bake the squash, preheat oven to 350°F. Cut the squash in half lengthwise, and using a spoon, scoop out all the seeds. Place squash flesh side down on a sheet pan and add water to about ½ inch deep. Roast for 45 minutes or until a knife easily inserts into the flesh without resistance. Cool, flesh side up.
2. To make the Pomodoro, reduce oven temperature to 300°F. Place tomatoes, mushrooms, vinegar, water, garlic and Italian seasoning in a bowl and stir to combine.
3. Once coated evenly, place on a sheet pan. Roast, uncovered, for about one hour, stirring every 15 minutes to ensure proper cooking and to avoid browning.
4. Remove tomatoes from oven (they should be wrinkled) and place them in a sauce pot.
5. Gently smash the tomatoes with the back of a spoon or spatula and stir in chopped basil.
6. Use a fork to separate the flesh from the shell of the squash and shred into spaghetti-like strands. Serve with warm Pomodoro sauce.

NOTES

If desired, top with a sprinkle of Nutritarian Parmesan. Place ¼ cup nutritional yeast, ½ cup hemp seeds, almonds or walnuts, ½ teaspoon garlic powder and ½ teaspoon onion powder in a food processor and pulse until it reaches the texture of grated Parmesan. Store in a sealed container and refrigerate.

Eggplant Cannelloni with Pine Nut Romesco Sauce

Chef Martin Oswald from DrFuhrman.com

SERVES: 6

FOR THE EGGPLANT:

- 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

FOR THE PINE NUT ROMESCO SAUCE:

- 2 cloves garlic
- ½ cup roasted red bell peppers
- 2 tablespoons water
- 2 tablespoons red wine vinegar
- 2 medium to mild Thai chili peppers
- 2 tablespoons pine nuts* or almonds
- ½ tomato, cored
- 2 tablespoons nutritional yeast

1. Preheat oven to 350°F. Bake on sil-pat or parchment paper. 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. Spread about ¼ 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.

* Mediterranean pine nuts are best.

PER SERVING:

CALORIES 227; PROTEIN 10G; CARBOHYDRATES 38G; SUGARS 16G; TOTAL FAT 5.3G; SATURATED FAT 0.8G; SODIUM 172MG; FIBER 12G; BETA-CAROTENE 5100UG; VITAMIN C 97MG; CALCIUM 187MG; IRON 3.5MG; FOLATE 175UG; MAGNESIUM 122MG; POTASSIUM 1313MG; ZINC 2.3MG; SELENIUM 5.7UG

Sweet-n-Sour Tomato Sauce

HGK's Kitchen

10 pitted Deglet (small) dates, soaked in water for at least one hour (less dates if you are using the larger Medjool variety)

Vegetable broth for sautéing

1 cup diced onion

2 garlic cloves, pressed

2 14.5-ounce (or one 28-ounce) cans diced tomatoes, unseasoned (not Italian style)

1 15-ounce can tomato sauce

Juice of 1 large lemon

1. In a medium sauce pan, saute onion over medium heat in a few tablespoons of vegetable broth until translucent. Add garlic, stir and cook for an additional 3 minutes.
2. While onions are cooking, pour tomato sauce into the bowl of a food processor or high powered blender. Remove soaked dates from liquid and add to sauce. Blend until sauce is smooth.
3. Add diced tomatoes and tomato/date sauce to onion. Stir in lemon juice. Simmer on very low heat for ten minutes.

Lebanese Lentils & Whole-Grain (Mujadara)

The Jaroudi Family

SERVES: 4

- 1 medium onion chopped
- 1 cup green or brown lentils, cooked
- 1½ cups wild rice, cooked
- 1–2 tablespoons oil-free vegetable stock
- ¾ cup oil-free hummus
- 1 teaspoon cumin
- 1 teaspoon coriander
- Garnish with dried parsley

1. Sauté onions in a skillet with 1–2 tablespoons of vegetable stock until translucent.
2. In a large bowl mix together cooked wild rice, cooked brown (or green) lentils, sautéed onions, coriander, cumin, and stir in oil-free hummus.
3. Use a fork to fluff the dish. Garnish with dried parsley.

Hummus Oil-Free Recipe

The Jaroudi Family

MAKES APPROXIMATELY 1½ CUPS

- 1 15-oz can of salt-free chickpeas
- ½ cups water*
- ½ cups sesame seeds
- 2 large garlic cloves
- 1 half lemon juiced
- 1 tablespoon white miso paste
- ½ tablespoon cumin
- Black pepper to taste

1. Blend together in a food processor until smooth

* If the blender is having trouble add an extra tablespoon of water at a time.

Lemon Blueberry Parfait

The Jaroudi Family

SERVES: 4–6

- 2 cups roasted Japanese sweet potatoes (without potato skins)
- 1 cup unsweetened/unflavored plant milk
- ¼ cup lemon juice
- 5 large pitted dates (Medjool dates)
- 1 cup fresh blueberries

1. In a high-speed blender add in all ingredients except blueberries.
2. Once lemon parfait is smooth, layer in a fancy cup with fresh blueberries.
3. Chill in refrigerator for a least 1 hour.

NOTES

Add 1 tablespoon of extra nondairy milk at a time till the blend runs smoothly.

Change out the blueberries for any other fruit—raspberries, strawberries, cherries.

Easy Chocolate Pudding Parfait

The Jaroudi Family

SERVES: 4–6

- 2 cups roasted sweet potatoes (without potato skins)
- 1¼ cups unsweetened/unflavored plant milk
- ½ cups unsweetened cocoa powder
- 5 large pitted dates (Medjool dates)
- Sliced fresh fruit optional (strawberries, raspberries, or pitted cherries)

1. Blend all ingredients together in a high-speed blender until smooth
2. Once pudding is smooth, layer in a fancy cup with or without fresh fruit.
3. Chill in refrigerator for a least 1 hour. Enjoy!

Saturday Breakfast

Almond milk/unsweetened (Elmhurst is a brand that is only filtered water and almonds). Served in carafes.

