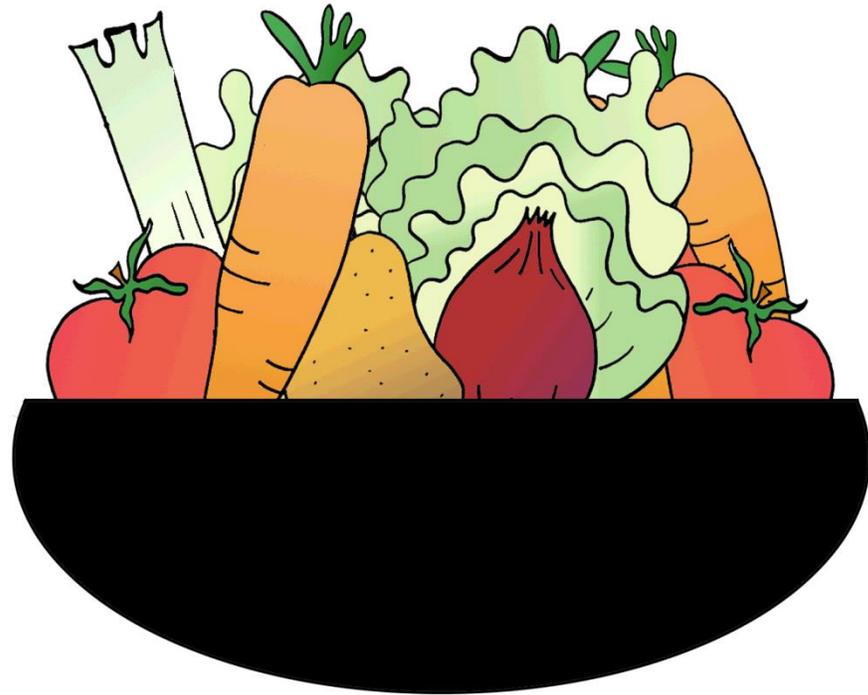


BRINGING PEACE TO THE TABLE



Pema Karpo Meditation Center's
Recipes for Compassionate Cooking

www.pemakarpo.org

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Foreword from Khenpo Gawang Rinpoche

Creating a vegetarian cookbook to help us all eat less meat makes me happy. I hope it will grow with each year.

I always say we need two kinds of food. We need the mental food of meditation and an inner peaceful mind. We need physical good food. If a person can be vegetarian it is good since you are automatically cutting a lot of harm to other living beings. This is right action. To not eat meat is the best lifestyle. If there are physical or environmental reasons that cause a necessity to eat meat then raise compassion and wish that the being is reborn in a pure land or has a better next life.

I am not a complete vegetarian so when I do eat meat I remember the living being whose body I am eating. I raise compassion and wish for a better next life. I recite the Mani mantra which is OM MANI PADME HUM. Then I dedicate the merit to the particular being and extend it out to all beings who are eaten as food.

May all Beings Become Vegetarian,

A handwritten signature in black ink, appearing to be 'Khenpo Gawang Rinpoche', with a long horizontal line extending to the right.

Khenpo Gawang Rinpoche

Acknowledgements

Grateful acknowledgement is given to Khenpo Gawang Rinpoche for developing the ingenious conceptual idea for the cover – a begging bowl filled with vegetarian food – and to Candia Ludy for so beautifully and artfully depicting it. Thank you so very much!

Appetizers and Dips

Spinach-Ricotta Dip – Compliments of Chef JR Kitchens

From www.foodnetwork.com courtesy Aida Mollenkamp

Ingredients:

- 1 tablespoon olive oil
- 2 tablespoons pine nuts
- 1/2 medium yellow onion, finely chopped
- 3 medium garlic cloves, thinly sliced
- 1 (10-ounce) package frozen spinach, thawed
- 1/2 cup fresh ricotta
- 1/2 teaspoon kosher salt

Serving Suggestion: Flatbread, toasted pita wedges, or lavash crackers

Directions:

In a large frying pan, heat oil over medium heat. When oil shimmers, add pine nuts and cook until they make a popping noise and start to brown, about 1 minute. Stir in garlic and onion and season well with salt and freshly ground black pepper. Cook, stirring occasionally, until onion is golden brown, about 3 minutes. Transfer onion mixture to a food processor fitted with a blade, add in remaining ingredients, and process until smooth. Taste and adjust seasoning, as necessary. Serve with flatbread, toasted pita wedges, or lavash crackers for dipping.

Salads and Dressings

Greek Salad – Compliments of Chef Ken Lisenby

Turn-on some music!

Dressing ingredients:

1 tablespoon extra-virgin olive oil

1 tablespoon red wine vinegar

1 tablespoon lemon juice

1/2 teaspoon dried oregano

About 1 clove fresh garlic, minced

1/2 teaspoon honey

Combine all dressing ingredients, mix well let it stand for 5 minutes.

Salad ingredients:

1 head *very fresh* romaine lettuce, torn

4 pepperoncini peppers, thinly sliced

1/2 cup (2 ounces) crumbled low-fat feta cheese

Several sprigs fresh dill, chopped

8 Kalamata olives, thinly sliced

1 tomato, quartered

1 small cucumber, sliced

1/2 bell pepper, sliced

Directions:

Combine, season with fresh-ground black pepper and enjoy! (Makes 2 servings.)

Broccoli Coleslaw– Compliments of Chef Debbie Burch

Ingredients:

½ package “Broccoli Slaw” – get it in the pre-cut salad section of the produce aisle in a bag

Craisins to suit

Chopped nuts, type and amount to suit

Private Selection brand (Kroger brand) Creamy Balsamic Light dressing or coleslaw dressing

Directions:

Take out the amount of broccoli slaw you wish to eat, and chop it up so it fits easily in your mouth. Chop some nuts (for me, the more the better!) and throw in a handful of

craisins. Dress it with the Creamy Balsamic dressing (tastes just like coleslaw dressing but MUCH fewer calories and fat!) or other dressing of your choice.

Crunchy, delicious and easy!

Vegetarian Taco Salad – Compliments of Chef James Threadgill

Ingredients:

2 tablespoons olive oil

1 onion, chopped

1 tomato

1-1/2 cups brown rice. (Start the rice before you start anything else. Depending on brand it can take a bit to cook, dice veggies, drain beans, and shred lettuce while it cooks.)

1 can black beans, kidney or pintos, drained (black beans are the best but some people don't like them)

1 tablespoon chili powder

1/3 cup salsa

2 cups lettuce, shredded

2-1/2 cups crumbled tortilla chips (Dollar Tree has really good tortilla chips, of course for \$1)

Shredded cheese (Dollar Tree also has great shredded cheese)

Directions:

Heat oil in skillet over medium heat. Add corn and onion to skillet, cook until onion becomes translucent, about 5 minutes. Then add tomato, beans, chili powder and salt to taste. Cook, stirring occasionally, until it cooks down, about 5 minutes. Add rice to mixture and stir.

Toss lettuce, bean mixture and salsa. Serve over crumbled tortilla chips, sprinkle with cheese.

Makes 5-6 servings. Super yummy and easy!

Summer Fruit Salad with a Lemon, Honey, and Mint Dressing – Compliments of Chef James Threadgill

Ingredients:

4 cups cubed seeded watermelon

2 cups sliced fresh strawberries

2 large fresh peaches, cut into cubes

2 large nectarines, cut into cubes
1 red Anjou pear, cut into cubes
1 cup seedless grapes, halved
fresh lemon juice
1/4 cup minced fresh mint (chocolate mint preferred)
1/2 lemon, zested
1 tablespoon honey (fireweed honey preferred)

Directions:

1. Combine watermelon, strawberries, peaches, nectarines, pear, and grapes in a large mixing bowl.
2. Whisk lemon juice, mint, lemon zest, and honey together in a small bowl; drizzle over the fruit mixture and toss to coat.
3. Refrigerate 1 hour before serving.

Creamy Sesame-Garlic Dressing – Compliments of Chef James Threadgill

Ingredients:

2 cloves garlic, crushed
3 tablespoons tahini (sesame paste)
2 tablespoons white miso
1/2 cup plain almond milk
2 tablespoons lemon juice
1 teaspoon toasted sesame oil

Directions:

Process all ingredients in blender until smooth. Store in a tightly covered glass jar in the refrigerator.

Quinoa/Kale Salad – Compliments of Chef James Threadgill

2 cups water
1 cup quinoa
10 leaves kale, cut into small pieces
3 tablespoons olive oil
2 tablespoons lemon juice
1 teaspoon Dijon mustard
1 large garlic clove, minced
1 teaspoon fresh cracked black pepper
1/2 teaspoon ground sea salt
1 cup pecans 1 cup currants
3/4 cup crumbled feta cheese

Directions:

1. Bring water to a boil in a saucepan. Stir quinoa into the boiling water, reduce heat to medium-low, place cover on the saucepan, and cook until water absorbs into the quinoa, about 12 minutes. Remove saucepan from heat and let rest covered for 5 minutes. Remove cover and allow quinoa to cool completely.
2. Put kale in a large mixing bowl.
3. Whisk olive oil, lemon juice, Dijon mustard, garlic, pepper, and salt together in a bowl until oil emulsifies into the mixture; drizzle over kale. Add cooled quinoa, pecans, currants, and feta cheese to the dressed.

Breads

Cornbread – Compliments of Chef Candia Ludy

From Moosewood Restaurant New Classics Cookbook by the Moosewood Collective, 2001

Ingredients:

1 cup cornmeal
1 cup whole wheat pastry flour or whole wheat flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
2 eggs
1/4 cup vegetable oil
1/4 to 1/3 brown sugar, packed
1 cup nonfat plain yogurt or buttermilk

Directions:

Preheat the oven to 400 degrees.

Oil a 9 inch square, 7 x 11 inch baking dish or a cast iron skillet. Sift together the cornmeal, flour, baking powder, baking soda, and salt in a large bowl. In a separate bowl, whisk together the eggs, oil, brown sugar, and yogurt or buttermilk. Make a well in the dry ingredients and stir in the wet ingredients until just blended; be careful not to over mix. Spread the batter evenly in the prepared pan. Bake for 20-25 minutes, until golden brown and a knife inserted in the center comes out clean.

Leftover cornbread, cut into bite-sized cubes and mixed with sautéed herbs and minced vegetables can be a delicious stuffing for winter squash or other vegetables. Makes tasty bread crumbs.

Notes:

I like using buttermilk. When using thick yogurt option will add a little milk to make it thinner.

I make a dressing side dish with the leftover cornbread using craisins, sautéed in olive oil onions, celery and mushrooms, plenty of sage and black pepper, and one beaten egg mixed in milk for liquid. Can't give amounts as it all depends on how much cornbread is left over. Mix lightly and bake in 350 degree oven until firm about 20-25 minutes. Dressing should start "wet" and can cook a little longer if needed to firm up.

