



2019 NHA Conference Recipes

Friday, June 28
Dinner

Acorn Squash with Wild Rice Stuffing

Chef AJ

This always appears at my Thanksgiving table to rave reviews.

INGREDIENTS:

4 acorn squashes
Wild Rice Stuffing with Apples

INSTRUCTIONS:

1. Cook the acorn squash according to your preferred method. I cook them individually in the Instant Pot electric pressure cooker by placing them on the rack with water up to the rack, cooking them on high pressure for 10 minutes with a 10-minute natural pressure release. Cut squashes in half, remove the seeds, and set aside. You could also cut them in half, remove the seeds, and roast them in a preheated 400° F oven on a non-stick silicone baking mat, cut side down, for about an hour.
2. Stuff each squash half with the Wild Rice Stuffing with Apples, making a rounded mound over the top.
3. Bake in a preheated 400° F oven for 30 minutes until the rice starts to get a bit crunchy.
4. If there is any stuffing left over, place it in a baking dish and bake it at the same time as the squash.
5. Remove the squashes from the oven and drizzle each one with a reduced-balsamic vinegar. (Napa Valley Naturals Grand Reserve and Bema & Pa's Pumpkin Pie Spice infused vinegars are good choices.)

Wild Rice Stuffing with Apples

Chef AJ

This would make a delicious stuffing for Thanksgiving even if you weren't making it to stuff the squash!

INGREDIENTS:

- 1 cup of finely chopped onion
- 1 cup of finely chopped celery
- 1 cup of finely carrots
- 6 cloves of garlic, minced
- 1 cup of finely chopped Italian parsley
- 1 teaspoon poultry seasoning
- 4 cups of cooked wild rice
- 2 cups of grated apple (I prefer Gala or Envy)

INSTRUCTIONS:

1. Water sauté the onions, celery, carrots, and garlic until the onion is translucent and the carrots are soft. Depending on how small you chop them, this could take 15-20 minutes.
2. Stir in the grated apple and poultry seasoning, and cook for another minute or two.
3. Add the parsley and cooked wild rice and stir until well-combined.

NOTES:

- You can buy celery, onion, and carrot together, already cut up, at many stores. It's called mirepoix.
- You can also add 1 cup of dried dark sweet cherries, unsweetened and unsulfured, to the stuffing. Delicious!

Balsamic Dijon-Glazed Roasted Brussels Sprouts

Chef AJ

This recipe is a real game-changer when it comes to getting people to eat their non-starchy vegetables. The taste will vary depending on which brands of mustard and vinegar you use, so be sure to use brands you love, and **always buy the best that you can afford**. This marinade is delicious on other vegetables as well. You can watch Dr. Artal preparing this recipe on Episode 7 of my television show *Healthy Living with Chef AJ*, which you can find on Foody TV and now on YouTube, as well.

INGREDIENTS:

- 2 pounds of Brussels sprouts (or any vegetable, for that matter)
- 2 tablespoons of salt-free mustard (see Note)
- 2 tablespoons of your favorite balsamic vinegar (see Note)

INSTRUCTIONS:

1. Preheat oven to 400° F.
2. Trim the ends off two pounds of Brussels sprouts and cut in half or in fourths (depending on how large they are). The important thing when roasting vegetables is that you make each piece roughly the same size. The smaller you cut them, the faster they will cook.
3. Place the vegetables in a large bowl. Add the mustard and balsamic vinegar, and mix well, until the veggies are completely coated.
4. Roast on a large baking tray covered with a non-stick silicone baking mat for at least 30 minutes, stirring every 10-15 minutes. If your Brussels sprouts are quite large or you prefer them crispier or more blackened, roast them up to 30 minutes longer or until they are cooked the way that you like them. The more vegetables that you have on the tray, the longer they will take to roast.

NOTE:

- I prefer using a 4% acidity vinegar like Napa Valley Naturals Grand Reserve, which is thick and syrupy, as opposed to a traditional less-sweet balsamic with 6% acidity. For the mustard, I use a salt-free stone-ground mustard made by Westbrae.

Barefoot Dressing

Chef AJ

Why is this named *Barefoot Dressing*? Because it will knock your socks off! Guaranteed to make you fall in love with your salad. It is my signature dressing, and I've even received e-mails from kids who are now finally eating salads because of it.

INGREDIENTS:

- 5 unsweetened pear halves (canned or jarred, in their own juice)
- ½ tablespoon chia seeds, dissolved in ½ cup of water or in the unsweetened pear juice from the can or jar
- 1¼ cups low-acid balsamic vinegar (see Note)
- ¼ cup unsweetened rice vinegar
- ¾ cup lime juice; add zest if using fresh
- 1 cup nutritional yeast
- ½ cup of salt-free stoneground mustard (or your favorite low-sodium Dijon mustard)
- ¼ cup of shallots (about an ounce)
- 4 cloves of garlic (about ½ an ounce)

INSTRUCTIONS:

1. Dissolve chia seeds in the water or unsweetened pear juice.
2. Place remaining ingredients in a blender and blend until smooth.
3. Add chia seed slurry and blend again. Refrigerate.

NOTE:

- I prefer using a 4% acidity vinegar like Napa Valley Naturals Grand Reserve, which is thick and syrupy, as opposed to a traditional less-sweet balsamic with 6% acidity. For the mustard, I use a salt-free stone-ground mustard made by Westbrae.

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>

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.

