



Hopealonian  
Favorite  
Vegetarian  
Recipes



## SOUTHERN NEW YEAR'S DAY SOUP

2 tbs. olive oil

1 large leek, quartered, white and light green parts chopped (2 cups)

2 cloves garlic minced (2 tsp.)

1 tbs. poultry seasoning

8 oz. kale (tough stems removed) cut leaves into 2-inch pieces (4 cups)

1-15 oz. can diced tomatoes

1 15 oz. can dried black-eyed peas

1 qt. low-sodium vegetable broth

Heat oil in large pot or dutch oven over medium heat. Add leek, and sauté 5-7 minutes or until soft. Add garlic and poultry seasoning, and sauté 1 minute more. Stir in kale, and cook 5-7 minutes or until leaves are wilted, tossing occasionally.

Then add diced tomatoes with chilies, black-eyed peas, vegetable broth and 7 cups of water. Season with salt and pepper, if desired, cover, reduce heat to medium low and simmer 40-45 minutes. Stir in pasta and cook 7-10 minutes or until pasta is al dente and black-eyed peas are tender.

## SNACK IDEAS

Bananas

Raisins

Organic Peanut Butter or Almond Butter

Raw Honey

Cut Banana in half, spread with peanut or almond butter. Top with raisins. Drizzle with honey.

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Mix almonds, dried cranberries, sunflower seeds, dried apricots and organic whole grain cereal of choice.

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Organic herbal tea of any flavor

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Air popped popcorn drizzled with olive oil and your favorite seasoning

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Any Fresh or dried fruit

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Any sprouted bread like Ezekiel bread toasted and spread with organic peanut butter or Polaner All Fruit

## CURRY VEGETABLE SOUP

1 tablespoon vegetable oil  
1 medium onion, chopped  
2 celery ribs, sliced  
1 medium carrot, sliced  
2 tablespoons curry powder  
1 ½ quarts low-sodium vegetable broth or  
chicken broth  
1 cup light coconut milk  
Salt to taste  
1 tablespoon fresh lime juice  
2 tablespoons coarsely chopped fresh cilantro  
leaves, green onion or toasted coconuts

Optional (shredded chicken breast for those  
who need it)

Heat the oil over medium heat until hot in  
large saucepan or Dutch oven. Add the onion,  
celery, carrot and curry powder. Cook until  
vegetables are tender about 10 minutes. Stir in  
broth, coconut milk, lime juice, and salt to  
taste. Bring to boil: reduce heat and simmer 15  
to 20 minutes to blend flavors. Garnish with  
green onions, cilantro or toasted coconuts.

## SPINACH SALAD WITH SIMPLE DRESSING

Large bunch of spinach  
1 avocado, sliced  
1/3 cup pine nuts, walnuts, or chopped almonds  
Optional: cherry tomatoes, oil -cured olives, red onion

### Dressing

3 Tbsp. Extra virgin olive oil  
2 Tbsp. apple cider vinegar (raw is best)  
1 Tbsp. honey (raw is best)  
¼ sweet onion, chopped  
1 garlic clove, crushed  
½ tsp. unrefined sea salt

Mix dressing ingredients and allow to marinate together at least for a few hours. Break up spinach and serve on plates topped with avocado, nuts and optional toppings. Drizzle with dressing.

## LAYERED MEXICAN CASSEROLE

Layer the following in a 9"x13" dish that has been lightly sprayed with extra virgin olive oil.

2 cups warm, mashed beans\*

3 wheat tortilla shells, warmed and cut into bite sized pieces

Arrowhead Mills Organic Bulgur Wheat prepared as follow; Boil 1 ½ cup bulgur wheat and ¼ package Simply Organic Taco Mix.

Simmer for 10 minutes. Remove from heat and let set for 15 minute

Lettuce that has been torn (never use iceberg lettuce as it has very little nutritional value).

Chopped tomatoes

Chopped onions

Sliced black olives

Salsa

Grated cheese substitute (optional)

\*If you are in a hurry, use the canned, Vegetarian refried beans or organic black beans, reserving a little of the water and mash. A better choice would be to use dried black or turtle beans. Soak overnight, drain, cover with distilled water and ¼ teaspoon unrefined sea salt, and simmer 1 ½ hours. Mash with a little of the water and use in recipe.