Soups, Stews and Chili

Two-Bean Vegetarian Chili – Compliments of Chef Susan Alexander

From www.kraftrecipes.com

Ingredients:

2 cups long-grain brown rice, uncooked
2 tablespoons KRAFT Light Balsamic Vinaigrette Dressing
2 carrots cut into 1/2-inch-thick slices
1 onion, chopped
1 red pepper, chopped
3 cloves garlic, minced
2 cans (14.5 ounce each) diced tomatoes, undrained
1 can (15.5 ounce) red kidney beans, rinsed
1 can (15.5 ounce) cannellini beans, rinsed
1/2 cup KRAFT Original Barbecue Sauce
1/4 cup chili powder
1 cup frozen corn
1-1/2 cups KRAFT Mexican Style Finely Shredded Four Cheese

Directions:

COOK rice as directed on package. Meanwhile, heat dressing in large saucepan on medium-high heat. Add vegetables and garlic; cook and stir 6 to 8 min. or until vegetables are crisp-tender.

ADD next 5 ingredients; stir. Bring to boil; simmer on medium-low heat 30 min., stirring frequently. Stir in corn; cook 5 min.

SERVE over rice; top with cheese.

For a touch of heat, add 1 Tbsp. ground red pepper (cayenne) with the tomatoes, beans, barbecue sauce and chili powder.

Moroccan Vegetable Stew - Easy! – Compliments of Chef Nancy Curry

From [Eating - Recipes & Information to Get You Started](#) by Susan Powder

Ingredients:

1 medium onion, chopped
1/2 - 1 cup unsalted tomato juice
1/4 teaspoon black pepper or cayenne, to taste
2 cups potatoes cut into 1-inch square pieces
2 cups fresh green beans, sliced into 2-inch pieces

1 can (16 ounces) unsalted tomatoes or 2 cups fresh tomatoes
2 tablespoons water
3/4 teaspoon ground cumin
2 cups carrots, large chunks
2 teaspoons oil

Directions:

Simmer onions in oil and water until transparent. Add potatoes and carrots and simmer for 15 minutes, stirring occasionally. Add chopped tomatoes and cumin. Cover and simmer for about 1 hour, checking to see if the stew needs more liquid. If so, add tomato juice. Add green beans and cook for 15 minutes more. Check seasoning - add 1/4 teaspoon or more black pepper and more cumin, if desired. Serves 4.

Spicy Black Bean Soup – Compliments of Chef Lu Gaither

Ingredients:

Cooking spray
1 medium onion(s), finely chopped
4 medium garlic clove(s), minced
45 ounce canned black beans, un-drained, divided (three 15 ounce cans)
1/2 teaspoon red pepper flakes, or to taste
1 teaspoon ground cumin
14 1/2 ounce fat-free chicken broth, or vegetable broth
10 ounce canned tomatoes with green chilies, such as Ro-tel Tomatoes
11 ounce canned yellow corn, drained

Coat bottom of a large stockpot with cooking spray. Add onion and garlic and cook, stirring frequently, until onions are soft but not brown, about 5 minutes.

Place one can of beans in blender; add sautéed onion mixture, red pepper flakes and cumin. Cover and blend on high until smooth, about 30 seconds. Pour mixture back into stockpot.

Place second can of beans and broth in blender and puree until smooth; add to stockpot.

Stir third can of beans (do not puree first), tomatoes and green chilies, into stockpot. Bring to a boil, lower heat to medium and simmer for 20 to 25 minutes. Yields about 1 ½ cups of soup per serving.

Choo Choo Chili – Compliments of Chef Ken Lisenby

Ingredients:

1 tablespoons extra virgin olive oil
1/2 pound ground meat substitute (such as Boca Crumbles)
1/2 onion, chopped
2 cloves garlic, minced
1 large can (28 ounces) crushed tomatoes, undrained
1 can (16 ounces) kidney beans, drained
1/2 teaspoons chili powder
Pinch of cayenne pepper
1 teaspoons maple syrup
1 teaspoons red wine vinegar
1/2 teaspoons ground coriander
1/2 teaspoons turmeric

Directions:

Heat oil in large saucepan. Add crumbles, onion and garlic. Cook 5 minutes, stirring frequently. Add remaining ingredients simmer, uncovered, 25 minutes. Ken enjoys drinking Concord grape juice with this dish. (Makes 4 servings.)

Cauliflower Soup – Compliments of Chef Eva Loczi

Cook 1 head (cut up small) or 1 bag of frozen cauliflower, 2 carrots, 1 celery stalk, 1 cup of peas, 1 small onion, in 3 tablespoons of oil under lid for 10 minutes. Gently add 1 tablespoon of flour, stir. Add vegetable broth, 1 cup of rice. When everything is soft add 1/2 cup of heavy cream, 1 cup of shredded PARMESAN cheese, 2 tablespoons of butter. Season and enjoy!

Potato Dumpling Soup – Compliments of Chef Eva Loczi

Dice 1 small onion then cook it in 3 tablespoons of oil until soft. Add 1 tablespoon of paprika and put aside. Cook 1.5 pounds of potatoes (diced) in vegetable broth with a stalk of celery. When it is soft take out most of the potatoes, cool them, add 1 egg, salt and flour to make a soft dough. With wet hands form dumplings. Drop them in to the soup. Add onions, Mediterranean seasoning, and 2 tablespoons of tomato paste. Gently cool.

Vegetable Porridge – Compliments of Chef Candia Ludy

Adapted from a recipe in The Supper Book by Marion Cunningham.

Ingredients:

2 tablespoons olive oil
1 large yellow or white onion, chopped
3 carrots, peeled, halved, and sliced into half moons
3 stalks celery, sliced
8 cups vegetable broth
1 cup pearled barley
Salt and pepper to taste
2 zucchini, sliced ¼ inch thick (sized depends on how much zucchini you like)
1 cup firmly packed fresh spinach (can add more if you want)
½ cup rolled oats

Directions:

Pour the olive oil in the bottom of a 5-quart heavy bottomed soup pot, and add the onions, carrots, and celery. Cook over medium heat for about 5 minutes. Add the vegetable broth, barley, and salt and pepper. Simmer for about 1 ½ hours or until the barley is tender, stirring regularly so the barley doesn't stick to the bottom of the pot.

Add the zucchini and rolled oats. Simmer about 10 minutes until oats are almost cooked. Add the spinach and cook until spinach has wilted. Taste and correct seasonings. Serve hot.

Makes 4 servings.

Vegetarian Chili – Compliments of Chef Louella Moore

Use a bag of Harvest Burger Soy Crumbles. Thaw slightly in microwave to increase cooking speed. Add thawed crumbles to large pot. Add a can of chopped tomatoes, a can of Rotel tomatoes, a can of beans (red, pinto, kidney beans, your choice), ½ cup chopped onion, ½ cup chopped green pepper. Add additional water – 1 to 2 cups. Boil approximately 25 minutes or until pepper and onion are softened. Add salt, pepper, and chili powder to taste early or late in the process, makes no difference. Some people add a small quantity of sugar and catsup to the pot while cooking. Serve with crackers, cornbread, or garlic bread and perhaps a salad. Can sprinkle with cheese when served if desired.

HINT: Leftovers can be poured over a microwaved 'baked' potato, sour cream and butter optional.

Lentil Mexican Rice – Compliments of Chef Louella Moore

Cook 1 cup of rice per directions on bag – usually this would be with 2 cups water, slight amount of olive oil; when it boils cover and steam for 15 minutes, remove from heat.

In another pot cook approximately 1 cup lentils per directions or as follows. These are very forgiving – just add lots of water and cook for approximately 30 minutes, poor off excess water. Rinse and drain, optional. Add 1 can chopped tomatoes, 1 can Rotel, ½ chopped onion, ½ cup chopped pepper, chili powder to taste. Can add additional water if too thick. Boil another 15 minutes.

Poor rice into large bowl, poor hot lentil/tomato mix over the rice, sprinkle with shredded cheese. Serve with salad.

Vegetable Soup – Compliments of Chef Louella Moore

Get a bag of frozen gumbo mix, stew, or mixed vegetables. Add to a large pot with 1 can of tomatoes, 1 can of Rotel tomatoes, about ½ cup speckled butter beans or black eyed peas – frozen or canned, 2 Red potatoes cut in small wedges, ½ cup chopped onion, ½ cup chopped pepper. Add additional water to desired consistency. Add salt and pepper to taste. Can add Ms. Dash or Thyme seasoning and small amount of sugar or catsup to taste. Serve with cornbread. Goes well with peach cobbler for big meal on cold night.

Classic Hot and Sour Soup – Compliments of Chef JR Kitchens

From www.cookingchanneltv.com courtesy Emeril Lagasse, 2006

Ingredients:

2 ounces dried shiitake mushrooms
10 cups chicken stock or low-sodium chicken broth
2 tablespoons vegetable oil
1/3 cup chopped fresh ginger
2 tablespoons minced garlic
3/4 teaspoon crushed red pepper
1/4 pound very thinly sliced and julienned pork loin or tenderloin
6 to 8 ounces tofu, cubed or crumbled
1/4 cup lime juice
3 tablespoons cornstarch
3 tablespoons mushroom flavored soy sauce
1 teaspoon sesame oil
Hot chili oil, for drizzling

2 tablespoons thinly sliced scallions

Directions:

Combine shiitake mushrooms and 3 cups of the chicken stock in a small saucepan and bring to a simmer. Remove from heat and let stand until mushrooms are tender and broth is flavorful, about 30 minutes. Remove mushrooms and discard stems. Thinly slice caps and reserve. Strain broth through a fine mesh sieve, combine with the remaining chicken stock and set aside.

In a medium saucepan heat the vegetable oil and, when hot, add the ginger, garlic and crushed red pepper; cook for 2 minutes, or until fragrant. Add the chicken stock and reserved shiitakes and bring to a simmer. Cook for 30 minutes. Add the pork and tofu and stir to combine. In a small bowl or cup, combine the lime juice and cornstarch and stir until smooth. Whisk the cornstarch mixture into the hot soup and bring to a boil. Reduce heat to a simmer and cook for 5 minutes. Add the soy sauce and sesame oil and serve the soup, drizzled with hot chili oil, to taste, and garnished with some of the sliced scallions.

No Recipe Recipe: Smoky Veggie Chili – Compliments of Chef JR Kitchens

From CookingChannelTV.com courtesy Aida Mollenkamp

Ingredients:

2 tablespoons vegetable oil

Yellow onion, roughly chopped

Carrots cut into 1-inch pieces

Celery, cut into 1-inch pieces

4 garlic cloves, finely chopped

3 (15.1/2-ounce) cans kidney or pinto beans

Dried herbs and spices - dried oregano, cumin, coriander, chili powder

Salt and freshly ground black pepper

1 (28-ounce) can diced tomatoes with juice

Few cups water

1/3 cup finely chopped fresh cilantro leaves

Avocado, sour cream, and cheese, for garnish

Directions:

Heat oil in a large pot over medium heat. When it shimmers, add the onions, carrots, celery, and garlic and cook for a few minutes to soften. Add beans, oregano, and spices of your choice. Season with salt and pepper, to taste, and cook, stirring frequently, until you can smell all your spices. Add tomatoes with juices, water, and cilantro, and bring to boil. Reduce the heat to low and simmer until slightly thickened, about 30 minutes.