Green Goddess Dressing

INGREDIENTS:

- 4 ounces lemon juice or apple cider vinegar
- 2 ounces raw cashews
- 2 ounces raw walnuts
- 1 whole cucumber (if organic, use skin)
- 3-4 stalks celery
- 1-2 small cloves of fresh garlic
- Small handful of curly Italian parsley
- 1-2 ounces fresh basil
- 2 ounces fresh spinach
- 4 ounces fresh-squeezed orange juice
- 3-4 slices fresh ginger

INSTRUCTIONS:

1. Place ingredients in a blender and blend until smooth. Refrigerate.

Katie Mae's Peach Crumble

Katie Mae, PlantzSt.com

INGREDIENTS:

6 peaches, cut in half

For the crumble topping:

½ cup rolled oats

½ cup chopped pecans

½ cup chopped dates

1 teaspoon ground cinnamon

1 teaspoon ground nutmeg

INSTRUCTIONS:

1. Place halved peaches on a cookie sheet lined with parchment paper. The cut sides of the peaches should be facing up, because the crumble topping will fill the indentation left by the pit. Bake the peaches at 350° F for about 20 minutes or until they are soft and just a little brown on top.
2. Make the crumble topping: Combine all ingredients in a blender and pulse until the mixture has a crumbly consistency.
3. Add the crumble topping to the baked peaches. Cook for an additional 10 minutes.

Oil-Free Thousand Island Dressing

Katie Mae, PlantzSt.com

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 in 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 there are little pieces of pickle that will give the dressing more texture.
3. Transfer dressing to an airtight container and store in the fridge.

Saturday, June 29
Breakfast

CRAM Muffins

Chef AJ

These muffins were created as an homage to a dear friend and one of the smartest people I know, Dr. Doug Lisle, who along with Dr. Goldhamer and Dr. McDougall is responsible for teaching me how to become a skinny bitch! He presented some groundbreaking information on bingeing and night eating at the LIVE Vegas Ultimate Weight Loss conference in Las Vegas, which he called the Cram Circuit. If people were going to eat at night, I wanted to create something that would be satisfying and wouldn't derail their weight loss effort. And since his favorite dessert is carrot cake, I thought these would help folks who "cave to the crave" without feeling guilty. CRAM stands for Carrot-Raisin-Apple-Millet. Makes 24.

INGREDIENTS:

- 3 cups of gluten-free rolled oats
- 1 cup of unsweetened applesauce
- ½ cup of ground millet (see Note)
- 3 cups of banana purée (made from 4-5 VERY RIPE bananas, depending on their size)
- 4 cups loosely packed raw shredded carrots (about 8 ounces)
- 4 cups finely chopped apples (about 2-4 apples; use a sweet variety)
- 1 tablespoon apple pie or pumpkin pie spice (make sure it's a blend you like, as they can vary widely), or 2.5 tablespoons ground cinnamon and ½ teaspoon ground nutmeg
- ½ tablespoon aluminum-free and sodium-free baking powder
- ½ tablespoon sodium-free baking soda
- 1 tablespoons apple cider vinegar
- 1 teaspoon vanilla powder (optional)
- ½ cup raisins or dried currants (optional)

INSTRUCTIONS:

1. Preheat the oven to 350° F.
2. In a food processor fitted with the "S" blade, purée the ripe bananas. Add the baking powder, baking soda, apple cider vinegar and vanilla powder, if using.
3. Transfer to a large bowl and stir in the remaining ingredients. Mix well until fully incorporated.
4. Divide the mixture among two 12-cup silicone muffin pans. Bake for 40-45 minutes until tops are browned. Turn oven off and open the door, allowing the muffins to cool completely in the oven.

NOTES:

- If you do not wish to use millet, simply use an additional ½ cups of oats. I prefer to use dried currants over raisins as they are smaller, so they disperse better.
- The sweetness of your muffins will depend on how ripe your bananas are and which variety of apples you use. I always use the sweetest variety of apple available and finely chop them using the food processor fitted with the "S" blade, leaving the peel on if organic.

Fennel Salad

Chef AJ

Hard to believe that something with only three ingredients could be so delicious!

INGREDIENTS:

- 2 bulbs of fennel
- 1 lemon
- 20 Deglet Noor dates

INSTRUCTIONS:

1. Slice the fennel very thin and place in a bowl. Keep the green tops to decorate the salad.
2. Slice the dates and mix them with the fennel.
3. Pour the lemon juice over the fennel and dates, and mix well.

NOTES:

- You can serve this cold or at room temperature.

Honey-less Mustard Dressing

Katie Mae, PlantzSt.com

Makes 1½ cups.

INGREDIENTS:

- ½ cup stoneground mustard
- ½ cup apple juice
- ¼ cup lemon juice
- ¼ cup apple cider vinegar
- 2 garlic cloves
- 1½ tablespoons cashews
- 1½ tablespoons chia seeds
- ⅛ teaspoon ground turmeric, or more to taste
- ⅛ teaspoon black pepper, or more to taste

INSTRUCTIONS:

1. Add all of the ingredients to a blender and blend until smooth.

NOTES:

- You can play with the sweetness by adjusting the amount of apple juice, but know this will also change the consistency. You could also sweeten this dressing with 1 medium apple or ¾ cup of applesauce instead of the apple juice; both still have fiber, so they will make a thicker dressing. Another option to bump up the sweetness is to blend in a couple of pitted dates.
- For a thinner dressing, add an extra tablespoon of water or slightly reduce the measure of cashews or chia seeds added.

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 Balsamic Dressing

Cathy Fisher

Bring on the sweet and tangy! Makes about 1 cup.

INGREDIENTS:

- 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)
- ⅛ teaspoon ground black pepper

INSTRUCTIONS:

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

NOTES:

- Balsamic vinegar comes in a variety of qualities, so read the labels to make sure there is no added sugar or coloring. Balsamic vinegars contain added or naturally occurring sulfur-based compounds (sulfites), which some people are sensitive to. If this is the case, you may use another type of vinegar, such as apple cider.

NUTRITION INFORMATION

Serving size: 1 recipe (about 1 cup) Calories: 85 Fat: 0.5g Saturated fat: 0 Carbohydrates: 19.3g
Sugar: 13.3g Sodium: 11.8mg Fiber: 3.6g Protein: 1.4g Cholesterol: 0

Sugar-free Ketchup

Katie Mae, PlantzSt.com

Makes 2½ cups. Keeps for up to 2 weeks in the refrigerator.

