

## **WEEK 3 RECIPES**

### **Always Great Brown Rice**

Makes 6 - ½ cup servings

1 cup dry brown rice  
3 cups water  
½ teaspoon salt (optional)

Rinse rice in a medium saucepan of cool water. Drain off water as thoroughly as possible. Put the saucepan on medium heat, stirring constantly for about 2 minutes, or until rice dries. Add 3 cups water and salt, if using. Bring to a boil, then lower heat slightly. Cover and simmer for about 40 minutes, or until rice is soft but still retains a hint of crunchiness. Drain excess liquid. This liquid can be saved and used as a broth for soups and stews, if desired.

### **Banana Oat French Toast**

Makes 6 slices

1 cup fortified vanilla soymilk  
¼ cup quick cooking oats  
1 medium banana  
6 slices wholegrain bread  
Vegetable oil spray

Combine soymilk, oats, and banana in a blender. Process until completely smooth, 2 to 3 minutes. Transfer to a shallow dish. Soak bread slices in batter until soft but not soggy. The amount of time this takes will vary depending on the bread used. Cook over medium high heat in a vegetable oil sprayed nonstick skillet until first side is golden brown, about 3 minutes. Turn carefully with a spatula and cook second side until brown, about 3 minutes.

### **Berry Applesauce**

Makes 4 servings

2 cups peeled, cored, and diced apples  
2 cups fresh or frozen strawberries, blueberries, or raspberries  
½ cup frozen apple juice concentrate  
1 teaspoon ground cinnamon

Combine all of the ingredients in a medium saucepan. Bring to a gentle simmer, cover, and cook over very low heat for about 25 minutes, or until the apples are tender when pierced with a fork. Mash lightly with a potato masher or purée in a food processor, if

desired. Stored in a covered container in the refrigerator, leftover Berry Applesauce will keep for up to 3 days.

### **Blueberry Muffins**

Makes 12 muffins

1 vegetable oil spray  
1½ cups unbleached flour  
1½ cups barley flour  
¼ cup sugar or other sweetener  
2 teaspoons baking soda  
½ teaspoon salt  
1½ cups fortified soy or rice milk  
⅓ cup orange juice concentrate  
2 tablespoons seasoned rice vinegar  
2 tablespoons canola oil  
2 cups fresh or frozen blueberries

Preheat oven to 350 F. Spray a 12 cup muffin tin with vegetable oil spray. Mix flours, sugar, baking soda, and salt. In a separate large bowl combine nondairy milk, orange juice concentrate, vinegar, and oil. Add flour mixture and stir just to mix. Stir in blueberries. Spoon batter into prepared muffin cups, filling to just below tops. Bake until lightly browned and tops of muffins bounce back when pressed, 25 to 30 minutes. Remove from oven and let stand about 5 minutes, then remove from pan and cool on a rack.

### **Buckwheat Pasta with Seitan**

Makes 6 servings

1 medium onion, chopped  
2 tablespoons oil  
3 cups sliced mushrooms  
8 ounces seitan, sliced  
2 tablespoons flour  
1½ cups cold water  
2 teaspoons soy sauce  
½ teaspoon garlic powder  
¼ teaspoon black pepper  
12 ounces dry soba noodles  
1 teaspoon salt

Sauté onion in a large skillet with oil until transparent, then add mushrooms. Cover and continue cooking until mushrooms are brown, then stir in seitan. In a small bowl, whisk flour and water together until smooth, then add to the skillet along with soy sauce, garlic, and black pepper. Cook, uncovered, over medium low heat until thickened. Cook

soba according to package directions, adding salt to the cooking water. Top with seitan mixture and serve.

### **Chocolate Banana Smoothie**

Makes about 2 – 1 cup servings

2 cups frozen banana chunks  
½ cup chocolate soy or rice milk  
2 tablespoons maple syrup

Combine all ingredients in a blender and blend until smooth, adding a bit more soy milk if necessary.