Season, to taste, with salt and pepper, if needed. Transfer to a large serving bowl and serve with avocado, sour cream, and cheese.

Split Pea Soup – Compliments of Chef JR Kitchens

From FoodNetwork.com adapted from [Every Day is a Party Cookbook](#), by Emeril Lagasse, with Marcelle Bienvenu and Felicia Willett, published by William Morrow, 1999

Ingredients:

1 tablespoon olive oil
2 cups chopped yellow onions
Salt
Freshly ground black pepper
Crushed red pepper flakes
1 tablespoon chopped garlic
1 bay leaf
1 pound dried green split peas, picked over and rinsed
8 cups chicken broth
1 cup milk
Hot sauce

Directions:

In large soup pot over medium-high heat, heat the oil. Add onions. Season with salt, pepper, crushed red pepper. Sauté for 2 minutes. Add garlic, bay leaf, and split peas and cook, stirring, for 1 minute. Add broth and bring to a boil, then reduce heat to medium and simmer, stirring occasionally, for 45 minutes, until the peas are tender. Remove from heat and let cool slightly. Remove bay leaf and discard. Add milk and, using a hand-held immersion blender, process until smooth. Add hot sauce and serve hot.

Solstice Potato Soup (Great for breakfast) – Compliments of Chef James Threadgill

Ingredients:

1 quart potatoes sliced
1 quart celery sliced
1 quart onions sliced
1/8 cup raw minced garlic
1/8 cup cooking oil
2 tablespoons chilé powder
1 tablespoon turmeric
1 tablespoon cumin
1 tablespoon coriander

Pinch of cayenne

Salt

Directions:

Layer the vegetables in a large pot with the potatoes on the bottom. Fill with water and add salt. Bring to a boil and cook until vegetables are tender. Meanwhile, sauté the chilé powder, turmeric, cumin, coriander, and cayenne in the cooking oil and then add to the soup.

Add garlic at the end before serving.

Chili – Compliments of Chef James Threadgill

Ingredients:

1 large can diced tomatoes

2 cans Bush'es chili beans

1 can drained black beans

1 can drained whole kernel corn

1 chili seasoning packet

¼ cup organic sugar

Add crushed red pepper and salt to taste

Directions: Throw them in a pan, heat and eat! Tasty, quick 'n easy!

Main Dishes

Veggie Meatballs – Compliments of Chef Maurrean Barger

Ingredients:

2 cups lentils
1 cup oats
3/4 cup corn meal
1/4 cup sesame seeds
2 tablespoons onion powder
1 tablespoon garlic powder
3 tablespoons Better Than Bullion Beef Base
1 tablespoon cumin
Vegetable oil, for frying

Directions:

1. Cook lentils according to directions.
2. Drain lentils and add to food processor
3. Add remaining ingredients except oil.
4. Blend well. Drizzle in water/oil until all is a wet, very thick paste.
5. Heat skillet with just a light layer of vegetable oil.
6. Preheat oven to 350 degrees
7. Form little balls no more than 1-1/2" and lightly fry.
8. Turn to brown other sides. (No need for uniformity here.)
9. Place balls on a cookie sheet when they are taken out of the skillet.
10. When all balls are finished, lightly coat with spray oil (Pam, etc.) and place in oven.
11. Bake 15 minutes.
12. Do not put them in your stew, spaghetti, etc., until you're just about ready to serve.

Tamale Pie – Compliments of Chef Nancy Curry

From [Eating - Recipes & Information to Get You Started](#) by Susan Powder

Ingredients:

1 tablespoon olive oil
1 medium onion, finely chopped
1 medium yellow, red or green bell pepper, seeded and finely chopped
2 garlic cloves, minced
1 16-ounce can unsweetened tomato sauce

1 16-ounce can pinto beans, rinsed and drained
1 ear of corn, kernels cut off the cob, or 3/4 cup frozen corn (thawed)
1 teaspoon chili powder
1 teaspoon ground cumin
1/2 teaspoon salt
Pinch cayenne pepper
3 cups water
1 cup yellow stone ground cornmeal
1 tablespoon freshly squeezed lemon juice
1 teaspoon Dijon mustard
1/2 teaspoon salt

Directions:

Heat the olive oil in a large frying pan over medium-high heat. Add the onion, bell pepper, and garlic and cook until softened, 6-8 minutes. Remove from the heat and stir in the tomato sauce, pinto beans, corn, chili powder, cumin, salt and cayenne. Pour into an 8" x 8" glass baking dish. Preheat the oven to 350 degrees. Boil the water, add the cornmeal, lemon juice, mustard, and salt in a large saucepan, and stir until mixed. Bring to a boil over medium-high heat, then immediately reduce the heat to low and simmer, stirring often, until thickened, 3-5 minutes. Spread the cooked cornmeal over the bean mixture. Bake for 30 minutes. Cool for 10 minutes before serving. Serves 4.

Baked Chickpeas and Rice – Compliments of Chef Candia Ludy

(Recipe Can Be Doubled)

Ingredients:

1 can chickpeas (garbanzo beans)
1½ cup raw rice—not instant
1 small onion-chopped
1 teaspoon garam masala (any curry powder would work)
1 teaspoon cumin
½ teaspoon ground coriander
2 tablespoons of red pepper hummus (optional but add richness to the broth/liquid)
Minced garlic and ginger if desired
3 cups vegetable broth
Olive or other vegetable oil for sautéing and coating baking dish

Directions:

Preheat oven to 350 degrees.

This dish will require a secure lid or use aluminum foil to make a cover. This should be ready.

In a saucepan add the chickpeas (liquid from can is ok if organic) plus enough vegetable broth to make a full three cups—a little extra is OK to account for evaporation –and bring to a boil.

While the liquid and chickpeas are coming to a boil, sauté the onions and raw rice in a skillet in a small amount of oil over medium heat.

Add the spices, plus the garlic and ginger, about 2 minutes after the rice onion mixture starts to cook.

Stir the rice, onion, and spice mixture cooking until the rice is very lightly browned

If using an oven proof skillet (cast iron) to sauté then add liquid and chickpeas directly to the rice onion mixture.

If using an ovenproof dish, coat the baking pan (8x8 or two quart casserole) with oil.

Add the rice, onion, spice mixture to the baking dish and then the boiling hot liquid/chickpeas.

Cover immediately with lid or foil and seal carefully.

Place in preheated 350 degree oven and bake for 25-30 minutes or until the liquid is absorbed.

Check and if it is not completely cooked recover and cook another 5 minutes or so.

Options:

As many as sound tasty. Just keep the 1:2 ratio of rice to liquid and the lid tight.

Vegetarian Meat Loaf and Mashed Potatoes – Compliments of Chef Louella Moore

Chop approximately ½ cup onion, ¼ cup green pepper, ¼ cup celery. Cook on the stove in water until slightly soft. Drain. Thaw 1 bag Harvest Burger Crumbles in microwave. Put in large bowl. Add onion, celery mix, approximately ½ cup cracker crumbs (*put saltines in a baggy and mash with a glass to make coarse crumbs*), and 2 or 3 slightly

beaten eggs. Put in greased large pan or casserole; formed as two loaves. Bake approximately 375 degrees until brown (probably 40 minutes) on outside.

Meanwhile make a tomato gravy. Cook 1 can chopped tomatoes, chopped onions and green peppers to taste. Some people add can of tomato paste, and approximately ¼ cup sugar. When onions, peppers are of desired softness thicken with water/flour mixture (approximately 1/8 cup flour in ¼ cup water) and cook another 3-5 minutes.

Also be cooking red potatoes – peel, cut in large pieces approximately 4 potatoes, boil until soft enough to mash. Drain all but about ¼ cup of liquid, add approximately ¼ cup half and half or condensed milk, about ¼ cup butter or SMART BALANCE type product. MASH. Salt and pepper to taste.

Serve meatloaf and mashed potatoes covered with tomato gravy. To serve, can add an additional vegetable – steamed broccoli, green beans, green peas, etc. -- and bread if desired.

Baked Ricotta and Spinach Rigatoni – Compliments of Chef JR Kitchens

From www.foodnetwork.com courtesy Dave Lieberman

This is a one pot, one dish meal. If you can get your hands on smoked mozzarella versus the regular stuff, you'll take the flavor to the next level.

Ingredients:

- 1 pound rigatoni
- 1 tablespoon olive oil
- 4 tablespoons butter
- 1 large shallot, minced
- 2 cloves garlic, pressed
- 1/4 cup all-purpose flour
- 1/2 cup white wine
- 2 cups milk
- 1/8 teaspoon ground nutmeg
- Kosher salt and freshly ground black pepper
- 2 (10-ounce) packages frozen chopped spinach, thawed and squeezed of excess water
- 2 cups ricotta cheese
- 2 eggs, lightly beaten
- 8 ounces smoked or fresh mozzarella, grated

Directions:

Preheat the oven to 350 degrees F.

Cook rigatoni for 5 minutes in a pot of boiling, salted water. Drain and toss with 1 tablespoon olive oil. Set aside.

To make the béchamel sauce:

Melt the butter in a large saucepan over medium heat and add the shallots and garlic. Sweat the shallots and garlic for a few minutes until softened and but not colored. Add the flour and stir until a smooth paste forms. Gradually whisk in the wine and then the milk. Bring the mixture to a simmer, whisking constantly and cook until thickened, about 5 minutes. Season with nutmeg, salt, and pepper, to taste. Let cool slightly.

Transfer cooled béchamel to a large mixing bowl and add the spinach, ricotta, and eggs. Mix in rigatoni and transfer to a greased 9 by13-inch baking dish. Top with grated mozzarella. Cover loosely with aluminum foil and bake for 40 minutes.

Remove foil and bake an additional 20 minutes, or until cheese is lightly browned on top, the center is no longer runny, and the sides are bubbly.

Herbed Bulgur-Lentil Pilaf – Compliments of Chef JR Kitchens

From www.FoodNetwork.com 2008, Ellie Krieger, All rights reserved

Ingredients:

- 1/2 cup green lentils
- 1 cup bulgur
- 4 cups low-sodium chicken broth
- 1 tablespoons plus 2 teaspoons olive oil
- 1 small red onion, finely diced (1 cup)
- 1 yellow pepper, seeded and finely diced
- 3 tablespoons chopped fresh flat-leaf parsley
- 2 tablespoons chopped fresh basil leaves
- 2 tablespoons chopped fresh chives
- 1 teaspoon lemon zest
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Directions:

Place lentils and 2 cups broth in a small saucepan and bring to a boil. Boil 5 minutes, then reduce to a simmer and cook until lentils are tender and most liquid is dissolved, about 30 minutes. Drain any remaining liquid. While lentils are cooking, place bulgur and remaining 2 cups chicken broth in another small saucepan and bring to a boil.

