

# EAT PLANTS FEEL WHOLE

---

## ACTION PLAN RECIPES

---



PREVENT DISEASE,  
RESTORE YOUR HEALTH,  
ENERGIZE YOUR LIFE

---



# Contents

## 3 [Your Best Life Is Out There](#)

Recipes: Pages 4-33

### BREAKFAST

- 4 [Vegan Frittata with Tofu](#)
- 5 [Crispy Almond-Coconut Granola](#)
- 6 [Savory Breakfast “Sausage” Patties](#)
- 7 [Easy Apple-Oat Bake](#)
- 8 [Light, Fluffy Whole-Grain Pancakes](#)
- 9 [Very Versatile Scrambled Tofu](#)

### BREAD

- 10 [Tender Golden Cornbread](#)
- 11 [Light and Airy Low-Fat Biscuits](#)

### SALADS

- 12 [Colorful Quinoa Salad](#)
- 13 [Romaine-Spinach Salad with  
Garlicky Lemon Dressing](#)
- 14 [Crunchy Edamame-Corn Salad](#)
- 15 [Golden Quinoa-Spinach Salad](#)

### SOUPS

- 16 [Mediterranean Mazidra](#)
- 17 [Creamy Broccoli Cheese Soup](#)
- 18 [Minestrone Soup](#)
- 19 [Zesty Tex-Mex Soup](#)

### ENTREES & LUNCHES

- 20 [Sesame-Style Quick Beans and Rice](#)
- 21 [Zucchini Creole](#)
- 22 [Tofu Meatballs with Sweet and Sour Sauce](#)
- 23 [Roasted Vegetable Wraps with  
Seasoned Marinade](#)
- 24 [Black Bean Burgers](#)
- 25 [French Green Lentil Rice Bowl](#)

### VEGETABLES

- 26 [Succulent Roasted Cabbage Wedges](#)
- 27 [Crispy Zucchini Fritters](#)

### SPREADS & SAUCES

- 28 [Cashew Jack Drizzle](#)
- 29 [Simple Eggless Mayo](#)

### SWEETS

- 30 [Chocolate Date Cake](#)
- 31 [Banana Bon Bons](#)
- 32 [Maple Walnut Vanilla “Bean” Ice Cream](#)
- 33 [Homemade Strawberry Sauce](#)

- 34 [Credits and Additional Information](#)



## Your Best Life is Out There

Let us help you find it!

At AdventHealth, our whole-person approach to care is designed to help you put your health — and your life — back into your own hands. It's not just about healing what's wrong, it's about celebrating what's right, and helping you create a life of better health, more joy, and less stress. That's why we've created this e-cookbook just for you with 20 delicious, healthy, plant-based recipes to help you feel whole.

Each recipe has a variety of symbols. The symbols make it easy to identify recipes that meet your individual preferences and needs. Many people want to avoid, reduce, or increase certain foods in their diet. Recipe symbols make this process easier. The symbols will show you if it's a recipe you want to use. Here is a quick reference for what the symbols mean.



### WHOLE GRAIN

Contains grains that are considered “intact” and contains all three layers – the bran, the endosperm, and the germ.



### HIGH FIBER

Contains 3 or more grams of fiber per serving. The American Heart Association recommends a daily intake of 25 grams of fiber for women and 38 grams of fiber for men.



### LOW FAT

3 grams or less of fat per serving.



### LOW SODIUM

140 milligrams or less of sodium per serving.



### VEGAN

Does not contain any ingredients of animal origin—no beef, pork, poultry, fish, eggs, cheese, milk or other dairy products, or gelatin.



### CHOLESTEROL-FREE

Does not contain cholesterol, which is found in animal products.



### GLUTEN-FREE

Does not contain gluten, a protein found in wheat and other grains such as barley and rye.



### PEANUT-FREE

Contains no peanuts.



### TREE NUT-FREE

Contains no tree nuts.

Here's to your good health!



### Todd Chobotar

Publisher and Editor-in-Chief  
AdventHealth Press





## Vegan Frittata with Tofu



Created by Neva Brackett

YIELD: ONE 8-INCH FRITTATA, CUT INTO 6 WEDGES

PREP TIME: 15 MINUTES

COOKING TIME: 20 MINUTES

TOTAL TIME: 35 MINUTES

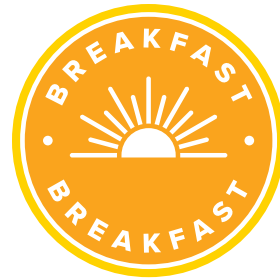
A frittata, known in Italy as a flat omelet, is usually made with eggs and cheese. This plant-based version with tofu and garbanzo flour is scrumptious! The frittata is one way this recipe can be cooked and served; for variation, try making patties or baking it as a soufflé.

### INSTRUCTIONS

Simmer onions, 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.

Place tofu and remaining ingredients in blender and blend — not necessarily smooth but thick. Stir blended tofu into onion mixture.

Pour into preheated skillet, smoothing the surface. Cook at 350°F 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.



### INGREDIENTS

- 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 liquid aminos
- 2 tablespoons garbanzo flour or corn flour

### NUTRITION FACTS

- Calories 36.20
- Fat 1.52g
- Saturated Fat 0.20g
- Cholesterol 0mg
- Sodium 123.88mg
- Carbohydrates 3.03g
- Fiber 0.65g
- Sugar 0.91g
- Protein 3.10g

Recipe Copyright © AdventHealth Press from the book *Eat Plants Feel Whole* by George E. Guthrie, MD, MPH, CDE, CNS



## Crispy Almond-Coconut Granola



Created by Heather Leno

YIELD: 48 (¼ CUP) SERVINGS

PREP TIME: 20 MINUTES

COOKING TIME: 2 HOURS

TOTAL TIME: 2 HOURS AND 20 MINUTES

Granola was invented in the 19th century by Dr. James Jackson, who operated a health spa in Dansville, NY. It's still a popular breakfast food today. A lovely combination of fruits. 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.

### INSTRUCTIONS

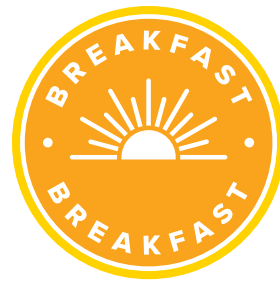
In large mixing bowl, combine oats, flax, almonds, and coconut.

Combine remaining ingredients in a blender in the order listed above. Blend until everything, including the walnuts, is creamy.

Preheat oven to 225°F (180°F for convection ovens).

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.

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.