## CUCCUMBER PASTA SALAD

1 lb package radiatore pasta or any small whole grain pasta  
4 cucumbers, diced  
2 cups Vegenaïse  
½ cup apple cider vinegar  
2 tablespoons dry dill  
Unrefined sea salt to taste

Cook pasta according to directions. Drain and rinse pasta. Put pasta and the remaining ingredients in a medium size bowl and toss. Serve or refrigerate.



## GRATED RAINBOW SALAD

Beets

Carrots

Summer squash

Zucchini

Tomato slices

Corn off the cob

Sliced radishes

Red cabbage

Grate beets, carrots, summer squash, zucchini, and cabbage. Arrange in concentric rings on a plate or platter. Arrange sliced radishes and tomatoes decoratively in the center or around border, and then sprinkle with corn kernels. Individuals can serve onto beds of lettuce and drizzle with dressing. A nice alternative to the usual green salad!

## VEGETARIAN PIZZA

1 whole wheat pizza dough

### **topping**

Diced sweet onion,

Red and yellow pepper strips

Mushrooms

Broccoli florets

Spinach

Sliced zucchini

Black olives

Sliced tomatoes

Shredded veggie (mozzarella cheese)  
substitute on top

## GAZPACHO STEW

In a large bowl, mix:

1 medium cucumber, peeled and chopped

1 medium zucchini, peeled and chopped

1 large green bell pepper, chopped

½ cup fresh cilantro leaves, chopped

7 vine ripened tomatoes (5 coarsely chopped, 2 blended)

2 tablespoons raw apple cider vinegar

4 tablespoons extra virgin cold-pressed olive oil

2 cloves garlic, minced

1 fresno pepper (red Jalapeno), minced

1 cup fresh cut corn

2 teaspoons ground cumin

2 teaspoon unrefined sea salt or to taste

1 avocado, cubed (optional)

Chilled for 30 minutes and serve.

## RAW CARIBBEAN WILD RICE

1 cup wild rice, soaked 48 hours and drained  
1 medium onion, chopped  
2 large tomatoes or 3 medium chopped  
2 large red bell peppers, seeded and chopped  
2 large yellow bell peppers, seeded and  
chopped  
1 ½ freshly grated coconut  
2/3 cup non-dairy milk (almond)  
2 tsp. chili powder (optional)  
1-4 cloves garlic, peeled and pressed or minced  
2 tsp. ground coriander  
1 tsp. ground mustard (optional)  
1-2 tsp. lime zest ( use only organic limes)  
Unrefined sea salt - Combine all ingredients  
in a large bowl and mix well

## VEGAN ITALIAN SOUP

4 tbs. olive oil, divided  
1 medium white or yellow onion finely  
chopped (1 cup)  
2 cloves garlic, minced (2 tsp.) plus 1 whole  
clove, peeled, divided  
 $\frac{3}{4}$  cup diced carrot  
 $\frac{3}{4}$  cup diced celery  
1 tbs. simply organic oregano  
1 tbs. simply organic basil  
1 tbs. simply organic parsley  
6 cups low-sodium vegetable broth  
 $\frac{3}{4}$  cup ditalini pasta  
1 pkg. vegan meatballs, defrosted  
1 5-oz pkg. fresh spinach  
2 tbs. fresh lemon juice

Heat oil on medium, add onion and garlic;  
sauté 5 minutes, stir in carrot and celery and  
cook 5 minutes more, add oregano, basil, and  
parsley, and cook 1 minute. Stir in broth and  
bring to boil. Reduce heat, add ditalini and  
cook at low for 5 minutes, add meatballs, and  
simmer for 10 minutes. Add spinach turning  
constantly, add lemon juice to soup and season  
with salt and pepper.

## SAUSAGE & BROWN RICE

1 cup Brown Rice  
½ cup Coconut Milk  
2 cups water  
Salt (pinch)  
¼ tsp. Ground thyme  
¼ tsp. cumin  
Lawry's Seasoned Salt & freshly ground black pepper (to taste)  
2 boxes (Morning Star) Italian or Breakfast Sausages  
1 medium onion, Red or Bell Peppers (diced)  
2 cloves chopped garlic  
¼ cup olive oil

Prepare brown rice according to package directions for 1 cup modifying 2 ¼ cups of water to 2 cups water and ½ cup coconut milk. Cut sausages into ½ in. pieces; combine in pan with olive oil, spices, garlic, onions, and peppers. Sauté until veggies are tender. Season mixture with Lawrey's Seasoned Salt and pepper. Combine meat mixture and brown rice. Yummy!