Reduce heat and simmer until most liquid is dissolved and bulgur is tender, about 13 to15 minutes. Remove from heat and fluff with a fork. Add the bulgur to the lentils.

Heat 2 teaspoons of the oil in a skillet over medium heat. Add onions and cook, stirring, until tender, about 5 minutes. Add peppers and cook until peppers are tender, another 5 minutes. Add the onion mixture to bulgur-lentil mixture. Stir in parsley, basil, chives, lemon zest, lemon juice remaining 1 tablespoon olive oil, salt and pepper and toss to incorporate.

Per Serving:

Calories 300; Total Fat 8 g; (Sat Fat 1.5 g, Mono Fat 5 g, Poly Fat 1.5 g) ; Protein 15 g; Carb 47 g; Fiber 11 g; Cholesterol 0 mg; Sodium 370 mg

Excellent source of: Protein, Fiber, Niacin, Vitamin C, Vitamin K, Manganese

Good source of: Vitamin B6, Copper, Iron, Magnesium, Phosphorus, Potassium

Herbed Lentils with Spinach and Tomatoes – Compliments of Chef JR Kitchens

From www.cookingchanneltv.com 2007 Ellie Krieger, All rights reserved

Ingredients:

- 1 cup French lentils
- 2 cups water
- 2 tablespoons olive oil
- 2 tablespoons diced shallots
- 3 cups baby spinach leaves (about 3 ounces)
- 1 cup halved grape tomatoes (about 1/2 pint)
- 1/4 cup chopped fresh basil leaves
- 1/4 cup chopped fresh flat-leaf parsley
- 1/4 cup chopped fresh mint leaves
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Directions:

Place the lentils in a pot with the water and bring to a boil. Cover and simmer for 30-35 minutes, until the lentils are tender but still retain their shape. Drain any excess water from the lentils and set them aside.

Heat the olive oil in a large skillet over a medium-high heat. Add the shallots and cook until they are softened, about 3 minutes. Add the spinach and cook until just wilted, about 2 minutes. Add the tomatoes, lentils, basil, parsley, and mint to the pan and stir to combine. Cook until warmed through, about 1 minute. Stir in the lemon juice, salt and pepper and serve.

Calories 235; Total Fat 8 g; (Sat Fat 1 g, Mono Fat 5 g, Poly Fat 1 g) ; Protein 11 g; Carb 33 g; Fiber 9 g; Cholesterol 0 mg; Sodium 330 mg
Excellent source of: Protein, Fiber, Vitamin A, Vitamin C, Vitamin K, Iron,
Good source of: Potassium

Sesame Eggplant with Tofu – Compliments of Chef JR Kitchens

From CookingChannelTV.com copyright Emeril Lagasse, courtesy MSLO

Ingredients:

1/2 cup peanut oil
2 pounds Japanese or Italian eggplant, cut into 1/2-inch thick slices
1/2 pound firm tofu, cut into 1-inch cubes
1 1/2 teaspoons salt
4 green onions, bottoms minced and tops sliced, reserved separately
2 tablespoons minced garlic (about 6 cloves)
1/2 teaspoon freshly ground black pepper
1/2 teaspoon crushed red pepper
1 tablespoon sesame seeds
1 tablespoon dark Asian sesame oil

Directions:

Heat 1/4 cup of the oil in a large nonstick sauté pan. When it is hot, add 1/2 of the eggplant and 3/4 teaspoon of the salt. Cook until the eggplant is nicely browned and softened, stirring as necessary to promote even browning, about 5 minutes. Add half of the green onion bottoms, 1 tablespoon garlic, 1/4 teaspoon black pepper, 1/4 teaspoon crushed red pepper, 1/2 tablespoon sesame seeds, and 1/2 tablespoon of the sesame oil. Toss to combine. Transfer to a plate and set aside.

Repeat with the remaining ingredients plus the tofu.

Combine both batches in the same pan, add the green onion tops, and heat briefly until warmed through, 1 minute. Serve immediately.

Shrimp Siu Mai (Dumplings) – Compliments of Chef JR Kitchens

From www.foodnetwork.com courtesy Giada De Laurentiis

Ingredients for dumplings:

1 egg white
1 teaspoon sesame oil

1/2 teaspoon arrowroot
1/2 red bell pepper, cored, seeded and diced into 1/4-inch pieces
1 medium carrot, peeled and diced into 1/4-inch pieces
1/4 cup frozen petite peas, thawed
1/4 cup chopped chives
1 (1-inch) piece fresh ginger, peeled and minced
1 teaspoon kosher salt
1/2 pound large shrimp, peeled, deveined and cut into 1/4-inch pieces
4 egg roll wrappers
Vegetable oil cooking spray

Ingredients for dipping sauce:

1/4 cup low-sodium soy sauce
2 tablespoons honey
3/4 teaspoon hot sauce (recommended: Sriracha)
1 garlic clove, minced

Directions:

Dumplings: In a medium bowl, whisk together the egg white, sesame oil and arrowroot until frothy. Stir in the bell pepper, carrot, peas, chives, ginger, salt, and shrimp. Put 1/2 of the mixture in a food processor. Blend until the mixture forms a chunky paste.

Return the paste to the bowl and combine it with the remaining vegetable mixture. Cut each egg roll wrapper into 4 equal-sized squares. Spoon about 1 tablespoon of the mixture into the center of each piece of dough. Gather the sides of the egg roll wrapper around the filling leaving the top of the filling uncovered. If necessary, use a little water to help secure the wrapper in place. Spray the bottom of a bamboo or stainless steel steamer with vegetable oil cooking spray. Working in batches, stand the dumplings, uncovered filling side up, in the steamer and cover. Steam until the shrimp turn pink and are cooked through, about 6 to 8 minutes.

Dipping sauce: In a small bowl, whisk together the soy sauce, honey, hot sauce and garlic. Arrange the dumplings on a platter and serve the dipping sauce alongside.

The Multitasking Luncheon – Compliments of Chef *Kunga Trag – ri* (Thomas Lenk)

(This has been an ever evolving recipe - a version of which I first learned from Khenpo Gawang Rinpoche in Boulder. In Memphis, most of the vegetables I get at the Viet Hoa market on Cleveland Street, about a block and a half north of Madison. The mini peppers I get at Costco.)

Ingredients (first group of ingredients):

4 - 5 mini peppers (different colors)

1 - 2 jalapeño chili peppers

3 - 4 scallions

1 small onion

5 - 6 mini carrots

1 small daikon radish

Better than Bouillon concentrated vegetable broth (or your choice)

4 - 5 gau lan cai lan

2 short bok choy cai lan (white)

2 Shanghai bok choy/ cai lun xan (green)

Spinach (optional)

Romaine lettuce heart (optional)

1 block tofu or package of seitan

Directions:

Generally, I would make this dish with stew meat. However, in honor of the Nyingma Monlam days of practice I'm offering a vegetarian version which replaces the meat with tofu or seitan (seasoned "meat" style).

Begin by chopping the first group of ingredients fairly small. If it's not possible to find mini peppers 1 mid-sized red or yellow pepper will do.

Cover the bottom of the pan with a layer of olive oil. Heat at high temperature. Add first group of vegetables. Salt to taste.

Stir for a few minutes, add 1 ¼ - 1 ½ cup water and lower heat to medium and cover. The meat would have been included with this first group of ingredients and would add flavor to the soup you're creating with the veggies and water. If you'd like, add vegetable bouillon cube or vegetable bouillon to taste.

Add seitan, chopped to a desired size.

Wash and chop the remaining leafy vegetables, and add. Cover.

The gau lan cai lan is reminiscent of broccoli with broad leaves instead of the florets. I use two different kinds of bok choy because they each have a subtle flavor of their own. The Shanghai Bok choy is light green while the short bok choy cai lan is white.

Cube the tofu into small pieces and add. Add chopped spinach and Romaine lettuce hearts, if desired. Simmer until the veggies are tender.

Serve with steamed Basmati rice.

Garnish the main entrée with chopped cilantro and Transforming Hot Sauce and the rice with your choice of Candia's Peanut Powder or Sesame Powder.

The multi-tasking part:

By making more broth, this can become a delightful soup, as well, by adding cheese and spinach ravioli.

Linguine with Prosciutto, Leeks & Lemon – Compliments of Chef James Threadgill

Ingredients:

4 ounces thinly sliced prosciutto, cut into 1/4-inch-wide strips

2 tablespoons butter

3 small leeks, white and tender green parts only, sliced (to yield about 2 cups) and well rinsed

Salt and black pepper

Pinch freshly grated nutmeg

1 cup heavy cream

1 pound dried linguine

1tablespoons lemon zest

Juice of 1/2 lemon

Directions:

Bring a large pot of salted water to a boil for cooking the pasta.

Chop the prosciutto and put it in a large skillet with the butter. Heat over medium until the butter is melted and the fat is translucent.

Add the leeks, season with salt, pepper, and nutmeg, and cover. Cook, stirring occasionally, until tender but not browned, about 10 minutes.

Add the cream. Reduce the heat to low and let heat gently, uncovered, while you cook the pasta until just tender.

Add the pasta to the skillet. Stir in the lemon zest and juice; season with black pepper.

Heat gently for a few minutes to let the pasta drink up the sauce.

Broccoli and Cheese Calzone – Compliments of Chef James Threadgill

Ingredients:

1 1/2 cups broccoli florets (frozen)
2 tablespoons minced garlic
2/3 cups ricotta or cottage cheese
1 cup mozzarella cheese
1 egg yolk
Salt and pepper
1 can Pillsbury pizza crust
1 1/2 tablespoons olive oil

Directions:

Preheat oven to 450.

Cook broccoli, coarsely chop and place in a large bowl.

Add garlic, ricotta/ cottage cheese, egg yolk, mozzarella, salt and pepper to bowl with broccoli, stir.

Roll out dough and cut into 4 equal portions. Use a rolling pin to roll each portion into 8 inch circles.

Place a quarter of broccoli mixture in the center of each round, fold dough in half, seal by rolling edges together and crimping. Cut 2 small slits in top of calzone to allow steam to escape.

Brush calzones with olive oil and spray baking sheet with cooking spray.

Place calzones on baking sheet and bake for 15 minutes.

Vegetarian Red Beans And Rice – Compliments of Chef James Threadgill

Ingredients:

3 cans red beans (Do Not Drain)
2 1/2 cups water (or you can use vegetable or chicken stock, whatever liquid you prefer)
1 medium yellow onion, diced
1 bell pepper (any color you prefer), diced
3 tablespoons garlic, minced
4 tablespoons olive oil
3 tablespoons thyme

2 tablespoons chili powder
2 tablespoons paprika
1 cup brown rice
Salt and pepper to taste

Directions:

In large pot sauté onion, pepper and garlic in oil until tender.

Add all other ingredients to pot, bring to a rolling boil. Turn heat to a simmer, stir and walk away. Cook for 45 minutes or until rice is tender.

