

WEEK 2 RECIPES

Almost Instant Black Bean Chili

Makes 6 – 1 cup servings

- ½ cup water
- 1 medium onion, chopped
- 2 medium garlic cloves, minced
- 1 small bell pepper, seeded and finely diced
- ½ cup crushed tomatoes or tomato sauce
- 2 – 15 ounce can black beans, undrained
- 1 – 4 ounce can diced green chilies
- 1 teaspoon ground cumin

Heat the water in a large skillet or pot. Add onion, garlic, and bell pepper. Cook over high heat, stirring often, for about 5 minutes or until onion is translucent. Add crushed tomatoes or tomato sauce, beans and their liquid, chilies, and cumin. Simmer, stirring occasionally, for about 15 minutes, or until flavors are blended.

Asian Guacamole

Makes 4 to 5 cups

- 2 avocados, peeled, pitted, and cubed
- 1 small sweet onion, such as Maui or Vidalia, finely chopped
- 3 tablespoons fresh lime juice
- 3 tablespoons sake or rice wine vinegar
- 1 tablespoon thinly sliced green onion
- 1 tablespoon finely chopped fresh cilantro
- 1 tablespoon grated fresh ginger
- ½ teaspoon Thai chili oil or Thai chili paste

Combine all ingredients in a bowl and mash gently enough to mix, keeping avocados chunky. Serve in a bowl with chips or tortillas.

BarbequeStyle Portobellos

Makes 2 servings

- 2 large portobello mushrooms
- ½ cup vegetable juice
- ¼ cup apple juice concentrate
- ½ cup roasted red peppers
- 1 tablespoon reduced sodium soy sauce
- 1 tablespoon seasoned rice vinegar
- 2 teaspoons chili powder
- ½ teaspoon garlic powder
- ¼ teaspoon black pepper

Clean mushrooms and remove stems. Cut into ½ inch strips. Combine vegetable juice, apple juice concentrate, red peppers, soy sauce, vinegar, chili powder, garlic powder, and black pepper in a blender. Process until smooth, then transfer mixture to a nonstick skillet and heat until bubbly. Add mushroom strips, turning to coat evenly with sauce. Cover and cook over medium high heat, turning occasionally, until mushrooms are tender, about 10 minutes. Serve immediately.

Berry Mousse

1 package (12.3 ounces) reduced fat extra firm silken tofu, crumbled
2 ¾ cups thawed frozen unsweetened berries of choice
3 tablespoons sugar or 2 tablespoons agave nectar
1 tablespoon berry liqueur (optional)

Blend the tofu, berries, sugar or agave nectar, and liqueur, if using, in a blender or food processor until smooth. Spoon into 4 pudding dishes and refrigerate until chilled.

Breakfast Home Fries

Makes 4 servings

3 russet potatoes, scrubbed
1 onion, thinly sliced
4 teaspoons soy sauce
½ teaspoon paprika or chili powder
¼ teaspoon black pepper
5 – 6 cherry tomatoes, cut into quarters (optional)
2 green onions, thinly sliced (optional)

Cut potatoes into ½" cubes and steam until just tender, about 10 minutes. Remove from heat and set aside. Heat ¼ cup water in a large nonstick skillet and add onion. Cook, stirring frequently, until the water has evaporated and onion begins to stick to the pan. Scrape the pan as you add another ¼ cup water, then cook until onion once again begins to stick. Repeat this process until onion is very brown and sweet. This will take about 15 minutes. Add potatoes to onion and sprinkle with soy sauce, paprika or chili powder, and black pepper. Cook, turning gently with a spatula, until potatoes are golden brown. Garnish with tomatoes and green onions, if using.

Cinnamon Raisin Oatmeal

Makes 4 servings

4 cups water
2 cups old fashioned rolled oats
½ cup raisins
½ teaspoon cinnamon
¼ teaspoon salt
fortified vanilla soy or rice milk (optional)

Combine all ingredients, except nondairy milk, in a heavy saucepan. Bring to a boil, lower heat, and cook, stirring occasionally, for about 10 minutes, or until cooked to your liking. Serve plain or with vanilla soy or rice milk, if desired.