## SWEET TATERS

2 sweet potatoes cut lengthwise

1 tsp. Olive Oil (don't worry, you won't taste it)

¼ cup crushed pineapple or thinly sliced apple or finely chopped dates (optional)

¼ tsp Cinnamon

¼ cup Honey

3 tbs. Orange juice concentrate (optional)

Combine ingredients in a mixing bowl & pour mixture into baking dish. (Spray Pam into baking dish first) Bake @ 375 for 30 min. or until tender.

Note: Can't find fresh sweet potatoes.... use 2 cans (15 oz - drained) sweet potatoes.

## SWEET POTATO CASSEROLE

3 - 4 sweet potatoes (3 c.)  
¼ c. non-dairy milk substitute  
1 T. pure vanilla extract  
raw unfiltered honey to taste

Bake sweet potatoes. Cool slightly, peel and mash. Mix with remaining ingredients. Place in a 1 ½ quart casserole dish that has been spread with liquid lecithin to prevent sticking.

Spread topping over sweet potatoes and bake 20 minutes at 300°F.



## EGGPLANT "STEW"

1 large eggplant peeled and cubed (leave on a little skin for extra fiber)

1 can diced tomatoes (15oz) - I like Contadina  
Roasted Garlic

1 can drained black beans (15oz) - I like Goya  
or Kirby

2 cloves of garlic (minced) 1 chopped onion &  
bell pepper

1 tbs. fresh basil (chopped or paste)

1/2 tsp. fresh cilantro (chopped or paste)

1/4 cup Olive Oil

Sauté onion & garlic in olive oil until tender, add eggplant & sauté for approx. 2 min. add tomatoes, black beans, basil, cilantro, onion, salt & pepper to taste (add any other spice YOU like at this time). Allow this to simmer on med heat for approx. 20-30 min.

Serve with whole wheat pasta or brown rice.  
Enjoy!!

## STIR FRY

2 packs Morning Star Steak Strips or Chicken Strips

1/4 cup olive oil

2 cloves of garlic (chopped)

1 tbs. fresh ginger (chopped)

1 whole onion (chopped)

1/2 red pepper (chopped)

1/2 green pepper (chopped)

1 package whole green beans

1 package broccoli florets

1 cup sliced mushrooms (sliced)

½ can baby corn (cut into bite sized pieces)

1/2 tbs. Cilantro

Sea salt (or plain salt)

Season & sauté steak strips in Olive Oil in pan and remove. Sauté vegetables until almost tender. Combine steak strips and veggies.

Note: Feel free to add any leftover veggies in the fridge to this one!

Serve over brown rice. Mmm-mmm!!

## VEGGIE BURGER

1 c. textured vegetable protein  
½ oz. dulse, rinsed and finely chopped  
1 T. ground flaxseed  
¼ c. ketchup  
4 t. cornstarch  
1 T. horseradish flavored mustard  
2 T. canola oil  
4 8-inch corn tortillas, warmed

Combine protein and dulse in a large bowl. Add 1 cup boiling water, stir to combine and set aside. Combine flaxseed and 2 tablespoons hot water in a separate bowl. Let stand 5 minutes. Stir flax mixture into protein mixture. Add ketchup, cornstarch and mustard. Heat canola oil in nonstick skillet over medium heat. Using ½ cup measure, scoop and shape four patties. Cook 3 to 5 minutes on each side until golden brown. Serve on corn tortillas topped with lettuce and tomato.

## WINTER VEGETABLE ROAST

- 2 T. olive oil (+ extra to coat pan)
- 1 T. fresh rosemary chopped
- 1 T. fresh basil chopped
- 1 T. fresh thyme chopped
- 2 garlic cloves minced
- 1 large butternut squash cut in ½ inch rounds
- 1 acorn squash peeled & cut in 1 inch chunks
- 2 medium carrots cut diagonal in ½ inch slices
- 2 medium parsnips cut diagonal in ½ inch slices
- 1 medium onion cut into 1 inch wedges

Preheat oven to 400°. Lightly oil rimmed baking sheet or roasting pan. Whisk together olive oil, rosemary, basil, thyme and garlic in a bowl. Season with salt and pepper. Add vegetables spread in a single layer on prepared baking sheet. Roast 45 minutes or until vegetables are tender and beginning to brown, stirring every 15 minutes.