INGREDIENTS:

½ yellow onion, chopped
2 garlic cloves, chopped
15 ounce can fire-roasted tomatoes, no salt added
½ cup tomato paste, no salt added
4 Medjool dates, pitted and halved
2 tablespoons apple cider vinegar
½ teaspoon salt (optional)
⅛ teaspoon cayenne pepper
⅛ teaspoon ground cinnamon
Pinch of ground cloves

INSTRUCTIONS:

1. Add all of the ingredients to a sauce pan over medium heat, and bring to a boil.
2. Lower the heat to low and let it simmer for 10 minutes.
3. Transfer the sauce to a blender and blend to a smooth, even consistency.
4. Transfer to an air-tight container and store in the fridge up to two weeks.

Saturday, June 29
Lunch

Bodacious Beet Salad

Chef AJ

My dear friend, Shayda, who lost 100 pounds on my Ultimate Weight Loss Program, gave me this incredible recipe. Originally, it called for cilantro, but I switched it to my favorite herb, mint, and added some red onion.

INGREDIENTS:

- 8 ounces of steamed or roasted beets
- 8 ounces of mango
- ¼ cup finely chopped red onion
- ¼ cup fresh mint (about ¼ ounce), or more, to taste
- ¼ cup Barefoot Dressing

INSTRUCTIONS:

1. Dice beets and mango so they are the same size and place in a bowl.
2. Finely chop the mint and red onion and add.
3. Pour the Barefoot Dressing into the bowl and mix evenly. Serve chilled.

NOTES:

- You can buy beets already steamed at Trader Joes or Costco. You can also buy diced organic frozen mango at Costco if you don't want to cut your own.
- If you don't care for mint, substitute another fresh herb like cilantro or Italian parsley.

Caraway Coleslaw

Chef Collin Cook

Serves 6-8.

INGREDIENTS:

For the coleslaw:

- 1 green cabbage, thickly sliced
- ½ red cabbage, thickly sliced
- 2 bunches of scallions, thinly sliced
- 3 tablespoons caraway seeds

For the dressing:

- 1½ cup cashews
- 1 cup lemon juice
- 12 pitted dates
- 3 tablespoons caraway seeds
- 2 tablespoons stone ground mustard
- 1 cup water

INSTRUCTIONS:

1. Thickly slice the green cabbage, red cabbage, and scallions, and place in a large mixing bowl. Add the caraway seeds and toss to mix.
2. Add the dressing ingredients to a high-powered blender and blend until smooth.
3. Pour dressing over the vegetables and toss to blend.

Chocolaty Brownies

Victoria Johnston

Show someone you care with a batch of these rich, moist frosted brownies. They contain heart-healthy cocoa powder and walnuts and are made without refined white flour or sugar.

Serves 9.

INGREDIENTS:

For the brownies:

- ½ cup natural cocoa powder
- ½ cup almond or chestnut flour
- 1¾ cups mashed cooked sweet potato
- ½ teaspoon cinnamon
- 1 teaspoon alcohol-free vanilla flavor
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- ⅔ cup roughly chopped walnuts
- 1 tablespoon ground flax, hemp or chia seeds
- 3 tablespoons soy, hemp or almond milk

For the frosting:

- 6 Deglet Noor or 3 Medjool dates, pitted
- 2 tablespoons tahini
- 2 tablespoons natural cocoa powder
- 4-5 tablespoons water to thin icing

INSTRUCTIONS:

For the brownies:

1. Preheat oven to 350° F.
2. Mix the cocoa powder and flour together and then mix into the mashed sweet potato.
3. Stir in the cinnamon, vanilla, baking soda, baking powder, walnuts, seeds, and nondairy milk.
4. Press dough into a lightly oiled 9" x 9" baking dish and bake for 30 minutes. The brownies will firm up after they have cooled.

For the frosting:

5. Using a food processor, process the dates until they form a paste. Add remaining ingredients and blend until smooth, adding the water as needed for a good consistency.
6. Spread on brownies after they have cooled.
7. Cut into squares.

Calories 199; Protein 6 g; Carbohydrates 25 g; Total Fat 11.2 g; Saturated Fat 1.5 g; Cholesterol 0 mg; Sodium 95 mg; Fiber 6 g; Beta-Carotene 6032 ug; Vitamin C 8 mg; Calcium 84 mg; Iron 2 mg; Folate 23 ug; Magnesium 81 mg; Zinc 1.2 mg; Selenium 2 ug

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.

Half-Time Baked Sweet Potatoes

Katie Mae, PlantzSt.com

Makes 2 servings per potato

INGREDIENTS:

2 or more sweet potatoes

INSTRUCTIONS:

1. Preheat oven to 375°F. Line a baking sheet with parchment paper.
2. Slice the sweet potatoes in half lengthwise.
3. Place the sweet potatoes face down on the prepared baking sheet.
4. Bake potatoes for about 30 to 35 minutes, or until they feel soft and fully cooked. You can either poke them with a fork to judge or give the largest one a gentle squeeze to feel how soft it is.

NOTES:

- There's a range of doneness that's acceptable. The longer they cook, the more the sugars develop and the sweeter they will be. As they bake longer, you'll also create that golden-brown coloring on the open, flesh side of the potato.
- However, don't let them cook for too long, or the inside of the skin will become blackened.
- If you want to reduce the cooking time even more, you can slice each half in half, so the sweet potato is sliced into quarters lengthwise. However, doing this means that one of the flesh sides will be exposed to the circulating air, which will cause it to dry out. When the potato halves are fully face down, less moisture escapes, and the texture of the flesh is heavenly.

Pineapple-Mango Vinaigrette

Cathy Fisher

If you like fruity, tangy dressings, you'll love this one! Makes about 1 cup.

