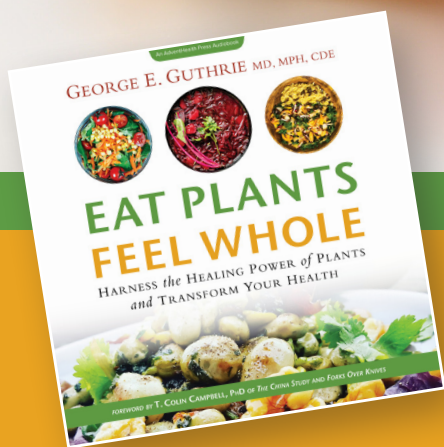


EAT PLANTS FEEL WHOLE

RECIPES FOR AUDIOBOOK LISTENERS



On-the-Go Morning Oats

BY HEATHER LENO



Muesli is a Swiss dish that has lately taken many forms, such as overnight oats. This version doesn't require overnight refrigeration and is an easy, healthy, last-minute breakfast. Diced winter pears can replace the apple, and fresh berries of all kinds make great toppers. Vanilla, cinnamon, or other favorite flavorings may also be added.

PREPARATION: 2 MINUTES, COOKING: NONE, SERVES: 1

- ½ cup dry quick oats**
- 2 teaspoons flax meal**
(see tip #2 below) or
chia seeds, optional
- 1½–2 tablespoons mini**
dried date pieces, or
sweetener of your
choice
- ½ cup diced sweet apple,**
such as Fuji
- ⅓ cup berries, grapes, or**
other fruit
- 1 tablespoon sliced**
almonds or other nuts,
optional
- ¾ cup dairy-free milk**
(or juice)

- 1.** Layer ingredients in the order listed.
- 2.** Top with milk and enjoy!

DR. GUTHRIE SAYS:

Sometimes I have raw quick oats with raisins and soy milk for breakfast. The simple addition of a few additional flavors and textures makes this dish really special.

TIPS AND VARIATIONS

This is such an easy traveling meal. Just bring oats, dates, and nuts with you. Most continental breakfasts include apples and juice. A sprinkling of flax meal is a healthy bonus; you can also add chia seeds or hemp hearts.

NUTRITIONAL DATA PER SERVING (2 CUPS): calories 405.17 | fat 11.00g | saturated fat 0.42g | cholesterol 0mg | sodium 108.46mg | carbohydrates 67.72g | fiber 11.22g | sugars 28.27g | protein 10.17g

Vegan Frittata with Tofu

BY NEVA BRACKETT



A frittata, known in Italy as a flat omelet, is usually made with eggs and cheese. This plant-based version with tofu and garbanzo flour is scrumptious! The frittata method is one of several ways this recipe can be cooked and served; for variation and simplicity, try making patties or baking it as a soufflé.

PREPARATION: 15 MINUTES, COOKING: 20 MINUTES, SERVES: 6

½ cup onion, chopped
¼ cup green, yellow, or red pepper, diced
1 clove garlic, minced, or ½ teaspoon garlic powder
2 tablespoons water
1 small zucchini, sliced
1 cup firm tofu (7–8 ounces)
¼ cup water (omit if soft tofu is used)
½ teaspoon salt or butter-flavored salt
1 rounded teaspoon nutritional yeast flakes
2 teaspoons onion powder
1 teaspoon Bragg Liquid Aminos
2 tablespoons garbanzo flour or corn flour

- 1.** Simmer onion, peppers, and garlic in water for 5 minutes. Add sliced zucchini and cook for 3 more minutes. Remove from heat. Place a shallow, nonstick 8-inch skillet or frittata pan on burner at medium-low heat to preheat.
- 2.** Place tofu and remaining ingredients in blender and blend—not necessarily smooth but thick. Stir blended tofu into onion mixture.
- 3.** Pour into preheated skillet, smoothing the surface. Cook for 15 minutes or until frittata is almost set. Cover handle with foil, if needed, and place under broiler for about 2 minutes or until top is set and golden. Allow frittata to stand for at least 5 minutes before removing from pan. Cut into wedges for serving.

TIPS AND VARIATIONS

Try using other vegetables such as spinach or sliced cherry/grape tomatoes. The mixture can be “fried” like patties and browned on both sides. Make “Eggless Foo Yung” by using mung bean sprouts. Instead of cooking on the stove, this recipe can be baked in the oven. Make a double batch and spread mixture about 1 inch thick in a nonstick baking dish. Bake at 350°F for 30 minutes, or until set.

NUTRITIONAL DATA PER SERVING (1 WEDGE): calories 36.20 | fat 1.52g | saturated fat 0.20g | cholesterol 0mg | sodium 123.88mg | carbohydrates 3.03g | fiber 0.65g | sugars 0.91g | protein 3.10g

Easy Morning Quinoa and Fruit

BY CHEF EDWIN CABRERA



Quinoa has become such a staple for salads and side dishes that we forget its role as a morning meal. This ancient whole grain provides a healthy serving of antioxidants and heart-healthy omega-3 fats. In this recipe, cinnamon creates a wintry aroma, applesauce supplies baked-apple flavor, and plump dates add natural sweetness. For textural interest, sprinkle with toasted almonds or unsalted pistachios.

PREPARATION: 3 MINUTES, COOKING: 7 MINUTES, SERVES: 6

3 tablespoons dates, chopped
2 teaspoons raisins
¼ teaspoon ground cinnamon
⅛ teaspoon kosher salt
2½ cups soy milk
½ cup applesauce, unsweetened
¼ teaspoon vanilla extract
1 cup quinoa cereal flakes

- 1.** Mix chopped dates with raisins, cinnamon, and salt. Set aside.
- 2.** In a saucepan, combine soy milk, applesauce, and vanilla extract. Bring to a simmer and add quinoa flakes, stirring slowly.
- 3.** When liquid returns to a simmer, add raisins, dates, and spices. Stir until nice and creamy.

DR. GUTHRIE SAYS:

Try a new kind of grain for breakfast! The different texture combined with the familiar baked apple theme is a bit of an adventure.

NUTRITIONAL DATA PER SERVING (¾ CUP): calories 161.23 | fat 2.80g | saturated fat 0.21g | cholesterol 0mg | sodium 95.91mg | carbohydrates 28.84g | fiber 2.86g | sugars 14.15g | protein 5.81g

Eggless French Toast

BY NEVA BRACKETT



The first known reference to French toast is from Roman times. The French call it pain perdu (“lost bread”) because they used stale bread that would have otherwise been thrown out. French toast is typically made with a batter of eggs and milk and fried with oil on a griddle. This version is made with orange juice or soy milk with a dash of turmeric, giving it a slightly yellow glow. The flavor and texture are so good, and even better when made with whole-wheat bread.

PREPARATION: 5 MINUTES, COOKING: 5 MINUTES, SERVES: 6

1/3 cup flour (may use whole-wheat flour, but white whole-wheat flour gives a nicer appearance)

1 cup orange juice (not concentrate) or 1 cup soy milk with 1/8 teaspoon turmeric

6 slices whole-wheat bread

1. In a mixing bowl, combine flour with orange juice or soy milk / turmeric, and stir briskly with a wire whisk.

2. Dip bread in mixture, one slice at a time, and place in a preheated nonstick skillet on medium-low heat. Gently press bread with spatula so it completely contacts the griddle; this will help it brown evenly. Turn after 1–2 minutes, when it just begins to brown, and remove to a serving plate. (Because you are frying without oil, be careful not to leave the bread in the skillet for too long or it will become tough. If you remove it at the right time, however, it will be soft and tender.)

TIPS AND VARIATIONS

Use date-nut or raisin bread and serve with almond butter, topped with apricot or pear sauce. Or spread French toast with peanut butter, and top with hot applesauce or a little maple syrup.

NUTRITIONAL DATA PER SERVING (1 SLICE): calories 114.24 | fat 1.88g | saturated fat 0.08g | cholesterol 0mg | sodium 166.50mg | carbohydrates 20.30g | fiber 2.70g | sugars 3.01g | protein 6.66g

Crispy Almond-Coconut Granola

BY HEATHER LENO



Granola was invented in the 19th century by Dr. James Jackson, who operated a health spa in Dansville, New York. It's still a popular breakfast food today. This granola has no refined oils and yet is still nice and crispy. A lovely combination of fruits and flavorings adds to its goodness. Flax, oats, walnuts, and almonds make for a healthy mix. This recipe fills two large cookie sheets. Bake it slowly, and it will be crispy even without oil. For added sweetness, top with raisins before serving.

PREPARATION: 20 MINUTES, COOKING: 2 HOURS, SERVES: 48

6 cups quick oats
1½ cups regular oats
½ cup flax meal
1 cup sliced almonds
1 cup unsweetened coconut
¾ cup pineapple juice
1 cup soft dates, pressed
down to measure
1 cup walnut pieces
1 tablespoon orange juice
concentrate
1½ tablespoons vanilla
1½ teaspoons salt
½ teaspoon almond extract
½ teaspoon coconut
extract, optional

DR. GUTHRIE SAYS:

What great breakfast food with some almond or soy milk! A little sweet with lots of fiber will not only provide a pleasant memory but will supply energy all morning long.

1. In large mixing bowl, combine oats, flax, almonds, and coconut.
2. Combine remaining ingredients in a blender in the order listed above. Blend until everything, including the walnuts, is creamy.
3. Preheat oven to 225°F (180°F for convection ovens).
4. Pour blended ingredients over oat mixture and mix thoroughly and evenly. Rubbing the mixture between your palms is a good way to distribute the moist with the dry.
5. Spread evenly onto cookie sheets and bake for approximately two hours, rotating pans every 30 minutes. Then turn off heat, leaving granola in the oven overnight or for several hours to dry completely. *Granola air-dried without heat will be tough; leaving it in the oven to cool ensures it will stay crispy.*

NUTRITIONAL DATA PER SERVING (¼ CUP): calories 230.09 | fat 10.78g | saturated fat 2.72g | cholesterol 0mg | sodium 121.44mg | carbohydrates 27.55g | fiber 5.56g | sugars 6.05g | protein 6.49g

Savory Breakfast “Sausage” Patties

BY HEATHER LENO



These savory breakfast patties are a tasty alternative to the highly refined commercial meat substitute products found in grocery stores. Make an extra batch to freeze so you can grab them for a quick morning meal. When reheating, cover patties with foil or, if microwaving, a damp paper towel so they don't dry out.

PREPARATION: 45 MINUTES, COOKING: 30 MINUTES, SERVES: 12

2 cups water

½ cup finely chopped raw cashews (a grinder will turn them to powder)

¼ cup low-sodium soy sauce

¼ cup nutritional yeast flakes

1 tablespoon tahini

1½ teaspoons onion powder

¼ + ⅛ teaspoon garlic powder

¾ teaspoon dried sage or 1 tablespoon fresh, minced

1 teaspoon dried basil or 1 tablespoon fresh, minced

¼ teaspoon dried thyme or 1 teaspoon fresh, minced

¼ teaspoon dried oregano or 1 teaspoon fresh, minced

2 cups quick oats

1. Combine all ingredients except oats in saucepan and bring to a boil.

2. Stir in oats, cooking and stirring until mixture starts to thicken. Remove from heat, cover, and let sit until cool enough to handle.

3. Preheat oven to 325°F.

4. Place parchment paper or silicone pad onto cookie sheet. Scoop mixture and drop balls onto prepared cookie sheet, flattening each to ½-inch thick. If you use a quick-release scoop, the process will be fast and easy, and the patties will be the same size.

5. Bake for 15 minutes. Flip patties and bake for 10–15 more minutes, until brown and firm but not dried out.

6. Serve with ketchup or gravy for a breakfast meal.

DR. GUTHRIE SAYS:

The oil in this recipe comes from the tahini and cashews and is mixed with the plants' natural emulsifiers. There is lots of fiber, too, and the spices make it pleasurable.

NUTRITIONAL DATA PER SERVING (2 PATTIES): calories 51.45 | fat 1.90g | saturated fat 0.21g | cholesterol 0mg | sodium 97.42mg | carbohydrates 6.36g | fiber 1.24g | sugars 0.43g | protein 2.40g

Whole-Wheat Kickstart Pancakes

BY NEVA BRACKETT



When you bite into a pancake made with whole grains, you know you're eating real food. And with this no-oil recipe, you'll avoid the calorie spike from oil, both in the batter and from frying. Kickstart your day with this delicious breakfast! I get many compliments from people who make this recipe over and over—it's a tried-and-true favorite!

PREPARATION: 10-15 MINUTES, COOKING: 5 MINUTES, SERVES: 7

2 cups whole-wheat pastry flour
1 teaspoon salt
1 tablespoon aluminum-free baking powder
2 cups soy milk or nut milk
2 tablespoons liquid sweetener

- 1.** Preheat nonstick griddle or skillet to medium temperature.
- 2.** Place dry ingredients in mixing bowl and add soy or nut milk and liquid sweetener. Stir with wire whip, adding more milk if needed to make the batter slightly thicker than pancake batter; it should be just thin enough to form a circle on its own without having to be spread with a spatula. If batter is too thin, the pancakes will not be as light and tender.
- 3.** Pour large or small pancakes, turning just when beginning to brown on the bottom and getting firm on top. Stack on a plate and serve.

