



BREAKFAST RECIPES

RASPBERRY ALMOND BREAKFAST QUINOA

- 2 ¼ cups water
- 1 cup quinoa
- ¼ cup unsweetened almond milk
- 1 tablespoon maple syrup or honey
- Handful of raspberries
- Handful of chopped almonds
- Dash of cinnamon

Bring 2 ¼ cups of water to a boil. Add the quinoa, return to bubbling, reduce the heat, then cover and cook for 15 minutes.

Scoop the cooked quinoa into serving bowls. Add the milk, sweetener, raspberries, chopped almonds and cinnamon and serve.

MILLET OR RICE PORRIDGE

- 2 cups leftover millet or rice
- 2/3 cup water
- 1/2 cup daikon radish, red radish, or turnip
- 1/2 cup leafy greens
- sea salt or tahini to garnish

Dice the radish, daikon, or turnip. Slice greens. Boil water, add roots, and simmer 5 minutes. Add millet or rice and cook 5 minutes more. Flavor with tahini to taste, or garnish with sea salt.

APPLE AND OAT BREAKFAST

- 1 cup steel-cut oats
- 1 cup water
- 1/2 cup apple juice
- 1 tsp apple pie spice
- 1 tbsp flaxseeds or psyllium seed
- 1 tbsp sunflower seeds
- 1 tbsp rice polish or bran

AMARANTH BREAKFAST CEREAL

- 1 cup amaranth
- 2 cups water
- 1 pear, peeled and chopped



In a small sauce pan, bring the amaranth, water and pear to a boil. Lower heat to simmer, and cook for 20-30 minutes, or until all water has been absorbed. Garnish cereal with maple syrup, vanilla or rice milk and ¼ cup of cashews.

RICE WAFFLES

- 2 cups rice flour
- 4 tsp. baking powder
- 1 tbsp. maple syrup
- 2 cups rice or nut milk
- 3 tbsp. safflower oil

Sift the dry ingredients together. Add the milk and oil gradually, stirring the mixture constantly until smooth. Bake in a hot oiled waffle iron. Serves 4.

RICE PANCAKES

- 1/2 cup ground cashews
- 1 1/2 cup amaranth, quinoa or rice flour
- 1 tsp. baking powder
- 1/4 tsp. salt
- 1 tbsp. maple syrup 1 1/4 cup water 2 tbsp. oil

Combine dry ingredients, mix well. Combine liquid ingredients in small bowl, mix well. Stir into dry ingredients. Cook pancakes on preheated, un-greased, non-stick griddle or fry pan. When bubbly and brown, turn. As batter thickens, add water, a tablespoon at a time to keep cakes thin.

APPLE-CINNAMON MUFFINS

- 1/2 cup olive oil
- 1 cup unsweetened applesauce
- 2 Tbsp water (more if necessary)
- 1-3/4 cup rice or buckwheat flour or a mix
- 4 tsp baking powder
- 1/2 tsp sea salt
- 1 tsp cinnamon (or more to taste)
- 1/2 cup chopped walnuts or pecans

Mix together the dry ingredients. Add in wet ingredients and mix well. Stir in nuts last and spoon into greased muffin tin or paper liners. Bake for approximately 25 minutes in a preheated 375 F oven. Makes 10 muffins.

DINNER/LUNCH RECIPES

Quinoa, Celery and Pomegranate Salad

To get the seeds out of a pomegranate, cut the fruit into wedges. Place the wedges in a large bowl of water and break the wedges apart to remove the seeds. The seeds will sink to the bottom and the bitter pith and skin will float to the top making it easy to remove. To juice the seeds I simply place small handfuls into a handheld citrus juicier and let the juice run into a separate bowl.



2 cups cooked quinoa
1 pound (400g) celery (a small head), cut in thin slices on a slight bias
seeds of 1/2 large pomegranate
3/4 cup (75g) walnuts, roughly chopped
1 small bunch of flat-leaf parsley
1 scant tablespoon fresh mint, finely chopped

Pomegranate Dressing:

juice of 1/2 large pomegranate
1/2 garlic clove, crushed to a paste with
1/2 teaspoon of salt
6 tablespoons extra-virgin olive oil

For the dressing, whisk all the ingredients together, season to taste with salt and pepper and set aside.

Put all the ingredients in a bowl, pour over the dressing and check the seasoning. Serve immediately. Make sure the walnuts are dressed just before serving, as sometimes they can impart a bitter flavor and unpleasant color to the dressing if left to sit.

Cashew Curry

1 cup whole coconut milk
1 - 2 tablespoons curry powder
scant 1/2 teaspoon fine grain sea salt
1/2 large red onion, chopped
1 medium garlic clove, chopped
1/3 cup water
1 cup green beans, cut into 1-inch segments
1 1/2 cups cauliflower, cut into tiny florets
1/3 cup cashews, toasted
a handful of cilantro, loosely chopped

Bring half of the coconut milk to a simmer in a large skillet or pot over medium-high heat. Whisk in the curry powder and salt, working out any clumps. Now stir in the chopped red onion and garlic and cook for a minute. Stir in the remaining coconut milk and the water. Cook down the liquid for a couple minutes before adding the green beans and cauliflower. Cover and simmer for just about one minute, maybe two - or just until the cauliflower and beans lose their raw edge and cook through a bit. Remove the pot from heat and stir in the cashews. Taste and adjust the seasoning (salt / curry powder) if needed. Serve with a bit of cilantro topping each bowl.