## **FRESH GREEN SALAD**

1 bag mixed butter greens  
1 bag baby spinach  
1 cucumber partially peeled, quartered & sliced  
½ pound red seedless grapes  
½ pound green seedless grapes  
½ pound fresh strawberries sliced

Place greens in a large bowl. Place other ingredients on top of greens as they are sliced. Drizzle with dressing recipe below.

### **Dressing**

2/3 c. Nakano Rice Vinegar (any flavor)  
1/3 c. Olive Oil  
Seasoned Black Pepper to taste

Mix ingredients with a wire whisk or fork and drizzle over salad.

### **Variation**

Replace grapes and strawberries with any other fresh vegetable or fruit you prefer.

## VEGETARIAN CHILI

56 ounces petit diced tomatoes  
45 ounces pinto beans (precook if dried beans)  
1 onion chopped  
1 green bell pepper chopped  
1 red bell pepper chopped  
1 clove garlic minced  
4 T. chili powder  
2 T. cumin  
2 T. coriander  
¼ c. Nakano rice vinegar  
2 t. vegetable better than bullion  
fresh chives chopped

Place all ingredients in a medium stockpot. Heat until simmering and allow to simmer for approximately 30 minutes stirring occasionally. Garnish with fresh chopped chives. Can be served over brown rice or baked potatoes.

## **SPICY BLACK BEANS AND CORN**

1 medium onion, finely chopped

1 medium green or red bell-pepper, cored, seeded & chopped

1 can (28 ounces) Mexican-style diced tomatoes

2 cans (15 ounces each) black beans, rinsed & drained

1 can (12 ounces) whole-kernel corn, drained

¼ t. ground cumin

Steam-fry onion and bell pepper in heavy nonstick skillet until soft, adding very small amounts of water as needed to prevent sticking or burning. Add tomatoes (with juice), beans, corn and cumin.

Bring to a boil. Reduce heat, cover and simmer for 20 minutes.

Serve this dish with brown rice, corn tortillas and a little hot sauce on the side. *For more flavor, add garlic to this recipe.*

## ROOT VEGETABLE CHILI SOUP

- ½ c. fresh or frozen (thawed) corn
- 2 T. canola oil
- 1 small onion chopped (1 c.)
- 2 garlic cloves minced (2 t.)
- 4 t. mild chili power
- 2 small rutabagas, peeled & cubed (1 ½ pounds)
- 2 medium carrots cubed (1/2 pound)
- 1 28 oz.. can diced tomatoes
- 2 small russet potatoes diced (1 ½ c.)
- ¾ c. mild banana peppers
- 1 small red bell pepper chopped
- 1 jalapeno pepper finely diced
- 1 15 oz. can red kidney beans drained & rinsed
- chopped green onion or cilantro
- 1 pkg. Italian meatless sausage, cooked
- 2 c. cooked wheat pasta
- 1 c green peas
- 3 c. water or vegetable broth

Heat large pot over medium heat, add corn and sauté for two minutes or until beginning to brown. Add oil, onion, garlic, bell pepper, jalapeno pepper, chili power, cumin and cilantro until seasonings are well mixed. Add rutabagas, carrots, tomatoes, potato, banana peppers, sausage, pasta and peas. Add three cups of water or vegetable broth. Bring to a boil and season with sea salt. Simmer for 1 ½ hours until vegetables are tender.



## **CHILI SIN (WITHOUT) CARNE (MEAT)**

- 2 T. olive oil
- 1 medium onion, diced
- 2 carrots, diced
- 1 small bell pepper, diced
- 4 garlic cloves, minced
- 1 28 oz. can crushed tomatoes with juice
- 1 15.5 oz. can black beans, rinsed and drained
- 1 15.5 oz. can kidney beans, rinsed and drained
- 1 12 oz. pkg. veggie crumbles
- 1 T. chili powder
- 1 T. and 1 t. ground cumin
- 1 T. light brown sugar (optional during fast)
- 2 T. dried oregano
- 1 T. red pepper flakes
- 1 – 10 oz. pkg. frozen corn

Combine all ingredients and simmer for one hour.