NUTRITIONAL DATA PER SERVING (2 PANCAKES): calories 72.04 | fat 1.04g | saturated fat 0.07g | cholesterol 0mg | sodium 154.93mg | carbohydrates 14.35g | fiber 1.51g | sugars 4.10g | protein 2.46g

Firm Tofu and Sautéed Pepper Scramble

BY CHEF EDWIN CABRERA



Pressing firm tofu under a weighted plate guarantees that your scramble won't become a watery mess. Since tofu (low-calorie, high-protein soybean curd) is known to absorb flavors, be generous with your seasonings. The combination of earthy turmeric—a spice with great nutritional benefit—and soy sauce heightens the savory nature of tofu and is reminiscent of meat. For a more scrambled egg-like consistency, use silken tofu instead of firm, or get extra firm for a more meat-like consistency.

PREPARATION: 15 MINUTES, COOKING: 15 MINUTES, SERVES: 4

1 14-ounce package firm tofu, drained, pressed, and cut into small cubes
1 tablespoon parsley
1 teaspoon garlic powder
1 teaspoon onion powder
¼ teaspoon paprika
¼ teaspoon turmeric
½ cup yellow onion, diced
¼ cup green bell pepper, diced
¼ cup red bell pepper, diced
1 tablespoon fresh garlic, minced
1 teaspoon soy sauce, low sodium

1. Prepare each ingredient as noted.
2. In a medium bowl, combine tofu with parsley and spices. Set aside.
3. In a non-stick skillet, sauté onion, peppers, and garlic. Fold in tofu mixture and soy sauce.
4. Add water, if necessary, to incorporate all flavors, and simmer for 8–10 minutes.

DR. GUTHRIE SAYS:

I like to eat this scrambled egg substitute on sprouted grain toast with a little almond butter.

NUTRITIONAL DATA PER SERVING (¾ CUP): calories 100.53 | fat 5.15g | saturated fat 0.66g | cholesterol 0mg | sodium 51.21mg | carbohydrates 7.36g | fiber 1.29g | sugars 1.58g | protein 9.66g

Scottish Oat Cakes

BY NEVA BRACKETT



Our family has enjoyed these for years as a special breakfast with fruit sauce, or as a dessert broken up in a bowl, covered with fresh mashed strawberries or raspberries, and topped with homemade vegan ice cream. See the variation for an even easier version.

PREPARATION: 30 MINUTES, COOKING: 10 MINUTES, SERVES: 12

¼ cup whole-wheat pastry flour
1 cup Brazil nuts or walnuts
1 cup quick oats
1 teaspoon salt
¼ cup liquid sweetener

DR. GUTHRIE SAYS:

These have been a favorite at our house for years—I just have to be careful not to eat too many of them! Rolling them thin takes practice but is a skill that can be learned.

1. Preheat oven to 350°F.
2. Place flour and nuts in food processor and whiz for 1 minute or until nuts are as fine as flour but not buttery or sticking to the sides. Pour into mixing bowl; add oats and salt. Stir in warmed liquid sweetener until a ball of dough forms, adding a little water if needed. Mixture should stick together but not be so wet that it sticks to your hands.
3. Divide into 12 walnut-sized balls; place on two nonstick cookie sheets. Roll thin with a rolling pin. Cover them with plastic wrap to keep roller from sticking.
4. Bake for 10–12 minutes. Watch them carefully—they burn easily!
5. Serve with thickened fruit topping (blueberry, cherry, or peach). Add nut or soy milk if desired.

TIPS AND VARIATIONS

Easy, no-food-processor variation: Replace Brazil or walnuts with 1¼ cups almond flour (usually available at supermarkets) and omit pastry flour. Just stir together 1 cup quick oats, almond flour, and salt, and then add warmed honey or, if you use sugar, add water. This is how I make my pie crusts, omitting the honey or sugar—very simple!

NUTRITIONAL DATA PER SERVING (1 CAKE): calories 122.04 | fat 7.23g | saturated fat 0.67g | cholesterol 0mg | sodium 160.20mg | carbohydrates 13.19g | fiber 1.61g | sugars 5.64g | protein 2.95g

Light and Airy Low-Fat Biscuits

BY HEATHER LENO



Here is a yummy biscuit made without oil or butter. Bet you can't eat just one of these tender-on-the-inside, crisp-on-the-bottom pastries! Serve them up with a savory breakfast of scrambled tofu and gravy, or, for a light supper, with a nut spread and fruit.

PREPARATION: 10 MINUTES, COOKING: 15-20 MINUTES, SERVES: 12

2 tablespoons applesauce
1 tablespoon liquid sweetener of your choice
1 tablespoon lemon juice
Soy or almond milk
1½ cups whole-wheat pastry flour (stir flour before measuring)
¾ cup barley flour or white whole-wheat flour (stir flour before measuring)
2¼ teaspoons non-aluminum baking powder
¾ teaspoon salt
3 tablespoons almond flour or meal

- 1.** Preheat oven to 400°F.
- 2.** Combine applesauce, liquid sweetener, and lemon juice in glass measuring cup and add enough milk to make 1 cup. Whisk thoroughly until completely blended. Set aside.
- 3.** Mix dry ingredients together.
- 4.** When oven is at full heat, add wet ingredients to the dry. Mix just enough to moisten—dough will be soft.
- 5.** Place parchment paper or silicone pad onto heavy cookie sheet. Use 3-tablespoon scoop to drop pieces of dough onto prepared cookie sheet.
- 6.** Bake for 15–20 minutes, until slightly browned.

DR. GUTHRIE SAYS:

Heather uses a great trick in these biscuits when she uses applesauce in place of oil. There are also commercial “oil substitutes” made from plums or high-fiber vegetables, but applesauce is likely the cheapest and easiest to obtain.

NUTRITIONAL DATA PER SERVING (1 BISCUIT): calories 95.77 | fat 16.17g | saturated fat 0.10g | cholesterol 0mg | sodium 130.32mg | carbohydrates 18.42g | fiber 2.93g | sugars 1.14g | protein 3.31g

Tender Golden Cornbread

BY NEVA BRACKETT



Corn was a staple food of Native Americans when European settlers arrived in the New World. The early pioneers learned the art of making native cornbread, a combination of ground corn and water baked on an open fire. Nowadays, most cornbread recipes contain oil and eggs, but the natural fat in coconut milk can replace those items. Flax seeds give lightness and act as a binder. This recipe can also be made gluten free, as noted in the second ingredient. I have also used almond flour in cornbread and like what it does to the texture, adding a bit more natural fat.

PREPARATION: 15 MINUTES, COOKING: 20-25 MINUTES, SERVES: 9

- 1 cup cornmeal
- 1 cup flour (whole wheat or gluten free)
- 2 tablespoons ground flax seeds (optional)
- 1 teaspoon salt
- 4 teaspoons aluminum-free baking powder
- 1 can (1¾ cups) coconut milk (or soy milk)
- ¼ cup applesauce
- 3 tablespoons liquid sweetener
- ½ cup water, as needed

1. Heat oven to 375°F.
2. In a mixing bowl, combine cornmeal, flour, ground flax, salt, and baking powder. Mix well.
3. In a measuring cup, stir together coconut or soy milk, applesauce, and liquid sweetener. Add water as needed to make 2 full cups.
4. Combine wet and dry ingredients, stirring briskly until smooth, adding extra water as needed until mixture is the consistency of cake batter.
5. Pour into an 8-inch nonstick baking pan, or scoop into muffin tins. Bake for 20–25 minutes.

DR. GUTHRIE SAYS:

Applesauce makes a good oil substitute, and the ground flax is full of soluble fiber and may be used as an egg replacer.

NUTRITIONAL DATA PER SERVING (1 SQUARE): calories 208.09 | fat 10.60g | saturated fat 8.37g | cholesterol 0mg | sodium 221.16mg | carbohydrates 27.89g | fiber 3.00g | sugars 6.38g | protein 4.04g

Hearty Whole-Wheat Dinner Rolls

BY HEATHER LENO



Dinner rolls make a nice addition to almost any meal. The dough for these rolls can be mixed by hand, or use a bread machine on the dough cycle; we give instructions for both. Their tender goodness can be enjoyed plain or with a little tahini or nut butter, avocado, or jam. Make a batch and keep some in the freezer for entertaining. Sharing a good meal is a great way to showcase how delicious healthy food can be!

PREPARATION: 10 MINUTES, COOKING: 25-30 MINUTES, SERVES: 15

1 cup water
2 tablespoons liquid
sweetener
1 tablespoon active dry
yeast
 $\frac{2}{3}$ cup non-dairy milk
3 tablespoons applesauce
2 teaspoons lecithin
granules
 $1\frac{1}{4}$ teaspoons salt
 $\frac{1}{8}$ teaspoon citric acid,
one crushed vitamin C
tablet, or $\frac{1}{2}$ teaspoon
barley malt flour
2 tablespoons whole-
wheat pastry flour
4 cups white whole-wheat
flour

Instructions for Bread Machine

1. Combine all ingredients in the bread pan of your machine. Turn to “dough” cycle and start.
2. When mixture has formed a ball, check to see if it is sticking to the sides of the pan. If so, add another tablespoon or two of flour. If mixture is too dry, add a tablespoon or two of water. Dough should be nice and soft; the ball should be easily indented when pressed with a finger.
3. When dough has risen to top of pan, start mixing cycle again and let it reduce the dough to a ball.
4. Pour dough onto lightly floured counter, roll into a log, and cut log into 15 pieces (or as many pieces as will make the size rolls you desire).
5. Follow instructions in Final Steps for Both Methods.

DR. GUTHRIE SAYS:

If you have diabetes with high sugars, even whole-wheat flour can be hard on your sugars. Enjoy these rolls with a meal high in non-starchy vegetables for best results.

NUTRITIONAL DATA PER SERVING (1 ROLL): calories 144.34 | Fat 0.97g | saturated fat 0.08g | cholesterol 0mg | sodium 168.44mg | carbohydrates 29.78g | fiber 4.65g | sugars 0.91g | protein 5.02g

Instructions for Mixing by Hand

- 1.** Combine first three ingredients in a large mixing bowl and let stand 10–15 minutes until yeast is bubbly.
- 2.** Add all remaining ingredients except the last two cups of whole-wheat flour. Mix well with a whip or a hand mixer for 2–3 minutes.
- 3.** Add remaining flour, and mix until dough is not sticky, adding another tablespoon or two of flour if needed. The stiffer the dough, the drier the rolls will be, so use just enough flour to knead the dough without it sticking to your hands. Remove from pan onto a lightly floured counter and knead with the palm of your hand, folding the dough in as you knead and turning the ball of dough each time. You want this to be a nice, soft dough; the ball should be easily indented if pressed with a finger. Continue kneading about 40 times until dough is smooth and elastic.
- 4.** Cover the ball with a tea towel and let rise until double in size.
- 5.** Punch down lightly and roll into a log. Cut the log into 15 pieces (or as many pieces as will make the size rolls you desire).
- 6.** Follow instructions in Final Steps for Both Methods.

Final Steps for Both Methods

- 1.** Roll each piece on the counter with your palm and curled fingers until it makes a nice, smooth ball. Place balls in a large glass dish that has been prepared with nonstick cooking spray, or into a silicone nonstick pan. Place rolls three wide on the short side and five on the long side.
- 2.** Cover rolls with lightweight cloth or a piece of parchment paper (not cling wrap, as it will stick to the rolls). Set in a warm place to rise. Make sure rolls do not form a crust. If a crust begins to form, mist the rolls with water from a spray bottle.
- 3.** Put a pan of water on the bottom shelf or floor of your oven. Preheat oven to 375°F.
- 4.** When rolls have risen fully double, check if they are ready by poking carefully with your finger. It should leave an indentation, showing they are ready for baking immediately. Over-proofing will cause them to fall and be heavy instead of nice and light.
- 5.** Mist the top of the rolls and place in the oven. In 3 minutes, open the oven door and quickly mist again. Bake for 25–30 minutes. If, after 20 minutes, they are brown on the top but not on the bottom, cover with a piece of parchment and bake another 5 minutes or until golden on top and bottom.
- 6.** Remove from oven and turn out onto a cooling rack. Once they are completely cooled, store in a plastic bag to retain moistness.

Romaine-Spinach Salads with Garlicky Lemon Dressing

BY HEATHER LENO



The base for these two salads is a combination of Romaine and spinach, which is not only very tasty but also has great visual appeal. The secret to delicious salads is nice, crisp greens, while avocado and olives add a rich, pleasing touch. Both recipes are quick and easy, perfect for get-togethers or your own lunch at home. The simple but refreshingly yummy lemon-garlic dressing, which also works well on a wide range of greens and veggies, should be added just before serving for best results.

PREPARATION: 5-10 MINUTES, COOKING: NONE, SERVES: 2-3

Combination #1 *(two 1½-cup servings)*

2 cups crisp Romaine lettuce, chopped
1 cup baby spinach leaves
¼ cup cucumber, sliced
2 tablespoons red onion, quartered and sliced
¼ cup red cabbage, finely shredded
⅓ cup avocado, diced
Lemon-garlic dressing, to taste (see recipe)

- 1.** Combine all ingredients except avocado.
- 2.** Sprinkle with Lemon-Garlic Dressing, to taste (approximately 1 teaspoon dressing per serving). Toss to disperse throughout salad. Taste for correct tartness and seasoning before moving to Step 3.
- 3.** Carefully fold in avocado.