INGREDIENTS:

- ½ cup chopped fresh, ripe pineapple (or if canned, drain and reserve the juice)
- ½ cup chopped fresh, ripe mango
- ¼ cup water (or pineapple juice)
- ¼ cup chopped basil
- 2 tablespoons vinegar (I like apple cider vinegar)

INSTRUCTIONS:

1. Place all of the ingredients (pineapple, mango, water, basil, and vinegar) into a blender, and blend until smooth but still with tiny specks of basil showing. Add a little water if needed to thin.
2. Store leftover dressing in a covered container in the refrigerator for up to five days and shake before using.

NOTES:

- If you use canned pineapple, make sure that no sugar or corn syrup has been added.

NUTRITION INFORMATION

Serving size: 1 recipe (about 1 cup) Calories: 118 Fat: 0.6g Saturated fat: 0.1g Carbohydrates: 28.6g Sugar: 23.9g Sodium: 6.3mg Fiber: 3.2g Protein: 1.7g Cholesterol: 0

Tandoori Soup

Cathy Fisher

Tandoori seasoning—a blend of coriander, cumin, garlic, paprika, ginger, cardamom, and saffron—combines with shiitake mushrooms, sweet yams, and fresh tarragon for a soup that is earthy yet exotic. This is one of my favorite soups.

Serves 6 to 8 (makes 11 cups)

INGREDIENTS:

- 1 cup chopped shallots (or onion)
- 6 cups water
- 1½ pounds white potatoes, peeled and chopped into ¾-inch pieces (about 3½ cups)
- 1 pound yams, peeled and chopped into ¾-inch pieces (about 2 cups)
- 4 ribs celery, sliced (about 1½ cups)
- 1 can cooked navy or other white beans (15 ounces; about 1½ cups), drained and rinsed
- 1 tablespoon tandoori seasoning
- 1½ teaspoons granulated garlic
- 1½ teaspoons dried basil
- ⅓ pound shiitake mushrooms, thinly sliced (about 2½ cups)
- 3 cups coarsely chopped Swiss chard or beet greens
- 1½ cups cooked brown lentils, drained
- 2 tablespoons chopped fresh tarragon (or 1 teaspoon dried)

INSTRUCTIONS:

1. Heat 1 tablespoon of water in a soup pot over medium-high heat. When the water starts to sputter, add the shallot (or onion), and cook, stirring, for 3 to 5 minutes, adding a little water as needed.
2. Add the water, potatoes, yams, celery, half of the can of beans (or ¾ cup), tandoori seasoning, garlic, and basil. Bring to a boil.
3. Reduce the heat to medium-low, then cover and cook for 15 to 20 minutes, or until the potatoes are tender.
4. Blend the soup with an immersion blender until it is mostly smooth. (If you don't have an immersion blender, carefully ladle the soup into a blender and blend, then return it to the pot.)
5. Stir in the mushrooms, greens, lentils, remaining white beans, and tarragon, and cook covered on low for 15 minutes.

NOTES:

- Tandoori seasoning is an aromatic mix of spices. Orange- and red-colored seasoning mixes typically include cumin, garlic, ginger, coriander, and paprika. Some will add in turmeric, cayenne pepper, nutmeg, onion, clove, cinnamon and saffron. If you don't have tandoori seasoning, you can use curry powder in a pinch, or you can make your own tandoori blend by searching “tandoori spice blend recipes” online (leaving out any salt).

NUTRITION INFORMATION

Serving size: ⅛ recipe (about 1.3 cups) Calories: 267 Fat: 1g Saturated fat: 0.1g Carbohydrates: 56.5g Sugar: 7g Sodium: 197mg Fiber: 12.1g Protein: 11.1g Cholesterol: 0

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 on top of a green or spinach salad, spooned into romaine leaves, or in steamed corn tortillas with sliced tomatoes.

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 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 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.

Walnut Vinaigrette Dressing

Dr. Fuhrman

www.drfuhrman.com

Serves 4.

INGREDIENTS:

1/4 cup balsamic vinegar
1/2 cup water
1/4 cup walnuts
1/4 cup raisins
1 teaspoon Dijon mustard
1 clove garlic
1/4 teaspoon dried thyme

INSTRUCTIONS:

1. Place all of the ingredients into a high-powered blender, and blend until smooth.

NUTRITION INFORMATION

Calories 84; Protein 19; Carbohydrates 11g; 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; Zinc 0.3mg; Selenium 0.9ug

Saturday, June 29
Dinner

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 onion 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 and shake before using.

NOTES:

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

Cauliflower Bisque

Chef AJ

INGREDIENTS:

- 1 head of whole cauliflower, about 2 pounds
- 2 pounds of Hannah yams (white sweet potatoes)
- 6 cups of no-sodium vegetable broth
- 1 large white onion
- 8 cloves of garlic
- 2 tablespoons dried dill
- 2 tablespoons Benson's Table Tasty, or your favorite salt-free seasoning
- 1 tablespoon *smoked* paprika (different than regular paprika)
- ½ teaspoon chipotle powder (optional)
- 4 tablespoons of salt-free stone ground mustard or low-sodium Dijon mustard (such as Westbrae)
- 4 tablespoons of nutritional yeast
- 3-4 cups unsweetened non-dairy milk (depending on desired thickness)

STOVETOP INSTRUCTIONS:

1. Place all ingredients except the plant milk, mustard, and nutritional yeast in a large soup pot and bring to a boil over high heat.
2. Cover and reduce heat to medium low and simmer for 15 minutes until vegetables are tender.
3. Add the plant milk, mustard, and nutritional yeast and cook for 5 more minutes.
4. Purée with an immersion blender right in the pot, or purée in a blender, until smooth.

INSTANT POT INSTRUCTIONS:

1. Place all ingredients except the plant milk, mustard, and nutritional yeast in the Instant Pot and pressure cook for 12 minutes.
2. Release pressure after 10-minute natural release, and add the plant milk, mustard, and nutritional yeast.
3. Purée with an immersion blender right in the pot, or purée in a blender, until smooth.

Green Machine

Dr. Fuhrman

Serves 4.