Variations:

- For Cinnamon Apricot Oatmeal, replace raisins with 1/2 cup chopped dried apricots. Cook as directed.
- For Cinnamon Apple Oatmeal, reduce water to 3 1/4 cups and replace raisins with 1 apple, peeled and coarsely chopped. Cook as directed.
- Omit raisins, cook as directed, and top each serving with a dollop (about 1 teaspoon) of fruit sweetened jam or jelly.

Creamy Broccoli Soup

Makes about 8 – 1 cup servings

2 medium potatoes, scrubbed and diced
2 medium celery stalks, sliced
6 cups broccoli florets
2 cups water
3 cups plain rice milk, divided
1½ teaspoons dried basil
½ teaspoon dried tarragon
¾ teaspoon salt
¼ teaspoon black pepper
3 – 4 tablespoons Sesame Seasoning

Place potatoes, celery, broccoli, and water in a large pot. Bring to a simmer. Cover and cook over medium heat for about 10 minutes, or until potato chunks are tender when pierced with a sharp knife (do not overcook). Transfer about 3 cups of the vegetables to a blender. Add 2 cups rice milk, basil, tarragon, salt, and black pepper. Blend for about 60 seconds, or until completely smooth. Pour blended mixture into a clean pot. Place remaining vegetables in blender along with the cooking liquid and remaining 1 cup rice milk. Blend vegetables until they are completely smooth or leave them slightly chunky, depending on your taste. Combine blended mixtures, then stir in Sesame Seasoning. Heat gently, stirring frequently, until steamy.

Easy Cornbread Muffins

Makes 18 muffins

2 cups cornmeal
2 cups oat bran
4 teaspoons baking powder
2 cups unsweetened apple juice

Preheat oven to 350 F. Sift cornmeal, oat bran, and baking powder together. Add apple juice and stir until just mixed. Spoon the batter into 18 nonstick muffin cups and bake for 30 minutes, or until lightly browned.

Edamame (Whole Green Soybeans)

Makes about 3 cups (6 - ½ cup servings)

6 cups water
1 pound green soybeans (edamame)
½ teaspoon salt (optional)

Bring water to a boil in a large pot. Add soybeans and return to a boil. Cook 10 minutes. Drain well and toss with salt, if using. Shell pods before eating.

Ethiopian Tomato Salad

Makes 4 servings

½ jalapeno pepper, seeded and minced
¼ cup chopped red onions
1 ½ tablespoons lemon juice
¼ teaspoon black pepper
3 ripe tomatoes, chopped
salt, to taste

Combine jalapeno, onions, lemon juice, and black pepper in a bowl. Stir in tomatoes. Add salt to taste. Chill before serving.

Farmhouse Salad

Makes 2 servings

2 tomatoes
1 seedless cucumber
1 yellow, orange, or red bell pepper
4 green onions, chopped
2 tablespoons chopped fresh basil
1 tablespoon capers
½ cup fat free Italian salad dressing
3 cups French bread chunks

Cut tomatoes, cucumber, and bell pepper into bite size pieces. Place in large bowl. Stir in green onions, basil, capers, and salad dressing and toss gently. Add bread chunks and mix again.

Fruited Breakfast Quinoa

Makes about 6 - ½ cup servings

½ cup dry quinoa, well rinsed
1 ½ cups vanilla rice milk
2 tablespoons raisins
1 cup chopped fresh or canned apricots
¼ teaspoon vanilla extract

Combine quinoa and rice milk in a medium saucepan. Bring to a slow simmer, then cover and cook for about 15 minutes until the quinoa is tender. Stir in raisins, apricots, and vanilla, then transfer about 1 1/2 cups to a blender and purée. Return puréed mixture to the pan and stir to mix. Serve warm or chilled.

Mango Delight Smoothie

Makes 2 servings

1 orange, peeled
1 cup frozen banana chunks
1 cup frozen mango chunks
½ - 1 cup soy or rice milk

Cut orange in half and remove any seeds. Place it in a blender, add remaining ingredients, and blend until thick and smooth.