Yield: 2 Servings

NUTRITIONAL DATA PER SERVING (1½ CUPS): calories 109.23 | fat 3.72g | saturated fat 0.55g | cholesterol 0mg | sodium 250.09mg | carbohydrates 7.49g | fiber 3.42g | sugars 2.55g | protein 2.55g

Combination #2
(three 1¼-cup servings)

2 cups crisp Romaine lettuce, chopped
1 cup baby spinach leaves
¼ cup cucumber, sliced
2 tablespoons fresh green onion, sliced into ¼-inch pieces
⅓–½ cup garbanzos, cooked and drained
⅓ cup black olives, sliced
Light sprinkling of crushed, dried oregano (optional)
Cherry tomatoes, halved, to decorate top
Lemon-garlic dressing, to taste (recipe below)

- 1.** Combine all ingredients except tomatoes.
- 2.** Sprinkle with Lemon-Garlic Dressing, to taste (approximately 1 teaspoon dressing per serving). Toss to disperse throughout salad. Taste for correct tartness and seasoning before moving to Step 3.
- 3.** Carefully fold in tomatoes.

Yield: 3 Servings

NUTRITIONAL DATA PER SERVING (1¼ CUPS): calories 60.04 | fat 2.66g | saturated fat 0.04g | cholesterol 0mg | sodium 310.71mg | carbohydrates 7.61g | fiber 2.03g | sugars 2.01g | protein 2.16g

Lemon-Garlic Dressing

3 teaspoons fresh lemon juice, to taste (Combo #2 will need more than Combo #1)
½ teaspoon coarse ground garlic salt with parsley

Colorful Quinoa Salad

BY HEATHER LENO



Quinoa lends itself nicely to no-oil dressings because of its moist, glossy finish. When served with golden (white) quinoa, the colorful vegetables make a beautiful presentation for potlucks and group functions. This is also a delicious dish for brown-bagging and daily lunches. No matter how you serve it, this salad is a winner!

PREPARATION: 30 MINUTES, CHILL TIME: 30 MINUTES, SERVES: 10

1½ cups quinoa
2½ cups water
1–1½ teaspoons salt
(to taste)
½ teaspoon garlic powder
½ cup green onions, sliced
¼-inch thick
12-ounce can black olives,
sliced
¾ cup red bell pepper,
diced
¾ cup yellow bell pepper,
diced
1 cup garbanzos, rinsed
and drained
1½ cup English cucumber,
diced small
6 tablespoons lemon juice
(or to taste), freshly
squeezed

- 1.** Put quinoa in a fine-mesh colander and rinse thoroughly under cold water. Drain well.
- 2.** In a saucepan, combine water and rinsed quinoa; stir in garlic powder. Bring to a boil, cover, and reduce heat. Simmer for 15 minutes or until water is absorbed. Remove from heat and let stand, covered, for five minutes. Fluff with a fork and set aside to cool.
- 3.** Prepare vegetables and garbanzos while quinoa is cooking and cooling.
- 4.** Sprinkle salt evenly over quinoa; add vegetables, garbanzos, and lemon juice. Stir, folding carefully from all sides to blend salt and lemon completely. Taste and make adjustments as needed.
- 5.** Chill for 30 minutes. Stir before serving.

DR. GUTHRIE SAYS:

A great mix of grain and vegetables!

NUTRITIONAL DATA PER SERVING (1 CUP): calories 75.63 | fat 1.99g | saturated fat 0.10g | cholesterol 0mg | sodium 370.49mg | carbohydrates 12.45g | fiber 2.37g | sugars 1.56g | protein 2.78g

Asian Cucumber Salad

BY NEVA BRACKETT



Cucumbers are delicious anytime, but their cool, crispy charms are especially welcome in the sweltering heat of summer. In this Asian salad, they're flavored with a hint of sesame and chopped peanuts. We have served this salad to crowds of people over the years, and it's always gotten rave reviews.

PREPARATION: 15 MINUTES, COOKING: NONE, SERVES: 6

4 cups cucumbers, sliced
1 tablespoon lemon juice
2 tablespoons Bragg
Liquid Aminos, or
1 tablespoon soy sauce
2 tablespoons chopped
fresh cilantro leaves
1 clove garlic, crushed
1 tablespoon peanuts,
finely chopped, or
½ tablespoon peanut
butter
1 tablespoon sesame
seeds, roasted
¼ cup red or sweet onion,
finely sliced

Mix all ingredients together and serve.

NUTRITIONAL DATA PER SERVING (2/3 CUP): calories 33.23 | fat 1.59g | saturated fat 0.17g | cholesterol 0mg | sodium 17.64mg | carbohydrates 4.01g | fiber 0.82g | sugars 1.62g | protein 1.38g

Cauliflower “Rice” Salad

BY JOANN RACHOR



Cauliflower is a wonderful vegetable that is sadly underutilized. Here it shines as a healthy substitute for rice. This salad is full of color, flavor, and nutrition but low in calories! Experiment with making your own cauliflower “rice.” It’s easy and freezes well. This salad is a meal on its own.

PREPARATION: 40 MINUTES, COOKING: 4 MINUTES, SERVES: 8

- 2 cups raw broccoli or cauliflower, broken into bite-size pieces**
- 1 recipe of Cauliflower “Rice” (See 3 methods)**
- ¾ cup olives, sliced**
- ⅔ cup baby spinach, cilantro, kale, or parsley, finely chopped**
- ½ cup onion (green, red or sweet) or leek, finely chopped**
- 2 garlic cloves, minced**
- 5 tablespoons lemon juice, freshly squeezed**
- 1 teaspoon salt**
- 1½ cups fresh tomato, chopped, OR 1 cup red pepper, finely chopped, OR 1 cup carrot, grated**
- 1 15.5-ounce can or 1¾ cups cooked beans of your choice, rinsed and drained**

- 1.** Prepare cauliflower rice (refer to Raw Method, Frozen Method, or Commercial Method).
- 2.** Steam broccoli or cauliflower for 3-4 minutes, until tender-crisp. Light cooking creates a more mild flavor but still leaves a crunch. Set aside.
- 3.** Measure spinach (or other greens), packing firmly in a measuring cup. Place in a bowl and wash, then chop finely.
- 4.** Combine Cauliflower “Rice,” olives, spinach, onion, garlic, lemon juice and salt.
- 5.** Gently stir in remaining ingredients.
- 6.** Chill for 1 hour or overnight.

DR. GUTHRIE SAYS:

Cauliflower is a versatile cruciferous vegetable that is full of fiber and nutrients—it’s amazing what can be done with it!

NUTRITIONAL DATA PER SERVING (1 CUP): calories 96.80 | fat 3.01g | sat fat 0.12g | cholesterol 0mg | sodium 432.88mg | carbohydrates 14.62g | fiber 4.10g | sugars 4.02g | protein 4.07g

Raw method:
3 cups “Rice,” packed
2 tablespoons water

- 1.** Break cauliflower into florets. Much of the stalk is tender enough to use as well.
- 2.** Use one of the following methods to make the “rice”:
 - Food processor using the S blade: Pulse into small, rice-like pieces.
 - Hand-held box grater: Larger pieces of cauliflower are easier to grate. This method works well but takes longer.
- 3.** Combine Cauliflower “Rice” and water in a covered saucepan and simmer for 4 minutes. Leftover “rice” freezes well.

Yield: 2 ⅓ cups

Frozen method:
12 oz. bag frozen
cauliflower
Water as needed

- 1.** Let cauliflower thaw for 15 minutes.
- 2.** Using the S blade in a food processor, pulse cauliflower into small, rice-like pieces.
- 3.** In a covered saucepan, simmer cauliflower for 3 minutes on medium heat. Stir a few times to determine if more water is needed; if so, add one teaspoon at a time until rice reaches desired consistency.

Yield: 2¼ cups

10–12 oz. package
commercial frozen
cauliflower rice

Prepare rice according to package directions.

TIPS AND VARIATIONS

1. Substitute 2 cups cooked brown rice (regular or instant) for the Cauliflower “Rice.”
2. Cubed avocado is a delicious addition.

Jerusalem Couscous with Cinnamon Ginger

BY CHEF EDWIN CABRERA



Pearl, or Israeli, couscous is much larger than its more familiar counterpart and brings an interesting texture to an easy-to-make dish. Adding ginger and cinnamon to apricots gives them an earthy, almost dessert-like flavor and would complement any main course. For a toastier flavor, add couscous to the dry saucepan to brown for about 1 minute before adding the broth—but watch it carefully!

PREPARATION: 5 MINUTES, COOKING: 10 MINUTES, SERVES: 4

**1¼ cup vegetable broth,
low sodium**
1 cup Israeli couscous, dry
⅛ teaspoon kosher salt
**2 teaspoons fresh ginger,
minced**
**4 tablespoons dried
apricots, chopped**
**1½ tablespoons red bell
pepper, diced**
**1½ tablespoons yellow
pepper, diced**
**1 tablespoon Italian
parsley, chopped**
**⅛ teaspoon ground
cinnamon**
Almonds, toasted (optional)

- 1.** In a small saucepan, bring vegetable broth to a boil.
- 2.** Stir in couscous, salt, and ginger; return to a boil and cover. Reduce heat and simmer on low for 8–10 minutes.
- 3.** Remove from heat and fluff with a fork. Add apricots, peppers, parsley, and cinnamon. Garnish with toasted almonds, if desired, and serve immediately.

DR. GUTHRIE SAYS:

Just thinking about this recipe makes my mouth water! The ginger, cinnamon, and apricot flavor combination is a winner.

NUTRITIONAL DATA PER SERVING (½ CUP): calories 160.47 | fat 0.03g | saturated fat 0.01g | cholesterol 0mg | sodium 106.52mg | carbohydrates 34.59g | fiber 2.80g | sugars 2.80g | protein 4.40g

Leafy Holiday Salad with Lemon Ginger Dressing

BY HEATHER LENO



For holidays and special occasions, this salad can't be beat. Zippy ginger, onion, and lemon juice are tempered by sweet grapes, dates, pears, oranges, and candied nuts. The dressing can be made ahead of time and frozen until needed, which makes easy work of preparation. This dressing is also delicious on fruit salad.

PREPARATION: 15 MINUTES, PASSIVE TIME: 1 HOUR, SERVES: 4

Dressing

**2 tablespoons crystalized
ginger**
2 Medjool dates
**1/3 cup plus 2 tablespoons
hot water**
**2 teaspoons lemon peel,
grated**
**2 tablespoons fresh lemon
juice**
1/4 cup sweet orange, peeled
3/4 teaspoon salt

DR. GUTHRIE SAYS:

A zesty salad dressing without oil is a treasure that makes the greens even healthier. I love the roasted pecans for a special flavor twist.

- 1.** Prepare dressing: Soak ginger and dates in hot water while you grate lemon peel, squeeze lemons, and remove orange peel so no white remains.
- 2.** When ginger is softened, pour into blender with dates and water, and add remaining ingredients. Blend until mixture is a smooth cream. Depending on the quality of your blender, this may take a minute or two. Refrigerate in a covered container.
- 3.** Prepare lettuce and halve grapes. Peel and quarter pears, then core and cut into quarter-inch slices. Slice onions.
- 4.** Combine everything except pecans in a large mixing bowl, drizzle (do not drench; use only what's needed) with dressing and toss until dressing is evenly distributed. Top with pecans and serve immediately. Or, combine salad ingredients in a bowl and serve dressing and nuts on the side.

Salad

One head crisp Romaine lettuce, broken into bite-size pieces
1/3 cup green or red grapes, halved
1–2 sweet winter pears, ripe but firm
One red onion, quartered and thinly sliced
Roasted or candied pecans (See Tips and Variations)

TIPS AND VARIATIONS

To candy pecans, preheat oven to 300°F. Toss together 1 cup pecans or walnut pieces with 1 tablespoon maple syrup. Spread nuts on cookie sheet lined with parchment paper and bake for approximately 15 minutes—be careful not to burn! These can be made ahead and stored in a sealed container until ready to use. If keeping longer than a couple of weeks, store in refrigerator.

NUTRITIONAL DATA PER SERVING (2 CUPS): calories 206.47 | fat 8.08g | saturated fat 0.68g | cholesterol 0mg | sodium 372.29mg | carbohydrates 37.70g | fiber 6.51g | sugars 26.94g | protein 2.76g

Power Greens Soup

BY NEVA BRACKETT



Wouldn't it be great if the food we ate gave us superpowers? Although greens won't give you superpowers in the traditional sense, they boost heart health, digestion, and strong vision, and have even been shown to reduce the risk of some cancers. When you think of leafy greens, you might envision a crisp salad, but greens are also delicious in soup. This recipe is yummy when prepared with Brussels sprouts, or you can substitute finely shredded cabbage or kale. The rich broth complements the greens nicely.