## **SPANISH RICE**

1 c. brown rice  
½ small onion minced  
½ green pepper seeded and minced  
3 T. olive oil  
¼ c. mushrooms (optional)  
2 t. vegetable better than bullion  
black pepper to taste  
2 ½ c. filtered water  
¾ c. petit diced tomatoes  
1 t. Redhot hot sauce

Sauté rice with olive oil until golden brown in medium cast iron skillet. Once rice begins to brown add onion and green pepper to skillet and sweat until soft to extract flavor. Then, place sauté mixture in medium saucepan with water, tomatoes, mushrooms and seasonings. Stir and bring to a boil. Cook covered on low for 1 hour or until all liquid is evaporated. Let stand for 15 minutes before serving.

## **BROWN RICE**

1 ½ c. brown rice  
3 c. filtered water  
1 garlic clove minced  
½ small onion minced  
3 t vegetable better than bullion

Place all ingredients in medium saucepan. Stir, cover and bring to a boil on high heat. Reduce heat and cook on low for 1 hour. Let stand for 15 minutes before serving.

Variation:

Serve with any of the following :

- Steamed mixed vegetables
- Steamed snow peas and baby corn
- Steamed Zucchini, yellow squash, broccoli, & cauliflower

## **ITALIAN-STYLE WHITE BEANS W/ BRAISED GREENS**

2 large onions thinly sliced

2 c. vegetable broth

12 oz. thawed frozen kale, chard or collard greens,  
chopped and salted to taste

fresh ground black pepper

2 15 oz. cans cannelloni, great Northern, or white  
kidney beans rinsed and drained

Steam fry onions in a large heavy saucepan until limp and starting to brown adding broth as needed to prevent sticking or burning. Add the greens and season with salt and pepper to taste. Cook stirring until greens are tender and heated through. Add beans and stir until heated adding desired amount of broth.

## **TUSCAN WHITE BEANS W/SPICY VEGGIE SAUSAGE**

1 vegetarian Italian sausage  
3 c. cooked or 2 15 oz. cans cannelloni, white  
kidney or great Northern beans rinsed and drained  
1 c. vegetarian broth  
1 c. pasta sauce  
2 cloves garlic, minced  
1 t. sage (dried or fresh)  
pinch crushed red pepper  
1 t. rosemary (dried or fresh)  
salt and pepper to taste

Brown vegetarian sausage slices in large heavy nonstick skillet, adding water as needed. Add all other ingredients to skillet and bring to a boil stirring frequently. Reduce heat and simmer for ten minutes. Add salt and pepper to taste.

## **BLACK EYED PEAS W/SWEET POTATOES & GREENS**

- 1 10 oz. pkg. frozen kale, chard or collard greens
- 4 c. vegetarian broth
- 2 10 oz. pkg. frozen black eyed peas, thawed and drained
- 2 garlic cloves minced
- 1 18oz. can unsweetened sweet potatoes, drained, rinsed and chopped or 2 c. cooked
- 3 dashes liquid smoke

Thaw greens and drain. Chop and combine with broth, black eyed peas, garlic sweet potatoes and liquid smoke in a large saucepan. Bring to a boil stirring often, then reduce heat and simmer for 20 to 30 minutes. Serve with brown rice.

## **MEATLESS SLOPPY JOES**

1 small onion, finely chopped  
1 small green bell pepper, cored, seeded & chopped  
1 small red bell pepper, cored, seeded & chopped  
12 medium mushrooms, chopped  
1 pkg. vegetarian crumbles  
1 c. fat-free barbecue sauce, such as Bull's-Eye  
Original  
2 T. tomato paste stirred into 1 c. hot water  
sprouted wheat hamburger buns split & toasted

Steam onions, peppers and mushrooms in a heavy nonstick skillet over high heat until softened, adding water by the tablespoon as needed to prevent sticking or burning. Add vegetarian crumbles, barbecue sauce, and tomato paste mixture. Cook and stir ingredients until mixed well. Spoon onto split buns and serve.

## **CRANBERRY ALMOND SLAW**

¼ c. green cabbage  
1 c. cilantro  
½ t. red pepper  
1 large carrot  
¼ c. almonds  
1/3 c. dried cranberries  
juice of 1 lime  
2 T flax oil  
2 T. agaves nectar  
2 T. red onion minced  
1 large avocado, cut into bite sized pieces

Chop all ingredients and garnish with avocado.