INGREDIENTS:

- 2 large tomatoes, chopped
- 4 cloves garlic, chopped
- 1 medium onion, chopped
- 2 cups sliced shiitake mushrooms
- 1 bunch kale, tough stems removed, chopped
- 4 cups chopped bok choy
- 4 cups chopped broccoli rabe
- freshly ground black pepper or ground cayenne pepper, to taste
- 1 tablespoon unhulled sesame seeds, lightly toasted

INSTRUCTIONS:

1. Add tomatoes, garlic, onions, and mushrooms to pan. Cover and simmer on low heat for 5 minutes.
2. Add greens on top and continue to cook in covered pan on low heat for 10 more minutes or until vegetables are tender.
3. Season to taste with black or cayenne pepper. Sprinkle with sesame seeds.

Calories 136; Protein 11 g; Carbohydrates 23 g; Total Fat 2.8 g; Saturated Fat 0.4 g; Sodium 310 mg; Fiber 8.6 g; Beta-Carotene 15580 ug; Vitamin C 255 mg; Calcium 575 mg; Iron 5.6 mg; Folate 309 ug; Magnesium 128 mg; Potassium 1661 mg; Zinc 2 mg; Selenium 5.8 ug

Lentil & Rice Loaf with Barbecue Sauce

Cathy Fisher

Lentil & Rice Loaf

Serves 6 to 10

INGREDIENTS:

- 1³/₄ cups water
- ½ cup dry/uncooked brown-green lentils
- ½ cup dry/uncooked short-grain brown rice
- 2 teaspoons poultry seasoning
- 1 teaspoon granulated onion
- 1 medium yellow or white onion, chopped (about 2 cups)
- 5 medium white or cremini mushrooms, chopped (about 2 cups)
- 1 large rib celery, sliced (about ½ cup)
- 1 tablespoon freshly chopped garlic (4 to 5 medium cloves)
- ¾ cup old-fashioned rolled oats
- 1 can tomato paste (6 ounces)
- 1 tablespoon minced fresh sage (or 1½ teaspoons dried rubbed sage)
- 2 teaspoons minced fresh thyme (or 1 teaspoon dried)
- 1½ teaspoons minced fresh rosemary (or ¾ teaspoon dried)

INSTRUCTIONS:

1. Place the water, lentils, rice, poultry seasoning, and granulated onion into a medium saucepan over high heat. When it begins to boil, reduce the heat to low, then cover and simmer for 45 minutes. Remove from the heat and let stand for 10 minutes with the lid still on. (Prepare your remaining ingredients while the rice and lentils are cooking.)
2. Place 1 tablespoon of water into a medium frying pan over high heat. When the water starts to sputter, add the chopped onion, mushrooms, and celery, and cook while stirring for 3 to 5 minutes, adding a little water, as needed. Add the garlic and stir for 2 minutes more until the vegetables have softened. If you're using dried herbs, stir them in with the garlic; if using fresh herbs, you will add them in step 5. Remove from the heat.
3. Preheat the oven to 350°F.
4. Prepare a non-stick muffin pan by spraying it liberally with non-stick spray, or use a silicone muffin pan.
5. Place the oats and tomato paste into a large bowl. If you're using fresh herbs (sage, thyme, and rosemary), add them to the bowl as well. When the cooked vegetables, rice, and lentils have cooled for at least 10 minutes, add them to the bowl, and stir until all of the ingredients have been mixed thoroughly.
6. Place the mixture into a food processor. Pulse about three times, then scrape down the sides. Pulse another three times until evenly blended but still *somewhat chunky*. (The key is keeping the mixture chunky; you may have to divide it when using the food processor.) Spoon into the muffin pan and press the mixture firmly and evenly into each muffin well.

7. Cover the muffin pan with aluminum foil and cook for 40 minutes. Remove the foil, and spread the top of each muffin tin with the **BBQ Sauce** (below). Then cook for 15 to 20 more minutes.

NOTES:

- Herbs: During the holidays I like to use fresh herbs in this recipe, especially fresh sage, as its aroma and flavor are very "holiday." But fresh herbs aren't always practical, so feel free to use the measurements for dried, or even a mix of fresh and dried.
- Rolled oats: I like quick oats in this recipe, but if you only have "slow" oats, just pulse them a bit first in the food processor.
- Blending: I've also made this loaf without using the food processor at all (just mixing everything in a bowl) and it still bakes up well and tastes great. It's just more on the chunky texture side.
- This can also be made in a standard size loaf pan (9x5x3 inches). Line the pan with parchment paper, and press the mixture firmly and evenly into the pan. Cover the pan with foil and bake for 40 minutes, then remove the foil, top with the BBQ sauce, and cook for 15 to 20 minutes more. Let cool for 10 minutes before slicing and serving. Makes about ten ¾-inch slices.

BBQ Sauce

Makes about 2 cups

INGREDIENTS:

- 1½ cups water
- 1 can (6-oz.) tomato paste
- ½ cup black beans (drained, rinsed)
- ¼ cup brown raisins
- 2 tablespoons stone-ground mustard (Westbrae, for salt-free)
- 1 teaspoon chili powder
- 1 teaspoon apple cider vinegar
- ¾ teaspoon granulated garlic
- ¾ teaspoon granulated onion#
- ½ to 1 teaspoon of smoked paprika

INSTRUCTIONS:

1. Place all of the ingredients (water, tomato paste, black beans, raisins, mustard, chili powder, vinegar, granulated garlic, onion, and smoked paprika) into a blender, and blend for 1-2 minutes, until smooth.
2. At this point, you can serve the sauce as is, or simmer it to deepen the flavors and color. Pour the sauce into a medium saucepan and bring to almost boiling over medium heat. Reduce the heat to low and simmer, partially covered, stirring occasionally, for 15 to 20 minutes.

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.

Sweet Poppy Seed Dressing

Katie Mae, PlantzSt.com

Makes 1¾ cups.