FRUIT/SALAD BAR

Fruit: A variety of fresh fruit

Salad Bar: Greens, toppings, beans, nuts, and seeds

Dressings: Creamy Pear Almond Dressing

BREAKFAST BUFFET

Steel Cut Oatmeal (served with cinnamon and pumpkin pie spice in labeled shakers)

Baked Sweet Potatoes

Steamed zucchini and squash

Straight Up Food Carrot Cake Donuts with Lemon or Vanilla Frosting

BEVERAGES

Decaffeinated herbal tea, Teeccino herbal coffee (use coupon code WFPB for 10% off), iced water

Creamy Pear Almond Dressing

James Rohrbacher from DrFuhrman.com

SERVES: 8

1 cup unsweetened soy, hemp or almond milk

3 small ripe pears, cored and chopped

1 cup raw almonds, soaked overnight in water and drained

3 tablespoons white wine vinegar

2 tablespoons apple cider vinegar

¼ cup dried unsulfured figs, chopped

3 tablespoons unhulled sesame seeds

1 teaspoon Dijon mustard

1. In a high-powered blender, blend all dressing ingredients until smooth and creamy, adding some water if needed to facilitate blending. Refrigerate until ready to use.

2. Makes approximately 3 cups.

NUTRITION PER SERVING:

CALORIES 178; PROTEIN 6G; CARBOHYDRATES 17G; SUGARS 9G; TOTAL FAT 11.1G; SATURATED FAT 1G; SODIUM 21MG; FIBER 4.9G; BETA-CAROTENE 8UG; VITAMIN C 2MG; CALCIUM 132MG; IRON 1.5MG; FOLATE 17UG; MAGNESIUM 72MG; POTASSIUM 284MG; ZINC 1MG; SELENIUM 1.9UG

Carrot Cake

StraightUpFood.com

- 1½ cups nondairy milk
- 4 ounces pitted dates (7–8 Medjools or 14–16 Deglet Noor), chopped
- ½ very ripe banana, sliced
- ¼ cup raisins
- 1 teaspoon vanilla extract (or seeds from 1 vanilla bean)
- 1¾ cups old-fashioned rolled oats
- 2 teaspoons cinnamon
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground nutmeg
- 1/8 teaspoon ground cloves
- 1½ cups grated carrots (2 to 3 medium)
- ½ cup raisins
- 2 ounces walnuts, chopped (about ½ cup; optional)
- Vanilla or Lemon Frosting (optional; see next recipe)

1. Place the nondairy milk, dates, banana, ¼ cup raisins, and vanilla 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 an 8×8-inch baking pan with parchment paper.
3. Grind the oats into flour with a blender. Transfer to a medium bowl, and whisk in the cinnamon, baking powder, baking soda, nutmeg, and cloves.
4. Place the milk, dates, banana, raisins, and vanilla in the blender, and blend until smooth.
5. Stir the date mixture into the bowl of dry ingredients. Fold in the grated carrots, ½ cup raisins, and walnuts (if using).
6. Spoon the batter into the pan and spread evenly. Bake for 40 to 45 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 plain or with Vanilla or Lemon Frosting.

NOTES

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.

To bake a standard loaf, decrease the milk by ½ cup, line a 9×5×3-inch loaf pan with parchment paper, and bake at 325°F for 50 to 55 minutes, or until the top is medium brown. Let cool completely before serving.

To bake as donuts, spoon batter into a non-stick donut pan, filling to the top and smoothing batter flat. Bake for 20–25 minutes. If you press on the cake lightly and it bounces back a bit (instead of staying indented), it's likely ready. These continue to set up as they cool.

Cool for 5–7 minutes before removing the donuts from the pan (if left in too long it will be hard to get the donuts out). Using a fork or knife, gently go around the donuts (outside and inner circle) to loosen them from the pan. Even though we're using a non-stick pan, we are not using any oil so we need to help them out a bit. After loosening the edges, invert onto a cutting board (shake a bit if still not coming out the first time) and let cool at least 5–10 minutes more before serving plain or with Vanilla or Lemon Frosting. Makes 10 to 12 donuts.

NUTRITION PER SERVING

SERVING SIZE: ¼ RECIPE OR 1 PIECE; CALORIES: 187; SUGAR: 17.3G; SODIUM: 18MG; FAT: 5.7G; SATURATED FAT: 0.7G; CARBOHYDRATES: 32.9G; FIBER: 4.5G; PROTEIN: 4.7G; CHOLESTEROL: 0

Vanilla or Lemon Frosting

StraightUpFood.com

- 5 ounces pitted dates (8–9 Medjool or 16–18 Deglet Noor), chopped
- 3 ounces raw, unsalted cashews (about ¾ cup)
- 1 teaspoon vanilla extract (or seeds of 1 vanilla bean)
- ¾ to 1 cup water

1. Place the dates, cashews, and vanilla into a blender. Add ¾ cup water. If the water doesn't completely cover the dates and nuts, add more just until it does. Set aside for at least 45 minutes (so the dates and nuts can thoroughly soften).
2. Blend until very smooth, scraping down the sides a couple times. If your blender has a tamper, you may want to use it. (Add a little more water if the mixture becomes too thick to blend.)

NOTES

For lemon frosting, add 2 to 3 tablespoons of lemon juice.

For firmer frosting, chill for a couple hours before using.

NUTRITION PER SERVING

SERVING SIZE: ¼ RECIPE OR ¼ CUP; CALORIES: 146; SUGAR: 16.6G; SODIUM: 3MG; FAT: 6.2G; SATURATED FAT: 1.1G; CARBOHYDRATES: 22.0G; FIBER: 2.1G; PROTEIN: 3.0G; CHOLESTEROL: 0

Saturday Lunch

SALAD BAR

Salad Bar: Greens, toppings, beans, nuts, and seeds

Dressings: Avocado-Cucumber Dressing and Orange Sesame

LUNCH BUFFET

Buddah Bowls: We can have this buffet style for our guests to build their bowls

Grains: Barley and Bulgar. Will also serve riced cauliflower like a grain.