### INGREDIENTS

6 cups quick oats

½ cup flax meal

1 cup unsweetened coconut

1 cup soft dates, pressed down to measure

1 tablespoon orange juice concentrate

1 ½ teaspoons salt

½ teaspoon coconut extract, optional

1 ½ cups regular oats

1 cup sliced almonds

¾ cup pineapple juice

1 cup walnut pieces

1 ½ tablespoons vanilla

½ teaspoon almond extract

Raisins (optional)

### NUTRITION FACTS

Calories 230.09

Fat 10.78g

Saturated Fat 2.72g

Cholesterol 0mg

Sodium 121.44mg

Carbohydrates 27.55g

Fiber 5.56g

Sugar 6.05g

Protein 6.49g

Recipe Copyright © AdventHealth Press  
from the book Eat Plants Feel Whole by  
George E. Guthrie, MD, MPH, CDE, CNS



## Savory Breakfast “Sausage” Patties



Created by Heather Leno

YIELD: 12 (2 PATTY) SERVINGS

PREP TIME: 45 MINUTES

COOKING TIME: 30 MINUTES

TOTAL TIME: 1 HOUR AND 15 MINUTES

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.

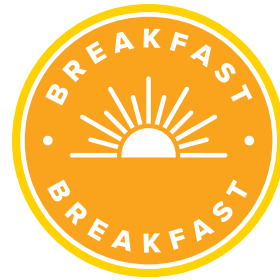
### INSTRUCTIONS

Combine all ingredients except oats in saucepan and bring to a boil. Stir in oats, cooking and stirring until mixture starts to thicken. Remove from heat, cover, and let sit until cool enough to handle. Preheat oven to 325°F.

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.

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

Serve with ketchup or gravy for a breakfast meal.



### INGREDIENTS

- 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
- 1 ½ 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

### NUTRITION FACTS

- Calories 51.45
- Fat 1.90g
- Saturated fat 0.21g
- Cholesterol 0mg
- Sodium 97.42mg
- Carbohydrates 6.36g
- Fiber 1.24g
- Sugar 0.43g
- Protein 2.40g

Recipe Copyright © AdventHealth Press  
from the book Eat Plants Feel Whole by  
George E. Guthrie, MD, MPH, CDE, CNS



## Easy Apple-Oat Bake



Created by Heather Leno

YIELD: 4 (½ CUP) SERVINGS

PREP TIME: 10–15 MINUTES

BAKE TIME: 40 MINUTES

TOTAL TIME: 50–55 MINUTES

This apple-oat bake is a quick and simple-to-prepare breakfast dish. You can make it in the evening, pop it into the oven, and set it to automatic bake. You'll wake up to the aroma of an instant and delicious breakfast! With just a little planning and hardly any effort, you and your family can start the day with this healthy, satisfying meal.

### INSTRUCTIONS

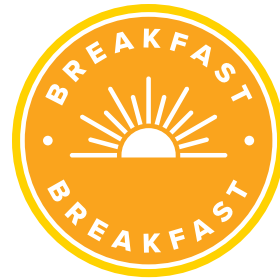
Preheat oven to 350°F.

Combine all ingredients except nuts in a 1-quart baking dish.

Sprinkle nuts evenly over oatmeal mixture.

Bake 40–45 minutes or until set.

Serve warm with nondairy milk, a side of toast, and fresh fruit.



### INGREDIENTS

1 cup rolled oats

1 sweet apple, peeled and diced small (Fuji apples are especially good)

1½ cups soy or almond milk

2 tablespoons pure maple syrup

1 teaspoon vanilla

¼ teaspoon salt

⅓–½ cup walnuts, chopped

### NUTRITION FACTS

Calories 268.88

Fat 12.64g

Sat fat 1.33g

Cholesterol 0mg

Sodium 168.06mg

Carbohydrates 33.56g

Fiber 4.53g

Sugar 14.70g

Protein 7.71g

Recipe Copyright © AdventHealth Press  
from the book Eat Plants Feel Whole  
Cookbook by George E. Guthrie, MD,  
Angela Fals, MD, and Sherri Flynt, RD



## Light, Fluffy Whole-Grain Pancakes



Created by Heather Leno

YIELD: 10–12 (5-INCH) PANCAKES (2 PANCAKES PER SERVING)

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

TOTAL TIME: 30 MINUTES

Pancakes, a favorite Sunday-morning breakfast dish, have been around since ancient times. These buttermilk-like multigrain flapjacks make a fun and versatile breakfast; they can be dressed up or eaten plain. Spread them with nut butter and add a fruit sauce or some blueberries, sliced banana, and a drizzle of maple syrup. Your imagination is the limit! This batter has no added sweetener—you can make them sweet with the toppings you add.

### INSTRUCTIONS

Combine all wet ingredients and set aside.

Heat nonstick griddle or pan to medium or medium-low.

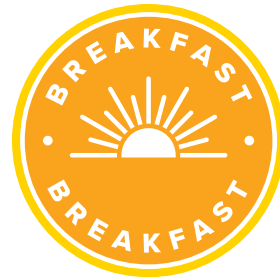
Combine dry ingredients.

Check griddle by sprinkling a few water droplets from your fingers. If they dance on the surface, it's ready.

Mix wet and dry ingredients together—do not overmix.

Scoop batter in 1/3-cup amounts onto the griddle. Cook until edges are beginning to dry and bubbles are forming on top.

Turn and cook the other side until bottom is brown and pancake is slightly firm to the touch. Total cook time per pancake is approximately 4 minutes.



### INGREDIENTS

1 2/3 cups unsweetened almond or soy milk

3 tablespoons applesauce

2 full teaspoons lemon juice

2 teaspoons flax meal, preferably golden

1 cup white whole-wheat flour (stir before measuring)

1/2 cup barley flour (stir before measuring)

1/2 cup oat flour (stir before measuring)

2 teaspoons non-aluminum baking powder

1/2 + 1/8 teaspoon salt

### NUTRITION FACTS

Calories 82.24

Fat 0.91g

Sat fat 0.02g

Cholesterol 0mg

Sodium 99.93mg

Carbohydrates 16.13g

Fiber 1.65g

Sugar 0.73g

Protein 2.08g

### TIP

When cooking without eggs, you are relying on baking powder for all the rising, so make sure it is nice and fresh. It loses its power as it ages or sits uncovered around moisture.

*Recipe Copyright © AdventHealth Press from the book Eat Plants Feel Whole Cookbook by George E. Guthrie, MD, Angela Fals, MD, and Sherri Flynt, RD*





## Very Versatile Scrambled Tofu



Created by Heather Leno

YIELD: 4 (2/3 CUP) SERVINGS

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

TOTAL TIME: 15 MINUTES

This scrambled tofu is packed with protein. You can eat it plain or add mushrooms, sautéed onions, green onions, chopped tomato, salsa, diced vegetables, spinach, peppers—anything you would put in an omelet. Your imagination is the limit! It can be eaten in sandwiches or pocket breads with sliced tomato, cucumber, avocado, and lettuce—a lovely complement to a bowl of soup. Scrambled tofu is great for breakfast, lunch, or dinner.