INGREDIENTS:

- ¾ cup cashews
- ¾ cup aquafaba
- 3 tablespoons apple cider vinegar
- 2 tablespoons water
- 2 tablespoons chopped white onion (½ oz)
- 4 Medjool dates, pitted
- ½ teaspoon ground dry mustard
- 1 tablespoon poppy seeds

INSTRUCTIONS:

1. Add all of the dressing ingredients except for the poppy seeds to a high-powered blender. Blend until smooth and creamy. If you can feel a bit of grittiness from the cashews, blend for a few minutes longer.
2. Pour the dressing into the container you want to store it in. Add the poppy seeds and stir them in. Chill in the fridge for an hour before serving.

NOTES:

- If you want to make this dressing in a standard blender (not high-powered) make sure to soak the cashews beforehand. Place the cashews in a bowl and add enough water so that it's at least an inch above the nuts. Soak for 4 to 8 hours. Then strain the water and use the cashews in the recipe.
- If you don't have aquafaba, water can be used instead. The dressing will be slightly less thick and gelatinous, but it will still be creamy thanks to the cashews. For a thinner dressing, add an extra tablespoon of water or slightly reduce the measure of cashews or chia seeds added.
- This dressing is sweet and tangy. If the proportions are a bit off for your liking, feel free to adjust accordingly. For less tanginess, start with 1 to 2 tablespoons of apple cider vinegar. You can make it sweeter by adding another date.

The World's Healthiest Apple Pie

Chef AJ

Most pie is made from white sugar, white flour, and butter, but this one is made from gluten-free oats, seeds, and fruit. You could even eat it for breakfast, and I do!!!

INGREDIENTS:

For the crust:

- 1¼ cups gluten-free oats
- ¼ cup ground flax seed
- 1 teaspoon apple pie spice or cinnamon
- 4 ounces of unsweetened, sulfite-free dried apples
- 8 ounces of pitted dates
- 1 teaspoon vanilla powder (optional, but good)

For the filling:

- 3 pounds of apples (before peeling)
- 1 cup of date paste
- 4 tablespoons lemon juice (add zest if using fresh)
- 4 tablespoons chia seeds
- 1 teaspoon vanilla powder (optional, but good)
- 1 tablespoon apple pie spice or cinnamon
- ¼ cup unsweetened coconut

INSTRUCTIONS:

To make the crust:

1. Preheat oven to 350° F.
2. In a high-powered blender, grind oats and seeds. Transfer to a food processor fitted with the S blade.
3. Add the apple pie spice (or cinnamon) and dried apples, and process until they are finely ground.
4. Add dates, a few at a time, until mixture starts to stick together and you can clump it together easily into a ball. Then add vanilla powder, and briefly process again.
5. Evenly press mixture into a 9" springform pan.#

To make the filling:

6. In a small bowl, mix together the chia seeds and lemon juice. Set aside.
7. Peel apples and finely chop. Stir in date paste, apple pie spice (or cinnamon), and vanilla.
8. Add chia seed/lemon juice mixture, and mix well.
9. Pour evenly over crust. Sprinkle with coconut.
10. Bake for 50-55 minutes until coconut starts to brown.

Delicious served hot, warm, cold, or at room temperature!

Sunday, June 30
Breakfast

Balsamic Vinaigrette

Katie Mae, PlantzSt.com

Makes 1½ cups.

INGREDIENTS:

- 1 cup water
- ½ cup balsamic vinegar
- 3 tablespoons chia seeds
- 3 garlic cloves (or up to 6 cloves if roasted first)
- 1–2 Medjool dates, pitted
- ½ teaspoon black pepper
- ¼ teaspoon no salt seasoning (i.e. Benson's Table Tasty)
- ¼ teaspoon dried oregano
- ¼ cup chopped fresh parsley

INSTRUCTIONS:

1. Add all ingredients to a blender, except for the parsley. Blend until the dressing has a smooth and even consistency.
2. Add the parsley. Blend for just a couple seconds or pulse couple times, so you can still see green flecks of the parsley.
3. Transfer to an air-tight container and store in the fridge. Shake the container or stir the dressing well before using.

Blueberry and Flaxseed Oatmeal

Dr. Fuhrman

Serves 4.

INGREDIENTS:

- 1³/₄ cups water
- 1 cup old-fashioned oats
- 4 dates, pitted and chopped
- ¼ teaspoon coriander
- 2 bananas, sliced
- 1 cup chopped or grated apple
- 1 cup fresh or frozen blueberries
- 2 tablespoons ground flaxseeds

STOVETOP INSTRUCTIONS:

1. In a saucepan, bring water to a boil and stir in all ingredients except blueberries and ground flax seeds. Simmer for 5 minutes.
2. Stir in blueberries. Sprinkle flaxseeds on top or stir in. Cover for 2-3 minutes before serving.

OVEN INSTRUCTIONS:

1. If desired, this recipe may be made in the oven. Preheat oven to 350° F.
2. In a baking dish, combine all ingredients, except for the bananas, apples, blueberries, and flax seeds. Bake uncovered for 30 minutes.
3. Add the bananas and more water, If desired. Bake another 15 minutes.
4. Stir in apple and blueberries, and sprinkle flaxseeds on top.

Blueberry Pomegranate Dressing

Dr. Fuhrman

Serves 4.

INGREDIENTS:

2 cups fresh or thawed frozen blueberries
1/2 cup pomegranate juice
1/4 cup raw cashews
1/4 cup raw sunflower seeds
1/4 cup Dr. Fuhrman's Wild Blueberry Vinegar or other fruit flavored vinegar

INSTRUCTIONS:

Blend ingredients in a high-powered blender until smooth and creamy.

Calories 158; Protein 4 g; Carbohydrates 18 g; Sugars 11 g; Total Fat 8.8 g; Saturated Fat 1.1 g; Cholesterol 0 mg; Sodium 6 mg; Fiber 3.2 g; Beta-Carotene 24 ug; Vitamin C 2 mg; Calcium 21 mg; Iron 1.2 mg; Folate 35 ug; Magnesium 60 mg; Potassium 232 mg; Zinc 1 mg; Selenium 6.5 ug

Just Bananas Muffins

Chef AJ

It's bananas that these are just bananas!