Greens: Steamed Spinach, Swiss Chard, or Kale

Starch: Cubed Roasted Sweet Potatoes, black beans

Veggies: Steamed broccoli, shredded carrots, shredded beets, roasted red peppers, brussels sprouts, scallions, snow peas and raw pea sprouts or sunflower sprouts

Fats: Avocado slices, hemp seeds and pumpkin seeds

Sauces: Lemon Tahini Sauce and Chef AJ's Ultimate sauce

Soup: Lisa's Lovely Lentil Stew

DESSERT

Tahini Brownies with fresh strawberries

BEVERAGES

Decaffeinated herbal tea, Teeccino herbal coffee (use coupon code WFPB for 10% off), iced water

Avocado-Cucumber Dressing

StraightUpFood.com

MAKES: 1 CUP

$\frac{2}{3}$ cup water

2 teaspoons lemon juice or apple cider vinegar

1 medium ripe avocado, peeled, pitted and diced

$\frac{1}{2}$ teaspoon granulated garlic

$\frac{1}{2}$ cucumber (including seeds), chopped

$\frac{1}{2}$ cup roughly chopped raw spinach

1 green onion (scallion), chopped

1. Blend all ingredients in a blender until smooth. Add water as needed to thin.

NUTRITION

SERVING SIZE: 1/4 RECIPE (0.25 CUPS); CALORIES: 39; SUGAR: 1G; SODIUM: 5.6MG; FAT: 2.8G; SATURATED FAT: 0.4G; CARBOHYDRATES: 2.2; FIBER: 1.8G; PROTEIN: 0.8G; CHOLESTEROL: 0

Orange-Sesame Dressing

DrFuhrman.com

SERVES: 4

4 tablespoons unhulled sesame seeds, divided

2 navel oranges, peeled

$\frac{1}{4}$ cup Dr. Fuhrman's Blood Orange Vinegar or white wine vinegar

$\frac{1}{4}$ cup raw cashews

1 tablespoon lemon juice, optional

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, if desired and 2 tablespoons of the sesame seeds.

3. Toss with the salad, sprinkling remaining sesame seeds on top.

SERVING SUGGESTION

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

NUTRITION PER SERVING

CALORIES 137; PROTEIN 4G; CARBOHYDRATES 14G; SUGARS 7G; TOTAL FAT 8.3G; SATURATED FAT 1.3G; SODIUM 3MG; FIBER 2.9G; BETA-CAROTENE 61UG; VITAMIN C 43MG; CALCIUM 122MG; IRON 2MG; FOLATE 35UG; MAGNESIUM 65MG; POTASSIUM 229MG; ZINC 1.3MG; SELENIUM 4.8UG

Chef AJ's Ultimate Sauce

Chef AJ

1 15-ounce BPA-free can of salt-free garbanzo beans, rinsed and drained

2¼ cups of water, divided

2 ounces of pitted dates (about 8 small Deglet Noor or 4 of the larger Medjool dates)

4 tablespoons of lime juice, add zest if using fresh

1 tablespoon unsweetened, unseasoned rice vinegar

1 clove fresh garlic

1 teaspoon minced fresh ginger

½ teaspoon crushed red pepper flakes

1. Preheat oven to 400°F. Place garbanzo beans on a silicone mat or parchment paper and bake until golden brown, 30–35 minutes.
2. Place the cooked beans in a high-speed blender with 1½ cups of the water and the remaining ingredients and blend, using the tamper to get it to blend evenly. Mixture will begin to emulsify quickly and thicken. Add the remaining ¾ cup of water slowly, no more than ¼ cup at a time, blending well after each addition.
3. A high-power blender will warm the sauce for serving of veggies or whole grain and veggie bowls. When you refrigerate the sauce, it will become even thicker and be a great dipping sauce for your oven roasted French fries or sweet potato fries.

NOTES

It is very important that you always roast the beans first. It is the roasting that makes this delicious sauce taste like a Thai peanut sauce. It is also extremely important that you don't add all the water at once.

Lemon Tahini Sauce

DrFuhrman.com

SERVES: 4

¾ cup water

½ cup raw tahini (pureed sesame seeds)

¼ cup fresh lemon juice

1 clove garlic

2 tablespoons Dr. Fuhrman's VegiZest or Italian seasoning

1 teaspoon coconut aminos

1. Place all ingredients in a high-powered blender and blend until smooth. Sauce should be the consistency of heavy cream. If too thick, add a little more water and lemon juice.
2. Serve over broccoli or steamed greens.

NUTRITION PER SERVING

CALORIES 191; PROTEIN 6G; CARBOHYDRATES 12G; SUGARS 1G; TOTAL FAT 14.6G; SATURATED FAT 2G; SODIUM 65MG; FIBER 3.4G; VITAMIN C 9MG; CALCIUM 145MG; IRON 1.3MG; FOLATE 48UG; MAGNESIUM 39MG; POTASSIUM 143MG; ZINC 1.5MG; SELENIUM 0.4UG

Lisa's Lovely Lentil Stew

DrFuhrman.com

SERVES: 4

2 cups dried lentils

6 cups water

½ medium onion, finely chopped

1 teaspoon dried basil

⅛ teaspoon black pepper

3 large ripe tomatoes, chopped

1 celery stalk, finely chopped

1. Place the lentils, water, onion, pepper and basil in a pot and simmer for 30 minutes. Add the tomato and celery and simmer for an additional 15 minutes or until lentils are tender.

NUTRITION PER SERVING

CALORIES 372; PROTEIN 26G; CARBOHYDRATES 65G; TOTAL FAT 1.3G; SATURATED FAT 0.2G; SODIUM 40MG; FIBER 31.5G; BETA-CAROTENE 680UG; VITAMIN C 24MG; CALCIUM 96MG; IRON 8MG; FOLATE 490UG; MAGNESIUM 141MG; ZINC 4.9MG; SELENIUM 8.1UG

Tahini Brownies

Desserts to Live For by Talia Fuhrman

MAKES: 16

FOR THE BROWNIE LAYER

2 chia or flax “eggs”
(2 tablespoons ground flaxseeds
+ ½ cup non-dairy milk)
2 teaspoons baking powder
1½ teaspoon ground vanilla bean
12 Medjool dates, pitted
⅓ cup tahini (unhulled if available)
or ½ cup unhulled sesame seeds
1 cup cocoa powder
1¼ cup spelt or oat flour

FOR THE CHOCOLATE ICING

1 medium avocado
½ cup cocoa powder
6 Medjool dates, softened
Shredded coconut, mulberries, sesame seeds for garnish

1. Preheat oven to 350°F.
2. Combine flax or chia “egg” ingredients. Allow “egg” to sit for 1 minute. In a food processor or blender, combine all the ingredients except for the cocoa powder and flour. Process until smooth.
3. Add the cocoa powder and process for another minute or so until the brownie dough becomes evenly mixed. Lastly, add the flour into a large mixing bowl and with a spoon, mix in the processed dough.
4. Pour the dough into a parchment paper-lined 8x8 inch baking pan. Bake for 25–30 minutes or until an inserted toothpick or fork comes out clean.
5. While baking, prepare the chocolate icing for the top layer. Mix the avocado and cocoa powder in a blender or food processor. Once mixed, blend in the soft dates. Smooth this mixture over the baked brownies. Add shredded coconut, dried mulberry pieces or sesame seeds as garnish, if desired.
6. Place the brownies in the refrigerator for at least 30 minutes so that the topping can harden. Then slice and enjoy.