### **Chunky Ratatouille Sauce**

Makes 6 servings

1 large eggplant, cut into 1-inch chunks  
2 small onions, chopped  
2 celery stalks, chopped  
6 garlic cloves, minced  
½ cup red wine, divided  
¼ – ½ cup water, divided  
8 ounces cremini mushrooms  
1 teaspoon Italian seasonings  
½ teaspoon dried thyme  
½ teaspoon black pepper, or more to taste  
1 – 15 ounce can fire roasted tomatoes

Soak eggplant chunks in salted water for 10 minutes. Drain, rinse, and drain again. Braise onion, celery, and garlic in ¼ cup wine. When vegetables are soft, add eggplant and ¼ cup water. Simmer, stirring occasionally, until eggplant is soft, about 8 to 10 minutes. Add more water if necessary to keep mixture from drying out. Add mushrooms, Italian seasonings, thyme, black pepper, remaining ¼ cup wine, and tomatoes. Simmer for 5 minutes.

### **Green Goodie Smoothie**

Makes 4 servings

1 cup pineapple juice  
1 cup fortified vanilla soy milk or other nondairy milk  
10 frozen peach slices  
1 banana  
¼ cup cherries or raspberries  
2 teaspoons maple syrup (optional)  
1 tablespoon spirulina  
ice, as needed, to chill and thicken

Place all ingredients in a blender. Blend at high speed until smooth, stopping the blender occasionally to move the unblended fruit to the center with a spatula.

### **Hearty Chili Mac**

Makes 10 – 1 cup servings

8 ounces dry macaroni noodles

½ cup water

1 onion, chopped

3 garlic cloves, minced

1 small red or green bell pepper, seeded and diced

1 8 ounce package vegetarian ground beef substitute, or 4 vegetarian burgers, thawed (if necessary) and chopped

1 – 28 ounce can crushed tomatoes

1 – 15 ounce can kidney beans, undrained

1 – 15 ounce can corn, undrained

2 tablespoons chili powder

1 teaspoon ground cumin

Cook macaroni according to package directions. Drain, rinse, and set aside. Heat water in a large pot. Add onion and garlic. Cook until onion is soft, about 5 minutes. Add bell pepper and vegetarian ground beef substitute or chopped vegetarian burgers. Mix in tomatoes, beans and their liquid, corn and its liquid, chili powder, and cumin. Cover and simmer over medium heat, stirring occasionally, for 20 minutes. Add cooked pasta and check seasonings. Add more chili powder if a spicier dish is desired.

### **Lentil Artichoke Stew**

Makes 6 servings

¼ cup vegetable broth

1 onion, chopped

2 large garlic cloves, pressed or minced

2 teaspoons ground cumin

1 teaspoon ground coriander

1 cup dry (uncooked) red lentils (3 cups cooked)

1 bay leaf

2 cups water

juice of 1 lemon

2 – 24 ounce cans chopped tomatoes (preferably fire-roasted), undrained, or 6 cups freshly chopped tomatoes plus 1 cup tomato juice

1½ cups quartered artichoke hearts (1 – 9 ounce frozen package or 1 – 15 ounce can)

¼ teaspoon crushed red pepper (optional)

¼ teaspoon salt, or to taste

¼ teaspoon black pepper, or to taste

Heat the broth in a large saucepan. Add onion and sauté on medium heat for about 5 minutes, until golden. Add garlic, cumin, and coriander and cook for 2 minutes, stirring frequently. Add dried lentils, bay leaf, and water to pan and bring to a boil. Lower heat and add lemon juice, tomatoes and their liquid, artichokes, and crushed red pepper (if using). Simmer for about 20 minutes, until the lentils are tender. Remove and discard the bay leaf. Add salt and black pepper, or to taste.

### **Pasta Salad**

Makes about 8 – 1 cup servings

2 cups dry pasta spirals

6 sundried tomatoes

½ cup boiling water

½ cup finely chopped green onions

½ red bell pepper, seeded and diced

1 – 15 ounce can artichoke hearts, drained and quartered

¼ cup finely chopped fresh parsley

¼ cup chopped fresh basil

1 – 15 ounce can dark kidney beans, drained

1 cup fat free Italian salad dressing

Cook pasta according to package directions. Rinse with cold water, drain, and place in a large bowl. Soften tomatoes by soaking them in 1/2 cup boiling water for 10 to 15 minutes. Drain and chop. Add to pasta along with remaining ingredients. Toss to mix.