INGREDIENTS:

- 4 *very ripe* bananas
- 4 cups oats
- 1 cup unsweetened nondairy milk
- 1 cup unsweetened applesauce
- 2 teaspoons ground cinnamon
- ½ teaspoon vanilla powder
- 1 tablespoon apple cider vinegar
- 1 tablespoon aluminum-free and sodium-free baking powder
- 1 teaspoon sodium-free baking soda

STOVETOP INSTRUCTIONS:

1. Preheat oven to 350° F.
2. Place all of the dry ingredients in a large bowl.
3. Purée bananas in a food processor fitted with the S blade until smooth. Add the nondairy milk and applesauce, and process again until combined.
4. Pour over the dry ingredients and mix until just combined; do not overmix.
5. Evenly distribute the batter into twelve muffins using a silicone muffin pan.
6. Bake for 40-45 minutes until a toothpick inserted in the center comes out clean.

NOTE:

- For blueberry-banana muffins, gently fold in 2 cups of wild blueberries into the batter. If you want a sweeter muffin, substitute 1 cup of unsweetened apple juice for the nondairy milk.

Oven Roasted Ratatouille

Chef AJ

If you watched the presentation *From Fat Vegan to Skinny Bitch* (available on YouTube) that I gave at The McDougall Advanced Study Weekend, you may remember that I grew up living with my aunt, whose mother was a graduate of the Cordon Bleu. She often made ratatouille, which I loved the taste of, but not the texture. This recipe captures all of the flavors of the traditional French dish with a texture that is more pleasing to my palate and is very versatile. *Ratatouille* is not only my favorite animated movie, but is now my favorite breakfast!

INGREDIENTS:

- ¾ pound zucchini
- ¾ pound yellow summer squash (Crookneck)
- ½ pound Chinese eggplant
- ½ pound cherry tomatoes, halved
- 1 red bell pepper, diced large
- 1 red onion, diced

INSTRUCTIONS:

1. Preheat oven to 400° F.
2. Slice the squash and eggplant uniformly, about ¼ inch thick. Place on a large baking tray covered with a non-stick silicone baking mat. Sprinkle bell pepper, tomatoes, and onion over the top.
3. Roast for one hour, stirring every 10-15 minutes, or until your desired level of doneness is reached.

NOTES:

- Sprinkle with your favorite dried herbs before roasting, if desired. Italian seasoning and Herbs de Provence are excellent, but this recipe is so insanely delicious that it doesn't even need any additional seasonings.
- When using fresh herbs, add them to the dish after cooking. Ribbons of fresh basil or finely chopped Italian parsley are my personal favorites. It is also great with a drizzle of balsamic vinegar over it.
- You can watch me making this on Episode 8 of *Healthy Living with Chef AJ*.

Sunday, June 30
Lunch

Beans and Greens

Dillon Holmes

INGREDIENTS:

- 2 cups dried black-eyed peas, soaked for a few hours
- 1 yellow onion, diced
- 2-3 cloves garlic, minced
- 1 tablespoon of your favorite no-salt seasoning blend
- ¼-1 teaspoon crushed red pepper flakes (optional)
- Water, veggie broth, or bean water for sautéing
- 1 bunch kale, chopped
- 1 bunch collard greens, chopped

INSTRUCTIONS:

1. Rinse the soaked beans and add them to a medium saucepan. Cover with a couple inches of water and bring to a boil. Reduce the heat to medium and simmer for 30 minutes or until done.
2. While the beans are simmering, heat a tablespoon of water in a large skillet over medium-high heat. When the water starts to sputter, add the onion and cook while stirring for 3-5 minutes, adding water as needed. Throw in the minced garlic, no-salt seasoning, and red pepper flakes, and cook for another minute.
3. Add the greens along with some water, veggie broth, or bean water. Cook, uncovered, for about 10-15 minutes, adding more liquid as needed and stirring every few minutes.
4. Drain and add the cooked black-eyed peas to the greens. Stir it up, and you are ready to go!

Chocolate Almond Truffles

Dr. Joel Fuhrman

Treat someone special to a batch of these delicious chocolate truffles. With just a few simple, healthful ingredients you can create a dessert that is sure to impress!

Serves 10.

INGREDIENTS:

1 cup pitted dates
1/2 cup raw almond butter
2 tablespoons unsweetened, natural cocoa powder
3 tablespoons ground chia seeds
unsweetened cocoa powder, chopped raw almonds or hazelnuts, and/or unsweetened shredded coconut for coating

INSTRUCTIONS:

1. Add dates, cocoa powder and chia seeds to a food processor and blend, then add the almond butter and blend more until well-combined.
2. Remove from food processor and form into balls. Roll balls in cocoa powder, ground almonds or hazelnuts, or unsweetened shredded coconut.

Calories 143; Protein 4 g; Carbohydrates 16 g; Sugars 10 g; Total Fat 8.8 g; Saturated Fat 0.8 g; Cholesterol 0 mg; Sodium 2 mg; Fiber 4 g; Beta-Carotene 1 ug; Vitamin C 0 mg; Calcium 73 mg; Iron 1 mg; Folate 10 ug; Magnesium 60 mg; Potassium 228 mg; Zinc 0.7 mg; Selenium 2.6 ug

Date-Mustard Dressing

Chef Collin Cook

INGREDIENTS:

- 1¼ cup raw cashews
- ½ cup stone-ground mustard
- 2 cups spring water
- 12 pitted dates

INSTRUCTIONS:

1. Place all of the ingredients into a high-powered blender, and blend until smooth.

Ethiopian Pumpkin Stew

Dillon Holmes

INGREDIENTS:

- 4 cups pumpkin, chunked or diced
- 3 cups dry green lentils, rinsed
- 2 red onions, chopped
- 6-8 cloves garlic, minced
- 2 tablespoons fresh ginger, peeled and grated
- 1 6-ounce can tomato paste
- 1 16-ounce bag frozen spinach, or 4-6 cups fresh
- 12 cups water or veggie stock
- 2 teaspoons ground cumin
- 2 teaspoons coriander
- 2 teaspoons sweet paprika
- 2 teaspoons chili powder
- 1 teaspoon ground fenugreek
- ½ teaspoon ground cardamom
- ⅛ teaspoon ground cloves

INSTRUCTIONS:

1. Add all of the ingredients to a large soup pot and bring to a boil. Reduce the heat to medium and simmer for 30-45 minutes, or until the lentils and pumpkin are tender. Add additional water or vegetable stock to reach desired consistency.