Carrot Almond Salad

extra virgin olive oil
1 cup / 3 oz / 85g sliced almonds
a small handful cilantro, about 1/2 cup
1 medium clove garlic, peeled
1/2 jalapeno pepper, seeded and de-veined
1/4+ teaspoon fine grain sea salt
1/3 cup / 80 ml extra virgin olive oil
1 bunch / 8 oz / 225 g baby carrots, scrubbed and sliced in half lengthwise



1 bunch / 16 oz / 450 g pencil-thin asparagus, stalks trimmed, cut into 2-inch segments
2 tsp lemon juice or apple cider vinegar - optional

Bring a large pot of water to a boil. In the meantime, toast the almonds in a large skillet over medium heat in a splash of olive oil along with a big pinch of salt. Let them get deeply golden, remove from heat, and set aside.

Make the dressing by combining the cilantro, garlic, jalapeno, and salt in a food processor - or alternately, in a blender or with a hand blender. Drizzle the olive oil in while pulsing, continuing until the dressing is a creamy, vibrant green. Taste, and adjust to your liking with more salt, garlic, jalapeno, etc.

Salt the boiling water generously, then add the carrots, wait 15 seconds and add the asparagus. Depending on the actual thickness of your carrots/asparagus, cook for about 30 - 60 more seconds, you want the vegetables to retain some structure and bite. Drain and immediately run under cold water to stop the cooking. Spin dry in a salad spinner.

In a large bowl toss the vegetables with a generous splash of the dressing. Toss well, add 2/3 of the toasted almonds and gently toss again. Taste and adjust for seasoning. Serve family-style topped with the remaining almonds.

Green Soup with Ginger

1 large yellow onion (250g)
2 tablespoons (30 ml.) olive oil
1 1/2 teaspoons sea salt, plus more to taste
1 large sweet potato (12 ounces; 350 g)
1 large leek, white and light green parts (5 ounces; 140 g)
1 bunch spinach (8 ounces; 225 g)
1 large bunch green chard (12 ounces; 350 g)
3 tablespoons (30 g) chopped fresh ginger, plus more to taste
2 cups (500 ml) good-tasting vegetable broth
2 tsp lemon juice
freshly ground black pepper

Chop the onion and cook it slowly in the olive oil with a sprinkle of salt, stirring now and then, over low heat until it is soft and golden, about half an hour.

Meanwhile, peel and dice the sweet potato and put it in a large soup pot with 4 cups (1 liter) water and a teaspoon of sea salt. Thoroughly wash the leek, spinach, and chard, chop them coarsely, and add them to the pot, along with the chopped ginger.

Bring the water to a boil, then lower the heat and simmer the soup, covered, for 30 minutes, or until the vegetables are completely tender. Add the caramelized onions when they are ready. When the vegetables are soft, add the vegetable broth (you can add less if you like a thicker soup) and decide whether you want your soup chunky, like this, or smooth. If the latter, puree the soup in a blender, in batches, or with an immersion blender until it is smooth. Stir in 2 teaspoons of the lemon juice and a few grinds of black pepper. Taste, and correct the seasoning with additional salt or lemon juice.



Minestra

- 1 head cabbage, chopped
- 3-4 cloves garlic
- 2 tbsp. sunflower oil
- 16 oz can white beans, drained

In a large pot, steam cabbage with a small amount of water. Cook until soft. Remove cooked cabbage from pot and add oil and garlic. Saute garlic for 2-3 minutes. Add the cabbage back to the pot with enough water to cover the cabbage by 1 inch. Add bean to cabbage and let cook for 30 minutes on low heat. Add salt to taste.

Spicy Soup

- Sauté
- 2 tsp. toasted sesame oil
 - 1 chopped onion
 - 5 cloves garlic
 - 2-3 burdock roots
 - 3 small slices of ginger root
 - 1-2 crumbled reishi mushrooms
 - 2 cups chopped vegetables (ie carrots, celery, beet greens, cabbage, kale, daikon radish, turnips, lotus root, etc.)
 - 1 cup chopped mushrooms (ie shiitake)
 - 1/2 cup seaweed (ie fakame or kombu)

Add 8 cups good water, or broth.

Keep covered. When it comes to a boil, reduce heat & simmer for 1-2 hours.

Nutty Quinoa Salad

- 1 cup quinoa
- 2 cups water
- 1/2 cup raisins
- 1/4 cup flax oil and sesame oil mixed
- 1 green onion, sliced
- 1/2 cup almonds, chopped
- 2 Tbsp. mint leaves, chopped

Combine quinoa and water in large saucepan and bring to boil. Reduce heat, cover and simmer 10 minutes. Add raisins and continue cooking until liquid is absorbed. Put in large bowl or spread on cookie sheet and let cool. Add remaining ingredients and toss gently.

Makes 4-6 servings

Paella Garbanzos

- 2 cups brown rice
- 4 1/2 cups boiling water
- 1 cup cooked garbanzo beans
- 2 carrots, sliced thin
- 1 large onion, minced

Fry uncooked rice in heavy, ungreased skilled until brown and popping. Sauté onion and carrots in a little water for 3 minutes. Put all ingredients into boiling water and boil 30 minutes. Put paella into casserole dish, cover and bake at 350 for 1 hour (uncover last 5 min).

Makes 6-8 servings



Rice Pilaf

- 1 1/2 cups sliced mushrooms
- 1 large onion, coarsely chopped
- 1 cup brown rice
- 1/4 cup wild rice
- 2 finely chopped garlic cloves
- 1 tsp. Nutty Drizzle (see below)
- 1 1/2 cups water with:
 - 1/2 tsp. thyme
 - 1/2 tsp. sage
 - 1/2 tsp. cumin

Combine all ingredients in saucepan. Stir well, cook 45 minutes over low heat (or until rice is tender and water absorbed).

Makes 10 servings.

Nutty Drizzle (serve over your favorite grain, vegetables or pasta)

- 1/4 cup cashew butter
- 2 tsp. maple syrup
- 1/3 cup water salt to taste

Place all ingredients in a small saucepan on low heat. Stir with a whisk until mixture is smooth and warm.

