

# Power of Plants: Preventing and Reversing Chronic Disease

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## Green Monster Smoothie

Makes 3 servings

Ingredients:

- 3 cups fresh kale or baby spinach
- 3/4 cup fresh or drained canned pears or pineapple chunks
- 1 1/2 cups green grapes
- 1/2 – 3/4 banana, fresh or frozen
- 3/4 cup water
- 3/4 cup ice, optional

Directions: Blend all ingredients together. Start your blender on the lowest setting and slowly crank up the setting as the smoothie starts to puree. Add more ice as necessary to achieve desired consistency and blend for about 2 minutes. Best if served cold.

Per serving: 139 calories; 3.3 g protein; 34.3 g carbohydrate; 20.2 g sugar; 0.7 g total fat; 4.5 % calories from fat; 4.2 g fiber; 36 mg sodium

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## Pumpkin Steel Cut Oatmeal

Makes 2 servings

Ingredients:

- 2/3 cup steel cut oats
- 2 cups water
- 1/2 cup canned pumpkin
- 1 teaspoon cinnamon
- 2 pinches nutmeg
- 2 tablespoons sugar
- 2 tablespoons chopped walnuts
- 2 teaspoons vanilla

Directions: Bring oats and water to a boil, reduce heat and let simmer for 10-15 minutes, stirring occasionally until oats are slightly tender. Once oats are almost done, add remaining ingredients into the oats and continue to cook until the oats are done. Add any non-dairy milk if desired.

Per serving: 223 calories; 7 g protein; 36 g carbohydrate; 6 g fat, 25% calories from fat; 4 g fiber.

With no walnuts: 176 calories, 5 g protein, 35 g carbohydrate, 2 g fat, 9% calories from fat, 4 grams fiber.

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## Toona Salad Spread

Makes 6 - 1/4 cup servings

Ingredients:

- 15 oz can garbanzo beans, drained/rinsed
- 1 stalk celery, finely chopped
- 1/4 cup onion, finely chopped
- 2 tablespoons sweet pickle relish
- 1/4 cup fat-free vegan mayonnaise\*, or tofu mayonnaise (recipe follows)
- 1 tablespoon lemon juice
- 1 teaspoon mustard of choice

Directions: Coarsely chop beans in a food processor, or mash beans with a masher. Do not over process; you want some texture. Place beans in bowl with rest of ingredients. Mix well and chill.

Per serving: 85 calories, 3 g protein, 17 g carbohydrate, 1 g fat, 10% calories from fat, 3 g fiber, 255 mg sodium

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\*Suggest using “Just Mayo” from Hampton Creek Foods, available at Whole Foods.

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## Tofu Mayo

Makes 24 servings

Ingredients:

- 12.3-ounce package firm or extra-firm silken tofu
- 1/2 teaspoon salt
- 3/4 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon sugar
- 2 teaspoons Dijon mustard
- 1 tablespoon apple cider vinegar

Directions: Combine all ingredients in a blender and process until completely smooth. Chill thoroughly before using.

Per tablespoon : 7 calories, 1.0 g protein, 0.4 g carbohydrates, 0.2 g sugar, 0.1 g total fat, 19% calories from fat, 0 g fiber, 72 mg sodium

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## Gingered Melon

Makes 6 servings

Ingredients:

- 1 large cantaloupe
- 1/2 teaspoon ground ginger
- 1 tblsp chopped crystallized ginger

Directions: Cut melon in half and seed, then cut each half into chunks. Sprinkle ground and crystallized ginger over the melon chunks and stir. Chill well and then serve.

Per serving: 54 calories; 1 g protein; 13 g carbohydrate; 0.3 g fat; 4.6% calories from fat; 1 g fiber, 22 mg sodium

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## Quinoa

Makes 3 – 1 cup servings

The National Academy of Sciences has called quinoa “one of the best sources of protein in the vegetable kingdom” because of its excellent amino acid composition. The dry grain is coated with a bitter-tasting substance called saponin. Quinoa must be washed thoroughly before cooking to remove this bitter coating. The easiest way to wash it is to place it in a strainer and rinse it with cool water until the water runs clear.

Ingredients:

- 1 cup dry quinoa
- 2 cups water
- 1 teaspoon water

Directions: Rinse quinoa thoroughly in a fine sieve, and then add it and salt (optional) to boiling water in a saucepan. Reduce to a simmer, then cover loosely and cook until quinoa is tender and fluffy, about 15 minutes.