Saturday Dinner

SALAD BAR

Salad Bar: Greens, toppings, beans, nuts, and seeds

Dressings: Chef AJ's House Dressing, Walnut Vinaigrette Dressing

Soup: Golden Austrian Cauliflower Cream Soup

DINNER BUFFET

Cashew Mushroom Stroganoff

Warm Farro & Squash Salad

Confetti Quinoa Salad with Fresh Orange Slices

Succotash

Roasted Asparagus

DESSERT

Mango Lime Tart with Raspberries

BEVERAGES

Decaffeinated herbal tea, Teeccino herbal coffee (use coupon code WFPB for 10% off), iced water

Chef AJ's House Dressing

Chef AJ

½ cup of water

4 tablespoons Dijon or stone ground mustard.

4 tablespoons raw coconut aminos.

6 tablespoons fresh lemon or lime juice.

8 tablespoons nutritional yeast.

1 tablespoon of date syrup

1. Place all ingredients into a blender and blend until smooth. Refrigerate any excess.

Walnut Vinaigrette Dressing

DrFuhrman.com

SERVES: 4

¼ cup balsamic vinegar

½ cup water

¼ cup walnuts

¼ cup raisins

1 teaspoon Dijon mustard

1 clove garlic

¼ teaspoon dried thyme

1. Combine all ingredients in a high-powered blender.

NUTRITION PER SERVING

CALORIES 84; PROTEIN 1G; CARBOHYDRATES 11G; SUGARS 8G; TOTAL FAT 4.2G; SATURATED FAT 0.4G; SODIUM 21MG; FIBER 0.8G; BETA-CAROTENE 3UG; VITAMIN C 1MG; CALCIUM 20MG; IRON 0.6MG; FOLATE 7UG; MAGNESIUM 16MG; POTASSIUM 119MG; ZINC 0.3MG; SELENIUM 0.9UG

Golden Austrian Cauliflower Cream Soup

DrFuhrman.com

SERVES: 4

- 1 head cauliflower, cut into pieces
- 3 carrots, coarsely chopped
- 1 cup coarsely chopped celery
- 2 leeks, coarsely chopped
- 2 cloves garlic, minced
- 2 tablespoons Dr. Fuhrman's VegiZest (or other no-salt seasoning blend, adjusted to taste)
- 2 cups carrot juice
- 4 cups water
- ½ teaspoon nutmeg
- ¾ cup raw cashews
- ¼ cup hemp seeds
- 5 cups finely chopped kale leaves or spinach

1. Place all the ingredients except the cashews, hemp seeds and kale in a pot. Cover and simmer for 15 minutes or until the vegetables are just tender.
2. In a high-powered blender, blend two-thirds of the soup liquid and vegetables with the cashews and hemp seeds until smooth and creamy. Return to the pot and stir in the kale or spinach.

NUTRITION PER SERVING

CALORIES 392; PROTEIN 17G; CARBOHYDRATES 50G; SUGARS 14G; TOTAL FAT 17.9G; SATURATED FAT 2.8G; SODIUM 243MG; FIBER 10G; BETA-CAROTENE 23022UG; VITAMIN C 194MG; CALCIUM 269MG; IRON 6.8MG; FOLATE 194UG; MAGNESIUM 245MG; POTASSIUM 1760MG; ZINC 3.8MG; SELENIUM 8.5UG

Confetti Quinoa Salad with Fresh Orange Slices

ForksMealPlanner.com

SERVES: 2

SALAD

- ¾ cup quinoa rinsed and drained (approx. 2½ cups cooked)
- 5 ounces pre-cut butternut squash cut into medium dice (approx. 1 cup)
- 9 ounces frozen mixed vegetables thawed (approx. 1½ cups)
- ½ red bell pepper chopped (approx. ½ cup)
- 1 scallion sliced (approx. 2 tablespoons)
- Freshly ground pepper

DRESSING

- 3 tablespoons fresh lime juice
- 1 tablespoon date paste
- 1 tablespoon stone-ground mustard

FOR SERVING

- 1 scallion sliced (approx. 2 tablespoons)
- 2 oranges segmented

1. In a saucepan over high heat, bring quinoa and 1½ cups water to a boil. Reduce heat to low, cover, and simmer for 20 minutes. Remove from heat and let cool; fluff quinoa with a fork. Chill in the refrigerator.
2. In a steamer insert set over boiling water, steam butternut squash, covered, until tender when pierced with a fork, about 10 minutes.
3. In a large bowl, combine cooked quinoa, thawed mixed vegetables, steamed butternut squash, bell peppers, and 2 tablespoons scallions.
4. In a bowl, combine lime juice, date paste, and stone-ground mustard.
5. Add dressing to quinoa and toss lightly. Season with pepper to taste. Sprinkle with 2 tablespoons scallions. Serve alongside oranges.

NUTRITION PER SERVING

CALORIES: 548; FAT: 5G; SATURATED FAT: 1G; CARBS: 97G; FIBER: 13G; SUGARS: 26G; PROTEIN 15G; SODIUM: 405MG

Warm Farro & Squash Salad

ForksMealPlanner.com

SERVES: 6

SALAD

2¼ cups farro rinsed & drained
1 lb + 8 oz pre-cut butternut squash chopped (approx. 6 cups)
9 oz kale stemmed & thinly sliced (approx. 9 cups)
¾ red onion chopped (approx. ¾ cup)
¾ cup golden raisins
Freshly ground black pepper

ORANGE-MISO DRESSING

1½ cups orange juice
⅓ cup white wine vinegar
2 tablespoons Dijon mustard
2 tablespoons mellow white miso
1½ teaspoons ground ginger

1. Prepare farro according to package instructions. Let cool, then fluff farro with a fork.
2. In a steamer insert set over boiling water, steam squash, covered, until tender when pierced with a fork, about 20 minutes.
3. In a small bowl, whisk orange juice, white wine vinegar, Dijon mustard, miso, and ginger.
4. In a large bowl, place kale, followed by cooked farro and squash. Lightly toss until kale is partially wilted. Scatter with red onions and golden raisins.
5. Add orange-miso dressing to salad, tossing to coat. Season with pepper to taste.

NOTES

Feel free to use any winter squash including acorn, buttercup, Hubbard, or kabocha.