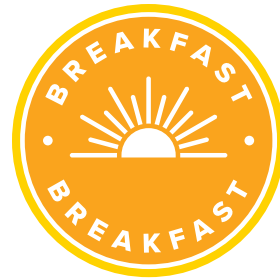
### INSTRUCTIONS

Rinse tofu well and drain. Crumble into a nonstick frying pan.

Sprinkle seasonings over tofu and stir to mix evenly.

Simmer until extra moisture is absorbed, stirring as needed. Do not brown. Tofu needs to simmer a few minutes to blend the flavors.

Serve as you would scrambled eggs.



### INGREDIENTS

1 pkg (14–16 oz.) extra-firm water-packed tofu

1 tablespoon chicken-style seasoning

2 teaspoons nutritional yeast flakes

½ teaspoon onion powder

½ teaspoon California-style or coarse garlic salt

⅛ teaspoon turmeric

(Added salt or seasoning for added vegetables)

### NUTRITION FACTS

Calories 107.70

Fat 5.84g

Sat fat 0.73g

Cholesterol 0mg

Sodium 239.77mg

Carbohydrates 3.86g

Fiber 0.82g

Sugar 0.13g

Protein 10.86g

Recipe Copyright © AdventHealth Press  
from the book Eat Plants Feel Whole  
Cookbook by George E. Guthrie, MD,  
Angela Fals, MD, and Sherri Flynt, RD



## Tender Golden Cornbread



Created by Neva Brackett

YIELD: 9 (1 SQUARE) SERVINGS

PREP TIME: 15 MINUTES

BAKING TIME: 20–25 MINUTES

TOTAL TIME: 35-40 MINUTES

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.

### INSTRUCTIONS

Heat oven to 375°F. In a mixing bowl, combine cornmeal, flour, ground flax, salt, and baking powder. Mix well.

In a measuring cup, stir together coconut or soy milk, applesauce, and liquid sweetener. Add water as needed to make 2 full cups.

Combine wet and dry ingredients, stirring briskly until smooth, adding extra water as needed until mixture is the consistency of cake batter. Pour into an 8-inch nonstick baking pan, or scoop into muffin tins. Bake for 20–25 minutes.



### INGREDIENTS

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

### NUTRITION FACTS

Calories 208.09

Fat 10.60g

Saturated Fat 8.37g

Cholesterol 0mg

Sodium 221.16mg

Carbohydrates 27.89g

Fiber 3.00g

Sugar 6.38g

Protein 4.04g

Recipe Copyright © AdventHealth Press  
from the book Eat Plants Feel Whole by  
George E. Guthrie, MD, MPH, CDE, CNS



## Light and Airy Low-Fat Biscuits



Created by Heather Leno

YIELD: 12 (1 BISCUIT) SERVINGS

PREP TIME: 10 MINUTES

BAKING TIME: 15–20 MINUTES

TOTAL TIME: 25–30 MINUTES

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 with a nut spread and fruit for a light supper.

### INSTRUCTIONS

Preheat oven to 400°F.

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.

Mix dry ingredients together.

When oven is at full heat, add wet ingredients to the dry. Mix just enough to moisten—dough will be soft.

Place parchment paper or silicone pad onto heavy cookie sheet. Use 3-tablespoon scoop to drop pieces of dough onto prepared cookie sheet.

Bake for 15–20 minutes, until slightly browned.



### INGREDIENTS

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 (see tip below)

¾ teaspoon salt

3 tablespoons almond flour  
or meal

### NUTRITION FACTS

Calories 95.77

Fat 16.17g

Saturated fat 0.10g

Cholesterol 0mg

Sodium 130.32mg

Carbohydrates 18.42g

Fiber 2.93g

Sugar 1.14g

Protein 3.31g

Recipe Copyright © AdventHealth Press  
from the book *Eat Plants Feel Whole* by  
George E. Guthrie, MD, MPH, CDE, CNS



## Colorful Quinoa Salad



Created by Heather Leno

YIELD: 10 (1 CUP) SERVINGS

PREP TIME: 30 MINUTES

CHILLING TIME: 30 MINUTES

TOTAL TIME: 1 HOUR

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

### INSTRUCTIONS

Put quinoa in a fine-mesh colander and rinse thoroughly under cold water. Drain well.

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.

Prepare vegetables and garbanzos while quinoa is cooking and cooling.

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.

Chill for 30 minutes. Stir before serving.



### INGREDIENTS

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-oz. can black olives, sliced

¾ cup red bell pepper, diced

¾ cup yellow bell pepper, diced

1 cup garbanzos, rinsed  
and drained

1½ cups English cucumber,  
diced small

6 tablespoons lemon juice  
(or to taste), freshly squeezed

### NUTRITION FACTS

Calories 75.63

Fat 1.99g

Saturated Fat 0.10g

Cholesterol 0mg

Sodium 370.49mg

Carbohydrates 12.45g

Fiber 2.37g

Sugar 1.56g

Protein 2.78g

*Recipe Copyright © AdventHealth Press  
from the book Eat Plants Feel Whole by  
George E. Guthrie, MD, MPH, CDE, CNS*





## Romaine-Spinach Salad with Garlicky Lemon Dressing



Created by Heather Leno

YIELD: COMBO 3 ( 1¼ CUP) SERVINGS; DRESSING = 1 SERVING

SERVING SIZE: 1½ CUPS SALAD / 3 TEASPOONS DRESSING

PREP TIME: 5–10 MINUTES

COOKING TIME: 0 MINUTES

TOTAL TIME: 5–10 MINUTES

This salad is a combination of Romaine and spinach, which is not only very tasty and also has great visual appeal. The combination of crisp greens, avocado and olives add a rich and pleasing flavor. This recipe is quick and easy, perfect for get-togethers or lunch at home. The simple lemon-garlic dressing can also be used on a wide range of greens and veggies. For best results, add just before serving.

### INSTRUCTIONS

Combine all ingredients except tomatoes.

Sprinkle with Lemon-Garlic Dressing, to taste (approximately 1 teaspoon lemon per serving). Toss to disperse throughout salad. Taste for correct tartness and seasoning before adding the tomatoes.

Carefully fold in tomatoes.