Per serving: 212 calories, 3.3g fat, 0.4 g, 14% calories from fat, 7.4 g protein, 39 g carbohydrate, 3.5 g sugar, 3.3 g fiber, 17 mg sodium

## Sweet-and-Sour Vegetable Stew

Makes 8 – 1 cup servings

Ingredients:

- ½ cup water
- 1 onion, chopped
- 1 sweet potato, peeled, cut into 1/2-inch cubes (about 2 cups)
- 1 large carrot, chopped
- 1 cup celery, sliced
- 1 cup chopped roasted red peppers (packed in water)
- ½ cup chopped fresh cilantro
- ½ teaspoon crushed red pepper
- ¼ teaspoon ground ginger
- 1 teaspoon curry powder
- ¼ teaspoon cinnamon
- ¼ teaspoon ground coriander
- 1, 15-ounce can diced tomatoes, undrained, or 1½ cups freshly chopped
- 15-ounce can garbanzo beans or 1½ cups cooked garbanzo beans, with ½ cup of additional water or vegetable broth
- 1, 8-ounce can juice-packed crushed pineapple, or 1 cup fresh pineapple, crushed (including juice)

Directions: Heat water in a large pot. Add onion, yam, carrot, and celery. Cook over medium heat, stirring often, until the vegetables begin to soften, about 7 minutes. Add remaining ingredients, cover, and continue to cook, stirring occasionally, until vegetables are tender, 15 to 20 minutes.

Per serving: 121 calories, 1.2 g fat, 4.8 g protein, 24.7 g carbohydrate, 4.7 g fiber, 9.1% calories from fat, 145 mg sodium

## Best Ever Chocolate Cake

Makes enough for 12 regular cupcakes, 6 jumbo ones or almost 24 mini. It is enough for one small bundt cake. Double the recipe for an 8" by 8" square cake.

### Ingredients:

- 1 cup plain soy milk (low-fat is good)
- 1 teaspoon apple cider vinegar
- ¾ cup granulated sugar
- ¼ cup canola oil
- 1 ½ tsp vanilla extract
- 1 cup all-purpose flour
- 1/3 cup cocoa powder
- ¾ tsp baking soda
- ½ tsp baking powder
- ¼ tsp salt

**Directions:** Preheat oven to 350°.

Grease a cake pan with some non-hydrogenated soy "butter," like Earth Balance or line muffin/cup cake pans with foil cups. Whisk soy milk and vinegar in large bowl, set aside to curdle for a few minutes. Add sugar, oil and vanilla to soy mixture and beat until foamy. In a separate bowl, sift together flour, cocoa, baking soda, baking powder and salt. Add in 2 batches to wet mixture and beat until smooth. Fill containers ¾ full. Bake until done - for the bundt and square pan about 40 minutes; large cupcakes 18-20 minutes and mini-cupcakes about 8-11 minutes. Insert a toothpick and if it comes out clean, then cake is done. Cool before frosting, adding fruit or sprinkling with confectionary sugar.

Per 1 regular cupcake without frosting or confectionary sugar (double for jumbo and halve for mini): 140 calories, 5 g fat, 33% calories from fat, 2 g protein, 22 g carbohydrate, 1 g fiber, 147mg sodium

Per 2"x2" serving without frosting or confectionary sugar: 211 calories, 8 g fat, 33% calories from fat, 3 g protein, 33 g carbohydrate, 2 g fiber, 220 mg sodium

## "Butter Cream" Frosting

You can use any flavor extract you like—vanilla, lemon, almond. This recipe makes a lot of frosting and you can always half it to make less.

### Ingredients:

- 1 cup non-hydrogenated margarine (Earth Balance)
- 3½ cups powdered sugar
- 1 ½ teaspoons extract (vanilla, maple, lemon, almond, cherry etc.)
- ¼ cup plain soy milk or soy creamer

Beat margarine until fluffy. Add sugar and beat for 3 more minutes.

Add extract(s) and soy milk (or soy creamer) and beat for another 5-7 minutes until fluffy.

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## Almond Milk

Makes 4 – 1 cup servings

### Ingredients:

- 1 cup raw unsalted almonds, skin on
- 4 cups water, plus more water for soaking almonds
- Dash of salt, optional
- 1 1/2 teaspoon honey, agave nectar or one whole pitted date, optional
- 1 teaspoon vanilla, optional

**Directions:** Place raw almonds in a bowl and cover with cold water. Allow to soak overnight up to 48 hours, then drain and rinse. If soaking longer than overnight, change the cold soaking water every 12 hours.

After soaking, drain and rinse the almonds. Do not peel the almonds. Combine soaked almonds and 4 cups of water in a blender.

For a whole milk texture, use 4 cups of water to 1 cup of almonds. For a thinner texture, add more water. The more water you add, the lower in fat the milk will be per serving. Don't add too much liquid or it will turn watery. Best to add water in small batches until the texture seems right to you.

Blend on low and then slowly raise the speed to high for 1-2 minutes until the milk is completely smooth and no chunks of nuts remain. If desired, add sweetener, vanilla and salt to taste, then blend again to combine. If using a date, make sure to blend until it is completely pulverized. Feel free to adjust the sweetness to taste.

Strain milk through a fine mesh strainer, tea towel, cheese cloth or nut bag into a storage container. A nut bag will work best for keeping the milk smooth and chunk-free. If using a

mesh strainer, agitate the solids to help all the milk drip through. Do not scrape them as it will push the solids through the strainer.

Refrigerate. Will keep for 3-4 days. Shake before pouring.

Per 1 cup: 40 calories, 3 g fat, 75% calories from fat, 1 g protein, 2 g carbohydrate, 4 g fiber, 50 mg sodium