Mexican Corn Salad

Makes 6 servings

1 – 15 ounce can corn, drained
1 large cucumber, peeled and diced
½ cup finely chopped red onion
1 medium red bell pepper, seeded and finely diced
1 medium tomato, seeded and diced
½ cup chopped fresh cilantro
2 tablespoons seasoned rice vinegar
2 tablespoons cider vinegar or distilled vinegar
1 tablespoon lemon or lime juice
1 garlic clove, minced
1 teaspoon ground cumin
1 teaspoon ground coriander
1/8 teaspoon cayenne pepper

In a large salad bowl, combine corn, cucumber, onion, bell pepper, tomato, and cilantro, if using. In a small bowl, combine vinegars, lemon or lime juice, garlic, cumin, coriander, and cayenne. Pour over the salad and toss gently to mix.

Missing Egg Sandwich

Makes 6 sandwiches

½ pound firm low fat silken tofu (about 1 cup)
1 green onion, finely chopped, including green top
2 tablespoons pickle relish
2 tablespoons tofu mayo or other dairy and egg free mayonnaise substitute
2 teaspoons stone ground mustard
2 teaspoons reduced sodium soy sauce
¼ teaspoon ground cumin
¼ teaspoon turmeric
¼ teaspoon garlic powder
12 slices wholegrain bread
6 lettuce leaves
6 tomato slices

Mash tofu, leaving some chunks. Add green onion, pickle relish, Tofu Mayo or other dairy and egg free mayonnaise substitute, mustard, soy sauce, cumin, turmeric, and garlic powder. Mix well. Spread on wholegrain bread and garnish with lettuce and tomato slices.

Oven Baked Tortilla Chips

Makes 96 chips

12 soft corn tortillas

Preheat oven to 450 F. Cut each tortilla into 8 wedges. Lay them on a dry baking sheet in a single layer. Bake for 5 to 7 minutes, or until crisp. Watch them carefully so they don't burn. Store in an airtight container.

Quinoa Pilaf

Makes 8 servings

1 yellow or red onion, chopped
½ cup chopped celery
½ cup chopped carrot
1 tablespoon minced garlic
2 teaspoons ground cumin
1 teaspoon dried oregano
2 cups quinoa, washed and dried
3 cups boiling water or vegetable broth (add 1 teaspoon salt if using water or unsalted broth)
¼ cup minced fresh cilantro or parsley (optional)

Sauté onion, celery, carrot, and garlic until they start to caramelize or turn brown. Add cumin, oregano, and quinoa. Stir constantly and cook for about 3 more minutes to allow spices and quinoa to toast. Add boiling salted water or vegetable broth. Cover and cook about 20 minutes or until all the liquid has completely absorbed and the quinoa has "bloomed." Do not stir during cooking and make sure the lid is tight to prevent moisture

from escaping. Remove from heat and allow quinoa to sit for 5 to 10 minutes. Add cilantro or parsley, if using. Fluff with a fork and serve. Allow leftovers to cool and refrigerate for up to 3 days.

Tip: For a variation, omit cumin and oregano and add 1 teaspoon dried thyme, rosemary, and/or sage.

Simple Bean Tacos

Makes 8 tacos

1 – 15 ounce can vegetarian refried beans
8 corn tortillas
½ - 1 cup salsa
2 cups prewashed salad mix
3 green onions, chopped
2 tomatoes, chopped

Heat beans on the stove or in a microwave. Spread a tortilla with about ¼ cup of beans, and lay it flat in a nonstick skillet over medium heat. When tortilla is warm and pliable, fold it in half and cook each side 1 minute. Garnish with salsa, salad mix, green onions, and tomatoes.

Zucchini Scramble

Makes 4 – 1 cup servings

½ cup water
1 onion, chopped
2 garlic cloves, minced
2 medium zucchini, finely diced (about 2 cups)
½ pound firm tofu, diced
1 teaspoon chili powder
1 – 2 tablespoon reduced sodium soy sauce
½ cup salsa (optional)
English muffins, warm tortillas, or toasted French bread for serving

Heat ½ cup of water in a large nonstick skillet. Add onion and garlic. Cook over high heat, stirring often, until soft, about 5 minutes. Add zucchini, tofu, and chili powder. Reduce heat and cook, stirring often, until zucchini is tender, about 5 minutes. Add a small amount of additional water if necessary to prevent sticking. Stir in soy sauce. Top with salsa, if using. Serve with English muffins, warm tortillas, or toasted French bread.