### INGREDIENTS

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

#### Lemon-Garlic Dressing

1 teaspoon fresh lemon juice, to taste (You may need more)

½ teaspoon coarse ground garlic salt with parsley

### NUTRITION FACTS

Calories 60.04

Fat 2.66g

Saturated fat 0.04g

Cholesterol 0mg

Sodium 310.71mg

Carbohydrates 7.61g

Fiber 2.03g

Sugar 2.01g

Protein 2.16g

Recipe Copyright © AdventHealth Press from the book Eat Plants Feel Whole by George E. Guthrie, MD, MPH, CDE, CNS



## Crunchy Edamame-Corn Salad



Created by Heather Leno

YIELD: 8 (¾ CUP) PORTIONS

PREP TIME: 15 MINUTES

CHILL TIME: 2 HOURS OR MORE

TOTAL TIME: 2 HOURS, 15 MINUTES OR MORE

This quick, colorful salad works well as a side but can also be an entire meal on its own, with soybeans—high in omega-3 fatty acids, potassium, calcium, and protein—bringing excellent nutrition to the table. It's a perfect on-the-go lunch or an easy dish for a picnic.

### INSTRUCTIONS

Thaw soybeans and corn.

Combine vegetables in a mixing bowl.

Mix together all dressing ingredients.

Combine dressing and vegetables; adjust balance of lemon and seasonings to taste.

Chill several hours. Stir well before serving.



### INGREDIENTS

1 package (12 oz.) frozen shelled green soybeans (edamame)

1 package (16 oz.) frozen sweet white corn

1 cup jicama, diced into ¼-inch pieces

⅔ cup celery, diced

½ cup sweet red pepper, diced

⅓ cup green onions, cut into ¼-inch slices

1 tablespoon fresh parsley, minced

#### Dressing Ingredients:

5 tablespoons fresh lemon juice

1 tablespoon liquid sweetener

1½ teaspoons salt

¼ teaspoon garlic powder

¼ teaspoon dried sweet basil, or 1 tablespoon fresh basil, minced

⅓ teaspoon dried dill weed, or ½ teaspoon fresh dill, chopped

### NUTRITION FACTS

Calories 124.29

Fat 2.86g

Sat fat 0.04g

Cholesterol 0mg

Sodium 132.02mg

Carbohydrates 21.38g

Fiber 4.70g

Sugar 5.46g

Protein 6.87g

*Recipe Copyright © AdventHealth Press from the book Eat Plants Feel Whole Cookbook by George E. Guthrie, MD, Angela Fals, MD, and Sherri Flynt, RD*



## Golden Quinoa-Spinach Salad



Created by Heather Leno

YIELD: 10 (1 CUP) SERVINGS

PREP TIME: 20 MINUTES

COOK TIME: 15 MINUTES

TOTAL TIME: 35 MINUTES

The green onion, fresh basil, dill, and lemon in this salad are a lovely complement to the spinach and quinoa. Chill before serving to blend the flavors. The salad may be eaten cold or at room temperature.

### INSTRUCTIONS

Put quinoa in a fine mesh colander and rinse thoroughly under cold water. Drain well.

Combine 2½ cups water and rinsed quinoa. Bring to a boil, cover, and turn to simmer. Cook 15 minutes until water is absorbed. Remove from heat.

Keep covered and let stand 5 minutes, then fluff with fork and set aside to cool.

Finely chop the spinach, dill, and basil, and combine with cooled quinoa.

Sprinkle green onions and seasonings over salad and stir well to disperse evenly. Sprinkle lemon juice, again stirring well.



### INGREDIENTS

- 1½ cups golden quinoa
- 2½ cups water
- 1 (5 or 6 oz.) bag baby spinach
- 1 (.66 oz.) pkg fresh dill
- 16 large fresh basil leaves
- 8 green onions, ¼-inch slices
- ¼ teaspoon salt
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ cup fresh lemon juice, or to taste

### NUTRITION FACTS

- Calories 19.80
- Fat 0.17g
- Sat fat 0.02g
- Cholesterol 0mg
- Sodium 259.22mg
- Carbohydrates 4.13g
- Fiber 1.14g
- Sugar 0.81g
- Protein 1.09g

Recipe Copyright © AdventHealth Press  
from the book Eat Plants Feel Whole  
Cookbook by George E. Guthrie, MD,  
Angela Fals, MD, and Sherri Flynt, RD



## Mediterranean Mazidra



Created by JoAnn Rachor

YIELD: 7 (1 CUP) SERVINGS

PREP TIME: 15 MINUTES

COOKING TIME: 1 HOUR

TOTAL TIME: 1 HOUR AND 15 MINUTES

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" or any commercial, salt-free riced vegetable, or serve it over Slow-Cooker Baked Winter Squash. It's also delicious over potatoes or as a bean replacement in taco salad/haystacks.

### INSTRUCTIONS

Put onion, cabbage, celery, carrot, and garlic in a 2-quart kettle with broth for sautéing. Sauté until barely wilted.

Add second group of ingredients and bring to a boil. Reduce heat to simmer, cover, and cook 10 minutes.

Stir in third group of ingredients and return to a boil; reduce heat but keep mixture simmering. Be sure to cover the kettle. Cook an additional 10–15 minutes or until pasta is tender.



### INGREDIENTS

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 oz. can (1¾ cups) petite-diced tomatoes

### NUTRITION FACTS

Calories 128.51

Fat 1.38g

Sat fat 0.10g

Cholesterol 0mg

Sodium 468.96mg

Carbohydrates 24.58g

Fiber 5.85g

Sugar 5.32g

Protein 6.49g

Recipe Copyright © AdventHealth Press from the book Eat Plants Feel Whole by George E. Guthrie, MD, MPH, CDE, CNS





## Creamy Broccoli Cheese Soup



Created by JoAnn Rachor

YIELD: 7 (1 CUP) SERVINGS

PREP TIME: 25 MINUTES

COOKING TIME: 25 MINUTES

TOTAL TIME: 50 MINUTES

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.

### INSTRUCTIONS

Prepare each ingredient as noted.

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.

In saucepan, combine carrots, potatoes, onion, and 1 cup water. Cover and cook for 15–20 minutes, until tender.

Empty vegetables into blender, along with cooking water, and add cashews and salt. Also add an additional ½ cup of water. Before blending hot ingredients, be sure to open the blender vent.

Blend for 3 minutes, until very smooth (cashews must be completely blended for soup to be creamy). Empty contents back into saucepan.

Rinse blender with remaining 2 cups of water and add to pan.

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.

Add broccoli and serve. If desired, cooked beans or whole grains such as quinoa or brown rice may also be added.