## **TOMATO AND GREEN BEAN SALAD**

2 c. mixed red and yellow plum tomatoes  
2 c. French green beans  
chopped mint to taste  
1 garlic clove, minced  
½ c. olive oil  
2 T. balsamic vinegar  
salt and pepper to taste

Cut tomatoes in half and place in a large bowl. Blanch green beans in saucepan of salted boiling water for two minutes. Drain well and add to tomato mixture. Add chopped mint, garlic, olive oil and balsamic vinegar. Season with salt and pepper and mix well. Serve warm or cold.

## **ORANGE QUINOA & BULGUR TABBOULEH SALAD**

½ c medium-grain bulgur wheat  
1 ½ c. water  
½ c quinoa  
¾ c olive or canola oil  
¼ c lemon juice  
1 t. salt  
1 t ground coriander  
2 pinches ground cinnamon  
freshly ground black pepper to taste  
2 c chopped fresh parsley  
1 c cooked or canned black-eyed peas rinsed & drained  
2/3 c chopped & seeded green bell pepper  
½ c chopped fresh mint or lemon balm  
½ c chopped scallion  
grated peel of 2 oranges  
4 jarred roasted red peppers, rinsed & chopped  
orange wedges (optional)  
mint, parsley, or lemon balm sprigs (optional)

Whisk together oil, lemon juice, salt, coriander, cinnamon, & black pepper in a small bowl and set aside.

## **GREEN BEANS ITALIAN**

- 1 28 oz. can green beans (drained & rinsed)
- 1 28 oz can petit chopped tomatoes
- 1 small onion chopped
- 1 garlic clove minced
- 1 15 oz. can dark red kidney beans (drained & rinsed)
- 1 pkg. meatless Italian sausage sliced diagonally
- 2 t. vegetable bullion mixed w/2 c. water (or 2 c. vegetable stock)

Place all ingredients in a medium stock pot or crock pot and simmer for approximately 30 minutes.

## **TORTELLINI SOUP**

1 family size of vegetable tortellini pasta (or 16 oz pkg. whole wheat tortellini pasta)  
½ small onion chopped  
1 garlic clove minced  
1 t. oregano  
1 small box frozen chopped spinach leaf (or 1 1/c fresh baby spinach)  
1 large can chopped tomatoes  
2 t. vegetable bullion  
2 c. water  
Parmesan cheese (optional)

Place water in small stock pot. Add onion garlic and vegetable bullion to pot and bring to a boil. Add tortellini pasta to pot and cook for 5-7 minutes. Add tomatoes and spinach to pot. Simmer until spinach is thawed or tender. Stir gently. (Garnish with parmesan cheese and serve.)

## QUICK SPINACH LASAGNA

1 10 oz. pkg. frozen spinach  
1 lb. firm tofu  
1 T. minced garlic  
1 t. salt  
1 jar pasta sauce  
1 16 oz. pkg. whole wheat lasagna noodles  
10 mushrooms sliced or 1 c. any vegetable  
¼ c vegan Parmesan or nutritional yeast flakes

Preheat oven to 325°F. Combine spinach, tofu, garlic and salt in a medium bowl. Coat the bottom of a baking dish with tomato sauce. Next layer noodles; spread ½ spinach mixture, then mushrooms or other veggies. Repeat until pan is full. Final layer should be sauce topped with vegan Parmesan or yeast flakes.

Cover tightly with foil and bake for 1 hour or until noodles are thoroughly cooked. Test noodles by sticking a knife through the center of lasagna. Let stand 15 minutes uncovered before serving.

## VEGGIE LASAGNA

Pour one can of **organic diced tomatoes** with basil and garlic on the bottom of a baking dish.

Place one layer **cooked noodles** over tomatoes, then layer with the following chopped vegetables: one **medium zucchini**, one **medium squash**, one **small onion**, and one **cup broccoli florets**.

Next you will need 1 ½ to **2 jars of organic pasta sauce**. Pour a portion of the pasta sauce over the above vegetables. Then place another layer of noodles over the pasta sauce. Now layer 1 **cup baby spinach**, ½ cup **diced celery**, ½ cup **sweet bell pepper** and 1 **cup mushrooms**.

Mix one minced **garlic clove** and ½ teaspoon of **Celtic sea salt** with the remaining pasta sauce and pour over mixture.

Bake covered for 45 minutes at 350

Remove and top with shredded mozzarella cheese substitute before serving.