PREPARATION: 30 MINUTES, **COOKING:** 15 MINUTES, **SERVES:** 6

8–10 Brussels sprouts
(or similar amount of
cabbage or kale), finely
sliced
½ onion, finely sliced
4–5 fresh mushrooms,
finely sliced
1 carrot, shredded
4 cups water
2 tablespoons Bragg
Liquid Aminos or soy
sauce
1 large clove garlic, crushed
1 teaspoon onion powder
1 teaspoon Italian
seasoning or dill weed
1 tablespoon beef-style
seasoning
½ teaspoon salt, or more
to taste

- 1.** Prepare Brussels sprouts, onion, and mushrooms as noted above. Shred the carrot (a food processor works well for this). You should have 4 cups of vegetables when everything is sliced and shredded.
- 2.** Combine all ingredients in a kettle and bring to a boil. Reduce heat and simmer for 10 minutes.

DR. GUTHRIE SAYS:

What a great way to get greens! Remember that Brussels sprouts, cabbage, and kale are cruciferous vegetables high in sulforaphane. Sulforaphane is released with chewing or breaking the plant up and, at least in the laboratory, seems to prevent some cancers¹ and neurodegenerative diseases².

NUTRITIONAL DATA PER SERVING (1 CUP): calories 33.75 | fat 0.26g | saturated fat 0.01g | cholesterol 0mg | sodium 197.10mg | carbohydrates 6.32g | fiber 2.08g | sugars 2.72g | protein 1.60g

Tuscan Bean Stew

BY CHEF EDWIN CABRERA



Here's a bright, flavorful stew with Italian flair. In Tuscany, beans are traditionally slow-cooked in a clay pot called a fagioliera, a vessel that became popular after Columbus brought beans, along with tomatoes and potatoes, to Europe from the Americas. There's no need to go find a clay pot, though; stovetop cooking will bring out these marvelous flavors just as well. Additional beans and vegetables can be added to leftovers (if there are any) for a delicious, never-ending soup.

PREPARATION: 10 MINUTES, COOKING: 25 MINUTES, SERVES: 8

2 cups yellow onions, diced
¼ cup carrots, diced
1 tablespoon fresh rosemary, minced
¼ teaspoon bay leaf, ground
1 tablespoon oregano, dried
2 tablespoons tomato paste
½ teaspoon kosher salt
1 tablespoon paprika, ground
¼ teaspoon red chili flakes, crushed
2 cups canned diced tomatoes in juice
½ cup canned kidney beans, drained and rinsed
1 cup canned garbanzos, drained and rinsed
1 cup canned cannellini beans, drained and rinsed
2 cups low-sodium vegetable broth
¼ cup fresh parsley, chopped

- 1.** Prepare each ingredient as noted.
- 2.** In a stock pot, sauté onions and carrots with seasonings in enough water to create steam and release their flavors.
- 3.** Fold in tomatoes, beans, and broth, and bring to a soft boil for 5 minutes.
- 4.** Lower to simmer and cook for 20–25 minutes. Remove from heat and add fresh parsley.

NUTRITIONAL DATA PER SERVING (1 CUP): calories 125.18 | fat 0.96g | saturated fat 0.13g | cholesterol 0mg | sodium 488.82mg | carbohydrates 23.17g | fiber 7.72g | sugars 4.98g | protein 6.42g

Mediterranean Mazidra

BY JOANN RACHOR



Mazidra is a Middle Eastern/Mediterranean dish made with lentils, a small legume that's a nutritional powerhouse. Use it as a topping for Cauliflower "Rice" (page 308) or any commercial, salt-free riced vegetable, or serve it over Slow-Cooker Baked Winter Squash (page 335). It's also delicious over potatoes or as a bean replacement in taco salad/haystacks.

PREPARATION: 15 MINUTES, COOKING: 1 HOUR, SERVES: 7

4 cups water
1½ cups lentils, uncooked, rinsed, and drained
½ cup onion, finely chopped
1½ teaspoons salt
⅓ cup tomato paste
2 cloves garlic, minced
2 teaspoons onion powder
1 teaspoon basil
1 14.5-ounce can (1¾ cups) petite-diced tomatoes

- 1.** Combine water, lentils, onion, and salt in a covered saucepan and boil lightly for 1 hour, until lentils are soft.
- 2.** Add remaining ingredients and mix well. Heat for 2 minutes and serve.

NUTRITIONAL DATA PER SERVING (1 CUP): calories 199.10 | fat 0.49g | saturated fat 0.08g | cholesterol 0mg | sodium 576.08mg | carbohydrates 37.33g | fiber 6.90g | sugars 5.04g | protein 12.81g

Creamy Broccoli Cheese Soup

BY JOANN RACHOR



This makes an exceptionally versatile base for a variety of soups. Replace the broccoli with your favorite vegetables, beans, and whole-grain pasta. Blending the carrots, potatoes, and onion is an easy way to add (hide) veggies and create a creamy low-fat consistency. Use this soup with or without broccoli as a topping for vegetables such as baked potatoes.

PREPARATION: 25 MINUTES, COOKING: 25 MINUTES, SERVES: 7

**1 pound frozen broccoli
or 4 cups fresh broccoli,
chopped into bite-size
pieces (see tip #1)**
**1²/₃ cups raw carrots, diced
small**
**1¹/₂ cups raw potatoes,
chopped (see tip #2)**
**1 medium onion (about
1 cup), cut into chunks**
3¹/₂ cups water, divided
1/2 cup raw cashews
1³/₄ teaspoons salt

- 1.** Lightly boil or steam broccoli in covered saucepan until tender. Empty pan and set broccoli aside. If using frozen broccoli, cut into smaller pieces after it's cooked.
- 2.** In saucepan, combine carrots, potatoes, onion, and 1 cup water. Cover and cook for 15–20 minutes, until tender.
- 3.** Empty vegetables into blender, along with cooking water, and add cashews and salt. Also add an additional 1/2 cup of water. *Before blending hot ingredients, be sure to open the blender vent.*
- 4.** Blend for 3 minutes, until very smooth (cashews must be completely blended for soup to be creamy). Empty contents back into saucepan (see tip #3).

DR. GUTHRIE SAYS:

I like to add nutritional yeast to this recipe to make it a little cheesier.

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5. Rinse blender with remaining 2 cups of water and add to pan.
 6. Boil lightly for 1 minute; this causes the cashews to act as a thickener. Also, the color will become a little more orange and cheese-like.
 7. Add broccoli and serve. If desired, cooked beans or whole grains such as quinoa or brown rice may also be added.

TIPS AND VARIATIONS

1. Other cooked vegetables, including more carrots and potatoes, may be substituted for all or part of the broccoli. Or try greens or frozen mixed vegetables.
2. If potatoes have thin, light-colored skins (i.e., Yukon Gold), the skin will not be noticeable after they have been cooked and blended. Potatoes with thicker, darker skins (i.e., Russet) will leave tiny brown flecks in the soup. The flavor is good with either type of potato, but you may want to peel darker potatoes for a prettier soup.
3. If using a strong blender such as a Vitamix or Blendtec, the thickening process may be done in the blender instead of returning the sauce back to the pan. After blending the ingredients smooth, add the remaining 2 cups of cooking water and blend for 2–3 minutes. This creates more heat, and the sauce will thicken in the blender. Empty the blender into a serving bowl, add broccoli, and serve.

NUTRITIONAL DATA PER SERVING (1 CUP): calories 100.89 | fat 3.70g | saturated fat 0.62g | cholesterol 0mg | sodium 453.27mg | carbohydrates 14.52g | fiber 3.52g | sugars 3.35g | protein 3.71g

Italian Minestrone Ragout

BY CHEF EDWIN CABRERA



Italian minestrone is a vegetable soup that predates the Roman Empire and shares a root meaning with the Latin word for “to serve.” Each serving of this hearty, healthy ragout (ragu, another fine Italian word) offers ample amounts of vegetables—meaty eggplant, sweet carrots, tomatoes, and tender baby spinach—and a fragrant array of spices. The slow simmer adds richness and lets all those Mediterranean flavors mingle in a soup that improves with age.

PREPARATION: 15 MINUTES, COOKING: 25 MINUTES, SERVES: 8

½ cup vegetable broth
5 cups fresh eggplant, cubed
3 tablespoons fresh garlic, minced
2 cups fresh yellow onion, diced
¼ teaspoon fennel seeds
1½ cups green pepper, diced
1¾ cups red bell pepper, diced
½ cup carrots, diced
½ teaspoon Italian seasoning
½ teaspoon kosher salt
3½ cups petite-diced tomatoes in juice
1½ cups baby spinach, chopped
½ cup fresh basil, chopped

- 1.** In a medium stock pot, add the broth and sauté eggplant, garlic, onion, fennel seeds, green and red peppers, carrots, Italian seasoning, and salt for 5–8 minutes.
- 2.** When vegetables are slightly tender, stir in tomatoes and cook for 3 minutes.
- 3.** Simmer ragout for 15 minutes or until it reaches 165°F.
- 4.** Stir in spinach and basil, remove from heat, and serve.

DR. GUTHRIE SAYS:

Tasty vegetables with a hearty whole grain bread will make a satisfying noon meal. It can be prepared ahead of time, taken to work, and heated in the microwave.

NUTRITIONAL DATA PER SERVING (1 CUP): calories 82.05g | fat 0.34g | saturated fat 0.34g | cholesterol 0mg | sodium 384.11mg | carbohydrates 17.55mg | fiber 5.55g | sugars 7.47g | protein 3.00g

Vegetable Barley and Brown Rice Soup

BY CHEF EDWIN CABRERA



Barley is such a misunderstood grain. Often relegated to stretching tired soups, this powerhouse can do so much more. It grows in more than 50 varieties and plays a role in hearty breads and healthy, cholesterol-free side dishes loaded with fiber and protein. This vegetable soup combines the splendidly chewy, brown rice-like taste of barley with tomatoes, carrots, lima beans (another sadly misjudged food), celery, and peas for a garden of tastes and textures.

PREPARATION: 15 MINUTES, **COOKING:** 30 MINUTES, **SERVES:** 8

1/3 cup onion, chopped
1/2 cup celery, diced
1/3 cup carrots, diced
2 cups petite-diced tomatoes in juice
1/2 cup tomato puree
4 cups low-sodium vegetable broth
1 teaspoon kosher salt
2/3 cup lima beans, frozen
1/3 cup pearl barley
1 tablespoon fresh thyme
1/4 cup fresh basil, chopped
1/8 teaspoon bay leaf, ground
1 1/2 teaspoons fresh sage
1 cup frozen green peas

- 1.** In a small saucepan, combine onion, celery, and carrots and sauté for 5 minutes.
- 2.** Add next 6 ingredients and bring to a rapid simmer.
- 3.** Reduce heat and simmer lightly for 20 minutes. Add remaining ingredients and cook for 5 more minutes.

NUTRITIONAL DATA PER SERVING (1 CUP): calories 98.86 | fat 0.32g | saturated fat 0.02g | cholesterol 0mg | sodium 580.19mg | carbohydrates 19.48g | fiber 4.89g | sugars 3.73g | protein 3.70g

Sesame-Style Quick Beans and Rice

BY JOANN RACHOR



Beans and rice are a staple around the world, and some cultures eat them every day. Beans are packed with fiber and protein, and the starch in brown rice is an excellent source of energy. By using quick-cooking brown rice in this recipe, you get more nutrition than from commonly used white rice. Plus, having this recipe in your repertoire means that dinner can be on the table in short order.

PREPARATION: 15 MINUTES, COOKING: 20 MINUTES, SERVES: 6.5

¼ cup sesame seeds
2 cups instant brown rice, uncooked
1¾ cups water
¾ cup onion, finely chopped
3 tablespoons nutritional yeast flakes
1 tablespoon onion powder
2 tablespoons Bragg Liquid Aminos
½ teaspoon salt
¼ teaspoon cumin
1 15.5-ounce can of beans or 1¾ cups cooked beans, any kind, rinsed and drained
Salt-free herb seasoning

blend of your choice

- 1.** In a saucepan, toast sesame seeds on medium-high heat for 5–10 minutes, stirring frequently, until seeds are golden brown. (Do not use a nonstick pan for this.) Remove to a glass dish.
- 2.** Combine rice, water, and seasonings in a covered saucepan and boil lightly for 15 minutes. Remove from heat and allow to sit for 5 minutes.
- 3.** Stir in beans and 3 tablespoons of seeds, and empty into serving dish. Sprinkle with remaining seeds and herb seasoning.

DR. GUTHRIE SAYS:

Beans and rice have always been a favorite of mine. Remember that, when you are eating lots of plants, you do not need to completely eliminate salt. Add a little extra to your taste if desired.

NUTRITIONAL DATA PER SERVING (1 CUP): calories 223.53 | fat 4.30g | saturated fat 0.11g | cholesterol 0mg | sodium 284.44mg | carbohydrates 37.53g | fiber 6.09g | sugars 2.74g | protein 9.11g

Cheesy Vegetable Pasta Bowl

BY HEATHER LENO



Want a quick and tasty lunch bowl? Whip up a batch of the cheesy sauce to serve with whole-grain pasta and vegetables. Although not exactly a traditional cheese sauce, this versatile and creamy vegan version can stand on its own and is also delicious over veggies and a baked potato or a steamed head of cauliflower served with dinner.