### INGREDIENTS

1 lb. frozen broccoli or 4 cups fresh broccoli, chopped into bite-size pieces

1⅔ cups raw carrots, diced small

1½ cups raw potatoes, chopped

1 medium onion (about 1 cup), cut into chunks

3½ cups water, divided

½ cup raw cashews

1¾ teaspoons salt

### NUTRITION FACTS

Calories 100.89

Fat 3.70g

Saturated fat 0.62g

Cholesterol 0mg

Sodium 453.27mg

Carbohydrates 14.52g

Fiber 3.52g

Sugar 3.35g

Protein 3.71g

Recipe Copyright © AdventHealth Press from the book *Eat Plants Feel Whole* by George E. Guthrie, MD, MPH, CDE, CNS



## Minestrone Soup



Created by Heather Leno

YIELD: 8 (1½ CUP) SERVINGS

PREP TIME: 20 MINUTES

COOKING TIME: 25–30 MINUTES

TOTAL TIME: 45–50 MINUTES

Minestrone is a favorite soup, originating from Italy. This hearty classic includes legumes, greens, lots of vegetables, whole grains, and spices all in one bowl. Add a large salad, and you have an easy, delightful, nutritious meal. Make this on a chilly or rainy day for a perfect healthy comfort food.

### INSTRUCTIONS

Put onion, cabbage, celery, carrot, and garlic in a 2-quart kettle with broth for sautéing. Sauté until barely wilted.

Add second group of ingredients and bring to a boil. Reduce heat to simmer, cover, and cook 10 minutes.

Stir in third group of ingredients and return to a boil; reduce heat but keep mixture simmering. Be sure to cover the kettle. Cook an additional 10–15 minutes or until pasta is tender.

### NOTES

When you have leftover pasta sauce from a spaghetti meal, save it in the freezer for a recipe like this.



### INGREDIENTS

#### First group of ingredients:

1¼ cups large red or yellow onion—chopped red onions have a higher nutrient value

¾ cup red cabbage, thinly sliced in 1-inch lengths

1 stalk celery, chopped

¾ cup carrots, sliced

2 teaspoons garlic, minced

Broth for sautéing

#### Second group of ingredients:

1 cup vegetable broth

3 cups hot water

¾ cup green beans, cut in 1-inch pieces (peas can be substituted)

1 tablespoon chicken-style seasoning

1 tablespoon chives, dried

1 tablespoon fresh parsley, minced or 1 teaspoon, dried

1 teaspoon basil

½ teaspoon salt

½ teaspoon oregano

#### Third group of ingredients:

2 cups chopped fresh spinach

¾–1 cup zucchini, sliced

⅔ cup pasta sauce

1 can (14-oz.) petite-diced tomatoes

1 can cannellini beans or kidney beans, well-rinsed

½ cup rounded whole-grain pasta spirals

### NUTRITION FACTS

Calories 128.51

Fat 1.38g

Sat fat 0.10g

Cholesterol 0mg

Sodium 468.96mg

Carbohydrates 24.58g

Fiber 5.85g

Sugar 5.32g

Protein 6.49g

Recipe Copyright © AdventHealth Press from the book Eat Plants Feel Whole Cookbook by George E. Guthrie, MD, Angela Fals, MD, and Sherri Flynt, RD



## Zesty Tex-Mex Soup



Created by Heather Leno

YIELD: 6 (2 CUP) PORTIONS

PREP TIME: 10 MINUTES

COOKING TIME: 10–15 MINUTES

TOTAL TIME: 25 MINUTES

This Tex-Mex soup is hearty and can easily be made with ingredients from your cupboard or freezer. It is a quick and convenient meal to serve for unexpected company or just your family when you haven't had time for planning and cooking.

### INSTRUCTIONS

In a 2-quart kettle, sauté the onion in the broth.

Add all remaining ingredients except green onions and cilantro to the kettle with the sautéed onion.

Simmer 10–15 minutes to blend the flavors.

Remove bay leaves. Garnish with green onions and cilantro.



### INGREDIENTS

- 1 large onion, chopped
- Vegetable broth
- 2 15-oz. cans black beans with liquid
- 2 cups frozen corn
- 1 14-oz. can Mexican style chopped canned tomatoes
- 1¼ cups hot water
- ¼ cup quick cooking coarse bulgur wheat
- 3 bay leaves
- 1 tablespoon chicken-style seasoning
- 2–3 teaspoons chili powder, to taste
- 2 teaspoons garlic, minced
- 1 teaspoon cumin
- ½ teaspoon ground celery seed
- 1 tablespoon lime juice
- green onions, 1/4-inch slices
- fresh cilantro

### NUTRITION FACTS

- Calories 230.06
- Fat 1.33g
- Sat fat 0.17g
- Cholesterol 0mg
- Sodium 575.90mg
- Carbohydrates 45.60
- Fiber 13.43g
- Sugar 4.02g
- Protein 12.24g

Recipe Copyright © AdventHealth Press from the book Eat Plants Feel Whole Cookbook by George E. Guthrie, MD, Angela Fals, MD, and Sherri Flynt, RD



## Sesame-Style Quick Beans and Rice



Created by JoAnn Rachor

YIELD: 6½ (1 CUP) SERVINGS

PREP TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

TOTAL TIME: 40 MINUTES

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 collection means that dinner can be on the table in short order.

### INSTRUCTIONS

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.

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.

Stir in beans and 3 tablespoons of seeds, and empty into serving dish. Sprinkle with remaining seeds and herb seasoning.



### INGREDIENTS

- ¼ cup sesame seeds
- 2 cup instant brown rice, uncooked
- 1¾ cups water
- ¾ cup onion, finely chopped
- 2 tablespoons nutritional yeast flakes
- 1 tablespoon onion powder
- 2 tablespoons liquid aminos
- ½ teaspoon salt
- ¼ teaspoon cumin
- 1 15.5-oz. can beans, any type rinsed and drained
- Salt-free herb seasoning blend of your choice

### NUTRITION FACTS

- Calories 223.53
- Fat 4.30g
- Saturated fat 0.11g
- Cholesterol 0mg
- Sodium 284.44mg
- Carbohydrates 37.53g
- Fiber 6.09g
- Sugar 2.74g
- Protein 9.11g

Recipe Copyright © AdventHealth Press from the book Eat Plants Feel Whole by George E. Guthrie, MD, MPH, CDE, CNS





## Zucchini Creole



Created by Neva Brackett

YIELD: 8 (1 CUP) SERVINGS

PREP TIME: 30 MINUTES

COOKING TIME: 15 MINUTES

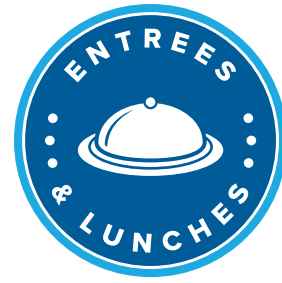
TOTAL TIME: 45 MINUTES

When the term “Creole” is used in cooking, it usually refers to a spicy mixture of tomatoes, peppers, onions, 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.

### INSTRUCTIONS

Place all ingredients except tomatoes and cornstarch in a saucepan and cook for 8 minutes, or until zucchini is tender.

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.”