This also works in the crockpot using about 16 ounces dry beans. Start before work or outing, omit sautéing, add about 3 1/2 to 5 1/2 cups more (total 6 to 8 cups) liquid and just throw it all in the crockpot. Cook for around 8 hours. Heck -- start it before bed, throw it in the fridge in the morning and reheat before dinner. It's even better reheated!

Black Bean Burrito Bake – Compliments of Chef James Threadgill

Ingredients:

1/2 cup reduced-fat sour cream
1 (15-ounce) can black beans, rinsed, drained, and divided
1/2 cup diced tomatoes
1 cup frozen whole-kernel corn, thawed
4 (8-inch) whole wheat tortillas
Cooking spray
1 cup salsa
1/2 cup (2 ounces) shredded Monterey Jack or cheddar cheese

Directions:

Preheat oven to 350°F. Take out a 9x13 baking dish and spray it with cooking spray.

Add half the beans to a food processor, blender or just smash 'em with a fork. Add all beans (chopped and otherwise), corn, tomatoes and sour cream to large bowl. Mix thoroughly.

Open the tortillas. Spread 1/2 cup of the mixture down the middle of each one. Roll them as you would any burrito or wrap. Place all of them in baking dish, "seam side down." Top each tortilla with a little salsa. Sprinkle cheese across all of them. Tent the dish with tin foil, taking care not to mess up the toppings. Bake 20 minutes, until heated through.

This only makes 4 but 1 is enough for 1 person if you have a salad with it and it's easy to double if you need to... Super easy!

Garlic Parmesan Pasta – Compliments of Chef James Threadgill

This is a super simple recipe that everyone I have ever made for loves and craves all the time! You can add any kind of veggies, asparagus, green beans, peas, spinach, squash, zucchini, eggplant, cherry tomatoes etc... Just sauté veggies in with garlic and add to the cook time. PLAIN IS GREAT THOUGH!

Ingredients:

1 pound angel hair or any pasta you like (Ronzoni Smart Taste is the best!)
4 cloves of garlic, minced (jarred garlic works great)
4-5 tablespoons of olive oil
1/4 cup parsley
1/2 cup parmesan cheese
Salt and pepper to taste

Directions:

Add pasta to boiling water.

In large frying pan over medium low heat, sauté garlic in oil for 3-4 minutes.

Drain pasta, add to garlic and oil. Toss in parsley, pepper and parmesan and mix well. Sprinkle with a little extra parmesan before serving. YUM!

This takes 10-15 minutes! Super quick!!

Spinach Pie – Compliments of Chef Debbie Burch via friend Leslie Piper

Ingredients:

1/2 cup butter
1 1/2 cup flour
Salt
2 lbs. onions (6 cups chopped -- 4 big or 5 med)
1 cup sour cream
1 teaspoon caraway seeds
5 eggs
2 10 ounce packages frozen spinach

1 tablespoon olive oil
2 tablespoons flour

Directions:

Cut 1/2 cup butter into 1 1/2 cups flour until consistency of course meal. Add 1/2 teaspoon salt and 1 egg and mix into a dough. Pat into bottom and 2 inches up sides of 9 inch spring form pan.

Slice & chop onions. Sauté in 1 tablespoon oil over medium heat until tender and light brown/gold. Cool.

Thaw and drain spinach, squeeze dry. Beat sour cream with 2 tablespoon flour, caraway seeds, 4 eggs, and 1 teaspoon salt. Mix in onions and spinach. Turn into pastry shell.

Bake in 350 degree oven for 1 hour and 15 minutes or until golden brown and set in center.

Serves about 8.

Pesto Walnut Risotto – Compliments of Chef Debbie Burch (from The New Basics Cookbook) via Rose Van Pembroke

Ingredients:

1 1/2 tablespoon olive oil
3/4 cup chopped onion
1 cup Arborio rice
4 cups chicken stock or canned broth
3 tablespoon basil pesto (I go by taste)
3/4 cup freshly grated Parmesan cheese
1/2 cup chopped walnuts
freshly ground black pepper, to taste

Directions:

1. Heat the oil in a heavy saucepan or flameproof casserole. Add the onion and cook over low heat until soft, 3 minutes. Then add the rice and cook, stirring, another 3 minutes.
2. Meanwhile, bring the stock to a boil in another saucepan. Reduce the heat and keep it at a simmer.
3. Slowly add 1 cup of the hot stock to the rice, stirring constantly. Continue to stir, allowing the rice to simmer. When the stock has been absorbed, add 1/2 cup and

- allow it to simmer, stirring well until it has been absorbed. Continue adding the stock 1/2 cup at a time, stirring constantly, until almost all the stock has been added.
4. Add the pesto and continue cooking, adding the remaining stock in 1/4 cups, stirring constantly, until the rice is slightly creamy and just tender. Altogether the rice should cook 25 to 30 minutes. When all the stock has been absorbed, stir in the Parmesan, walnuts, and black pepper. Serve immediately.

Makes 4 servings.

Spinach Pasta – Compliments of Chef Debbie Burch

Ingredients:

½ cube butter

1 onion, chopped

1 can vegetable broth

1 pound penne pasta

2 package frozen spinach (20 ounce total), thawed and drained

1 cup walnuts, chopped

Parmesan cheese, salt and pepper to taste

Directions:

In a sauté pan, melt butter. Add onion and sauté until tender and translucent. Add spinach and sauté until warm. Add vegetable broth and walnuts, and let the liquid cook down while you cook the pasta.

Bring water to a boil in a large pot. Cook pasta as suggested on package. Drain.

Toss the spinach mixture in with the drained pasta. Add salt and pepper to taste. Once the dish is plated, sprinkle with parmesan cheese if desired.

Crispy Egg Sandwich – Compliments of Chef Debbie Burch

Ingredients:

1 egg

2 large hands full of shredded cheddar cheese (or other cheese of your choosing)

2 slices of bread or 1 bagel or 1 sandwich thin

Salt and pepper to taste

Directions:

Coat a small frying pan with cooking spray. Heat the pan, then break one egg into it. With a fork, quickly stir the yellow of the egg so that it spreads across the top of the egg white. Add salt and pepper to taste. Cook until the portion of the egg touching the pan is firm, then turn the egg over. Immediately top the egg with a hand full of shredded cheese. As the egg cooks the cheese will begin to melt. When the egg is fully cooked and no longer runny, turn the egg over so the cheese is on the pan. Immediately top the egg with another hand full of shredded cheese. Fry it until the cheese is crisp and brown on the bottom. The egg and cheese can be pushed across the pan with a spatula when it is done enough. Then turn the egg/cheese mixture over and do this again on the second side. When done, both sides of the egg will be cheesy and crispy.

Turn the egg out onto bread, bagel or sandwich thins. Enjoy the crunchy texture and cheesy flavor!

Option: After breaking the egg into the pan and stirring the yellow, add Candia's Sesame Power or Peanut Powder into the egg. Cook with cheese as above. Yum!

Polenta Casserole with Fontina and Tomato Sauce – Compliments of Chef James Threadgill

If fresh basil isn't available, make the sauce with canned whole tomatoes that have basil included. Muir Glen has an excellent product that we often use. If you prefer mozzarella over Fontina, feel free to substitute.

Ingredients:

2 tablespoon olive oil
1 medium onion, chopped
1/2 cup chopped celery
1/4 cup finely chopped carrots
3 garlic cloves, minced
1 28-ounce can whole tomatoes (with basil if you have it)
1 tablespoon chopped fresh parsley
1 1/2 teaspoons dried oregano (or 1 tablespoon fresh, chopped)
1/4 cup chopped fresh basil
4 cups water
1 teaspoon salt
1 cup polenta, or coarse cornmeal
2 cups grated Fontina cheese

Directions:

Heat olive oil in a large saucepan on medium heat; add the onions, carrots, and celery. Cook until onions are translucent and carrots just tender (5-10 minutes). Add the garlic

and cook a minute more. Add the tomatoes and their juice (break up tomatoes as you put them in), parsley, and oregano. Bring to a simmer, reduce heat and cook for 15 minutes, uncovered, until sauce is reduced to about 3 cups. Mix in fresh basil, season to taste with salt and pepper.

In a large saucepan bring a quart of water to a boil, add a teaspoon of salt. Slowly whisk in the polenta. Reduce the heat to low and simmer, stirring often, until thick and cooked through, about 10 minutes.

Prepare a baking dish, brush 8x8x2 Pyrex or ceramic baking dish with olive oil. Spread 1/3 of the sauce over the bottom of the dish. Pour half of the polenta over the sauce. Sprinkle with half of the cheese. Pour another third of the sauce over the cheese. Pour the remaining half of the polenta over the sauce. Sprinkle with remaining cheese, cover with remaining sauce. Let stand for 2 hours at room temperature.

Preheat oven to 350°F. Bake until completely heated through, about 25 minutes. Let cool for 10 minutes before serving.

Makes 6 servings.

Pesto Pizza – Compliments of Chef James Threadgill

Ingredients:

1 Wheat Pizza Crust (homemade, ask for recipe, or premade store bought, around \$4)

3 tablespoons pesto (I buy mine premade for \$1.98 a jar and always have enough for a second meal, freezes well)

1/2 cup mozzarella (you can actually get an Italian mix at Dollar Tree for of course \$1.00 and it's good cheese)

1 tomato, thinly sliced (optional)

2 teaspoon olive oil or cooking spray

Directions:

Preheat oven to 375.

Place crust on baking sheet. Lightly coat crust with olive oil or cooking spray. Spread pesto evenly over crust, leaving a 1-inch border, add tomato and sprinkle mozzarella over pesto.

Heat for 5-10 minutes or until cheese begins to melt. Remove from oven.

SUPER QUICK AND YUMMY! KIDS LOVE IT! Plus you have leftover pesto for a 2nd meal. It can be used by putting it on chicken or turkey cutlets and baked or put it on pasta (smart taste or whole wheat are always best). Yum!

Avocado Bean Wrap – Compliments of Chef James Threadgill

Ingredients:

2 tablespoons vinegar (cider vinegar if you have it, if not white works)
1 tablespoon canola oil
2 cups shredded red cabbage
1 carrot, shredded
1 can great northern white beans
1 avocado
1/2 cup diced onion
1 cup shredded cheddar
Whole wheat wraps or tortillas
Salt

Directions:

Whisk vinegar, oil and a pinch of salt in a medium bowl. Add cabbage and carrot, toss.

Mash beans and avocado in separate bowl, stir in cheese and onion.

Assemble, spread a thin layer of avocado mixture onto wrap (or tortilla) and top with cabbage mixture. Roll up and cut in half.

Also great stuffed into pita bread and yummy with carrot sticks on the side

Quick “Gotta Go Meditate!” Rice – Compliments of Chef Debbie Burch

Ingredients:

1 serving already cooked (leftover) rice
Cheese, shredded – quantity and type of your choosing
Candia’s Sesame or Peanut Powder – quantity of your choosing
1 tablespoon water
Salt to taste
1 egg (optional)
Leftover cooked vegetables

Directions:

Place as much already cooked or leftover rice as you would like to eat in a microwave safe bowl. Add a tablespoon of water over the rice. Put a hand full of shredded cheese on top of the rice, cover, and microwave for about one and a half minutes.