Flageolets

- 1 cup dried beans, soaked overnight in twice the volume of water, then drained
- 3-4 cups water for cooking beans
- 1 tsp sea salt
- 2 Tbsp olive oil
- 1/2 tsp minced garlic
- 2-3 medium-sized tomatoes, peeled and quartered
- herbs to taste

Cover soaked and drained beans with fresh water and bring to a boil, then reduce the heat and simmer, covered until soft (about 1 1/2 to 2 hours or pressure cook for about 1/2 hour). Drain cooked beans but retain liquid if needs more moisture during cooking to prevent sticking. Heat olive oil and minced garlic in a large pan. Add tomatoes, cooked beans, salt and herbs. Cover and cook over low heat for 20 minutes. Serves 4.

Red-Hot Bean Casserole

*The volatile oils in chilies will be irritating to skin and eyes, so wash hands promptly and thoroughly after handling them.

- 1 cup dried red kidney beans, soaked overnight in twice the volume of water and drained
- 4 medium sized tomatoes, peeled and sliced
- 1 medium-sized onion, thinly sliced
- 1 large garlic clove, finely chopped
- 2 large red bell peppers, seeded, deribbed and julienned
- 2 hot red chili peppers, stemmed, seeded and finely chopped
- 2 tsp paprika

If you cannot purchase hot red chili peppers (fresh), then use 1/2 tsp cayenne pepper as a substitute. Place soaked and drained beans in a large pot, cover them with fresh water, bring to



a boil, cover and simmer for one hour. Drain cooked beans. Put half the tomatoes in the bottom of a casserole. Add half of the onions and garlic, half of the red bell peppers, half of the chopped hot red chili peppers and half of the paprika. Put in the remaining beans and the remainder of all of the ingredients in layers in reverse order, topping the layers with the tomatoes. Cover the casserole and bake in a preheated 325 F oven for 1-1/2 hours. Stir the layers to mix the ingredients before serving with brown rice. Serves 4.

Kidney Beans in Walnut Sauce

*Instead of the herbs suggested below, a mixture of 1/2 Tbsp each of finely chopped fresh cilantro, parsley, mint and basil leaves may be used. A platter of trimmed scallions and/or a bowl of whole fresh cilantro, parsley, mint and basil leaves may accompany the dish.

1 cup dried red kidney beans, soaked overnight in twice the volume of water then drained

1-ounce walnuts (approximately 1/2 cup)

1 small garlic clove

1 Tbsp vinegar, mixed with 3 Tbsp water

2 Tbsp finely chopped onion

2 Tbsp finely chopped fresh cilantro

2 Tbsp finely chopped fresh parsley

cayenne pepper and salt to taste

Put soaked and drained beans in a pot, cover with fresh water and cook uncovered for about 1 1/2 to 2 hours, or until beans are tender but still intact. Add boiling water as needed to keep the beans immersed during cooking. When done, drain the cooked beans, place them in a bowl and season with salt. In a mortar with a pestle, pound the walnuts to a paste with the garlic and a pinch of cayenne. Stir in the vinegar and water until well blended. Add the walnut mixture to the beans, along with the onion, cilantro and parsley. Mix well, being careful not to break up the beans. Cover and chill before serving. Serves 4.

Red Bean Stew

2 cups dried red beans, soaked overnight in twice the volume of water and drained

1/2 pound pumpkin, peeled, seeded and cut into pieces

1 Tbsp olive oil

1 onion, chopped

1 green pepper, seeded, deribbed and chopped

2 sweet chilies, stemmed, seeded and chopped (ex. Aji chilies)

2 garlic cloves, chopped

6 fresh cilantro leaves, chopped

1/2 tsp dried oregano leaves

1/2 cup tomato sauce

1 Tbsp salt

Place beans in an 8-quart pan, together with the pumpkin and 2 quarts of fresh water. Heat to boiling, cover and cook over medium heat for about one hour. Meanwhile, in a small, heavy kettle, heat the oil and brown the onion, green pepper, sweet chilies, garlic, cilantro and oregano. Saute for 10 minutes, stirring occasionally. When the beans are almost tender, mash the pumpkin and add the vegetable mixture and tomato sauce, plus salt. Stir the ingredients together and simmer uncovered over medium heat for about one hour or until the sauce thickens. Serves 8.



Lentils with Chard

*The unused chard stems may be saved and steamed to serve as a salad with sesame oil

- 1 1/2 cups dried lentils
- 2 1/2 pounds Swiss chard, stems removed but a few stems reserved and chopped with the leaves
- 1/2 cup chopped onion
- 1/2 cup olive oil
- 5 garlic cloves
- 1 1/2 tsp salt
- 1/3 cup chopped fresh cilantro leaves or 1 celery rib, chopped
- 1/4 cup rice vinegar or ascorbic acid mixed with water
- 1 tsp amaranth or other allowed thickener
- pepper to taste

Cook the lentils in enough water to cover for about 15-20 minutes or until tender. Add the chard and cook for another 10 minutes. Meanwhile, sauté the onion and crushed garlic in the olive oil. Add salt. Stir the onion and cilantro or celery into the chard and lentil mixture. Mix the vinegar with the thickener and stir into the soup. Let the soup simmer until thick. Add pepper and salt to taste. Serve hot.

Curried Garbanzo Beans (Chickpeas) in Tomato

Saute half an onion and one clove crushed garlic over medium heat in a saucepan. Add 1 cup cooked garbanzo beans and one cup stewed tomatoes to pan. Add seasoning to taste. Include sea salt, cumin, turmeric, or curry. Serve over basmati rice.

Eggplant, Zucchini and Peppers Baked with Rice

(This is delicious when made the day before and then reheated. It's also very good cold.)