### INGREDIENTS

- 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

### NUTRITION FACTS

- Calories 46.03
- Fat 0.97g
- Saturated fat 0.36g
- Cholesterol 0mg
- Sodium 209.99mg
- Carbohydrates 8.46g
- Fiber 2.04g
- Sugar 3.50g
- Protein 1.93g

Recipe Copyright © AdventHealth Press from the book Eat Plants Feel Whole by George E. Guthrie, MD, MPH, CDE, CNS



# Tofu Meatballs with Sweet and Sour Sauce



Created by JoAnn Rachor

YIELD: 10 (3 MEATBALL) SERVINGS / 12 (3 TABLESPOON SERVINGS) SAUCE

PREP TIME: 25 MINUTES / 10 MINUTES

COOKING TIME: 35 MINUTES / 3 MINUTES

TOTAL TIME: 60 MINUTES / 13 MINUTES

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.

## INSTRUCTIONS

### Meatballs

Preheat oven to 350°F. Combine all ingredients except bread crumbs and nuts and mix well.

Break each slice of bread into 6 pieces. Pulse in blender or food processor.

Chop nuts or grind them in blender or food processor.

Mix everything together and let mixture sit for 5 minutes.

Using a ¾-oz. scoop, form mixture into meatballs, or roll 1½ tablespoons of mixture by hand. Bake on a prepared cookie sheet for 35 minutes.

### Sweet and Sour Sauce

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



## INGREDIENTS

### Meatballs

- 1½ cups water-packed tofu, mashed
- ½ cup quick oats
- 1 tablespoon onion powder
- 2 tablespoons 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

### Sweet and Sour Sauce

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

## NUTRITION FACTS

### Meatballs

- Calories 177.56
- Fat 6.03g
- Saturated fat 0.86g
- Cholesterol 0mg
- Sodium 248.34mg
- Carbohydrates 23.46g
- Fiber 3.38g
- Sugar 4.98g
- Protein 8.51g

### Sauce

- Calories 31.52
- Fat 0.20g
- Saturated fat 0.00g
- Cholesterol 0mg
- Sodium 174.58mg
- Carbohydrates 7.55g
- Fiber 0.45g
- Sugar 4.48g
- Protein 0.47g

Recipe Copyright © AdventHealth Press from the book Eat Plants Feel Whole by George E. Guthrie, MD, MPH, CDE, CNS



## Roasted Vegetable Wraps with Seasoned Marinade



Created by Neva Brackett

YIELD: 4 CUPS, ENOUGH FOR 10 (1/3-1/2 CUP SERVINGS) WRAPS

PREP TIME: 20 MINUTES

COOKING TIME: 10 MINUTES

TOTAL TIME: 30 MINUTES

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.

### INSTRUCTIONS

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.

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

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

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.

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

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



### INGREDIENTS

5 large whole-wheat tortillas

$\frac{1}{3}$  cup Simple Eggless Mayo  
(See page 29)

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 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)

#### Sweet and Sour Marinade

1 tablespoon liquid aminos

1 tablespoon honey or other  
liquid sweetener

1 teaspoon lemon juice

1 teaspoon Lawry's Seasoned Salt

### NUTRITION FACTS

Calories 244.92

Fat 8.39g

Saturated fat 3.21g

Cholesterol 0mg

Sodium 592.29mg

Carbohydrates 38.62g

Fiber 6.36g

Sugar 3.54g

Protein 8.37g

Recipe Copyright © AdventHealth Press  
from the book Eat Plants Feel Whole by  
George E. Guthrie, MD, MPH, CDE, CNS



## Black Bean Burgers



Created by Chef Edwin Cabrera

YIELD: 8 (1 PATTY) SERVINGS

PREP TIME: 20 MINUTES

COOK TIME: 15 MINUTES

TOTAL TIME: 35 MINUTES

These black bean–quinoa burgers make a great addition to a summer picnic or potluck. Make a double batch and store uncooked, formed patties in the freezer between layers of wax paper to have an easy meal to grab at a later date.

### INSTRUCTIONS

Preheat oven to 350°F. Measure all ingredients; set aside.

Drain and rinse the black beans. Place them into a medium bowl, mash with a fork, and add the oats. Do not mix.

Heat oil in a medium pan and sauté the peppers, onions, and sundried tomatoes. Add oregano, cumin, chili powder, salt, and garlic powder and sauté until fragrant, adding a little water if necessary to avoid too much caramelization.

Add sautéed vegetables into the black beans and oats. Fold in ½ cup of the quinoa flakes (reserve the rest for coating the burger); add the flax meal and water. Mix well.

Shape the mixture into 8 burgers and coat them with the remaining quinoa flakes.

Place patties on a prepared sheet pan with parchment paper. Spray with nonstick cooking spray. Bake at 350°F for 12–15 minutes.



### INGREDIENTS

3½ cups cooked black beans

½ cup rolled oats

2 tablespoons olive oil

1 cup poblano pepper, diced

2 tablespoons jalapeño  
or 1 whole, diced

1 cup red onion, diced

¼ cup sundried tomatoes,  
chopped

1 tablespoon dried oregano

1½ teaspoons cumin

2 teaspoons chili powder

1 teaspoon salt

1 teaspoon garlic powder

¾ cup quinoa flakes

1½ tablespoons flaxseed meal

3 tablespoons water

### NUTRITION FACTS

Calories 173.45

Fat 4.44g

Sat fat 0.56g

Cholesterol 0mg

Sodium 214mg

Carbohydrates 26.78g

Fiber 7.62g

Sugar 2.45g

Protein 7.72g

*Recipe Copyright © AdventHealth Press  
from the book Eat Plants Feel Whole  
Cookbook by George E. Guthrie, MD,  
Angela Fals, MD, and Sherri Flynt, RD*





## French Green Lentil Rice Bowl



Created by Heather Leno

YIELD: 4 (1 CUP) SERVINGS

PREP TIME: 15–20 MINUTES

COOK TIME: 1–1½ HOURS

TOTAL TIME: LESS THAN 2 HOURS

Legumes bring a wonderful variety to protein dishes. And the humble lentil is no exception. High in fiber, protein, vitamins, and minerals, low in fat and calories, and quick and easy to cook—what’s not to love? This recipe is versatile: the lentils can stand alone as an entrée with greens, potatoes, and a salad; or they can be eaten over rice and topped with a salad and dressing. They are delicious as a sandwich filling if simmered until thick and then chilled.

### INSTRUCTIONS

In a kettle, sauté garlic and onion in broth until golden.

Add liquids and lentils; bring to a boil and simmer. Cover and cook 45 minutes.

Add seasonings and cook without lid until lentils are desired consistency and doneness.

Serve over brown rice. May also be topped with salad and a plant-based ranch-style dressing to create a one-dish bowl.