PREPARATION: 15-20 MINUTES, **COOKING:** 5 MINUTES, **SERVES:** 1

Cheese Sauce (5 Servings)

- 1 cup hot water
- ½ cup (very full) raw cashews
- ¼ cup nutritional yeast flakes
- 1 tablespoon cornstarch or 4 teaspoons arrowroot (see tip #1)
- 1 tablespoon lemon juice
- 1 teaspoon salt, or to taste
- 1 teaspoon onion granules or powder
- ½ teaspoon Bako Hickory Smoked Torula Yeast Seasoning or smoked paprika
- ¼ teaspoon garlic granules or powder
- ¼ teaspoon turmeric
- ¼ teaspoon celery salt
- ¼ cup hot water
- ½ cup carrots, sliced (see tip #2)
- 1 cup hot water

1. To make cheese sauce, in blender, combine 1 cup hot water, cashews, and seasonings, and let stand while doing Step 2, allowing cashews to soften.
2. Place ¼ cup water and carrots in the microwave and cook on high for 1 minute. Cover and cook on half power for another minute or two until carrots are tender. Drain carrots and add them to the blender.
3. Blend until everything is smooth as silk.
4. Pour blended mixture into saucepan, rinse blender with remaining cup of water, and add to pan. Cook and stir over medium heat until thickened and bubbly.
5. Serve over pasta and vegetables.

DR. GUTHRIE SAYS:

The cheesy flavor comes from nutritional yeast flakes, which are high in B vitamins and flavor. I enjoy the flavors it brings.

Pasta Bowl (1 Serving)

Cooked whole-grain
macaroni or spiral
pasta ($\frac{3}{4}$ cup cooked per
serving)

1 cup *each* broccoli and
cauliflower, steamed

$\frac{1}{4}$ cup carrots, steamed

$\frac{1}{2}$ cup cheese sauce
(see recipe)

TIPS AND VARIATIONS

1. If you plan to freeze leftover sauce, arrowroot works better than cornstarch.
2. Instead of cooking the carrots, use pureed baby food carrots if you can find a brand that contains no added water. Use about $\frac{1}{3}$ cup.

NUTRITIONAL DATA PER SERVING:

Cheese sauce ($\frac{1}{2}$ cup): calories 100.15 | fat 5.14g | saturated fat 0.81g | cholesterol 0mg | sodium 161.13mg | carbohydrates 9.14g | fiber 2.53g | sugars 1.49g | protein 5.44g

Pasta Bowl (one serving): calories 352.39 | fat 7.14g | saturated fat 1.19g | cholesterol 0mg | sodium 286.33mg | carbohydrates 60.45g | fiber 13.17g | sugars 4.05g | protein 15.62g

Tofu Meatballs with Sweet and Sour Sauce

BY JOANN RACHOR



Enjoy these flavorful meatless meatballs hot out of the oven and topped with sweet and sour sauce or with a spaghetti sauce or gravy. They are also delicious in pita bread with your favorite trimmings. The sauce complements many recipes, including vegetables and rice in an oil-free stir-fry. Both recipes freeze well, so I highly recommend that you make enough for future quick meals.

PREPARATION: 25 MINUTES, COOKING: 35 MINUTES, SERVES: 10-12

Meatballs

**1½ cups water-packed
tofu OR 1 box Mori-Nu
tofu, firm or extra-firm,
mashed**
½ cup quick oats
1 tablespoon onion powder
**2 tablespoons Bragg
Liquid Aminos**
1 teaspoon basil
½ teaspoon sage
¼ teaspoon salt
**2 cups whole-grain bread
crumbs, made from
slices of whole-grain
bread**
**¾ cup nuts or raw
sunflower seeds, finely
chopped or blended**

- 1.** Preheat oven to 350°F.
- 2.** Combine all ingredients except bread crumbs and nuts and mix well.
- 3.** Break each slice of bread into 6 pieces. Pulse in blender or food processor.
- 4.** Chop nuts or grind them in blender or food processor.
- 5.** Mix everything together and let mixture sit for 5 minutes.
- 6.** Using a ¾-ounce scoop, form mixture into meatballs, or roll 1½ tablespoons of dough by hand. Bake on a prepared cookie sheet for 35 minutes.

Sweet and Sour Sauce

1 cup canned tomato sauce
1 cup pineapple juice
2 tablespoons cornstarch
2 tablespoons maple syrup
or agave syrup
1 tablespoon lemon juice
1½ teaspoons onion
powder
½ teaspoon garlic powder
½ teaspoon salt

Combine all ingredients in a saucepan and bring to a light boil, then stir constantly for 1 minute.

TIPS AND VARIATIONS

1. The best way to reheat meatballs is to place them in a baking dish and top with your favorite sauce or gravy. Meatballs will not stay together if dropped into a saucepan of sauce or gravy.
2. To make a loaf, add ¼ cup water to mixture. Bake in an oiled 8x8 baking dish, uncovered, for 40 minutes.
3. To make sandwich spread, crumble meatballs and mix with your favorite condiments. Serve with sliced tomatoes, onion, and lettuce.

NUTRITIONAL DATA PER SERVING (3 MEATBALLS / 3 TABLESPOONS SAUCE):

Meatballs: calories 177.56 | fat 6.03g | saturated fat 0.86g | cholesterol 0mg | sodium 248.34mg | carbohydrates 23.46g | fiber 3.38g | sugars 4.98g | protein 8.51g

Sweet and sour sauce: calories 31.52 | fat 0.20g | saturated fat 0.00g | cholesterol 0mg | sodium 174.58mg | carbohydrates 7.55g | fiber 0.45g | sugars 4.48g | protein 0.47g

Simple but Simply Delicious Beans

BY JOANN RACHOR



The United States is the global leader in dry bean production. Each year, U.S. farmers plant 1.5–1.7 million acres of edible dry beans. There are hundreds of varieties. Once considered a poor man’s food, beans are now rising to the top for those seeking optimal health. This recipe is super easy and delicious and will add strength and vitality to your life.

PREPARATION: 10 MINUTES, COOKING: 10 MINUTES, SERVES: 7

2 15.5-ounce cans navy, garbanzo, Great Northern, or other light-colored beans OR 3½ cups cooked beans, drained
¾ cup water
1½ tablespoons nutritional yeast flakes
1½ teaspoons onion powder
1 teaspoon garlic powder
¾ teaspoon basil
⅛ scant teaspoon turmeric, optional

Combine all ingredients in a saucepan. Cover and lightly boil for 10 minutes, stirring occasionally. Turmeric is optional but adds a nice color after the beans have cooked.

TIPS AND VARIATIONS

All ingredients may also be mixed together and cooked on low heat in a slow cooker for 1–1½ hours.

NUTRITIONAL DATA PER SERVING (½ CUP): calories 114.49 | fat 1.96g | saturated fat 0.17g | cholesterol 0mg | sodium 162.50mg | carbohydrates 18.87g | fiber 5.39g | sugars 3.09g | protein 6.39g

Roasted Vegetable Wraps with Seasoned Marinade

BY NEVA BRACKETT



A nice combination of fresh veggies and chicken-like pieces, roasted to bring out their flavor. Wrapping this mixture in a tortilla is an easy way to get everyone, including children, to eat their veggies. If you don't overfill the wraps, you can eat them with your hands. These wraps are great for sack lunches, picnics, or hikes. The filling is also delicious in fajitas, burritos, and tacos.

PREPARATION: 20 MINUTES, COOKING: 10 MINUTES, SERVES: 4

5 large whole-wheat tortillas
 $\frac{1}{3}$ cup Simple Mayo
(recipe on page 342)

1 recipe Roasted Vegetable Filling (below)

Roasted Vegetable Filling

$\frac{1}{2}$ cup Soy Curls or
8 ounces firm tofu,
cut into $\frac{1}{2}$ -inch cubes
 $\frac{1}{3}$ cup water
1 teaspoon chicken-style
seasoning
1 teaspoon nutritional
yeast flakes
1 tablespoon Bragg Liquid
Aminos
1 medium bell pepper,
diced
1 medium red onion, cut
into $\frac{1}{2}$ -inch wedges
1 medium zucchini, cut
lengthwise and then
into $\frac{1}{4}$ -inch slices
1 cup broccoli, cut into
small pieces (optional)
 $\frac{1}{4}$ pound fresh
mushrooms, cut into
fourths (optional)

1. To prepare roasted vegetable filling, in a saucepan or microwave-safe container, combine Soy Curls with water and seasonings. Bring to a boil and let stand for 10 minutes. If using tofu, omit water and coat with same seasonings.

2. In a separate bowl, combine all marinade ingredients and mix well.

3. Set oven to broil. Add vegetables to Sweet and Sour Marinade and mix to coat vegetables. Drain excess. Add soaked Soy Curls or seasoned tofu. Spread mixture in lightly oiled sheet pan or large casserole dish. Broil uncovered for 5 to 10 minutes or until crisp-tender.

DR. GUTHRIE SAYS:

Having always been a fan of sweet and sour, I would love to find these in my lunch one day!

Sweet and Sour Marinade

1 tablespoon Bragg Liquid Aminos

1 tablespoon honey or other liquid sweetener

1 teaspoon lemon juice

1 teaspoon Lawry's Seasoned Salt

4. Place tortillas one at a time in preheated skillet over medium-high heat for about 30 seconds.

5. Spread one tablespoon of Simple Mayo down the center of each tortilla, followed by $\frac{3}{4}$ cup of vegetable filling. Add lettuce if desired.

6. Fold up the bottom and roll up the sides to make a wrap.

7. Serve immediately. May also be served chilled or microwaved for a few seconds to warm.

NUTRITIONAL DATA PER SERVING (1 $\frac{3}{4}$ CUP): calories 244.92 | fat 8.39g | saturated fat 3.21g | cholesterol 0mg | sodium 592.29mg | carbohydrates 38.62g | fiber 6.36g | sugars 3.54g | protein 8.37g

Taco Lunch Bowl

BY HEATHER LENO



No deep-fried taco shells are needed for this Mexican-inspired meal to be enjoyable and appetizing. These taco bowls are flavorful, creative, and healthful. Offering plant-based protein and fiber with whole grains, legumes, and a cruciferous vegetable, you can check off several foods listed in the famous “daily dozen.” The ingredients can be easily adjusted to satisfy everyone’s taste buds, but perhaps the best part is that these tacos are ready in less than 30 minutes!

PREPARATION: 20-25 MINUTES, **COOKING:** 5-6 MINUTES, **SERVES:** 6

**¼ cup canned corn,
drained, optional**
**¼ cup cabbage, finely
sliced**
**2 tablespoons tomatoes,
diced**
**2 tablespoons avocado,
diced**
**2 tablespoons cucumber,
diced**
**1 tablespoon green onions,
thinly sliced**
**⅓–½ cup canned chili
beans**
⅔ cup brown rice, cooked
**⅓ cup cheese sauce
(see recipe)**
**Fresh cilantro, chopped
Salsa**

- 1.** Prepare red pepper cheese sauce. Combine 1 cup water with dry ingredients in blender, and blend until mixture is smooth as cream. Pour into small saucepan. Rinse blender cup with remaining cup of hot water and add to saucepan. If using chili peppers, add them now. Cook and stir to thicken.
- 2.** Prepare vegetables.
- 3.** Heat beans and rice. (Keep cooked rice in the freezer in 1-cup amounts for quick use.)
- 4.** Place a serving of rice (about ⅔ cup) and beans (about ½ cup) in a bowl and top with corn, chopped vegetables and ⅓ cup warm “cheese” sauce.
- 5.** Garnish with cilantro and salsa.

DR. GUTHRIE SAYS:

This is a favorite of mine, with lots of vegetables mixed together in a satisfying and pleasant way.

Red Pepper Cheese Sauce

1 cup water

**1/3 cup raw cashews that
have been run under
very hot or boiling water**

1/2 cup sweet red pepper

**1/4 cup nutritional yeast
flakes**

**2 tablespoons tapioca flour
or starch of your choice**

1 tablespoon lemon juice

1 1/4 teaspoons salt

1/2 teaspoon onion powder

1/4 teaspoon garlic powder

1/4 teaspoon celery salt

1 cup hot water

**1 green chili pepper,
optional**

NUTRITIONAL DATA PER SERVING (BOWL: 2 CUPS; SAUCE: 1/3 CUP): calories 388.76 | fat 8.02g | saturated fat 1.15g | cholesterol 0mg | sodium 880.41mg | carbohydrates 66.36g | fiber 11.60g | sugars 8.24g | protein 13.61g

Zucchini Creole

BY NEVA BRACKETT



When the term “Creole” is used in cooking, it usually refers to a spicy mixture of tomatoes, pepper, onion, celery, and seasonings served over brown rice. If you grow zucchini and tomatoes in your garden, this recipe is a great way to celebrate the abundance of summer; however, if you’re not a gardener, the ingredients can be easily obtained year-round at your local supermarket.