Top the mixture with Candia's Sesame Powder or Peanut Powder, leftover vegetables and add salt to taste. Mix and eat. The Japanese break an egg over the **HOT** rice and mix it all together until the egg is cooked. This can be cooked and eaten in 10 minutes. It is *yummy* and the body sits calmly after this meal.

Chickpea Curry with Basmati Rice – Compliments of Chefs Susan and Bret Alexander from Cooking Light.

Ingredients:

- 1 (3.5 ounce) bag boil-in-bag basmati or brown rice
- 1 tablespoon canola oil
- 1 large onion, diced
- 1 1/2 teaspoon garam masala
- 2 (15 ounce) cans chickpeas, rinsed and drained
- 1 (15 ounce) can unsalted crushed tomatoes
- 1 (6 ounce) package fresh baby spinach
- 1/2 cup plain Greek yogurt
- 1/2 teaspoon salt
- 1/4 cup chopped fresh cilantro

Directions:

1. Cook rice according to package directions.
2. While rice cooks, heat a Dutch oven over medium-high heat. Add oil to pan; swirl to coat. Add onion; sauté 5 min or until tender, stirring frequently. Stir in garam masal; cook 30 sec, stirring constantly. Add chickpeas, tomatoes, and spinach; cook 2 min or until spinach wilts, stirring occasionally. Remove from heat; stir in yogurt and salt. Sprinkle with cilantro. Serve over rice.

Easy Homemade Seitan -- Compliments of Chef Janita Hall-Swadley

Seitan, sometimes referred to as “monk meat,” “mock chicken,” or “wheat meat,” is a very tasty alternative protein source to tofu or tempeh. I happen to like its taste better than either of the other two, and it has so many different uses. Before I came across the following recipe in Vegetarian Times magazine (1970), I used to make my seitan the old fashioned way—rinsing and kneading the wheat flour until it formed a glutinous mass and cooking it slowly for 2 hours—but it was far too time consuming, not to mention how hard it was on the hands! The below recipe cooks up in a jiffy, and it makes 2 one-

pound loaves that can be sliced, ground up in the food processor, or served like a loaf, depending on how you want to use it. I even bread my sliced seitan with Panko bread crumbs and make a mock chicken cutlet, or put BBQ sauce on it and grill it. It holds together that well. I usually make 2 batches of this recipe every 2 weeks: 2 loaves flavored with poultry seasoning (to give it a chicken flavor), 1 loaf flavored with steak seasoning, soy sauce, and vegan Worcestershire sauce (for beef or pork flavors), and 1 loaf flavored with dashi and sliced diakon radish for fish flavor. You can also grind the seitan in the food processor, and add taco seasoning to make vegetarian tacos, or add sloppy joe seasoning for homemade sloppy joes. See, its use is endless!

Ingredients:

2 cups vital wheat gluten (recommend Hodgson Mill)*
1/2 cup nutritional yeast (recommend Bragg)**
2 teaspoons garlic powder
5 cups low sodium vegetable broth, divided
2 Tablespoons reduced sodium soy sauce
1/2 small onion, diced
1 clove garlic, crushed

Directions:

Combine vital wheat gluten, nutritional yeast, and garlic powder in large bowl. Stir in 1 cup broth and soy sauce until thick dough forms, adding more broth if necessary. Knead dough in bowl with wooden spoon 2 to 3 minutes, or until dough is elastic and easy to handle. Shape into 1 large or 2 small loaves.

Place seitan dough in large saucepan, and add remaining 4 cups broth, onion, and garlic (and other seasonings, if using), adding enough water to cover seitan pieces. Cover saucepan, and bring to a boil over medium heat. Reduce heat to medium-low, and simmer 30 to 45 minutes, or until seitan pieces are firm. Remove from heat, and cool in broth. Use in any recipe calling for seitan. Store all unused seitan in broth. If not used within 1 day, freeze to keep safe. Frozen seitan can be thawed and used within 3 months of cooking date.

Makes 2 one-pound loaves.

* Can be found in most grocery stores in the baking goods aisle or in the health food section.

** Can be found at Whole Foods, online, or even at the larger Kroger stores in the health food section near the bulk food items.

Spaghetti Aglio e Olio (Spaghetti with Garlic and Olives) -- Compliments of Chef Janita Hall-Swadley

When I was in graduate school in Boston, I lived in the Italian section of Providence, RI and took the commuter train in every morning to save money. As a vegetarian, it was wonderful, since much of the Italian cuisine could be adapted to suit my lifestyle. This recipe came from the butcher (of all people) who lived down the street from me, and because it was so quick and easy to make, as well as inexpensive, I used to eat it at least twice a week. There are several recipes out there for Aglio e Olio, but I liked the way that the butcher, who was also a vegetarian (go figure!) made it. Shredded, not grated, parmesan cheese is used at the end of the recipe. When the pasta water is added at the end, the cheese collects together in lovely little clumps, which takes on the texture of meat. Even my carnivorous husband loves this dish! For variety and color, you could add some fresh or thawed frozen peas to the mixture at the same time you add the olives. Either way, it's yummy.

Ingredients:

1/2 pound thin spaghetti, or pasta of your choice
3 Tablespoons olive oil
3 cloves garlic, minced
1/2 teaspoon red pepper flakes
1/2 teaspoon minced onion
3/4 cup pitted and sliced olives (black, green, or a variety of both)
1 Tablespoon dried parsley flakes (or 2 Tablespoons fresh parsley, chopped)
1/2 cup shredded parmesan cheese
Freshly grated black pepper, to taste

Directions:

Bring salted water to boil and cook spaghetti according to directions on package.

Meanwhile, warm olive oil in medium skillet over medium heat. Add garlic, red pepper flakes, and minced onion, and cook for about a minute, making sure that garlic does not burn. Lower heat and add olives and parsley and cook for about 2 minutes longer.

Once spaghetti is cooked, drain pasta, but reserve approximately 1 cup of cooking water and set aside.

Add shredded parmesan cheese to the olive mixture. Pour in cooking water, 1/4 cup at a time, until the parmesan cheese begins to clump together. Divide pasta evenly between 2-3 plates, and pour an equal amount of olive mixture on top. Toss lightly, grate black pepper on top, and serve.

Makes 2-3 servings.

Home-style Baked Beans from Kripalu – Compliments of Chef James Threadgill

Ingredients:

2 cans of navy beans 1 tbs oo
1 small onion chopped
3 cloves of garlic chopped or minced
1 teaspoon chili powder
½ teas onion powder
3 tablespoon tomato paste
3 tablespoon molasses
1 tablespoon stone-ground mustard (I use French's mustard, approximately 2 tablespoons)
½ cup water as needed
1 teaspoon sea salt

Directions:

Saute onions and garlic in olive oil.

Add tomato paste and water and seasonings. Cook on simmer for approximately 10 minutes. Add drained beans last.

Bake in the oven, covered, at 350 degrees for 30 minutes.

Vegan Black Bean Burgers from Kripalu – Compliments of Chef James Threadgill

Ingredients:

1 cup pumpkin seeds (pulsed in food processor) 1 cup pecan meal
2½ cups black beans drained(half mashed)
1 c cooked brown rice
2 tablespoons olive oil
1 small onion diced
1 tablespoon chopped garlic
1 tablespoon cumin
1½ teaspoon ground coriander
1½ teaspoon dried sage
1 teaspoon sea salt black pepper

Directions:

Saute vegetables in olive oil. Add spices then beans, meal, rice, seeds.

Mix well and shape into balls. Grill or bake at 350 degrees for 15 minutes. Allow to sit 5 minutes before serving.

Repro Ratatouille – Compliments of Chef James Threadgill

Preparation and cooking time: about 45 minutes Ingredients (Serves 2)

Ingredients:

1 large-ish onion, diced

1-2 garlic cloves, crushed

1-2 tablespoons of olive oil

1 300 gram tin of tomatoes (or 2-3 large tomatoes, chopped)

Around ½ small courgette (zucchini), chopped into discs

½ of a yellow bell pepper, diced or sliced into slivers (you can also use a red or a green pepper, but I used yellow, for some extra colour contrast)

3-4 large chestnut mushrooms, thinly sliced

Salt to taste

Black pepper to taste

Optional pinch of cayenne pepper

½ teaspoon of dried oregano (or 1 teaspoon of fresh)

½ teaspoon of dried marjoram (or 1 teaspoon fresh)

1 good handful of chopped or torn fresh basil (or 1-2 teaspoon of dried)

Directions:

1. Heat oil in a large sauté pan on a medium-high burner. Add onions until soft and transparent, about 5 minutes, stirring frequently.
2. Add garlic, and cook for 1-2 minutes.
3. Add the mushrooms and cook until lightly browned, 1-2 minutes.
4. Then add the dried herbs, courgette, pepper and sweetcorn, again fry for 1-2 minutes, and add salt and pepper.
5. Lastly, add the tomatoes and the fresh basil, turn down the heat, cover and cook for around 30 minutes until the veg are all tender. You may need to add some water, if it appears a little dry, so check it periodically.
6. Check the seasoning, add more salt and pepper if required.
7. Serve in a bowl with crusty bread. Yum!!

Quinoa Tabouli – Compliments of Chef James Threadgill

Ingredients:

2 cups water

1/2 cup fresh lemon juice

1 cup quinoa

1/3 cup olive oil

3 medium ripe tomatoes

2 tablespoons fresh mint
1 1/2 cups parsley, coarsely chopped
1 cup scallion, chopped
salt, to taste

Directions:

1. Place quinoa in a colander and rinse several times rubbing the grains together to remove the bitter outer layer.
2. Place water and quinoa into a 2-quart saucepan. Bring to a boil. Reduce heat to a simmer and cover. Cook for 10 to 15 minutes or until all water has been absorbed.
3. While the quinoa is cooking, finely chop the tomatoes, parsley, and scallions. Add lemon juice, olive oil and fresh mint to the tomato mixture.
4. Stir in cooked quinoa and salt. Mix well.
5. Let tabouli sit in the refrigerator for a day to blend flavors.
6. Tabouli is traditionally served at room temperature so remove from fridge 30 to 60 minutes before serving

Vegan Black Bean Burgers from Kripalu – Compliments of Chef James Threadgill

Ingredients:

1 cup pumpkin seeds (pulsed in food processor)
1 cup pecan meal
2½ cups black beans drained(half mashed)
1 cup cooked brown rice
2 tablespoons olive oil
1 small onion diced
1 tablespoon chopped garlic
1 tablespoon cumin
1½ teaspoon ground coriander
1½ teaspoon dried sage
1 teaspoon sea salt
black pepper

Directions:

Saute vegetables in olive oil. Add spices, then beans, meal, rice, seeds. Mix well.

Shape into balls. Grill or bake at 350 degrees for 15 minutes. Allow to sit 5 minutes before serving.