- 1/2 cup long-grain white rice
- 1/2 cup olive oil
- 5 garlic cloves
- 4 medium-sized onions, sliced
- 1 medium-sized eggplant, peeled and cut into 1/2-inch cubes
- 3-4 medium-sized zucchini, sliced into 1/8" rounds
- 5-6 medium-sized red or green bell peppers, seeded, deribbed and cut into strips
- 9 medium-sized tomatoes, peeled, seeded and chopped, or (2) 35oz. cans tomatoes drained
- 3 Tbsp chopped fresh parsley and basil leaves
- 1/2 cup veggie soup stock (wheat-free)
- salt and pepper to taste

Stir the rice into 2 quarts boiling salted water and cook for 8 minutes. Drain the rice and refresh it under cold running water. Set aside to drain thoroughly. Heat oil in a 6-8 quart ovenproof casserole with lid. Add the garlic and onions and gently sauté them over medium-low heat for 6-8 minutes, stirring occasionally until the onions are clear and beginning to soften. Stir in the eggplant. After 2 minutes, stir in the zucchini and cook for 20 minutes, stirring frequently. Remove 2/3 of the vegetables from the casserole. Spread the remaining vegetables in a layer and add alternating layers of red or green bell peppers, tomatoes, rice and cooked vegetables until all of the ingredients are used up, seasoning as you go with herbs. Sprinkle the top with



herbs, pour on the veggie stock, cover the casserole and bake in a preheated 350 F oven for one hour. The vegetables should be very tender, but intact. Serves 8-10.

Buckwheat Groats with Almonds

2-2/3 cups buckwheat groats
1/2 pound slivered almonds (approximately one cup)
1/2 cup olive oil
1 garlic clove, finely chopped
1/2 cup chopped onion
1/2 cup chopped green pepper
4 cups veggie stock (wheat-free)

Sautee the almonds in the olive oil until golden brown. Remove the almonds and set aside. Add garlic, onion and green pepper to the remaining oil in the pan and sauté until the onion is golden brown, stirring frequently. Add the groats and the stock and mix well. Pour the mixture into a casserole and bake in a preheated 325 F oven for 30 minutes. Stir in the almonds and bake for another 15 minutes, until the groats are soft and plump and all of the liquid has been absorbed. Serves 6.

Millet with Nuts and Raisins

1 cup millet
3 cups vegetable stock (wheat-free)
1 large onion, chopped
2 Tbsp olive oil
1 tsp sea salt
1/2 cup golden raisins (organic if possible)
1 ounce pistachios or almonds, toasted and slivered (about 1/2 cup)

Stirring constantly, toast the millet in an un-greased skillet over medium heat for 3-4 minutes, or until golden. Add all of the remaining ingredients except the nuts. Tightly cover the skillet, reduce the heat to low and simmer for 15 minutes or until millet is tender and the vegetable stock is absorbed. Stir in the nuts and toss lightly. Correct the seasoning and serve warm. Serves 6.

Persian Rice with Lentils

1 1/2 cup long grain white rice
1/2 cup dried lentils
1/2 cup dried apricots (sulfite-free), coarsely chopped
salt
2 ounces almonds, blanched, sliced (about 1/2 cup) or use coarsely chopped pecans
2 Tbsp olive oil
1 medium onion, chopped
1 Tbsp finely chopped fresh dill

Soak the apricots in warm water for 30 minutes before cooking time, unless they are very soft. Saute nuts in olive oil until golden. Remove them from the pan and sauté the onions in the remaining oil, adding a little extra oil if necessary. Cook the onions until clear and soft and beginning to brown lightly. Remove onions from heat and set aside. Bring 6 cups water to a boil, seasoning with salt. Add the lentils and cook for 5 minutes. Sprinkle in the rice and stir, allowing the water to boil again. Boil the rice and lentils for another 20 minutes, until they are just cooked. Drain apricots. Remove the rice-lentil mixture from the heat, drain in a colander, rinsing with very hot water. Drain the mixture well and return it to the pot, mixing in the onions well and



heating through. Add apricots, sautéed nuts and dill. Toss gently and serve immediately. Serves 4-6

Lentil and Rice Pancakes

*This recipe takes a little planning, but may give you a special treat one weekend morning

1/2 cup white rice, soaked overnight and drained
 1/2 cup pink lentils, soaked overnight and drained
 1 1/2 tsp salt
 Pinch baking soda
 1 Tbsp rice flour

Grind the lentils in a food processor until they are extremely fine and form a light frothy paste. Grind the rice more coarsely and mix the two. Stir the mixture well and, if necessary, add about 1/2 cup water to give it a thick pouring consistency. Add the salt and put the batter in a warm place, about 95 F for about 12 hours, or until frothy, indicating that it has fermented. Just before cooking, stir in a pinch of baking soda and the rice flour. Lightly grease a heavy skillet and heat it. Pour in about 1/2 cup of the batter and tilt the pan to spread evenly. Cook the pancake for about 2-3 minutes, depending on thickness and flip to cook another 2 minutes and brown the other side. Serve with fresh or frozen blueberries (or other berries of your choice) that have been warmed, or sliced banana. Makes 5 – 6” pancakes.

Beet and Onion Salad

12 fresh new beets
 1-2 Bermuda or other sweet onion (Vidalia or Walla Walla)
 --- salt and fresh ground pepper
 1/4-1/2 cup apple cider vinegar
 2-3 tsp honey, if desired
 6 sprigs fresh dill or cilantro to taste

Cut off the leaves of the beets but leave on a one-inch stem. Do not trim the beets or cut off their root ends. Rinse under cold water and place in a kettle or large saucepan with water to cover. Bring to a boil and simmer, partially covered, until tender, about 45 minutes or longer (test with a fork). When tender, drain and cool. Pare the leaf and stem ends off the beets and slip off the skin. Cut beets into thin slices and place in a bowl. Chill. Sprinkle the beets with salt and pepper to taste. Cut the onions into thin slices, then break into rings and add to the beets. Add the vinegar and honey, if desired, and toss. Pour into a serving dish and garnish with dill. Or, if desired, sprinkle with coriander.