Lemon Balls

Karen Gabriel

These delightful bite-size treats are perfect for sharing with friends and family. So simple, you need only four ingredients: cashews, coconut, dates and lemons.

Serves 15; two balls per serving.

INGREDIENTS:

- 2 cups raw cashews
- 2 organic lemons, juiced and zested
- 1½ cups unsweetened shredded coconut
- ½ cup dates, pitted

INSTRUCTIONS:

1. Place cashews in a food processor and process to a fine powder.
2. Add lemon juice, lemon zest, coconut, and dates. Process until consistency is thick and moist, adding a bit of water if needed.
3. Using hands, roll into small bite-sized balls and then roll into some extra shredded coconut to coat the ball.
4. Refrigerate or freeze until firm.
5. Makes approximately 30 balls.

Calories 177; Protein 4 g; Carbohydrates 12 g; Sugars 5 g; Total Fat 13.9 g; Saturated Fat 6.6 g; Cholesterol 0 mg; Sodium 6 mg; Fiber 2.7 g; Beta-Carotene 1 ug; Vitamin C 4 mg; Calcium 13 mg; Iron 1.6 mg; Folate 7 ug; Magnesium 64 mg; Potassium 213 mg; Zinc 1.3 mg; Selenium 5.5 ug

Spanish Quinoa

Katie Mae, PlantzSt.com

Makes 6 tacos.

INGREDIENTS:

- 1 small yellow onion, diced
- 1 small red bell pepper
- 4 cloves garlic, minced (½ tablespoon garlic granules)
- 14 oz. diced tomatoes, no-salt added (1½ cups)
- 1½ cups quinoa, rinsed
- 2 cups low-sodium vegetable broth or water
- 1 tablespoon smoked paprika or chili powder
- ½ tablespoon ground cumin
- 2 tablespoons fresh cilantro, minced

INSTRUCTIONS:

1. Add onion, bell pepper, and garlic to a non-stick pan over medium-high heat. Cover and sauté for 3 minutes, stirring occasionally.
2. Stir in the diced tomatoes, quinoa, broth, smoked paprika, and cumin. Bring the liquid to a boil and then reduce heat to low-medium. Let simmer until the quinoa is fully cooked, about 15 minutes.
3. Garnish with cilantro and serve.

NOTES:

- The quinoa should be light and fluffy when it's finished cooking. If all of the water is absorbed before the quinoa is cooked, add more water as needed and continue cooking until it is done.

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.

NOTE:

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

Sweet Potato Tacos with Cabbage Cups

Katie Mae, PlantzSt.com

Makes 6 tacos.

INGREDIENTS:

- 2 medium-sized cooked sweet potatoes, mashed (any potato works)
- 1½ cooked black beans (or 1 15-ounce can, drained)
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- ½ teaspoon salt-free seasoning (i.e. Benson's Table Tasty)
- 6 purple cabbage cups
- 1 Roma tomato, diced
- 1 avocado, diced
- 1-2 limes, sliced into wedges

INSTRUCTIONS:

1. Set freshly cooked and mashed sweet potatoes aside. If the sweet potatoes were cooked previously and are cool, then warm them up on the stovetop or in the microwave.
2. In a medium saucepan over medium-low heat, add the black beans, cumin, chili powder, and salt-free seasoning. Heat the beans for 5 to 10 minutes, stirring occasionally.
3. To assemble the tacos: First spread a layer of sweet potatoes, about ¼ cup across the center of the cabbage cup. Add about ¼ cup of the black beans over the sweet potatoes. Top with diced tomatoes, avocado, and a squeeze of lime juice. Enjoy!

NOTES:

- If you want the cabbage cups to be a little bit softer and warmer, layer the sweet potato into the cabbage cups and then microwave them for just 30 seconds. Then continue filling the cups with the other toppings.

Tomato-Herb Dressing

Ramses Bravo

Fresh tomatoes are at their best during summer and fall. That's the ideal time to make this dressing. Makes about 2 cups (8 servings).

INGREDIENTS:

- 2 large tomatoes, quartered
- 1½ teaspoons salt-free tomato paste
- ½ cup peeled and coarsely chopped cucumber
- ½ cup coarsely chopped fennel
- 1 tablespoon chopped fresh basil, or 1 teaspoon dried
- 1 tablespoon chopped fresh parsley, or 1 teaspoon dried
- 2¼ teaspoons dried oregano
- 1½ teaspoons chopped fresh chives, or ½ teaspoon dried
- 1½ teaspoons chopped fresh rosemary, or ½ teaspoon dried
- 1½ teaspoons chopped fresh thyme, or ½ teaspoon dried

INSTRUCTIONS:

1. Put the tomatoes and tomato paste in a blender and process on high speed until the tomatoes are pulverized. Pour the mixture through a fine-mesh strainer to remove the seeds and skins. Return the strained tomato mixture to the blender and add the cucumber, fennel, basil, parsley, oregano, chives, rosemary, and thyme. Process on low speed until smooth.

NOTE:

- Stored in an airtight container in the refrigerator, Tomato-Herb Dressing will keep for 3 days.

Per serving (¼ cup): Calories 15.7; Protein 0.7 g; Carbohydrates 3.4 g; Fat 0.2 g; Calcium 14.6 mg; Sodium 11.3 mg; Omega-3: 0 g.