Solstice Mung Beans & Rice with Vegetables – Compliments of Chef James Threadgill

Ingredients:

4½ cups water
½ cup whole mung beans
½ cup basmati rice
1 onion, chopped
3 cloves garlic, minced
¼ cup finely minced ginger root
3 cups chopped vegetables
2 tablespoons ghee or oil
¾ tablespoon turmeric
¼ teaspoon dried crushed red chilis
¼ teaspoon ground black pepper
½ teaspoon coriander
½ teaspoon cumin
½ teaspoon salt

Directions:

Rinse the mung beans and rice. Add the mung beans to boiling water and cook until they begin to split. Add the rice and cook another 15 minutes, stirring occasionally. Now add the vegetables.

Heat the ghee/oil in a sauté pan and add the onions, garlic, and ginger and sauté until clear. Add the spices and cook 5 more minutes, stirring constantly. Add a little water if necessary. Add this to the cooked rice and beans. You can substitute vegetables as you like, as well as use Bragg Liquid Aminos, tamari, or soy sauce instead of salt. Tastes great with yogurt!

Asian Tempeh Lettuce Wraps – Compliments of Chef Elizabeth Shelley

(Gluten-Free, Slow Cooker)

Ingredients:

- 1 package (8 ounces) tempeh, cubed
- 1 large stalk celery
- 2 medium carrots
- 1 can (8oz) water chestnuts, drained

For the sauce:

- 2 cloves garlic, minced
- 1 Tablespoon grated ginger, plus more as needed.
- 1 ½ cups water
- ¼ cup soy sauce
- ¼ cup seasoned rice vinegar or plain rice vinegar mixed with 1 teaspoon sugar
- 1/4 teaspoon red pepper flakes or sriracha
- Whole iceberg or butter lettuce leaves for serving

Night Before:

Steam the tempeh in a steamer basket for 10 minutes. This removes bitterness. While tempeh is cooking, mince the celery, carrots, and water chestnuts, cover and store in fridge.

In the Morning:

Place the tempeh, vegetables, and sauce in the slow cooker and smash the tempeh with a spoon until it crumbles. Cook on low for 6 to 8 hours. Taste and adjust the seasonings. Add an additional 1 teaspoon grated ginger if its flavor has dulled. Serve with whole lettuce leaves to wrap the filling in.

6 Servings

Singapore Noodles – Compliments of Chef Elizabeth Shelley

Ingredients:

- 1 small yellow onion, peeled and sliced into ½ inch slices
- 2 medium carrots, peeled and cut into matchsticks
- 1 medium red bell pepper, seeded and cut into ½ inch slices
- 8 ounces shitake mushrooms, stems removed
- ½ cup vegetable stock, or low sodium vegetable broth
- 4 teaspoons low sodium soy sauce or to taste
- 1 tablespoon grated ginger
- 2 cloves garlic, peeled and minced

1 tablespoon curry powder or to taste

4 oz brown rice noodles like vermicelli, cooked according to package instructions,
drained and kept warm

freshly ground black pepper to taste or you can add some red pepper flakes when
cooking the vegetables.

Heat a large skillet over high heat. Add the onion, carrots, red pepper, and mushrooms
and stir-fry for 3 – 4 minutes. Add water 1 – 2 tablespoons at a time to keep the
vegetables from sticking to pan. Add the vegetable broth, soy sauce, ginger, garlic and
curry powder and cook for 3 – 4 minutes more. Add the cooked noodles, toss well and
season with the black pepper.

Serves 2.

Vegetables

Layered Sweet Potato Torte – Compliments of Chef Janita Hall-Swadley

Ingredients:

olive oil, for brushing and drizzling, plus an additional 1 tablespoon
1 small onion, chopped
1/4 teaspoon salt
1 teaspoon sugar
1 lb. Swiss chard or mustard greens, washed, stems removed¹
2 1/2 lb. sweet potatoes, peeled, sliced 1/8-inch thick²
1/2 tablespoon chopped fresh rosemary
2 cloves garlic, minced
1/2 cup blue cheese, crumbled
1/2 cup fontina cheese, shredded

Special equipment: mandoline (for slicing sweet potatoes) and springform pan

Directions:

1. Preheat oven to 450 deg. F. Brush a 9-inch springform pan with olive oil (sides and bottom).
2. Heat 1 tablespoon olive oil in a small nonstick skillet over medium heat. Add onion and sprinkle with salt. Once onion starts to turn translucent, sprinkle with sugar. Turn heat to low and cook until caramelized (until they are light brown in color), about 5 minutes.
3. Stack 5-6 chard leaves on cutting board, and roll into a cylinder. Slice leaves into thin strands (chiffonade). Repeat with remaining leaves.
4. Place 1 sweet potato slice in center of bottom of prepared springform pan. Arrange slices in circles around this center slice, overlapping each by at least one-half. Drizzle with a little olive oil. Sprinkle sweet potatoes with one-third of the rosemary and garlic. Spread 1 cup Swiss chard over potatoes. Sprinkle with 1/4 cup (approximately) caramelized onions and one-third portion of each of the cheeses. Arrange another layer of sweet potatoes over chard, and press down on potatoes to flatten the layers. Repeat the layers two more times. End with a layer of sweet potatoes. Make sure this top layer is arranged in a pretty pattern. It will create a more impressive presentation. Drizzle with olive oil.

¹ You may substitute kale, turnip, or collard greens for the Swiss chard, as well. However, do not use spinach. It has too much water, and you will end up with a sloppy mess.

² Unless you are really good with the knife, you will need to use a mandoline to slice the sweet potatoes. Otherwise you will not get the pieces thin enough, and they will not curl up like they are supposed to.

5. Place torte on a baking sheet (a pizza pan works nicely for this), and cover springform pan with foil. Bake for 45 minutes. Uncover, and bake for 15 minutes. Remove from oven, and cool for about 15 minutes, or until you can touch the outside of the pan without getting burned. Turn oven temperature down to 350 deg. F.
6. Press top of cooled torte to remove excess liquid. Loosen the springs on side of springform pan, and (carefully) push up the bottom of the torte until you can grab the torte from the top of the springform pan. Place torte, still sitting on the bottom of the springform pan, onto another oven-safe serving platter.
7. Place torte back into the oven for an additional 8-10 minutes (uncovered) until the slices begin to curl up. Once your “masterpiece” is finished cooking, the curled sweet potato slices will look like the petals of a flower in full bloom. Very pretty and yummy!

Serves 8

Per slice: 210 calories, 5g protein, 10g fat (3g saturated), 23g carbohydrates, 8 mg cholesterol, 276 mg sodium, 4g fiber, 10g sugar

Couscous with Summer Vegetables – Compliments of Chef Nancy Curry

From [Eating - Recipes & Information to Get You Started](#) by Susan Powter

Ingredients:

- 1 teaspoon olive oil
- 1 1/4 cups shredded zucchini
- 1 1/4 cups shredded carrot
- 1/2 cup chopped onion
- 1 small sweet red pepper, seeded and cut into 1/4 inch strips
- 1/4 cup chopped fresh parsley
- 1 tablespoon lemon juice
- 1/4 teaspoon dried whole savory
- 1/4 teaspoon dried whole rosemary, crumbled
- 1/4 cup plus 2 tablespoons water
- 1/4 teaspoon salt
- 1/2 cup couscous, uncooked

Directions:

In a large non-stick skillet; add olive oil and place over medium heat until hot. Add zucchini, carrot, onion and red pepper; sauté until crisp-tender. Transfer to a large bowl; stir in parsley, lemon juice, savory and rosemary, set aside and keep warm. Combine the water and salt in a small saucepan and bring to a boil. Remove from heat. Add couscous; cover and let stand 5 minutes or until couscous is tender and liquid is absorbed. Add to vegetable mixture and stir well. Serves 6.

Potato Parathas – Compliments of Chef JR Kitchens

From CookingChannelTV.com Courtesy Bal Arneson

Ingredients for dough:

2 cups whole wheat flour

3/4 to 1 cup water

Ingredients for filling:

1 cup mashed potatoes

2 tablespoons minced red onion

1 tablespoon dried fenugreek leaves

1 tablespoon garam masala

1 tablespoon chopped fresh cilantro leaves

Pinch salt and freshly ground black pepper

Directions:

Combine the flour and water in a bowl and knead until it forms a smooth round ball similar to a stiff pizza dough. Cover the dough and set aside.

Put the mashed potatoes, red onion, fenugreek leaves, garam masala, and cilantro into a bowl and mix well.

Taste for seasoning and add salt, and pepper, to taste.

Take a piece of dough about the size of a golf ball and roll it into a disc with your fingers. Lightly dust a work surface with flour and using a lightly-floured rolling pin, roll out the disc into a thin patty (like a tortilla).

Place 1/4 cup of the filling into the middle of the patty and then fold the edge of the dough over the mixture and form into a ball, with the filling in the center. Roll out the paratha gently, being careful not to squeeze the filling out.

Put a nonstick skillet over medium-high heat and place a paratha into it. Cook until brown bubbly spots appear and then flip the paratha and cook the second side until it is done, about 3 minutes per side. Continue until all the parathas are done.

“Baked” Potato with Fresh Toppings – Compliments of Chef Louella Moore

Wash one or more potatoes – Idaho or red potatoes of medium to large size. Use a sharp knife to punch a half dozen holes in each to allow steam to escape while being

microwaved. Microwave 5 to 7 minutes depending on size. Cut open, use fork to mash/loosen the potato insides. Add butter, sour cream, shredded cheese directly to the potato. Cover with shredded lettuce, chopped tomato, and green peppers. Can also add vegetarian soy/bacon bits and more shredded cheese on the top if desired. Makes a vegetable and salad meal in one. Can serve with slice of bread as well.

Potent Potatoes – Compliments of Chef James Threadgill

Ingredients:

4 medium to large baking potatoes
1/2 cup oil (olive or canola)
1 1/2 medium onions finely chopped
4 cloves garlic finely chopped
1 teaspoon black or white pepper
1 1/2 teaspoons turmeric
1 teaspoon crushed red chilis
1/2 teaspoon ground cloves
1/2 teaspoon ground cardamom
1/2 teaspoon cinnamon powder
2 teaspoons poppy seeds
1 cup cottage cheese
Soy sauce or salt to taste
Sliced cheese of choice

Wash potatoes, dry and oil the skins. Bake them about one hour at 400 degrees until they are soft on the inside. Meanwhile heat oil in a skillet and saute' onions and ginger until browned and well done. Add garlic and spices adding more oil if needed and continue cooking for 10 to 15 minutes over medium low heat. Cut potatoes in half when they are done baking and scoop out the insides and add to the cooked spice mixture stirring until well mixed. Add cottage cheese and salt or soy sauce to taste. Refill potato skins with the mixture. Cover with a slice of cheese and then broil (a few minutes) or bake (5-10 minutes at 350) until melted and golden. Makes 8 halves serving 3-4 people.