Borscht

*This soup can be served hot or cold.

2 cups finely shredded cabbage
 2 cups boiling water
 1/2 cup chopped onion
 2 Tbsp olive oil
 1 pound cooked small beets, peeled, chopped (save the cooking water), as in the above recipe
 1-quart vegetable stock (wheat-free)
 2 tsp caraway seed
 1 tsp honey, if desired
 3 Tbsp apple cider vinegar
 --- salt and pepper to taste



Cook the cabbage for ten minutes in boiling, salted water. Cook the onion in the oil for a few minutes, without browning. Drain the beets, saving the cooking liquid, and chop them fine. Add the vegetable stock to the onions. Upon boiling, add the cabbage and its cooking liquid. Add the beets, one cup of beet cooking liquid, caraway seeds, honey, salt and pepper to taste. Simmer for ten minutes, skimming carefully. Remove the soup from the heat. Add vinegar and heat just to the boiling point. Serve with dill weed garnish.

Jefferson Rice

- 1 cup brown rice
- 2 cups vegetable stock or water
- 2 tsp olive oil
- 1 tsp sea salt
- 3 ounces pine nuts (about 1/2 cup)
- 2 ounces unsalted pistachios (about 1/2 cup)
- 1/2 tsp ground mace

Bring rice, stock and salt to a boil, and then reduce heat to simmer and cook, covered, until tender and liquid is absorbed (about 45 minutes). In a heavy skillet, heat oil over moderate heat. Add pine nuts and pistachios and, stirring frequently, fry until they are a delicate golden color. Remove from heat. Transfer the cooked rice to a serving bowl, fluff with a fork. With spatula, scrape contents of the skillet into the rice and toss gently to mix. Sprinkle with mace and serve. Serves 4-6.

Ginger and Lentil Soup

*This soup can be served with brown rice as a nice accompaniment

- 1 pound brown lentils
- 2 Tbsp olive oil
- 1 large onion, chopped (1 1/2 to 2 cups)
- 3-6 cloves garlic, chopped
- 3-4 carrots, peeled and diced
- 3-4 Tbsp fresh, peeled ginger root, diced or grated
- 3-2/3 cups water
- 6 cups vegetable stock (wheat-free)
- sea salt and pepper to taste
- red wine vinegar (sulfite-free) to taste

In a 6-8 quart pot, warm the olive oil over medium heat. Add chopped onion, garlic and ginger, and sauté until transparent. Add 2/3 cup water and diced carrots then simmer a minute or two. Stir in the rinsed lentils. Add stock and remaining 3 cups of water. Partly cover and simmer over low heat, stirring often for 30-40 minutes until lentils are cooked and soup is the consistency of porridge. Remove from heat, cool briefly. Stir in salt, pepper and vinegar. Serves 8.

Black Bean Soup and Rice

- 2 Tbsp olive oil
- 2 medium onions, chopped
- 4 large garlic cloves, chopped
- 3 cups vegetable stock (wheat-free)
- 1 1/2 tsp cumin
- 1 1/2 tsp oregano leaves
- 2 Tbsp vinegar
- 6 cups cooked black beans



Sauté onion and garlic in oil. Add the rest. Simmer 30 minutes.

Rice topping:

- 3 green onions, chopped
- 2 cups cooked white rice
- 1 tomato, chopped
- 3 Tbsp olive oil
- 3 Tbsp wine vinegar (sulfite-free)

Mix together and chill for 2 hours. Serve at room temperature over the soup.

Hummus

- 1-1/3 cups dried chickpeas (garbanzo beans)
- 2 tsp sea salt
- 3 medium-sized garlic cloves, peeled and finely chopped
- 1/4-1/2 cup vinegar or ascorbic acid crystals dissolved in water
- 3 Tbsp tahini paste (ground sesame seeds)

Start a day ahead by washing peas and soaking for at least 12 hours. Drain and place in a heavy 2-3 quart saucepan. Cover with water. Bring to boil over high heat, reduce the heat to low and simmer partially covered for about 2-3 hours, replenishing water to keep peas covered, until peas are very tender. Drain peas and reserve cooking liquid. Season peas with salt. In a small bowl, mash the garlic to a paste with a pestle or the back of a spoon. Add peas and 1/2 cup reserved cooking liquid. Mash vigorously to a smooth puree. Alternatively, you can use a blender to do this. Add about 2 Tbsp olive oil to smooth the puree. With a large spoon or with a blender, beat in the vinegar, a few tablespoons at a time. Add in the tahini and mix until smooth.

Quinoa Pilaf

- 1 cup quinoa
- 1/2 cup red lentils
- 1/4 cup chopped parsley
- 3 cups water
- pinch of salt

Combine all ingredients in a medium saucepan on high heat. When quinoa comes to a boil, lower heat to simmer and cook for 20 minutes. Fluff with a fork. Option: This mixture can be eaten warm as is or cold as a salad with added chopped vegetables.