PREPARATION: 30 MINUTES, COOKING: 15 MINUTES, SERVES: 8

8 cups green (and yellow, if you can find it) zucchini, sliced
1 cup onion, diced
1 green pepper, diced
1 clove garlic
¾ cup water or coconut milk
1 teaspoon salt
¾ teaspoon Italian seasoning
½ teaspoon dill weed
1 tablespoon chicken-style seasoning
3 cups fresh tomatoes, diced
1–2 tablespoons cornstarch, dissolved in ¼ cup water

1. Place all ingredients except tomatoes and cornstarch in a saucepan and cook for 8 minutes, or until zucchini is tender.
2. Dissolve cornstarch in ¼ cup water. Add to saucepan, along with tomatoes. Stir as the sauce comes to a boil and thickens. Serve as a side dish or over pasta topped with tofu “sour cream.”

NUTRITIONAL DATA PER SERVING (1 CUP): calories 46.03 | fat 0.97g | saturated fat 0.36g | cholesterol 0mg | sodium 209.99mg | carbohydrates 8.46g | fiber 2.04g | sugars 3.50g | protein 1.93g

Middle Eastern Falafel Patties

BY CHEF EDWIN CABRERA



The joys of chickpeas are known worldwide, from Bronze-Age Greece to ancient Rome. Garbanzos are used to make fritters in Israel and France, fried and spiced as curry in India, soaked in syrup in the Philippines, and even ground and brewed like coffee in Germany. This dish celebrates the nutty taste and versatility of chickpeas by adding Middle Eastern flavors for a hearty vegetarian meal. Stuff these patties into a pita pocket and add tomato, lettuce, and parsley for an authentic Mediterranean delight.

PREPARATION: 10 MINUTES, COOKING: 25 MINUTES, SERVES: 14

14 ounces garbanzo beans,
dry
8 cups water, for soaking
1½ cups yellow onion,
diced
2 tablespoons fresh garlic,
chopped
1 tablespoon ground cumin
1 tablespoon paprika
2 teaspoons coriander
¼ teaspoon ground
cayenne pepper
½ teaspoon baking soda
1 teaspoon kosher salt
4 tablespoons whole-
wheat flour
4 tablespoons sesame
seeds, toasted
¼ cup Italian parsley,
chopped
¼ cup cilantro, chopped
1 tablespoon lemon juice

2 tablespoons olive oil

1. Place garbanzos in large bowl and cover with water at least 3 times their volume. Soak overnight or until you can break them apart with your fingers. Drain and set aside.
2. Preheat oven to 375°F.
3. Place all ingredients in food processor and pulse—do not purée—until mixture acquires a minced consistency. Shape into three-ounce patties and place on prepared sheet pan with parchment paper. Bake for 15–20 minutes.

DR. GUTHRIE SAYS:

Falafels are one of my favorites, and I love mine in pita bread served with tomatoes, onions, and cucumber slices.

NUTRITIONAL DATA PER SERVING (1 PATTY): calories 156.44 | fat 5.18g | saturated fat 0.31g | cholesterol 0mg | sodium 196.67mg | carbohydrates 21.52g | fiber 6.29g | sugars 3.94g | protein 7.09g

Three Asian Bowls with Peanut Sauce

BY HEATHER LENO



These vegetable bowls bring a lot of variation to this quick, simple, and versatile Thai peanut sauce. Whether you prefer noodles or rice with your favorite veggies, these bowls are loaded with protein and flavor—perfect for a speedy meal. You are limited only by your imagination to create other delicious combinations. Because the sauce freezes well, you can make a larger batch to use for future lunches.

PREPARATION: 5-8 MINUTES, COOKING: 5 MINUTES, SERVES: 1

Peanut Sauce Ingredients

1 teaspoon cornstarch
½ cup water
½ cup coconut milk
¼ cup no-salt nut butter
(peanut or almond)
2 tablespoons low-sodium soy sauce
2–3 teaspoons lemon juice
½ teaspoon ginger powder,
packed into measure
½ teaspoon sweetener,
optional
¼ teaspoon garlic granules
Red pepper flakes or chili paste, optional

- 1.** Dissolve cornstarch in water.
- 2.** Combine all ingredients in saucepan or kettle. Cook and stir until thickened. The density of the coconut milk will vary, so if your sauce seems too thick, add a tablespoon of water.

DR. GUTHRIE SAYS:

The sauce can be a little heavy on fat calories but can be used in moderate amounts to flavor the vegetables, which are very low in fat. Sauces are what make vegetables extra-special. If you like your tofu a little firmer, put it in the freezer first. When you are ready to cook it, thaw it and add it to your recipe. It will still absorb the wonderful sauce flavors but will be chewier.

NUTRITIONAL DATA PER SERVING (PEANUT SAUCE: ⅓ CUP): calories 110.70 | fat 8.80g | saturated fat 2.16g | cholesterol 0mg | sodium 296.06mg | carbohydrates 5.29g | fiber 0.85g | sugars 1.78g | protein 4.11g

Bowl Variations

Spinach-Tofu Bowl with Peanut Sauce

In a large bowl, layer $\frac{2}{3}$ cup cooked brown rice, $\frac{1}{2}$ cup cubed firm tofu, and 1– $1\frac{1}{2}$ cups fresh spinach, topped with $\frac{1}{3}$ cup warm peanut sauce. (Tofu cubes can be eaten plain, “fried” in a nonstick pan with a little soy sauce or baked to absorb extra moisture and firm up.)

**NUTRITIONAL DATA PER SERVING (BOWL: APPROXIMATELY 2 CUPS;
PEANUT SAUCE: $\frac{1}{3}$ CUP):** calories 419.84 | fat 17.05g | saturated fat 3.81g | cholesterol 0mg | sodium 362.36mg | carbohydrates 43.16g | fiber 8.06g | sugars 1.78g | protein 23.48g

Broccoli-Noodle Bowl with Peanut Sauce

Mix $\frac{3}{4}$ cup whole-grain angel-hair pasta, spaghetti, or noodles with 1 cup steamed broccoli and $\frac{1}{3}$ cup sauce.

**NUTRITIONAL DATA PER SERVING (BOWL: APPROXIMATELY 2 CUPS;
PEANUT SAUCE: $\frac{1}{3}$ CUP):** calories 369.30 | fat 10.85g | saturated fat 2.56g | cholesterol 0mg | sodium 383.32mg | carbohydrates 57.85g | fiber 12.23g | sugars 3.95g | protein 15.19g

Kale-Rice Bowl with Peanut Sauce

Combine $\frac{1}{2}$ cup cooked brown rice, $\frac{2}{3}$ cup kale-cabbage mix, chopped red onion (to taste), and $\frac{1}{3}$ cup warmed sauce. Other variations include freshly grated cabbage and carrots with sliced spinach or a chopped kale salad mix on a bed of rice.

**NUTRITIONAL DATA PER SERVING (BOWL: APPROXIMATELY 2 CUPS;
PEANUT SAUCE: $\frac{1}{3}$ CUP):** calories 241.78 | fat 9.60g | saturated fat 2.32g | cholesterol 0mg | sodium 316.33mg | carbohydrates 33.16g | fiber 3.68g | sugars 2.09g | protein 7.88g

Succulent Roasted Cabbage Wedges

BY HEATHER LENO



These cabbage wedges are easily seasoned and super-simple to make. Because roasting vegetables brings out their natural sweetness, this healthy side dish delivers a depth of flavor that steaming and sautéing don't offer. Cabbage is a great cruciferous vegetable that adds a lot to soups and stir-fries; however, here it stands alone as a fine addition to any dinner.

PREPARATION: 10 MINUTES, COOKING: 24 MINUTES, SERVES: 8

**Cabbage (1 medium head
or ½ large head)**
**3 tablespoons vegetable
broth**
½ teaspoon garlic paste
1 teaspoon marjoram
½ teaspoon salt

- 1.** Preheat oven to 425°F.
- 2.** Cut cabbage head in half and lay cut side down. Cut into half-inch slices and place on silicone pad or parchment-lined cookie sheet.
- 3.** Combine broth and seasonings.
- 4.** Drizzle broth-seasoning mixture generously over cabbage slices.
- 5.** Bake for 12 minutes. Rotate pan 180° and cook for another 12 minutes, or until cabbage edges are charred.
- 6.** Serve according to your taste: as-is, with a Parmesan cheese substitute, with a squeeze of lemon, or with a sprinkling of black pepper.

NUTRITIONAL DATA PER SERVING (1 WEDGE): calories 29.47 | fat 0.37g | saturated fat 0.03g | cholesterol 0mg | sodium 156.89mg | carbohydrates 6.30g | fiber 2.66g | sugars 0.05g | protein 1.41g

Slow-Cooker Baked Winter Squash

BY JOANN RACHOR



The humble squash is one of the world's oldest cultivated crops, and it's loaded with vitamins and minerals. Spaghetti squash is especially nutritious. Winter squash includes varieties such as butternut, acorn, and pumpkin; their tough outer rinds protect the fruit for use months after harvest. Winter squash cooks perfectly in a slow cooker, either baked whole or cut into pieces. Clean-up is quick and easy, and leftovers freeze well.

PREPARATION: 10 MINUTES, COOKING: VARIES, SERVES: VARIES

One or more kinds of winter squash (butternut, acorn, pumpkin, spaghetti squash), washed

- 1.** Squash may be baked whole. Baking whole takes longer, but the only preparation needed is to wash the squash and drop it in the slow cooker!
- 2.** Squash may be cut in pieces and seeded; it is easiest to remove seeds before baking.
- 3.** Smooth-skinned squash (i.e., butternut) may be peeled, cut, and seeded before baking.
- 4.** Put squash in the slow cooker and cover (see tip #2). Do not add water. Refer to the list of squashes for baking times.
- 5.** Because cooking temperatures vary from one slow cooker to another, cooking times span a wide range. Get to know your cooker; some are extra-fast, some are fast, and some are slow to average!

	Low	High
Most squash, whole or in pieces (pieces bake faster)	4 – 6 hours	1¼ – 1½ hours
Spaghetti squash, whole	5 – 7½ hours	2¼ – 3¾ hours

TIPS AND VARIATIONS

1. The cooker may be plugged into a lamp appliance timer to begin baking up to 6 hours later. This is handy if you want the food to start cooking when you are not home or if you won't be around to turn it off when the food is done. Inexpensive timers are available in the electrical or hardware sections of many stores.
2. If the squash is too big to allow the cooker lid to close completely, regular or heavy-weight aluminum foil may be used as a lid. Set the squash-filled crock into the cooker base. Cover with foil and then shape and crimp the foil for a snug fit. You may need to overlap two pieces of foil to cover large cookers. That's all there is to it!
3. Squash may be cut, seeded, bagged, and refrigerated for baking at a later time. This is a handy time-saver!

NUTRITIONAL DATA PER SERVING (1 CUP): calories 63.00 | fat 0.14g | saturated fat 0.03g | cholesterol 0mg | sodium 5.60mg | carbohydrates 16.37g | fiber 2.80g | sugars 3.08g | protein 1.40g

Crispy Zucchini Fritters

BY HEATHER LENO



These fun and tasty zucchini fritters will be a guilt-free delight to your family and friends. They don't require deep frying, they bake easily in the oven, and they're perfect for summer gardeners with zucchini in abundance. Unlike the deep-fried versions that most restaurants serve, these fritters contain whole grains and no refined oils. They are best served hot right out of the oven with tartar sauce on the side.

PREPARATION: 15-20 MINUTES, **BAKING:** 20 MINUTES, **SERVES:** 12

Cashew Jack Cheese
(see page 345).

Fresh whole-grain bread
crumbs

2 cups of thumb-sized
whole-grain bread
chunks, not pressed
down

½ teaspoon sage

½ teaspoon onion powder
or granules

½ teaspoon celery salt

¼ teaspoon garlic powder
or granules

Firm zucchini, 2–3 inches
in diameter, cut into
½-inch slices

- 1.** Preheat oven to 400°F. Prepare cookie sheet with parchment paper or silicone pad.
- 2.** Make cashew cheese. Pour into a bowl and set aside.
- 3.** Process bread chunks and seasonings in a mini food processor until fine crumbs. Pour into a shallow dish and set aside.
- 4.** Dip zucchini in cashew cheese, coating completely. Allow extra cheese to drip off. Then dip slices in fresh bread crumbs and place on prepared cookie sheet.
- 5.** Bake for 10 minutes. Carefully flip zucchini with thin spatula and bake for another 8–10 minutes, until lightly browned and crispy.

**Tartar sauce for dipping
(optional)**

**Simple Mayo, made in
advance (see page 342)**

Minced celery

Chopped onion

**Dill pickles, diced, or dill
relish**

**Pinch of parsley, dried or
minced fresh**

6. While zucchini bakes, mix tartar sauce ingredients together (optional).

7. Serve immediately with tartar sauce, if desired.

TIPS AND VARIATIONS

Dried, seasoned whole-grain bread crumbs can also be used; just watch carefully, as they will brown more quickly.