Skillet Stewed Tomatoes & Okra – Compliments of Chef James Threadgill

Hands-on time: 25 minutes
Time to table: 50 minutes
Serves 6

Ingredients:

1 tablespoon olive oil
1 large onion, chopped
2 cloves garlic, minced
1/2 pound fresh young, tender okra, preferably no more than 3 - 4 inches long, stems trimmed near the seam
Water or vegetable stock
1 pound very ripe summer tomatoes, stems removed and diced
1 tablespoon agave or honey
Salt & pepper to taste
1 tablespoon tomato paste, optional (see TIPS)
Halved grape or cherry tomatoes, for aesthetics only
Chopped chive or oregano, for aesthetics only

Directions:

In a large heavy skillet, preferably cast iron, heat the olive oil until shimmery on MEDIUM heat. Add the onion and garlic, cook just until beginning to turn color. Move the onion to the edges and add the okra, stir to coat with fat, then increase the heat to MEDIUM HIGH and let the okra brown a bit before turning (see ALANNA's TIPS), if needed adding a splash of water or vegetable stock to keep from burning.

Stir in tomatoes, agave and salt and pepper. Add water that comes about halfway up the tomatoes/okra. Let cook uncovered for about 25 minutes, adding more water as needed to prevent burning, near the end, letting water cook off almost entirely. Taste and adjust seasoning. If needed (see TIPS), stir in tomato paste and cook for another 5 minutes.

To serve, top with tomato halves and fresh herbs.

ALANNA's TIPS & KITCHEN NOTES

For the photo version, I tried really hard to get a little "burn" (not really burn, but a little color) on the okra on an electric stove with a cast iron skillet but just couldn't make it happen without burning the onion too. If I have trouble with that again, I'll cook the onion and garlic, then lift them out of the pan onto a plate, then add the okra to better use a higher heat on them to get the rustic look that's so appealing visually.

Tomato paste can cover a multitude of tomato sins. If your tomatoes are a little watery or pallid, the tomato paste will boost the tomato flavor back up to where it's needed. LEFTOVERS Heat beautifully and might be even better than fresh-cooked. It's also easy to make a big batch and drop in a few meatballs or a few curls of fresh shrimp. Ah, summer!

NUTRITION INFORMATION Per Serving: 70 Calories; 2g Tot Fat; 0g Sat Fat; 0mg
Cholesterol; 10mg Sodium; 12g Carb; 3g Fiber; 7g Sugar; 2g Protein. WEIGHT WATCHERS
POINTS: WW Old Points 1 & WW PointsPlus 2

Desserts

Brownie Muffins – Compliments of Chef Barb Gilbert

Preheat oven to 400 degrees.

Ingredients:

Combine a 15-ounce can of pure pumpkin with a box of devil's food cake mix.
Stir until blended.

Directions:

Pour batter into a 12-cup muffin pan sprayed with nonstick spray.
Bake at 400 degrees for 20 minutes.

Makes 12 servings. (Each serving 181 calories, 3.5g fat, 2g protein, 37g carb, 2g fiber).

Lemon-Lime Jell-O Salad – Compliments of Chef Debbie Burch's mom

Ingredients:

2 cups boiling water
1 package Lemon Jell-O (small)
1 package Lime Jell-O (small)
1 can crushed pineapple
1 cup cottage cheese
1 can Eagle brand condensed milk
1 cup mayonnaise
1 teaspoon horseradish
1 cup chopped nuts of your choice

Directions:

Dissolve Jell-O in the boiling water and cool. Add the can of pineapple to the cooled Jell-O and combine.

In a separate bowl combine the cottage cheese, Eagle brand condensed milk, mayonnaise, horseradish and chopped nuts. Stir the ingredients and mix well.

Add the two mixtures together and combine well. Chill in the refrigerator until ready to serve.

Cream Cheese Pie – Compliments of Chef Debbie Burch

Ingredients:

1 graham cracker crust
1 (8 ounce) package cream cheese, softened
1 (8 ounce) container Cool Whip
1/3 cup sugar
1/2 teaspoon vanilla
1/2 cup sour cream

Directions:

Using a hand mixer, mix softened cream cheese and sugar until well blended. Add vanilla and sour cream and mix. Fold in the cool whip and pour into the crust. Chill for 2 hours. Top with fruit or any other toppings.

Raw Carrot Cake and Kream Cheeze Frosting from Ani Phyo – Compliments of Chef James Threadgill

Cake Ingredients:

5 cups shredded carrots
1¼ cups sunflower seeds (ground food process)
2¼ cups pitted dates (ground food process) with seeds above
optional add coconut 2 cups
nutmeg and cinnamon to flavor frosting
1 ½ cups cashews

Directions:

Food process all ingredients. Add juice of lemon, 2 tablespoons of honey and ½ cup water as needed.

Frost mixed molded cake (I use my hands) and refrigerate -- ready to eat! Lasts 4 days.

Sauces

Solstice Hot Sauce (To go with Mung Beans and Rice) – Compliments of Chef James Threadgill

Ingredients:

3 large onions, chopped
¼ cup dried crushed red chiles
8 ounces tamarind concentrate
16 ounces hot water
1½ cups sesame oil
1 tablespoon turmeric
10 whole small dried red chiles
2 cups apple cider vinegar

Directions:

Put the onions in a large bowl. Sprinkle with the crushed chilés. Melt tamarind concentrate in hot water. Add sesame oil and diluted tamarind to onions. Sprinkle with the turmeric. Add the whole chiles and vinegar. Stir and cover. Let sit overnight or several days for the fullest flavor. Store in the refrigerator. The sauce will keep a long time and get better and better. Yields 2 quarts.

Beverages

Yogi Tea: Yogi Bhajan – Compliments of Chef James Threadgill

Ingredients:

to 3 quarts boiling water add:

20 cloves

20 whole green cardamom pods (open them up)

20 whole black peppercorns

5 sticks of cinnamon

Directions:

Boil for 15 minutes then add 1/4 teaspoons black tea (4 tea bags).

You can add honey when ready to drink -- do not cook the honey.

Also add milk of your choice if desired per each cup. You can store tea milk free in the fridge and use all week! When rewarming -- put in pot on stove, not in the microwave!!!

* Flavor to your liking -- feel free to make it yours. This is the original recipe.

Do-It-Yourself Chai Concentrate -- Compliments of Chef Elizabeth Shelley (Slow Cooker Recipe)

Ingredients:

6 cups water

5 slices fresh ginger

7 whole cinnamon sticks

10 whole peppercorns

8 whole allspice berries

¼ teaspoon cardamom seeds

10 tea bags (black, green, or roobios)

½ to 1 cup agave nectar

Directions:

Combine the water and spices in the slow cooker. Cook on low for 8-10 hours.

Add the teabags and let steep for 5 – 10 minutes, depending on how concentrated

You want the flavor to be. Remove the tea bags and add the agave/

Remove the cinnamon sticks. Pour into a pitcher while straining out the spices through a piece of cheesecloth placed in a funnel. Can be stored in the fridge for 1 to two weeks.

Yield: about 6 cups.

Serving Suggestion:

Add ½ cup to 1 cup of the concentrate to an equal amount of nondairy milk. It's great hot or iced.

Bath and Body

Golden Milk: Healing Beauty Tonic for Vitality and Flexibility – Compliments of Chef James Threadgill

Ingredients:

1/8 teaspoon turmeric
1/2 cup water
8 ounces milk
2 tablespoons raw almond oil
Honey to taste
1 cardamom pod (optional)

Directions:

Simmer turmeric in water until it forms a nice paste. Suggested cooking time is 8 minutes, you can add more water as necessary. Meanwhile, bring milk to a boil with the almond oil. As soon as it boils, remove from heat. Combine the two mixtures using a blender if desired. Add honey to taste. The cardamom may be cooked with the turmeric for added flavor.

Note that you can prepare larger quantities of paste as it keeps in the refrigerator for up to 40 days. The general ratio of turmeric to water is 1 part turmeric to 4 parts water.

Natural and Nourishing Exfoliating and Moisturizing Body Wash – Compliments of Chef Debbie Burch

Ingredients:

½ cup Dr. Bronners Pure Castile Liquid Soap (this is natural soap made from an olive oil base)
½ cup *organic* olive oil (organic oil will not have pesticides in it that your body will absorb)
1 tablespoon Shea Butter
¼ cup organic honey
3 or so drops Vitamin E Oil
2 tablespoon Baking Soda
Optional:
1 teaspoon detox dead sea bath salt
½ teaspoon dead sea bath salt
A few drops of essential oils if you want it to be scented
Recycled container

Directions:

Save and wash a 10+ ounce can from your cooking.

Pour the olive oil, Vitamin E oil, and essential oils into the can and add the shea butter. Run hot water on the outside of the can until the shea butter melts. Add honey. Mix together with a stick blender. Add the liquid castile soap and dead sea bath salts. Again, mix together with the stick blender. Add the baking soda and mix with the blender. Done! Scrape the mixture into a recycled container of your choice. Makes about 3-4 weeks of luxurious and gently exfoliating body wash that can be used on all parts of the body and face (be careful around eyes because it does sting!).

Most ingredients can be purchased at Whole Foods. It is a great way to use expired baking soda! Save the can for your next batch.

Natural Hair Conditioner – Compliments of Chef Debbie Burch

Ingredients:

- 1 cup clean, filtered water
- 1 tablespoon apple cider vinegar

Directions:

Pour these ingredients together and drizzle over freshly washed hair. Rinse. Your hair will feel silky and will not smell like vinegar. I keep a bottle of vinegar in the shower with a plastic cup and mix this up after I wash my hair. It has the added benefit of helping to clean your plumbing!

Natural Hair Spray – Compliments of Chef Debbie Burch

Ingredients:

- 2 cups water
- 2 oranges, washed and cut into sections (leave the peels on)
- 3 tablespoons high proof vodka (alternately you can use rubbing alcohol, but this isn't as good for your scalp or hair)
- Recycled spray bottle

Directions:

Wash the oranges and cut into sections, leaving the peel on the oranges. Place the orange sections in a sauce pan with two cups of water. Boil until it is reduced to one cups of liquid. Cool. Remove the orange sections and seeds. Add the vodka. Refrigerate until the mixture settles. Strain and pour into a spray bottle. Keep refrigerated after each use.

Natural and Organic Body Lotion – Compliments of Chef Debbie Burch

Ingredients:

¼ cup organic olive oil (organic oil will have no pesticides in it that can be absorbed by your skin)

¼ cup organic aloe vera gel (find it at Whole Foods – you can also make your own gel with fresh aloe vera plants)

2-3 drops Vitamin E Oil

Optional: A few drops of essential oils of your choice, for both pleasing scent and for the benefits of that oil)

Directions:

Add all ingredients together and mix thoroughly with a stick blender. For even more moisture, add 1 tsp. melted shea butter into the olive oil and vitamin E then mix thoroughly before adding aloe vera.

I have been using this recipe now for 3 months and my skin really likes it, especially my face. I don't think it will be moisturizing enough for a cold winter so a winter recipe may be forthcoming in 2014!

Website References

Chef Henry Lin suggests this website as a good place to find good vegetarian recipes: **www.foodwishes.com**