Lentil Stew

- 4oz Clams/white fish (optional)
- 2 tsp. Olive/coconut oil
- 1/2 green cabbage, chopped
- 6 cloves garlic, coarsely chopped
- 2 cups green lentils, washed and checked for stones
- 1 tsp. salt
- chopped parsley

Heat oil in large sauce pan over medium-high heat. Saute fish until brown on all sides. Add cabbage and garlic. Saute until soft and just beginning to brown. Add lentils and water. Bring to a boil. Turn heat to low and simmer with a lid on until lentils are very tender, 1-2 hours. After cooking, add parsley and season with salt to taste. (6 servings)



Lentil Soup

1 tablespoon olive oil
1/3 cup finely chopped carrot
1/3 cup finely chopped celery
1/3 cup finely chopped onion
1 sprig fresh or 1/4 teaspoon dried thyme
freshly ground black pepper
1 1/2 quarts vegetable stock (wheat free)
2 cups dried lentils
salt to taste

Heat the olive oil in a saucepan over low heat. Add the carrot, celery, onion and thyme, season lightly with pepper and cook for 10 minutes. (Do not add salt until the lentils are fully cooked, because salt will prevent the lentils from becoming tender.) Add the stock and lentils and bring to a boil quickly over high heat. Lower the heat and simmer until the lentils are tender, about 1 hour. Puree 2/3 of the soup in a blender and stir it into the remaining 1/3. If the soup is too thick, thin it by adding a little more stock. Raise the heat and bring the soup to a boil for 15 seconds. Add salt and more pepper to taste.

White Bean and Kale Minestrone

1 1/2 - 2 cups finely chopped kale
1 tablespoon extra virgin olive oil
2 large cloves of garlic
3 cups cooked white beans*
2 1/2 cups stock
1 tablespoon tomato paste
4-6 fresh sage leaves
1 teaspoon sea salt
Freshly ground black pepper
vinegar (optional)

Wash kale and remove the stems from the leaves. Rollup kale leaves and cut into thin ribbons. Set aside.

In a 4-quart soup pot, heat olive oil and sauté the garlic briefly over medium heat. Add about half of the cooked beans and part of the stock. Puree the rest of the beans and stock in the blender along with the tomato paste and sage. Stir the pureed beans into the soup. Add salt and pepper to taste.

Mix the kale into the soup and simmer until kale has wilted (about 10 minutes). Add the lemon juice and enough water to make the soup a desirable thick consistency. Taste for salt and pepper and adjust seasonings.

Split Pea Delight

1/4 cup dried green split peas
1/4 carrot, sliced
1 1/4 cups water

Wash peas and scrub carrot. Put peas, carrot, and water in a small pan; bring to a boil. Reduce heat and simmer, covered, for 20-30 minutes. Puree in a blender.



Bean Salad

- 2 cups cooked beans (lentils, black, kidney, chick peas)
- 1/2 cup celery, chopped
- 1/2 cup parsley, chopped
- 2 shallots chopped
- 2 cloves garlic, minced
- 1-2 tbsp. oil

Combine the beans and chopped vegetables in a large bowl and toss until well mixed. Add oil and salt to taste and mix until beans and vegetables are evenly coated.

Quinoa Tabouli

- 1 cup uncooked quinoa
- 4 cups water
- 1/2 cup green onion, chopped
- 1/2 cup parsley, finely chopped
- 2 cloves garlic, pressed
- 1 Tbsp. safflower oil
- 1/4-1/2 tsp. ascorbic acid or vinegar or lemon juice
- 1/2 tsp. sea salt

Put rinsed quinoa in a dry skillet and turn on to medium-high. Keep the grain moving in the skillet until it starts to turn golden-brown - 5 - 10 minutes. When done, put toasted quinoa into boiling water. Boil - 8 - 10 minutes. Strain off water and let cool. Mix all other ingredients into quinoa. Chill and serve.

Rice Pasta and Vegetables

- 1 package rice pasta cooked according to package directions
- 2 leeks, chopped
- 3 shallots, chopped
- 2-3 cloves of garlic, minced
- 3 cloves garlic, pressed
- 1/2- 1 tsp. sea salt

Place all ingredients in a large pot, except salt and bring to a simmer. (Optional: Quickly sauté leek, celery, green onion, and garlic in 1 Tbsp. olive oil until leeks turn limp. Then add mixture to pot of lentils and water.) Cover and cook, stirring occasionally, until lentils are tender - 40 minutes. Add salt to taste.

Black Bean Garlic Stir Fry

- cloves garlic, minced
- chopped vegetables (cabbage, scallions, leeks, celery, green beans),
- chives and parsley, to taste
- 2 cups cooked black beans
- 4 cups cooked rice

Sauté garlic in a wok or large skillet. Add chopped vegetables and sauté until soft. Add chives and parsley and black beans and cook until heated thoroughly. Serve over rice.

Falafel

- 3-4 cups cooked garbanzo beans
- 4 cloves minced garlic
- 1 cup parsley



- 2-3 tbsp. safflower oil
- 3-4 tbsp. water
- 1 tsp. cashew butter
- salt to taste
- garbanzo bean flour

Mix all ingredients in food processor except the flour. When smooth, add flour until a thick batter/thin dough consistency is reached. Fry in oil in skillet until browned/crisp on both sides. Top with nutty drizzle (see below).

Bean Dip

- 2 shallots
- 1/2 cup chopped leeks
- 2 cloves garlic, minced
- 16 oz cooked beans (Garbanzo, black, kidney or white)
- 1 tbsp. cashew butter
- 3 tbsp. chopped fresh parsley
- 1 tbsp. oil

In a small skillet, heat oil on medium heat. Add leeks, shallots and garlic. Sauté for 5-10 minutes or until leeks are soft. While vegetables cook, add remaining ingredients to a food processor. When vegetables are cooked, add to bean mixture in food processor. Process until all ingredients are well mixed and texture is creamy. Allow to cool before eating.