### **Quickie Quesadillas**

Makes 8 servings

1 – 15 ounce can garbanzo beans, drained

½ cup water packed roasted red peppers

3 teaspoons lemon juice

1 tablespoon tahini (sesame seed butter)

1 garlic clove, peeled

¼ teaspoon ground cumin

8 corn tortillas

½ cup chopped green onions

½ cup chopped tomatoes

½ cup salsa

Place garbanzo beans in a food processor or blender with roasted peppers, lemon juice, tahini, garlic, and cumin. Process until very smooth, 1 to 2 minutes. Spread a tortilla with 2 to 3 tablespoons of garbanzo mixture and place in a large nonstick skillet over medium heat. Sprinkle with onions, tomatoes, and salsa. Top with a second tortilla and cook until bottom tortilla is warm and soft, 2 to 3 minutes. Turn and cook second side for another minute. Remove from pan and cut in half. Repeat with remaining tortillas.

## **Red Pepper Hummus**

Makes about 2 cups

1 – 15 ounce can garbanzo beans, drained  
½ cup water packed  
roasted red peppers (about 2 peppers)  
2 tablespoons tahini (sesame seed butter)  
3 tablespoons lemon juice  
1 garlic clove (or more to taste)  
¼ teaspoon ground cumin

Combine all ingredients in a food processor. Process until completely smooth, about 2 minutes.

## **Spicy Thai Soup**

Makes 6 – 1 cup servings

1 tablespoon finely chopped fresh ginger  
4 cups Vegetable Broth  
2 teaspoons minced garlic  
½ of 1 jalapeno pepper, seeded and finely chopped (or more to taste)  
1 cup sliced mushrooms  
1 cup bite size broccoli florets  
1 cup packed finely chopped bok choy  
1 green onion, finely chopped, including top  
1 tablespoon finely chopped fresh cilantro

Mix broth, ginger, garlic, and jalapeño pepper in a pot and bring to a boil. Add mushrooms and simmer 2 minutes. Add broccoli and bok choy. Simmer until broccoli is tender but still bright green and crisp, 3 to 4 minutes. Do not overcook. Stir in green onion and cilantro. Serve immediately.

## **Spinach and Mushroom Frittata**

Makes 8 servings

½ cup water  
1 onion, chopped  
2 garlic cloves, minced  
2 cups sliced mushrooms (about ½ pound)  
2 teaspoons dried basil  
½ teaspoon salt  
¼ teaspoon black pepper  
¼ teaspoon grated nutmeg  
¼ teaspoon celery seeds  
1 – 10 ounce package frozen spinach, thawed  
1 – 12 ounce package firm or extra firm lowfat silken tofu

2 tablespoons dry couscous  
¼ cup fortified soy or rice milk  
1 vegetable oil spray  
1 tomato, thinly sliced

Heat the water in a large pot or skillet. Add onion and garlic and cook until soft, about 5 minutes. Add mushrooms, basil, salt, pepper, nutmeg, and celery seed. Cook over medium high heat, stirring often, until mushrooms are soft, about 5 minutes. Stir in spinach and cook over medium heat, stirring often, until mixture is very dry. Remove from heat. Preheat oven to 350 F. In a food processor or blender, process tofu until very smooth. Add to spinach mixture along with couscous and nondairy milk. Pour into a vegetable oil sprayed 9" pie pan. Arrange tomato slices around the outside edge. Bake 25 minutes. Let stand 10 minutes before serving.

### **Zippy Yams and Bok Choy**

Makes 4 servings

2 small yams, cut into bite size chunks  
1 onion, quartered and sliced  
2 large garlic cloves, minced  
1 tablespoon vegetarian Worcestershire sauce  
½ teaspoon Thai chili paste  
2 small heads bok choy, finely sliced  
Juice of ½ of a lemon

Put yams in a deep skillet and just cover them with water. Cover skillet and boil yams for 5 to 10 minutes, until soft when pierced with a fork. Add onion and garlic and continue to simmer until about half of the water has boiled away. Add vegetarian Worcestershire sauce, chili paste, and bok choy. Simmer until bok choy is soft. Sprinkle lemon juice over the mixture and serve.