### INGREDIENTS

2 cloves garlic, minced  
Broth for sautéing  
1½ cups mild onion, diced  
2 cups water  
1 cup vegetable broth  
1 cup green lentils, sorted and rinsed  
¾ teaspoon salt  
½ teaspoon cumin  
½ teaspoon basil  
½ teaspoon oregano  
Cooked brown rice

### NUTRITION FACTS

Calories 399.92  
Fat 4.00g  
Sat fat 0.73g  
Cholesterol 0mg  
Sodium 604.19mg  
Carbohydrates 73.82g  
Fiber 8.93g  
Sugar 5.67g  
Protein 15.31g

Recipe Copyright © AdventHealth Press  
from the book Eat Plants Feel Whole  
Cookbook by George E. Guthrie, MD,  
Angela Fals, MD, and Sherri Flynt, RD



## Succulent Roasted Cabbage Wedges



Created by Heather Leno

YIELD: 8 SERVINGS / SERVING SIZE: 1 WEDGE

PREP TIME: 10 MINUTES

COOKING TIME: 24 MINUTES

TOTAL TIME: 34 MINUTES

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.

### INSTRUCTIONS

Preheat oven to 425°F.

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.

Combine broth and seasonings.

Drizzle broth-seasoning mixture generously over cabbage slices.

Bake for 12 minutes. Rotate pan 180° and cook for another 12 minutes, or until cabbage edges are charred.

Serve according to your taste: as-is, with a Parmesan cheese substitute, with a squeeze of lemon, or with a sprinkling of black pepper.



### INGREDIENTS

Cabbage (1 medium head or ½ large head)

3 tablespoons vegetable broth

½ teaspoon garlic paste

1 teaspoon marjoram

½ teaspoon salt

### NUTRITION FACTS

Calories 29.47

Fat 0.37g

Saturated fat 0.03g

Cholesterol 0mg

Sodium 156.89mg

Carbohydrates 6.30g

Fiber 2.66g

Sugar 0.05g

Protein 1.41g

Recipe Copyright © AdventHealth Press from the book Eat Plants Feel Whole by George E. Guthrie, MD, MPH, CDE, CNS



## Crispy Zucchini Fritters



Created by Heather Leno

YIELD: 12 (2 PIECE) SERVINGS

PREP TIME: 15–20 MINUTES

BAKING TIME: 20 MINUTES

TOTAL TIME: 35–40 MINUTES

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.

### INSTRUCTIONS

Preheat oven to 400°F. Prepare cookie sheet with parchment paper or silicone pad.

Make Cashew Jack Drizzle (see page 28). Pour into a bowl and set aside.

Process bread chunks and seasonings in a mini food processor until fine crumbs. Pour into a shallow dish and set aside.

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.

Bake for 10 minutes. Carefully flip zucchini with thin spatula and bake for another 8–10 minutes, until lightly browned and crispy.

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

Serve immediately with tartar sauce, if desired.



### INGREDIENTS

Cashew Jack Drizzle  
(see page 28)

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

#### Tartar sauce for dipping (optional)

Simple Mayo (see Page 29)

Minced celery

Chopped onion

Dill pickles, diced, or dill relish

Pinch of parsley, dried or  
minced fresh

### NUTRITION FACTS

Calories 54.13

Fat 2.40g

Saturated fat 0.37g

Cholesterol 0mg

Sodium 115.01mg

Carbohydrates 5.96g

Fiber 1.17g

Sugar 1.62g

Protein 2.28g

*Recipe Copyright © AdventHealth Press  
from the book Eat Plants Feel Whole by  
George E. Guthrie, MD, MPH, CDE, CNS*



## Cashew Jack Drizzle



Created by Heather Leno

YIELD: 7 (1/4 CUP) SERVINGS

PREP TIME: 5 MINUTES

COOKING TIME: NONE

TOTAL TIME: 5 MINUTES

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 brown and crunchy, or as a batter with bread crumbs for Zucchini Fritters.

### INSTRUCTIONS

Blend all ingredients except lemon juice in blender until nuts are completely smooth and creamy.

Add lemon juice and blend briefly.



### INGREDIENTS

1 cup water

1 cup raw cashews, rinsed

2 tablespoons dried onion flakes

1 tablespoon nutritional yeast flakes (see tip below)

1/2 teaspoon salt

1/8 teaspoon garlic granules or powder

1/8 teaspoon celery salt

2 tablespoons lemon juice

### NUTRITION FACTS

Calories 101.13

Fat 6.92g

Saturated fat 1.15g

Cholesterol 0mg

Sodium 159.27mg

Carbohydrates 6.46g

Fiber 1.01g

Sugar 1.79g

Protein 3.58g

### TIP

For a yellow creamy cheese, omit water and replace with 1/2 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.

Recipe Copyright © AdventHealth Press from the book Eat Plants Feel Whole by George E. Guthrie, MD, MPH, CDE, CNS





## Simple Eggless Mayo



Created by Heather Leno

YIELD: 8 (2 TABLESPOON) SERVINGS

PREP TIME: 8–10 MINUTES

CHILLING TIME: SEVERAL HOURS OR OVERNIGHT

TOTAL TIME: 3–4 HOURS

You will find this easily made, oil-free mayonnaise to have 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.

### INSTRUCTIONS

Put well-drained cashews in blender and sprinkle with tapioca flour, salt, sweetener, dry mustard, and garlic powder (if desired).

Measure water in a 2-cup glass measuring cup. Dissolve agar powder in water and immediately heat to boiling in the microwave (or stove-top, if you wish). Do not continue to cook; you want all the water.

Quickly pour water mixture over cashews.

Release blender vent and carefully blend until nuts are creamy-smooth. If you do not have a high-powered blender, just blend longer.

Add lemon juice and vinegar, and blend just to mix.

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.



### INGREDIENTS

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 tip 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

### NUTRITION FACTS

Calories 44.69

Fat 3.06g

Saturated fat 0.5g

Cholesterol 0mg

Sodium 121.82mg

Carbohydrates 3.38g

Fiber 0.29g

Sugar 0.74g

Protein 1.32g

### TIP

Mustard and vinegar may be replaced with 2 tablespoons of lemon juice, or to taste. All other ingredients remain the same. Proceed with recipe as directed.

*Recipe Copyright © AdventHealth Press from the book Eat Plants Feel Whole by George E. Guthrie, MD, MPH, CDE, CNS*



## Chocolate Date Cake



Created by Heather Leno

YIELD: 12 (1 SLICE) SERVINGS

PREP TIME: 30 MINUTES

BAKING TIME: 35–40 MINUTES

TOTAL TIME: 60–70 MINUTES

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.

### INSTRUCTIONS

Preheat oven to 350°F. Mix all dry cake ingredients together.

Place milk, syrup, dates, and seasonings in blender, and blend until completely smooth.

Pour liquid mixture into dry ingredients, mixing just until blended—do not over-mix.