NUTRITIONAL DATA PER SERVING (2 PIECES): calories 54.13 | fat 2.40g | saturated fat 0.37g | cholesterol 0mg | sodium 115.01mg | carbohydrates 5.96g | fiber 1.17g | sugars 1.62g | protein 2.28g

Zippy Pineapple Salsa with Jalapeño

CHEF EDWIN CABRERA



“Salsa” is just another word for sauce, and traditional Latin salsas include all kinds of ingredients, from tomatoes and chili peppers to avocado, carrots, and even chocolate. For a new twist on an old favorite, use pineapple instead of tomatoes in a salsa. Choose a healthy-looking, ripe pineapple (an appetizing, sweet smell is the best test) or use canned—either option will provide a sweet lift to a delightful array of dishes and dips without processed sugar.

PREPARATION: 8 MINUTES, COOKING: NONE, SERVES: 12

**1 pound or 3 cups
pineapple, diced**
**1 cup red bell pepper,
diced**
1 small red onion, diced
**2 small jalapeño peppers,
minced**
**2 tablespoons Italian
parsley, chopped**

1. Prepare each ingredient as noted.
2. In a bowl, combine all ingredients, mix well, and serve.

NUTRITIONAL DATA PER SERVING (¼ CUP): calories 26.44 | fat 0.10g | saturated fat 0.01g | cholesterol 0mg | sodium 1.66mg | carbohydrates 6.53g | fiber 0.98g | sugars 4.47g | protein 0.46g

Rich Black Bean Hummus Spread

BY CHEF EDWIN CABRERA



This spread is similar to a chickpea hummus but includes chipotle pepper, cumin, and the tempting smokiness of paprika (buy a new bottle just for this dish). This classic Central American preparation (it's even an ingredient in ice cream!) can be used to fill fajitas, layer into tacos, or add to healthy natural nacho chip platters. A tablespoon or two in broth also creates a speedy black bean soup.

PREPARATION: 7 MINUTES, COOKING: NONE, SERVES: 14

**2 cups canned black beans,
drained and rinsed**
**3 tablespoons yellow
onions, diced**
**2 tablespoons fresh garlic,
chopped**
¼ teaspoon oregano, dried
¾ teaspoon chili powder
¼ teaspoon ground cumin
3 tablespoons water
**⅛ teaspoon smoked
paprika**
**¼ teaspoon chipotle
seasoning**

- 1.** Prepare each ingredient as noted above.
- 2.** Place all ingredients in a food processor and puree until soft. If necessary, blend the mixture in batches to complete final product.

DR. GUTHRIE SAYS:

Beans have their own natural heartiness and stick with you through the day. Besides that, they are high in magnesium, potassium, and fiber. What a healthy dip!

NUTRITIONAL DATA PER SERVING (2 TABLESPOONS): calories 63.96 | fat 0.36g | saturated fat 0.01g | cholesterol 0mg | sodium 272.63 mg | carbohydrates 12.88g | fiber 4.27g | sugars 0.81g | protein 4.26 g

Puerto Rican Pepper, Onion, and Garlic Sofrito

BY CHEF EDWIN CABRERA



Certain food combinations can become the basis for an entire cuisine. The Cajun cooking of New Orleans centers on the trinity of celery, bell pepper, and onion; the French live on a base of sautéed onion, shallots, and finely chopped mushrooms (called duxelles); and southern Indian cooks would be lost without a paste of ground ginger and garlic. Sofrito is the foundation upon which much of Puerto Rican and Latin American cooking is based, and it adds a pop of flavor without additional salt. Typically cooked over low heat with oil (sofrito means lightly fried), the combination of peppers, onions, and garlic releases a glorious aroma and rich flavors, which only get better with time. This oil-free version is a delightful addition to many dishes.

PREPARATION: 8 MINUTES, COOKING: NONE, SERVES: 26

**3 cups yellow onions,
diced**
**4½ cups green peppers,
diced**
**3 cups red bell pepper,
diced**
6–9 garlic cloves
1 bunch cilantro
2 bay leaves
1 tablespoon fresh thyme

- 1.** Place all ingredients in a food processor and blend to a chunky consistency.
- 2.** Use as a base for beans, rice dishes, or soups, or as a condiment.

DR. GUTHRIE SAYS:

If you like cilantro, this flavoring sauce can be used in lots of places.

NUTRITIONAL DATA PER SERVING (1/3 CUP): calories 19.89 | fat 0.13g | saturated fat 0.03g | cholesterol 0mg | sodium 2.96mg | carbohydrates 4.39g | fiber 1.18g | sugars 2.11g | protein 0.69g

Simple Eggless Mayo

BY HEATHER LENO



DR. GUTHRIE SAYS:

A fat-free mayo can be a great addition to a healthy plant-based diet.

You will find this easily made, oil-free mayonnaise to have a genuine flavor and first-rate texture for sandwiches, macaroni or potato salads, and dips. The simple step of boiling the water is the key to activating the thickening of the cashews and starches. As you can see, it comes together quickly but needs a little time to chill before the flavors are at their best.

PREPARATION: 8-10 MINUTES, CHILL TIME: OVERNIGHT, SERVES: 8

½ cup raw cashews, rinsed and well drained
1 tablespoon tapioca flour or 1½ tablespoons arrowroot starch
½ teaspoon salt
¼ teaspoon sweetener, or to taste
½ teaspoon dry mustard (see note below)
Pinch of garlic powder, optional
¾ cup + 2 tablespoons hot water (exact measurements)
⅛ teaspoon agar powder
1½ tablespoons lemon juice
1½ teaspoons vinegar (see note below)

TIPS AND VARIATIONS

Mustard and vinegar may be replaced with 2 tablespoons of lemon juice, or to taste.

1. Put well-drained cashews in blender and sprinkle with tapioca flour, salt, sweetener, dry mustard, and garlic powder (if desired).
2. Measure water in a 2-cup glass measuring cup. Dissolve agar powder in water and immediately heat to boiling in the microwave (or stovetop, if you wish). *Do not continue to cook; you want all the water.*
3. Quickly pour water mixture over cashews.
4. Release blender vent and *carefully* blend until nuts are creamy-smooth. *If you do not have a high-powered blender, just blend longer.*
5. Add lemon juice and vinegar, and blend just to mix.
6. Pour mixture into a glass jar, cover with a paper towel, and chill in refrigerator. *To avoid condensation, only cover with a paper towel until mayo has cooled completely.* The true flavor will not be apparent until the mayo has chilled completely.

NUTRITIONAL DATA PER SERVING (2 TABLESPOONS): calories 44.69 | fat 3.06g | saturated fat 0.5g | cholesterol 0mg | sodium 121.82mg | carbohydrates 3.38g | fiber 0.29g | sugars 0.74g | protein 1.32g

Very Versatile Pineapple-Cranberry Spread

BY CHEF EDWIN CABRERA



The beauty of making something from dried fruit is all those concentrated flavors melding together. And all the ingredients can be kept in the pantry, ready for inspiration and opportunity. The natural sweetness of pineapple and apricots balance tart cranberries, and all it takes is some time for soaking and processing. Use this spread as a breakfast jam, a topping for dairy-free yogurt or hot cereal, or a base for a fruit vinaigrette salad dressing.

PREPARATION: 2 MINUTES, COOKING: 30 MINUTES, SERVES: 16

**¾ cup unsweetened
pineapple, dried**
6 apricots, dried
½ cup cranberries, dried
(see tip below)
**½ cup unsweetened
pineapple juice**
1 tablespoon lime juice

- 1.** Combine dried fruits in a bowl and cover with pineapple and lime juices. Soak for 30 minutes.
- 2.** Place all ingredients in a food processor and purée until smooth.

DR. GUTHRIE SAYS:

A jam with just fruits—great idea! I also like a slab of fresh peach with a little peanut butter on my sprouted grain bread, but if peaches are out of season, this is a great alternative.

TIPS AND VARIATIONS

Instead of cranberries, try dried cherries or a pomegranate-infused berry for even more variety.

NUTRITIONAL DATA PER SERVING (1½ TABLESPOONS): calories 42.34 | fat 0.05g | saturated fat 0.01g | cholesterol 0mg | sodium 4.64mg | carbohydrates 10.60g | fiber 0.54g | sugars 8.89g | protein 0.09g

8-Minute Corn and Red Pepper Salsa

BY CHEF EDWIN CABRERA



Once this corn salsa is in your repertoire, it will find its way into dips, salads, and chili, with the sweet corn balancing the savory pepper-and-onion combination and tempering the spicy jalapeño. No cooking is involved, so this salsa is a perfect last-minute highlight to almost any meal. Frozen corn is often crisper than canned, and if fresh corn is in season, cut it right off the cob for a special treat.

PREPARATION: 8 MINUTES, COOKING: NONE, SERVES: 5

1½ cups corn
½ cup red bell pepper,
diced
½ cup red onion, diced
¼ teaspoon fresh jalapeño,
chopped
½ teaspoon fresh garlic,
minced
2 tablespoons cilantro,
chopped
2½ tablespoons fresh lime
juice
Pinch chipotle powder
Pinch chili powder
Pinch ground cumin

Combine all ingredients and refrigerate until needed. Salsa may be served at room temperature.

DR. GUTHRIE SAYS:

A great healthy salsa!

NUTRITIONAL DATA PER SERVING (½ CUP): calories 43.27 | fat 0.69g | saturated fat 0.11g | cholesterol 0mg | sodium 76.04mg | carbohydrates 8.32g | fiber 0.41g | sugars 0.95g | protein 1.26g

Cashew Jack Drizzle

BY HEATHER LENO



This cashew cheese has multiple uses. You can store it in the freezer to have on hand for convenience, and yet, it just takes five minutes to make. It resembles batter and, when cooked, thickens to a rich consistency. Drizzle it over dishes like vegan pizza, enchiladas, or lasagna, or use it as a topping for sweet potatoes or yams. Its possibilities are endless. Cashew cheese is a great batter for dipping vegetables and “frying” them in a nonstick skillet without oil, making them browned and crunchy, or as a batter with bread crumbs, as with Zucchini Fritters (recipe on page 337).

PREPARATION: 5 MINUTES, COOKING: NONE, SERVES: 7

1 cup water (see Tips and Variations)
1 cup raw cashews, rinsed
2 tablespoons dried onion flakes
1 tablespoon nutritional yeast flakes (see Tips below)
½ teaspoon salt
⅛ teaspoon garlic granules or powder
⅛ teaspoon celery salt
2 tablespoons lemon juice

- 1.** Blend all ingredients except lemon juice in blender until nuts are completely smooth and creamy.
- 2.** Add lemon juice and blend briefly.

DR. GUTHRIE SAYS:

This is another one of those marvelous sauces that can make broccoli taste like a million bucks. It is one of my favorites.

TIPS AND VARIATIONS

For a yellow creamy cheese, omit water and replace with ½ cup chopped sweet red pepper. Blend with enough water to make one cup. Increase yeast flakes to 2 tablespoons. All other ingredients remain the same.

NUTRITIONAL DATA PER SERVING (¼ CUP): calories 101.13 | fat 6.92g | saturated fat 1.15g | cholesterol 0mg | sodium 159.27mg | carbohydrates 6.46g | fiber 1.01g | sugars 1.79g | protein 3.58g

Creamy Ranch-Style Dressing

BY HEATHER LENO



For people in love with ranch dressing, this easy recipe is rich and creamy even though it is oil-free. Use it as you would normally use ranch—and maybe try something new, like using it in place of butter on your favorite vegetable or a baked potato. The boiling water in combination with the cashews is the secret to thickening it correctly. You can easily add or adjust the seasonings according to your personal taste, so experiment and enjoy!

PREPARATION: 5-10 MINUTES, CHILL TIME: OVERNIGHT, SERVES: 12

¾ cup raw cashews, rinsed
1 ⅓ cups boiling water
¾ teaspoon salt
½ teaspoon sweetener
¼ teaspoon onion powder
¼ teaspoon garlic powder
⅛ teaspoon celery salt
⅛ teaspoon crushed basil
⅛ teaspoon marjoram
⅛ teaspoon dill
3 tablespoons lemon juice,
to taste

- 1.** Place cashews in blender.
- 2.** Put water in glass measuring cup and heat to boiling in microwave. Pour boiling water over cashews.
- 3.** Release blender cup vent and *carefully* blend mixture until nuts are creamy-smooth.
- 4.** Add seasonings and lemon to taste. Mix, do not blend, as blending will result in a green dressing.
- 5.** Chill for several hours or overnight. Use within 7–10 days; always keep refrigerated.

DR. GUTHRIE SAYS:

Another healthy substitute for a long-time favorite. It can be used on cooked and raw vegetables.

NUTRITIONAL DATA PER SERVING (2 TABLESPOONS): calories 30.92 | fat 2.26g | saturated fat 0.38g | cholesterol 0mg | sodium 99.25mg | carbohydrates 1.92g | fiber 0.21g | sugars 0.61g | protein 0.61g

Quick Chop Rustic Tomato Salsa

BY CHEF EDWIN CABRERA



This is as simple as it gets: a rustic, fast chop of vegetables and the barest kiss of extra flavor make for a supreme salsa. The short ingredient list and minimal preparation demand the freshest, brightest tomatoes. Haunt your local farmer's market or farm stand for something vine-ripened, and, if tomatoes aren't in season locally, wait until they are!