Split Peas and Rice

- 3 tbsp. oil
- 2 cups brown rice
- 2 tbsp. fresh parsley, chopped
- 2 tbsp. fresh chives, chopped or 2 tsp. dried
- 2 tbsp. safflower oil

Heat oil in a skillet over medium heat. Add leeks, shallots and garlic and sauté for 5-7 minutes until leeks are soft. Add fresh parsley and chives and cook 1 minute longer. Remove vegetables from heat. Add rice pasta to vegetables, mix well. Add salt to taste. (serves 4)

Rice Salad

- 4 cups cooked brown rice
- 1 cup celery
- 2 tbsp. fresh chives
- 1 cup chopped red cabbage
- 1 cup chopped parsley
- 1/3 cup cashews
- 2 tbsp. oil

Toss brown rice with chopped vegetables and cashew nuts until evenly mixed. Add oil and salt to taste. Optional: add 1/2 cup to 1 cup canned beans or lentils.

Massaged Kale Salad with Apples

- 1 LARGE bunch kale
- 1 teaspoon sea salt
- 1/3 cup sunflower seeds, toasted
- 1/4 cup diced red onion
- 1/3 cup currants



¾ cup diced apple, (½ apple)

¼ cup olive oil

2 tablespoons unfiltered apple cider vinegar or lemon juice

Be sure to choose a large bunch of kale (or two small ones) or the salad will be overly salty and over-dressed. By large, I mean 16-20 leaves that are at least 12" long.

De-stem kale by pulling leaf away from the stem. Wash leaves. Spin or pat dry.

Stack leaves, rollup and cut into thin ribbons (chiffonade).

Put kale in a large mixing bowl. Add salt, massage salt into kale with your hands for 2 whole minutes. The volume of the kale should reduce by about 1/3.

To toast seeds, put in a dry skillet over low to medium heat and stir constantly for a few minutes until they change color and give off a nutty aroma.

Put kale in a fresh bowl and discard any leftover liquid.

Stir onion, currants, apple and toasted seeds into kale.

Dress with oil and vinegar or lemon juice and toss. Taste for salt and sour, adding more if necessary.

SNACK RECIPES

Baked Kale Chips

1/2 teaspoon kosher salt

1/4 teaspoon smoked paprika

1/4 teaspoon granulated garlic

3 large handfuls lacinato kale, torn into shreds

1 to 2 tablespoons extra-virgin olive oil

Preheat the oven to 350°. Line a baking sheet with aluminum foil. Combine the salt, smoked paprika, and garlic in a small bowl.

Wash the kale. Rinse the kale leaves, then put them in a salad spinner and spin until the green becomes a blur. Round and round, spinning and spinning — let the kale dry. After it comes out, dry it even more with paper towels. Those leaves should be bone dry.

Put the kale leaves in a large bowl. Drizzle over 1 tablespoon of the olive oil. Massage the oil into the leaves. You might need more. You might have larger hands than I do. Use your judgment.

Bake the chips. Arrange the kale chips onto the sheet tray and slide it into the oven. Bake until the leaves are crisp to the touch but still a dark green. (When they turn brown, they turn bitter.)

Check at the 12-minute mark, to be sure.

Remove them from the oven. Sprinkle with the garlic smoked paprika salt.

Let them cool a bit. Eat.

Cauliflower Popcorn

1-2 large cauliflower heads, cut into florets

olive oil

sea salt

pepper

smoky Spanish paprika

Preheat the oven to 425F. In a large bowl, toss the cauliflower and seasonings. Arrange in a single layer on a baking sheet and roast for 20 minutes, or until brown and tender. Roasted cauliflower is delicious on its own or seasoned with a variety of spices, experiment.



Kelp Energy Bars

These bars are easy to make, versatile and a tasty way to incorporate nutrient dense kelp. You may also substitute any dried fruit, nut or nut butter into the recipe.

1+1/2 cups ground or finely chopped almonds

1 1/2 cups ground or finely chopped walnuts

1/2 cup cashews ground or finely chopped

1/4 cup sesame or pumpkin seeds

1+1/2 cup dried fruit such as raisins, cranberries, blueberries, chopped apricots, dates, dried coconut

3/4 cup honey, maple syrup or molasses

1 cup dried kelp, crumbled into small pieces

spices such as cinnamon, cardamom or nutmeg (optional)

Preheat oven to 325°F.

Mix all ingredients together in a large bowl. The mixture will be somewhat sticky.

Using wet fingers press it down into a 7x11 baking dish that has been oiled.

Bake for 15-45 minutes depending on how crunchy and roasted you prefer.

Cool and cut into individual pieces.

*You can also roll the mixture into balls (using wet hands) and enjoy them raw.

Sesame Almond Brown Rice Balls

2 cups / 14 oz / 400 g brown sushi rice (stubby, short grains)

3 cups / 710 ml water

1/2 teaspoon fine grain sea salt

1/4 cup / 1.5 oz / 45 g sesame seeds (white/black mix)

3 tablespoons toasted almond slices/slivers, chopped

1/4 cup / 4 tablespoons minced green onions

Optional: things to tuck in the middle: avocado cubes, pickled vegetables, fish flakes, smoked salmon, etc.

In a colander or fine-mesh strainer, rinse the rice briefly and drain. If you have time to soak the rice for an hour or two, do it. If not, just proceed. Bring the rice to a boil over medium-high heat in your thickest-bottomed pot. Dial the heat back so the water is just simmering actively - low-med. Cover with tight fitting lid, and try not to peek too often.

Cook the rice until the water has been absorbed and the grains are cooked through, usually about an hour, less if you've soaked the rice. If the grains have cooked but there's still water to be absorbed, dial the heat up to medium-high until the pan dries out, being careful not to scorch the rice at the bottom. Remove the rice from heat and let rest, covered, for at least 15 minutes, preferably a bit longer.

Fluff with a fork, then gradually add and incorporate the sesame seeds, almonds, and green onions. At this point, taste, and adjust the seasoning, adding more salt if needed. I let the rice cool quite a bit before shaping.