Cover bottom of nonstick square cake pan with parchment paper or use a silicone cake pan. Pour batter into pan.

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

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

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

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.



### INGREDIENTS

#### Cake

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

#### 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

### NUTRITION FACTS

- Calories 236.50
- Fat 9.05g
- Saturated fat 2.72g
- Cholesterol 0mg
- Sodium 200.56mg
- Carbohydrates 37.98g
- Fiber 7.09g
- Sugar 20.49g
- Protein 4.50g

Recipe Copyright © AdventHealth Press from the book *Eat Plants Feel Whole* by George E. Guthrie, MD, MPH, CDE, CNS



## Banana Bon Bons



Created by Heather Leno

YIELD: 20 (1/5 OF A BANANA; 1.6 OZ.) BONBONS

PREP TIME: 20-25 MINUTES

FREEZING TIME: 8 HOURS

TOTAL TIME: 8 HOURS, 20-25 MINUTES

These fruit-sweetened bonbons are a simple but tasty treat for adults and kids alike. Coat bananas in chocolate sauce and toppings to freeze as directed below or, for a quicker option, cut and freeze bananas in smaller chunks and serve in a bowl, drizzled with warmed sauce and toppings of your choice. Either way, they're scrumptious!

### INSTRUCTIONS

Combine first seven ingredients in blender and blend until smooth and creamy. Pour into a bowl.

Peel bananas and cut into 1-inch pieces.

Spread coating of choice on a plate.

Dip banana pieces in sauce with a spoon and then roll in coating. Stick a frilly toothpick in the center of the banana and set on a cookie sheet. Freeze on cookie sheet until firm, then place in a covered container. Keep frozen until ready to serve.



### INGREDIENTS

¾ cup water

½ cup soft dates, pressed down

to measure

2 tablespoons nut butter

2 tablespoons cocoa or carob powder

1½ teaspoons vanilla

⅛ teaspoon salt

⅛ teaspoon almond extract

4 bananas, ripe and sweet

1½ cups chopped peanuts, walnuts, granola, or unsweetened macaroon coconut

### NUTRITION FACTS

Calories 107.83

Fat 6.39g

Sat fat 1.04g

Cholesterol 0mg

Sodium 13.37mg

Carbohydrates 11.42g

Fiber 2.21g

Sugar 5.73g

Protein 3.48g

Recipe Copyright © AdventHealth Press from the book Eat Plants Feel Whole by George E. Guthrie, MD, MPH, CDE, CNS



## Maple Walnut Vanilla “Bean” Ice Cream



Created by JoAnn Rachor

YIELD: 2 (1 CUP) SERVINGS

PREP TIME: 10 MINUTES

COOKING TIME: NONE

TOTAL TIME: 10 MINUTES

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.

### INSTRUCTIONS

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.

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.

Add more milk to the blended mixture as needed.



### INGREDIENTS

1/3 cup light-colored, soft-cooked beans (Great Northern, navy, cannellini), optional

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

### NUTRITION FACTS

Calories 313.37

Fat 10.87g

Saturated fat 1.06g

Cholesterol 0mg

Sodium 96.50mg

Carbohydrates 38.98g

Fiber 8.28g

Sugar 25.98g

Protein 16.95g

### TIPS

Garbanzo beans are not recommended for this recipe because they do not get as creamy as softer beans when blended.

Beans may be left out completely. In this case, less liquid will be needed.

To freeze bananas, peel ripe fruit, place in a plastic bag, and freeze solid. Freezing takes several hours.

*Recipe Copyright © AdventHealth Press  
from the book Eat Plants Feel Whole by  
George E. Guthrie, MD, MPH, CDE, CNS*





## Sweet and Natural Strawberry Sauce



Created by Heather Leno

YIELD: 6 (2/3 CUP) SERVINGS

PREP TIME: 5 MINUTES

PASSIVE TIME: OVERNIGHT

TOTAL TIME: 8–10 HOURS

This fruit sauce is thickened and sweetened with dried pineapple pieces, which are a delicious complement to the strawberries. It's a treat over pancakes, waffles, vegan ice cream, frozen banana chunks, or—best of all—with cooked cornmeal, sliced bananas, whole strawberries, and nondairy milk. Now that's a breakfast! Canned pineapple does not give the same result in flavor or texture. If you can only find dried pineapple rings, cut them into small pieces before using them.

### INSTRUCTIONS

Soak thawed berries and pineapple overnight in the fridge or soften pineapple in boiling water a few minutes and drain.

Combine fruits in blender, and blend until pineapple is smooth.

Serve at room temperature over waffles, pancakes, or a cooked grain with whole berries and bananas.

Use within 2 days or freeze for a later date.



### INGREDIENTS

1 quart frozen strawberries

1 cup dried unsweetened pineapple pieces or 3–4 dried pineapple rings, broken into pieces

### NUTRITION FACTS

Calories 91.11

Fat 0g

Sat fat 0g

Cholesterol 0mg

Carbohydrates 22.89g

Fiber 3.33g

Sugar 13.33g

Protein 0.89g

Sodium 6.67mg

Recipe Copyright © AdventHealth Press  
from the book Eat Plants Feel Whole  
Cookbook by George E. Guthrie, MD,  
Angela Fals, MD, and Sherri Flynt, RD



# AdventHealth

## **Eat Plants Feel Whole Action Plan Recipes**

Copyright © AdventHealth

Published by AdventHealth Press

*Feel Whole* is a trademark of AdventHealth

EXTENDING *the* HEALING MINISTRY *of* CHRIST

Editor-in-Chief	Todd Chobotar
Managing Editor	Denise Rougeux-Putt
Production Editor	Danica Eystenstein
Promotion	Caryn McCleskey
Production	Lillian Boyd Sheila Draper
Photography	Spencer Freeman
Photography Assistant	Kathy Hutson
Design	Leslie Woodard Nicole Dubovec
Recipe Contributors	Edwin Cabrera Heather Leno JoAnn Rachor Neva Brackett
Food Stylist	Edwin Cabrera

Publisher's Note: This book is not intended to replace a one-on-one relationship with a qualified healthcare professional. You are advised and encouraged to consult with your healthcare professional in all matters relating to your health and the health of your family.

The publisher disclaims any liability arising directly or indirectly from use of this book. All rights reserved.

For other life-changing resources visit:

[AdventHealthPress.com](http://AdventHealthPress.com)  
[CREATIONLife.com](http://CREATIONLife.com)



**All recipes excerpted from the book *Eat Plants Feel Whole* by George E. Guthrie, MD and from *Eat Plants Feel Whole Cookbook* by George E. Guthrie, MD, Angela Fals, MD, and Sherri Flynt, RD. For more information visit [EatPlantsFeelWhole.com](http://EatPlantsFeelWhole.com)**