NUTRITION PER SERVING

CALORIES: 507; FAT: 4G; SATURATED FAT: 0G; CARBS: 101G; FIBER: 19G; SUGARS: 24G; PROTEIN 17G; SODIUM: 512MG

Cashew Mushroom Stroganoff

James Rohrbacher from DrFuhrman.com

SERVES: 8

1½ pounds assorted mushrooms (portabellas, creminis, shiitakes), cleaned and sliced
½ cup red wine
1 tablespoon balsamic vinegar
½ teaspoon coconut aminos
1 large sweet onion, chopped and divided
½ cup chopped garlic, divided
4 sprigs fresh thyme
2 sprigs fresh rosemary
Freshly ground black pepper
2 bunches kale, tough stems removed and finely chopped
2 teaspoons dried thyme
1½ cups cashews, soaked overnight in water, then drained
2½ cups unsweetened cashew milk
2 tablespoons Hungarian paprika
⅓ cup dried onion flakes
2 tablespoons Dr. Fuhrman's VegiZest or other no-salt seasoning, adjusted to taste
4 teaspoons Dijon mustard
⅓ cup lemon juice or to taste
¼ cup nutritional yeast
3 cups frozen peas, thawed
7 ounces bean fettuccine, cooked according to package directions and set aside
½ cup raw cashews, lightly toasted and chopped

6. In a large bowl, toss the mushrooms with the red wine, balsamic vinegar and coconut aminos. Transfer to a baking pan and sprinkle with ¼ of the onion and half the garlic. Lay the herb sprigs on top and sprinkle with a few grinds of black pepper. Cover with foil and bake at 375°F for 1 hour, then remove the foil and bake for an additional 15 minutes. Set aside.
7. In a large sauce pan, water sauté the remaining onions and remaining garlic until lightly browned and then add the kale in batches as it wilts. Add the dried thyme and continue to cook until the kale is tender, about 15 minutes.
8. In a high-powered blender, puree the cashews, cashew milk, paprika, onion flakes, VegiZest, Dijon, lemon juice and nutritional yeast until smooth. Taste and adjust with more Dijon and lemon juice if desired. Pour into the kale, add the peas and mushrooms (and any juice from the mushroom pan) and toss until well combined.
9. Spoon over the bean fettuccine, sprinkle with the chopped toasted cashews and serve.

NUTRITION PER SERVING

CALORIES 410; PROTEIN 21G; CARBOHYDRATES 53G; SUGARS 11G; TOTAL FAT 13.9G; SATURATED FAT 2.2G; SODIUM 194MG; FIBER 12.3G; BETA-CAROTENE 4389UG; VITAMIN C 65MG; CALCIUM 353MG; IRON 7.7MG; FOLATE 99UG; MAGNESIUM 133MG; POTASSIUM 990MG; ZINC 4.9MG; SELENIUM 25UG

Succotash

ForksMealPlanner.com

7½ ounces frozen baby lima beans thawed (approx. 1½ cups)

7½ ounces frozen corn (approx. 1½ cups)

¾ (15-oz) can no-salt, fire-roasted diced tomatoes with their juices (approx. 1½ cups)

¾ teaspoon garlic powder

¾ teaspoon dried thyme

Freshly ground black pepper

1. In a medium skillet over medium heat, combine lima beans, corn, fire-roasted tomatoes with their juices, garlic powder, and thyme. Cook and stir until heated through, about 5 minutes. Season with pepper to taste.

NUTRITION PER SERVING

CALORIES: 107; FAT: 1G; SATURATED FAT: 0G; CARBS: 22G; FIBER: 4G; SUGARS: 3G; PROTEIN 5G; SODIUM: 176MG

Roasted Asparagus with Tarragon and Balsamic

ForksOverKnives.com

2 pounds fresh asparagus

4 scallions

1 red bell pepper

1 teaspoon miso paste

½ teaspoon chopped fresh tarragon leaves

½ teaspoon garlic powder

2–3 teaspoons balsamic vinegar

Freshly ground black pepper

1. Preheat oven to 400°F. Line two shallow baking pans with parchment paper or silicone baking mats.
2. In a large bowl combine asparagus, scallions, and sweet pepper. In a small bowl stir together 2 tablespoons water, the miso paste, tarragon, and garlic powder. Drizzle over vegetables; toss to coat. Place vegetables in a single layer in prepared pans.
3. Roast 7–9 minutes or until vegetables are just tender. Drizzle with balsamic vinegar and season with black pepper. If desired, garnish with additional fresh tarragon.

Mango Lime Tart

Chef AJ

CRUST

2 cups of gluten-free oats (or 1 cup raw cashews and 1 cup oats)

2 cups packed, pitted dates (about 12 ounces)

4 tablespoons lime juice and zest

FILLING

2 pounds of frozen mango, defrosted

2 ounces of unsweetened dried mango soaked in a very small amount of water until soft

2 cups of raw cashews

4 tablespoons fresh lime juice and zest

2 pounds of fresh raspberries

1. In a food processor fitted with the “S” blade, process the oats into a flour-like consistency. Add the dates and process until a ball forms. Then add the lime juice and zest. If it is too wet to press into a tart pan, add a few more oats until the proper consistency is reached. Press into a pan with a removable bottom. Set aside.
2. In a high-powered blender, blend all ingredients until very smooth. Pour over crust. Place raspberries over the top to cover completely. Sprinkle with unsweetened coconut if desired. Place in refrigerator until filling starts to set up.

Sunday Breakfast

Almond milk/unsweetened (Elmhurst is a brand that only filtered water and almonds). Served in carafes.

FRUIT/SALAD BAR

Fruit: A variety of fresh fruit

Salad Bar: Greens, toppings, beans, nuts, and seeds

Dressings: Bing Cherry Walnut Vinaigrette Dressing

BREAKFAST BUFFET

Mango Oatmeal

Tofu Scramble with Tomatoes and Peppers and homemade ketchup

Sweet Potato Hash

Raw Apple Crumble

BEVERAGES

Decaffeinated herbal tea, Teeccino herbal coffee (use coupon code WFPB for 10% off), iced water

Bing Cherry Walnut Vinaigrette

James Rohrbacher from DrFuhrman.com

SERVES: 8

3 cups fresh or thawed frozen cherries

1 cup 100% tart cherry juice or pomegranate juice

$\frac{3}{4}$ cup walnuts

2 tablespoons ground chia seeds

$\frac{1}{2}$ cup balsamic vinegar

$\frac{1}{4}$ cup unsweetened dried Bing cherries (such as Trader Joe's brand)

1. Blend all ingredients in a high-powered blender until smooth and creamy, adding more cherry juice if needed to facilitate blending.