PREPARATION: 5 MINUTES, COOKING: NONE, SERVES: 5

1 jalapeño, chopped
3 tablespoons red onions, diced
1 tablespoon cilantro, chopped
1 tablespoon lime juice
1 cup tomatoes, diced
1/16 teaspoon salt

- 1.** Prepare ingredients as noted above.
- 2.** Combine all ingredients and mix well.

DR. GUTHRIE SAYS:

Look for healthy sauces that you really like and then find places to substitute them in favorite dishes.

NUTRITIONAL DATA PER SERVING (1/4 CUP): calories 16.01 | fat 0.02g | saturated fat 0.01g | cholesterol 0mg | sodium 128.48mg | carbohydrates 3.40g | fiber 0.49mg | sugars 2.02g | protein 0.51g

Strawberry-Kiwi Smoothie

BY CHEF EDWIN CABRERA



The fuzzy kiwi is also known as the Chinese gooseberry, but it isn't a gooseberry at all. In this sweet smoothie, kiwis deliver a low-calorie boost of vitamin C (more than an orange) and vitamin K, along with a bracing, lime-like flavor. And here's a secret: The strong flavors of strawberry and kiwi make this smoothie the perfect cover for kale or spinach. The added nutritional boost from greens benefits everyone, but their flavor disappears—promise! (See tip below for adding greens.)

PREPARATION: 3 MINUTES, **COOKING:** NONE, **SERVES:** 2

½ cup strawberries, frozen
1½ cups fresh kiwi fruit,
peeled and diced
½ cup applesauce
½ cup banana, peeled
½ cup ice water

- 1.** Measure out ingredients and place in blender.
- 2.** Blend until smooth.

DR. GUTHRIE SAYS:

Chewing your food is better than running it through the blender, but when time is short and you're on the run, blending is a quick way to get fiber and lots of phytonutrients into your body. Just remember that it will raise your blood sugars a little faster than if you'd eaten the fresh fruit whole.

TIPS AND VARIATIONS

Try adding a cup of kale, spinach, or other mild-tasting greens to this smoothie and reap the benefits from these powerhouse foods. It's optional, but optimal. And it's a great way to sneak vegetables to an otherwise picky eater!

NUTRITIONAL DATA PER SERVING (1 CUP): calories 159.08 | fat 0.81g | saturated fat 0.06g | cholesterol 0g | sodium 6.97mg | carbohydrates 40.23g | fiber 6.32g | sugars 27.56g | protein 2.49g

Naturally Sweet Banana-Date Mounds

BY JOANN RACHOR



Enjoy the natural sweetness of these moist, sugar-free cookies. They are perfect for dessert, but even at breakfast, they add a nice, chewy flavor when crumbled over cooked cereal. These cookies have been a favorite at my cooking classes for many years.

PREPARATION: 15 MINUTES, COOKING: 30 MINUTES, SERVES: 31

1½ cups bananas, mashed
1 cup dates, chopped
½ cup nuts, chopped
½ teaspoon salt
1½ cups quick or rolled
oats

- 1.** Preheat oven to 350°F.
- 2.** Combine bananas, dates, nuts, and salt, and mix well.
- 3.** Gently but thoroughly stir in oats.
- 4.** Shape cookies by lightly packing dough into a ¾-ounce scoop, or shape 1½ tablespoons of the mixture into mounds with your hand. Do not pack dough.
- 5.** Place mounds on prepared cookie sheet. Leave in mounds; do not flatten.
- 6.** Bake for 30 minutes, until lightly browned on the bottom.

DR. GUTHRIE SAYS:

These cookies are high in fiber and not overly sweet. This is the best kind of sweets!

TIPS AND VARIATIONS

Feel free to use other dried fruits in place of dates.

Applesauce may be substituted for bananas, but cookies will be less sweet.

NUTRITIONAL DATA PER SERVING (1 COOKIE): calories 52.20 | fat 1.62g | saturated fat 0.19g | cholesterol 0mg | sodium 32.45mg | carbohydrates 9.61g | fiber 1.21g | sugars 5.13g | protein 1.06g

Chocolate Date Cake

BY HEATHER LENO



This tender, moist chocolate (or carob) cake will satisfy your craving for something rich and delicious. The date sauce brings a sweet moistness without the fat and sugar of regular frosting, and the added toppings give flavor and eye appeal. Both the cake and the spread freeze well, so this is an easy, make-ahead treat for entertaining. When ready to use, thaw both completely, spread the date mixture evenly over the cake, and sprinkle with toppings for an elegant presentation.

PREPARATION: 30 MINUTES, **BAKING:** 35-40 MINUTES, **SERVES:** 12

Cake

- 1 cup whole-wheat pastry flour
- ½ cup white whole-wheat flour
- 1 teaspoon baking soda
- ⅓ cup cocoa or carob powder
- ½ teaspoon salt
- 1 cup unsweetened soy or almond milk
- ½ cup + 2 tablespoons maple syrup
- ½ cup soft dates, *pressed down to measure*
- 1 tablespoon lemon juice
- 2 teaspoons flax meal
- 1½ teaspoons vanilla
- ¼ teaspoon almond flavoring

1. Preheat oven to 350°F.
2. Mix all dry cake ingredients together.
3. Place milk, syrup, dates, and seasonings in blender, and blend until completely smooth.
4. Pour liquid mixture into dry ingredients, mixing just until blended—do not overmix.
5. Cover bottom of nonstick square cake pan with parchment paper or use

DR. GUTHRIE SAYS:

Desserts should taste good. Sweet is good in small amounts, especially when there is lots of fiber. This recipe has plenty, and you will enjoy it. Remember to keep the serving size on the smaller side and freeze the rest for another day.

Date spread

1 cup hot water

½ cup soft dates, *pressed down to measure*

½ teaspoon vanilla

¼ + ⅛ teaspoon coconut flavoring

Toppings

⅓ cup pecans, chopped and roasted

⅓ cup unsweetened macaroon coconut, toasted

⅓ cup cacao nibs

a silicone cake pan. Pour batter into pan.

6. Bake for 35–40 minutes, until toothpick inserted in the center comes out clean. Remove from oven and cool completely.

7. For toppings, while cake is baking, toast nuts and coconut separately (their cook times differ).

8. For date spread, combine water, dates, and seasonings, and blend until completely smooth and creamy.

9. After cake has cooled, spread date mixture on top and sprinkle with nuts, coconut, and cacao nibs. Or place cake slices on plates, drizzle with date mixture, and top with nuts, coconut, and cacao nibs.

NUTRITIONAL DATA PER SERVING (1 SLICE): calories 236.50 | fat 9.05g | saturated fat 2.72g | cholesterol 0mg | sodium 200.56mg | carbohydrates 37.98g | fiber 7.09g | sugars 20.49g | protein 4.50g

Pineapple-Mango Slushie

BY CHEF EDWIN CABRERA



A great kick of natural sweetness without added sugar practically makes this smoothie a dessert. The pineapple-mango combination delivers a super-high vitamin C content, good fiber, and an interesting blend of tart and sweet that will appeal even to fruit haters. Pour leftovers into readily available popsicle molds and serve as an afternoon snack or dessert alternative.

PREPARATION: 3 MINUTES, COOKING: NONE, SERVES: 8

**2 cups mango chunks,
frozen**
**1 cup pineapple chunks,
frozen**
1 cup ice water
**¼ teaspoon vanilla extract
(optional)**
1 cup fresh orange juice

Place all ingredients in a blender and puree until smooth. If needed, turn off blender a few times and use rubber spatula to scrape contents from sides and back into blender cup.

DR. GUTHRIE SAYS:

I also like the idea of making this into popsicles or freezing and blending it at dessert time for a healthy “sorbet.”

NUTRITIONAL DATA PER SERVING (2/3 CUP): calories 66.72 | total fat 0.22g | saturated fat 0.04 | cholesterol 0mg | sodium 2.25g | carbohydrates 16.59g | fiber 1.08g | sugars 14.60g | protein 0.67g

Maple Walnut Vanilla “Bean” Ice Cream

BY JOANN RACHOR



Although ice cream exists in many forms around the world, it’s generally not considered a health food. In this version, fruit supplies natural sweetness, beans provide a stealthy dose of fiber, and the creamy mixture still tastes delicious! What’s not to love? This yummy recipe can be enjoyed as a healthy dessert or as a topping for waffles, French toast, pancakes, granola, or cooked cereal.

PREPARATION: 10 MINUTES, COOKING: NONE, SERVES: 2

- 1/3 cup light-colored, soft-cooked beans (Great Northern, navy, cannellini), optional (see tips # 1–2)**
- 1/4 cup walnuts**
- 1/2 teaspoon vanilla**
- 1/4 teaspoon maple extract**
- 1/3–2/3 cup nondairy milk (if using a blender)**
- 3 small or medium bananas, cut into 1/2-inch chunks and frozen (see tip # 3)**

1. Combine all ingredients except bananas in a blender or food processor, and blend until smooth.

If using a food processor, you won’t need milk; if using a blender, add 1/3 cup milk. Turn off machine several times to scrape mixture back down into container.

2. After beans and nuts are mostly smooth, add frozen bananas and blend until smooth. Turn off machine a few times to scrape mixture back down into container.

3. Add more milk to the blended mixture as needed.

DR. GUTHRIE SAYS:

Another option is to prepare the mixture and freeze it in ice cube trays. Then, just before dessert is served, take out a few and put them in the blender. All that fiber helps to slow the sugar rush into the bloodstream. Remember to keep the serving size on the smaller side.

TIPS AND VARIATIONS

1. I don't recommend garbanzo beans for this recipe because they do not get as creamy as softer beans when blended.
2. Beans may be left out completely. In this case, less liquid will be needed.
3. To freeze bananas, peel ripe fruit, place in a plastic bag, and freeze solid. Freezing takes several hours.
4. To make firmer ice cream, store mixture in freezer for 30–90 minutes, until fully frozen (freezer temperature and ice cream volume will affect freezing time). If ice cream is too hard, allow to soften for a few minutes before serving.
5. Freeze leftover ice cream: When ready to serve, remove the frozen ice cream from freezer. Let soften 10–15 minutes, until you can scoop out frozen chunks. Put chunks in food processor and process until smooth. Or blend in a blender with a small amount of nondairy milk.

NUTRITIONAL DATA PER SERVING (1 CUP): calories 313.37 | fat 10.87g | saturated fat 1.06g | cholesterol 0mg | sodium 96.50mg | carbohydrates 38.98g | fiber 8.28g | sugars 25.98g | protein 16.95

Cooking Beans

BY JOANN RACHOR

Canned beans are so convenient, and I'm thankful for them. But, in my opinion, home-cooked beans have better flavor and texture, and they usually cost less than canned ones. Cooked beans freeze well, so make a big batch over the weekend and store them in the freezer in serving-sized containers. They'll be ready to use in minutes.

Cooking Chart for Dry Beans, Unsoaked

Beans—One Pound (2½–2¾ cups dry)	Cooking Water	Cooking Time
Lentils	5½ cups	50–60 minutes
Great Northern, Black, Pinto, Navy, or Kidney Beans	6 cups	2–2½ hours
Garbanzos (Chickpeas)	8 cups	3–3½ hours

1. Sort through beans, removing debris and small stones.
2. To wash beans, cover them with water and drain. Repeat 2–3 times.
3. Place beans in a large saucepan (3 quarts or larger) and add water as noted above. If desired, add up to 1½ teaspoons salt.
4. Place covered pan on stove and bring to a light boil. Cook as noted above, or until beans are soft. If needed, add more water toward the end of the cooking time.
5. For additional information, see “Tips” below.

Cooking Chart for Dry Beans, Soaked

Beans—One Pound (2½–2¾ cups dry)	Cooking Water	Cooking Time
Great Northern, Black, Pinto, Navy, or Kidney Beans	4 cups	1½–2 hours
Garbanzos (Chickpeas)	4 cups	2–2½ hours

1. Sort through beans, removing debris and small stones.
2. Soak beans in 8 cups of water for 8 hours or overnight. Drain.
3. Place beans in a large saucepan (3 quarts or larger) and add water as noted in the chart above. If desired, add up to 1½ teaspoons salt.
4. Place covered pan on stove and bring to a light boil. Cook as noted above, or until beans are soft. If needed, add more water toward the end of the cooking time.

TIPS

1. Salt may be added as noted, or to taste. Add it at the beginning or end of the cooking time. In my experience, salt does not affect the beans' cooking time.
2. 1 cup of dry beans = 2½–2¾ cups cooked beans
3. 2½–2¾ cups dried beans = 1 pound cooked beans
4. If your saucepan is smaller than 3 quarts, cook only ½ cup of dry beans.
5. I recommend a large pot to keep the water from boiling over. Once beans have come to a boil, keep them at a light boil for the remainder of the cooking time. Make note of your “light boil” stove setting for future reference.
6. Old beans may take longer to cook.
7. Cook beans in a pressure cooker or Instant Pot to reduce cooking time.
8. Make your own home-canned beans in a pressure canner. See my cookbook, *Of These Ye May Freely Eat* for details on how to can beans.
9. My favorite way to cook beans is in a slow cooker. Check out my cookbook, *Fast Cooking in a Slow Cooker Every Day of the Year*, for several bean recipes.

From the cookbook *Of These Ye May Freely Eat*