## **PUMPKIN COOKIES**

2 cups whole wheat flour  
1 cup rolled oats  
¼ cup ground flax seeds  
1 tsp non-aluminum baking powder  
1 tsp. cinnamon  
½ tsp unrefined sea salt  
1 cup melted organic butter  
1 cup amber agave nectar  
2 tbsp ground flax seed mixed with ¼ cup water  
1 cup pumpkin puree  
¾ cup chopped walnuts (optional)

Preheat oven to 350 degrees. Blend the dry ingredients together. Blend the wet ingredients together separately. Slowly combine dry ingredients into the wet ones. Stir in nuts. Line baking sheets with parchment paper. Drop dough by the tablespoon or ice cream scooper onto sheets. Bake 7-9 minutes until golden sheen is gone from top of cookies and they spring back when pressed lightly. Cool 1-2 minutes on the cookie sheets then move to wire racks to cool.

## **BANANA PEAR WALNUT DELIGHT**

Five bananas, sliced\*

Five pears, cubed\*

½ cup walnuts

½ cup raisins

¾ cup pure maple syrup

Layer ingredients in a medium bowl, drizzle syrup on top, and serve.

\*If not serving immediately, dip bananas and pears in fresh lemon juice to keep from turning brown.



## **BANANA BREAD**

½ cup water

¾ cup dried fruits (raisins, chopped prunes, apricots, figs, dates, etc.)

3-4 bananas, mashed

¼ cup extra virgin olive or raw coconut oil

¾ ground flax

1 ¼ cup oat flour (ground oats)

½ teaspoon cinnamon

2 teaspoons baking powder

½ teaspoon unrefined sea salt

½ cup chopped nuts

Optional: ¼ teaspoon cardamom

Simmer dried fruits in the ½ cup of water for a few minutes, then add ¼ cup of ground flax and simmer for just a couple minutes more. Mix rest of wet ingredients with cooled fruit mixture. Mix dry ingredients with cooled fruit mixture. Mix dry ingredients. Blend wet and dry ingredients together briefly before pouring into an oiled loaf pan. Bake at 350 degrees for about 50 minutes.

Bake as a cake and frost with a puree of: 1 cup pitted dates, 1 teaspoon lemon juice, ¾ cup soaked walnuts, at least 1 cup pineapple.

## **CHICKPEA TAGINE WITH CINNAMON, CUMIN, AND CARROTS**

- 2 tbs. olive oil
  - 1 small onion, thinly sliced
  - 3 cloves garlic, minced (2 tbs.)
  - 2 14.5 oz. cans chickpeas, rinsed and drained
  - 3 medium carrots, peeled and sliced into thin rounds
  - ¼ cup dried currants
  - 1 tsp. ground turmeric
  - 1 tsp. ground cinnamon
  - 1 tsp. ground cumin
  - ¼ tsp. cayenne pepper
  - 2 tsp. honey
  - 1/2 cup plain Greek-style yogurt
  - 3 tbs. finely chopped parsley
1. Heat oil in large skillet over medium heat. Add onion and garlic, and sauté 2-3 minutes, or until onion slices are soft. Stir in chickpeas, carrots, currants, spices, honey, and 2 cups water. Cover and simmer 20-25 minutes, stirring occasionally. Season with salt and pepper, garnish with dollop of yogurt, and sprinkle with parsley.

## **SALSA**

- 1 28 oz. can chopped tomato drained
- 1 medium onion chopped
- 1 small garlic clove minced
- 2 jalapeño peppers cored, seeded and minced
- 3 T. Nakano rice vinegar
- 3 T. olive oil

### **Optional Flavor Variations:**

- 1 T. chili powder
- ½ t. cumin
- ½ t. coriander
- ¼ c. lemon or lime juice
- 1 T. chopped cilantro

## **BEAN DIP**

- 2 cans chickpeas drained and rinsed
- ½ c. filtered water
- ¼ c. olive oil
- ½ c. of lemon or lime juice
- salt to taste
- coarse black pepper to taste

Mix all ingredients in blender adding any optional flavor variations desired.

Serve dips with chopped veggies or baked chips

## **DRINK IDEAS**

### **Liquid Vitamin**

64 oz. grape juice (pure Welch's)  
1 c. raisins  
1 c. figs  
1 c. prunes  
1 c. apricots  
1 c. black strap molasses  
1 t. aniseed

Store ingredients at room temperature in a dark place for 12 hours then take 1 two or three ounce serving daily.



### **Holiday Juice – (Serves 24 – 30)**

Juice: 12 medium carrots  
40 hard red apples  
6 medium beets