NUTRITION PER SERVING

CALORIES 156; PROTEIN 3G; CARBOHYDRATES 19G; SUGARS 12G; TOTAL FAT 8.3G; SATURATED FAT 0.8G; SODIUM 8MG; FIBER 2.8G; BETA-CAROTENE 305UG; VITAMIN C 2MG; CALCIUM 42MG; IRON 1MG; FOLATE 21UG; MAGNESIUM 35MG; POTASSIUM 215MG; ZINC 0.6MG; SELENIUM 2UG

Mango Oatmeal

Stephanie from DrFuhrman.com

SERVES: 2

1 cup old fashioned oats

1 fresh mango, peeled and cut into chunks, 2 cups frozen mango, defrosted

$\frac{1}{2}$ cup unsweetened dried coconut

1 $\frac{3}{4}$ cups unsweetened soy, hemp or almond milk

1 tablespoon ground flax seeds

$\frac{1}{4}$ teaspoon vanilla extract or pure vanilla bean powder

$\frac{1}{4}$ teaspoon cinnamon, optional

1. In a saucepan, bring milk to a simmer and stir in all ingredients. Simmer for 5 minutes. Remove from heat, cover and let stand 5 minutes before serving.

NUTRITION PER SERVING

CALORIES 320; PROTEIN 7G; CARBOHYDRATES 33G; SUGARS 2G; TOTAL FAT 19.1G; SATURATED FAT 13.6G; SODIUM 10MG; FIBER 8.7G; CALCIUM 15MG; IRON 11MG; FOLATE 5UG; MAGNESIUM 34MG; POTASSIUM 153MG; ZINC 0.6MG; SELENIUM 5.1UG

Tofu Scramble with Peppers and Onions

DrFuhrman.com

SERVES: 2

- ½ cup chopped green pepper
- ½ cup chopped red, yellow or orange pepper
- ½ cup chopped onion
- 1 clove garlic, chopped
- 15 ounces (1½ cups) no-salt-added diced tomatoes, drained (see note)
- 14 ounces extra firm tofu, drained and crumbled
- 1 cup firmly packed spinach
- 1 teaspoon garlic powder
- ½ teaspoon turmeric
- ¼ teaspoon red pepper flakes or ⅛ teaspoon chipotle chili powder or to taste (optional or serve on the side)

1. Heat 2–3 tablespoons water in a large skillet and water saute peppers, onion and garlic until tender.
2. Add remaining ingredients and cook for another five minutes.

NOTES

Choose tomato products packed in cartons or glass. These materials do not contain BPA.

NUTRITION PER SERVING:

CALORIES 261; PROTEIN 22G; CARBOHYDRATES 23G; SUGARS 11G; TOTAL FAT 9.9G; SATURATED FAT 1.3G; SODIUM 80MG; FIBER 7G; BETA-CAROTENE 2481UG; VITAMIN C 114MG; CALCIUM 406MG; IRON 5.1MG; FOLATE 90UG; MAGNESIUM 50MG; POTASSIUM 828MG; ZINC 0.7MG; SELENIUM 1UG

Better Ketchup

StraightUpFood.com

YIELD: 1 CUP

- 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

1. Place all of the ingredients (water, apple, tomato paste, vinegar, oregano, and granulated garlic) into a blender, and blend until smooth. 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.

NUTRITION PER SERVING

SERVING SIZE: ¼ RECIPE OR ¼ CUP; CALORIES: 48 SUGAR: 7.6G; SODIUM: 27MG; FAT: 0.3G; SATURATED FAT: 0.1G; CARBOHYDRATES: 11.5G; FIBER: 2.4G; PROTEIN: 1.9G; CHOLESTEROL: 0

Sweet Potato Hash

Chef Katie Mae

SERVES: 2

- 1 small onion, diced
- 1 sweet potato, diced to ½-inch pieces
- ¼ to ½ cup orange juice (about 2 navel oranges, juiced)
- ½ cup water
- 1 tablespoon almond butter
- ½ teaspoon cinnamon
- ½ bunch kale, shredded

1. In a large skillet or sauté pan over high heat, add the onion and potatoes. Dry sauté for 3 minutes, with the pan covered, stirring occasionally.
2. In a small bowl, whisk orange juice and almond butter together. Pour this dressing over the onion and potato, and stir. Reduce the heat to low-medium and cook for 5 minutes.
3. Mix in the cinnamon and kale, and simmer for 3 more minutes. The dish is done when the potatoes are fully cooked and the kale has a bright green color.

Raw Apple Crumble

StraightUpFood.com

SERVES: 6

FOR THE CRUMBLE TOPPING

- 2 ounces walnuts or pecans (about ½ cup)
- 1 ounce pitted dates (about 2 Medjool or 4 Deglet Noor), chopped

FOR THE APPLE FILLING:

- 4 medium apples, peeled or unpeeled, cored and chopped (about 4 cups)
- 1 tablespoon lemon juice

FOR THE APPLESAUCE:

- 2 medium apples, peeled or unpeeled, cored and chopped
- 2½ ounces pitted dates (4–5 Medjool or 8–10 Deglet Noor), chopped
- ¼ cup raisins
- 2 tablespoons lemon juice
- ¼ teaspoon cinnamon
- ¼ teaspoon ground nutmeg

1. To make the crumble topping, place the nuts and dates into a food processor, and process until the mixture resembles Grape Nuts cereal (don't overprocess; it should be loose). Transfer to a small bowl and set aside. (Keep the food processor handy for step 3.)
2. To make the apple filling, toss the chopped apples and lemon juice together in a medium bowl. Set aside.
3. To make the applesauce, place all of the ingredients (apples, dates, raisins, lemon juice, cinnamon, and nutmeg) into the food processor, and process to the consistency of applesauce, adding a little water as needed.
4. Stir the applesauce into the bowl of chopped apples and lemon juice. Serve on small dessert plates or bowls sprinkled with the crumble topping.

NOTES

Try another type fruit in place of one apple, such as a pear, peach, nectarine, mango, banana, or persimmon, or some berries or pineapple.

If you'd like to bake this dessert, use an 8×8-inch baking pan and cook at 350°F for 35 to 45 minutes or until the apples are tender (topping can be added before or after).