To form the rice balls, line a small cup with plastic wrap, sprinkle the plastic wrap with a dab of water, then fill the cup 2/3 full with rice mixture. No need to pack it down. You can tuck something in the center at this point if you like. Gather the plastic wrap like you would a ponytail, and twist at the base of the rice. Make sure there is no air trapped, and use your opposite palm to shape into a ball. Carefully remove plastic wrap and set the rice ball in a parchment lined container or on a plate. Repeat with the remaining rice.



Spring Rolls

Here's how this works. Each roll has a slather of ginger onion paste, a couple crunchy lettuce leaves, some mushrooms, veggies, and a bit of cilantro (or other herb of your choice - mint, basil). Roll tight, and you're set. If you get the seasoning right on the ginger onion paste, you won't need a dipping sauce.

1 dozen rice paper wrappers
lettuce leaves, crunchy
a selection of veggies, thinly sliced
mushrooms

Ginger Onion Paste:

2 spring onions, finely sliced
2 red spring onions, finely sliced (or equiv. red onion / shallots)
3 tablespoons grated, peeled ginger
1/2 teaspoon fine grain sea salt
6 tablespoons sunflower oil

Make the ginger onion paste: Place the onions and ginger in a mortar and pestle. Sprinkle with the salt, and pound until the onions are quite bruised, but not paste-like. Heat the oil in a small saucepan until hot (hot enough that you could saute something in it). Add the onion mixture to the oil, remove from heat, and transfer to a jar to cool. I like to drain off (and save) most of the oil before using it here in the rolls, leaving just the paste.

Assemble the spring rolls: In bowl of hot water, dip each rice paper wrapper for just 3 seconds. Resist over-soaking, even if the paper is a bit stiff it will continue to absorb water as you assemble the wrap. Place on a flat work surface and fold in half. Have a glance at the photos up above if you've never done this. You're going to want to keep all your ingredients crowded into 1/3 of the available surface of the wrapper at this point.

Put down a generous smear of ginger onion paste. Then a lettuce leaf, veggies, a few mushroom, cilantro. Then, tuck and roll. I like the open-sided rolls (above), but you can certainly make enclosed rolls by leaving the wrapper round, and folding in the edges mid-wrap.

DESSERT RECIPES

Cashew cream

1/2 cup raw, unsalted cashews
3 tablespoons maple syrup
2 teaspoons vanilla
Water

Grind nuts to a fine meal (no lumps or there will be lumps in your nut cream) in a small grinder, food processor or blender. Put ground cashews, maple syrup, and vanilla in the blender. With blender running, add water a little at a time until you have a thick creamy consistency. This cream is delicious with fresh fruit!

Nut and Fruit Balls in the Raw



- 1 cup raw almonds
- 3/4 cup raw pecans
- 3/4 cup raisins
- 3/4 cup dried apricots
- 3/4 cup Medjool dates
- 1/4 cup apple juice
- 1 cup shredded, unsweetened coconut

Pulse all ingredients in a food processor into a course meal. Add apple juice and pulse until mixture sticks together. Shape into 1-inch balls and roll in shredded coconut. Keeps covered in refrigerator for weeks – If you can resist eating them that long. ENJOY

Almond Coconut Balls

- 1 cup almond meal
- 1 cup unsweetened coconut flakes
- 2 tablespoons agave syrup
- 1 teaspoon ground cinnamon or orange peel (optional)
- unsweetened coconut flakes, for coating

Combine all basic ingredients plus the flavoring in a food processor and blend until it becomes a thick paste. Make balls of the size of a cherry and coat them in coconut flakes. Place them in mini cupcake liners. Store covered in the refrigerator for up to 2 weeks.

Pear Crisp

- | | |
|--------------------------------------|---|
| 1 cup flour (rice, amaranth, millet) | 2 tbsp. water |
| 1/2 tsp. sea salt | 1 tbsp. maple syrup or brown rice syrup |
| 1/4 cup oil | 2 tsp. vanilla |
| 3 Tbsp maple syrup | 5 cups sliced pears (peel if desired) |
| 1/3 cup chopped cashews | |

Preheat oven to 350 degrees F.

Mix flour and salt in bowl. Add oil and maple syrup; mix well. Stir in nuts and set aside. In a small bowl, combine water, syrup and vanilla; set aside. Slice fruit and place in a lightly oiled pie pan or an 8" X 8" baking dish. Pour liquid mixture over the fruit and toss gently. Spoon the flour-nut mixture evenly over the top of the fruit. Cover and bake 45 minutes. Uncover and bake 15 minutes more to brown the topping.

Rice Pudding (this recipe can be made with cooked leftover rice or uncooked rice)

- 1 cup cooked rice
- 1 cup rice milk
- 1 tbsp. maple syrup
- 1 tsp. vanilla

Place cooked rice in a pan with the rice milk. Heat on medium heat until most or all of the rice milk has been absorbed. Remove pan from heat. Add maple syrup and vanilla. If consistency is too hard, add more rice milk and return to stove.

To make this recipe with uncooked rice, add 1 cup uncooked- rice with 2 cups rice milk and 1 cup water. Cook like ordinary rice. When rice is cooked, add maple syrup and vanilla.

Millet and Pears

1 cup millet 2 cup water or rice milk 1 pear, peeled and chopped 1-2 tbsp. maple syrup In a pan, bring millet, water and pear to a boil over high heat. Lower heat to simmer and cook for 30



minutes. Remove from stove top and add maple syrup. Mix well. If desired, add some rice milk for a creamier texture.

Fruit Sauce

Use 1 cup water per 1/4 cup cut-up pear or apple. Peel and slice the fruit. Place cut-up fruit and water in a pot; bring to a boil. Reduce heat and simmer until the fruit is tender and water has cooked off (about 15 minutes). Puree in a blender.