NUTRITION PER SERVING

SERVING SIZE: ¾ CUP; CALORIES: 171; SUGAR: 23.6G; SODIUM: 1MG; FAT: 6.4G; SATURATED FAT: 0.6G; CARBOHYDRATES: 30.5G; FIBER: 4.1G; PROTEIN: 2.2G; CHOLESTEROL: 0

Sunday Lunch

SALAD BAR

Salad Bar: Greens, toppings, beans, nuts, and seeds

Dressings: Lemon Basil Vinaigrette dressing, Creamy Balsamic Dressing

LUNCH BUFFET

Meatloaf Bites

Corn on the Cob

BBQ Baked Beans

Creamy Coleslaw

Fresh Tomato & Avocado Pasta Salad

Brussels Sprouts & Mushrooms

Summer Potato & Green Bean Salad

Watermelon, Cherry Beet & Tomato Salad.

DESSERT

Blueberry Buckle Cake

Sliced fruit

Mixed fruit salad: Blueberries, fresh pineapple, peaches, and raspberries

BEVERAGES

Decaffeinated herbal tea, Teeccino herbal coffee (use coupon code WFPB for 10% off), iced water

Lemon Basil Vinaigrette

DrFuhrman.com

SERVES: 4

2 tablespoons fresh lemon Juice

2 tablespoons balsamic vinegar

½ cup water

¼ cup raw almonds or ⅛ cup raw almond butter

¼ cup raisins

⅓ cup fresh basil leaves

1 teaspoon Dijon mustard

1 clove garlic

1. Blend ingredients in a high-powered blender until smooth.

NUTRITION PER SERVING:

CALORIES 86; PROTEIN 2G; CARBOHYDRATES 11G; SUGARS 2G; TOTAL FAT 4.5G; SATURATED FAT 0.3G; SODIUM 21MG; FIBER 1.5G; BETA-CAROTENE 84UG; VITAMIN C 4MG; CALCIUM 40MG; IRON 0.7MG; FOLATE 8UG; MAGNESIUM 29MG; POTASSIUM 163MG; ZINC 0.3MG; SELENIUM 0.8UG

Nutmeg Notebook Creamy Balsamic Dressing

Tami Kramer

SERVES: 6

1 box or can of cannellini beans no salt added

½ cup balsamic vinegar*

4 Medjool dates, pitted

4 teaspoons Dijon mustard or no salt added mustard

1 cup unsweetened plant milk

2–3 teaspoons garlic & herb no-salt seasoning or 2 fresh garlic cloves

1. Mix all the ingredients together in a high power blender like a Blendtec or Vitamix until smooth and creamy. It thickens after chilling in the fridge.
2. If you have a regular blender you might try soaking the dates in warm water to soften them so they will blend better.
3. I keep it for 5 days in the fridge no problem. Some people tell me they freeze some of it and then when they need more they thaw it out.
4. You can sub date syrup for the dates but remember that the fiber in the dates helps the dressing thicken up.

Fresh Tomato and Avocado Pasta Salad

The China Study Cookbook

SERVES: 4–6

3 cups whole wheat pasta shells, cooked
¼ cup diced red onions
2½ cups cherry tomatoes, quartered
2 avocados, pitted and diced
1½ cups frozen corn, thawed
1 15-ounce can chickpeas, drained and rinsed
2 teaspoons dried basil
¼ cup Golden Garden Mayonnaise (see next recipe)
½ teaspoon lemon juice

1. In a large bowl, combine all ingredients and toss well to mix.

Golden Garden Mayonnaise

The China Study Cookbook

MAKES: 1 CUP

6 ounces soft silken tofu
¼ cup raw cashews
2 tablespoons lemon juice, plus more to taste
¼ teaspoon white miso paste
½ teaspoon Dijon mustard

1. Blend all ingredients in a food processor until smooth. Taste and add more salt and/or lemon juice if needed.
2. Store in an airtight container in the refrigerator.

E's Super-Awesome Brussels Sprouts and Mushrooms

Susan Voisin

SERVES: 4

1 pound Brussels sprouts
1 small onion, quartered and thinly sliced
2–3 cloves garlic, thinly sliced
8 ounces mushrooms (baby bella or button), sliced
¾ cup vegetable broth
Freshly ground black pepper to taste

1. Trim the dry ends off the sprouts and then cut them in half. Prepare the remaining vegetables and heat a non-stick skillet. Have the vegetable broth standing by. Put the onions into the hot skillet and give them a sprinkle of salt (optional, but speeds browning). Stirring constantly, adding a teaspoon or two of broth to the skillet if the onions stick, cook until the onions begin to brown, about 2–3 minutes. Add the garlic and more broth if necessary, and cook for another minute. Remove onions and garlic to a plate and return the skillet to the heat.

2. Put the sprouts into the skillet, cut side down. Cook until they begin to brown and then add in the mushrooms and stir. Cook for another minute or two, stirring frequently. Add about ½ cup vegetable broth and the reserved onions, stir, turn down the heat, and cover tightly. Cook until the sprouts are tender and easily pierced with a fork, 3–5 minutes, adding more broth if necessary. Season with pepper to taste and serve immediately, garnished with grated orange peel, if desired.

NUTRITION PER SERVING

SERVING: 1 SERVING; CALORIES: 72KCAL; CARBOHYDRATES: 14.5G; PROTEIN: 6.1G; SODIUM: 117MG; FIBER: 5.2G; SUGAR: 4.2G

Late Summer Potato & Green Bean Salad

Chef Del Sroufe

SERVES: 4–6

1½ pounds red skin potatoes, cut into ½-inch cubes
¾ pound fresh green beans, trimmed and halved
1 red bell pepper, diced small
1 small yellow onion, diced small
⅓ to ½ cup All-Purpose Vinaigrette (see next recipe)
1 tablespoon dried tarragon or 2 tablespoons minced fresh tarragon
Black pepper to taste

1. Bring 2 quarts of water to a boil.
2. Add the potatoes and green beans and cook over medium heat for 7 minutes.
3. Drain and rinse the vegetables under cold water. Add the vegetables to a bowl with the remaining ingredients.
4. Season with black pepper. Gently toss to mix well.

All-Purpose Vinaigrette

Chef Del Sroufe

MAKES: ¾ CUP

½ cup balsamic vinegar
½ cup Dijon mustard
¼ cup minced shallot
Black pepper to taste

1. Combine all ingredients in a small bowl and mix well. Store refrigerated in an airtight container for up to 1 week.

Meatloaf Bites

Well Your World

1 yellow onion, diced
2 medium carrots, diced
2 ribs celery, diced
3–4 mushrooms (we used baby bellas)
3 cups cooked lentils
3 tablespoons tomato paste
1 tablespoon Italian seasoning
2 tablespoons mustard
1 cup rolled oats, pulsed in food processor
½ to 1 cup rolled oats, as needed

1. Preheat oven to 400°F.
2. Saute the onions, carrots, celery, and mushrooms until tender and most of the liquid is cooked off.
3. Add the saute mixture and the rest of the ingredients into a large bowl and mix very well until incorporated. Add enough rolled oats to create a dry mixture.
4. Scoop the mixture out into a 4×3 silicone muffin pan.
5. Bake for 45 minutes or until solid.

NOTES

You'll want to make sure you chop up the mushroom mirepoix fairly small; it'll help impart all the good flavors without leaving big chunks of vegetables in the final dish, which we don't want. Our goal is for all the flavors to come together into one delicious and savory bite-sized experience.

Because we're wanting to bump up the savory flavors in this recipe, we recommend sautéing with vegetable stock instead of water but if you don't have any on hand, water will work just fine.

This recipe calls for a cup of oats pulsed in the food processor but you may want to add some non-pulsed oats in to soak up any remaining liquid and enhance the texture. After stirring in all the ingredients, the recipe should have a dough-like consistency and be dry enough to hold its shape. Simply divide the dough into some handy-dandy silicone muffin molds and bake at 400°F for 45 minutes. Make sure you let them cool for at least 15–20 minutes before popping them out of the molds.

Barbecue Baked Beans

DrFuhrman.com

SERVES: 6

2 stalks celery, diced
½ red bell pepper, seeded and diced
½ green bell pepper, seeded and diced
1 small onion, finely chopped
2 cups coarsely chopped ripe tomatoes
½ cup pitted dates, chopped
¼ cup raisins
½ cup water
¼ cup Dijon mustard
2 tablespoons fresh lemon juice
1 tablespoon ground ginger
1 tablespoon garlic powder
¼ teaspoon chili powder
4½ cups cooked red kidney beans or 3 15-ounce cans low sodium or no-salt-added beans, drained

1. Preheat oven to 350°F.
2. Heat 2–3 tablespoons of water in a large saucepan and water sauté celery, red and green peppers and onion over medium high heat, cooking until vegetables are slightly softened. Add the tomatoes, dates, raisins and water and continue to cook, reducing the heat to simmer.
3. Add the mustard, lemon juice, ginger, garlic powder, chili powder and cayenne. Cover, and cook over low heat for about 30 minutes, stirring occasionally.
4. Carefully puree in a blender. Check to adjust chili powder, cayenne or other seasonings.
5. In a large casserole dish, combine the kidney beans and blended mixture, reserving about ½–1 cup of the barbecue sauce for another use (see note). Bake until heated through and bubbly, about 25 minutes.

NUTRITION PER SERVING:

CALORIES 261; PROTEIN 14G; CARBOHYDRATES 52G; SUGARS 15G; TOTAL FAT 1.5G; SATURATED FAT 0.2G; SODIUM 142MG; FIBER 13.2G; BETA-CAROTENE 533UG; VITAMIN C 34MG; CALCIUM 71MG; IRON 4.9MG; FOLATE 199UG; MAGNESIUM 87MG; POTASSIUM 948MG; ZINC 1.8MG; SELENIUM 6.5UG

Creamy Coleslaw

StraightUpFood.com

SERVES: 6

FOR THE SALAD:

3 cups chopped green cabbage
1¾ cups grated carrots (1 to 2 medium)
1½ cups diced apple (1 to 2 medium), peeled or unpeeled
1 cup chopped red cabbage
½ cup raisins
¼ cup finely chopped red onion

FOR THE DRESSING:

½ cup water
2 ounces raw, unsalted cashews (about ½ cup)
2 tablespoons mustard (I like Dijon or stone ground)
1 tablespoon vinegar (I like apple cider)
1 medium clove garlic, sliced

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 ¼ cup of thinly sliced radish, celery, or fresh fennel, or ½ cup of chopped bell pepper, broccoli, cauliflower, or pineapple.

For a lower-fat dressing, substitute ¾ to 1 cup of cooked white beans for the cashews.

NUTRITION PER SERVING

SERVING SIZE: ¼ RECIPE OR 1.3 CUPS; CALORIES: 141; SUGAR: 14.9G; SODIUM: 95MG; FAT: 4.6G; SATURATED FAT: 0.8G; CARBOHYDRATES: 24.7G FIBER: 4.1G PROTEIN: 3.6G CHOLESTEROL: 0

Watermelon Cherry Beet Tomato Salad 4-3-2-1

The Jaroudi Family

SERVES: 6

4 cups watermelon chopped
3 cups pitted cherries halved
2 cups cooked beets chopped
1 cup cherry tomatoes chopped
Fresh mint chopped for garnish
1 tablespoon white balsamic vinegar (optional)

1. Add chopped watermelon, pitted cherries, beets, and cherry tomatoes to a large bowl.
2. Toss ingredients to mix together well.
3. Top with fresh mint and white balsamic vinegar.
4. Best served chilled.

Healthy Blueberry Buckle Cake

The Jaroudi Family

SERVES: 8-10

WET

1 cup non-dairy milk unsweetened + 2 teaspoons apple cider vinegar (mix and set aside)
1 tablespoon ground flax meal + 3 tablespoons water (mix and set aside)
½ cup apple sauce
½ cup date paste (see next recipe)
2 cups blueberries (fresh or frozen) blueberries

DRY

2 cups oat flour
1 tsp baking powder
1 tsp baking soda
1 tablespoon cinnamon

TOPPING

¾ cup rolled oats
½ cup date paste (see next recipe)
⅓ cup oat flour
2 tablespoons nut butter or applesauce
Extra blueberries (optional)

1. Preheat your oven to 350°F.
2. Mix together the wet ingredients and dry ingredients. Add the cake batter into your baking dish (I like using a 9-inch square). Use parchment paper if you do not have silicone.
3. Mix together the topping ingredients. Sprinkle the mixed toppings all over the blueberry buckle cake batter. Pat the toppings gently to secure them into the batter.
4. Bake for 30 minutes until golden brown. Let cake cool completely before removing from pan.

Date Paste

Chef AJ

One pound of pitted dates

One cup of liquid (water, unsweetened non-dairy milk, unsweetened juice)

1. Soak dates in liquid overnight or for several hours until much of the liquid is absorbed.
2. In a food processor fitted with the "S" blade, process dates and liquid until completely smooth.
3. Store date paste in the refrigerator.

Notes

A series of horizontal dotted lines for writing notes.



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