

Recipes



BE A HERO!

BE A VEGETARIAN!

INTRODUCTION



Albert Einstein said,

"Nothing will benefit human health and increase the chances for survival of life on Earth as much as the evolution to a vegetarian diet."

"Vegetarian food leaves a deep impression on our nature. If the whole world adopts vegetarianism, it can change the destiny of humankind."

"If a man aspires towards a righteous life, his first act of abstinence is from injury to animals."

"I think the changes and purifying effects that a vegetarian diet have on a human being's disposition are quite beneficial to mankind."

This has been the common advice of many important figures and sages throughout history!

The Supreme Master Ching Hai International Association is conducting a world-wide campaign entitled "Alternative Living" to educate all ages on the benefits of living a healthier lifestyle through vegetarianism.

This recipe book has been lovingly compiled by members of The Supreme Master Ching Hai International Association in Victoria, British Columbia, for the purpose of providing you with a *taste* of their favourite vegan recipes.

Eating a vegetarian diet allows us to "tread more lightly on the planet". In addition to taking only what we need and reducing excess, we feel better when we know that a living being doesn't have to die each time we eat a meal.

The spiritual arguments against eating meat are convincing for some people, but there are other compelling reasons for being a vegetarian. All of them are rooted in common sense. They have to do with issues of personal health and nutrition, ecology and the environment, ethics, animal suffering, and world hunger.

We hope you will enjoy these culinary delights as much as we have enjoyed creating them.

For more information on The Supreme Master Ching Hai International Association, please go to <http://www.SupremeMasterTV.com>

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DRINKS

Sweet Green Smoothies

All recipes make one quart. Victoria Boutenko, author of *Green for Life*, conducted a study of several folks and asked them NOT to change their diet but to simply add one quart of green smoothies per day. The results were astonishing—simply because we cannot chew our food as well as a blender can; therefore, the body can better assimilate the incredible nutrients.

Raw Family Wild Banango

2 cups lambsquarters
(plantain, chickweed or other weed)
1 banana
1 mango
2 cups water

Blueberry Pudding

1 stalk of celery
2 cups of fresh blueberries
1 banana
2 cups water

Valya's Favourite

8 leaves of Romaine Lettuce
5 cups watermelon
1 cup water

Green Benevolence

6-8 leaves of Romaine lettuce
1 cup of red grapes
1 medium orange
1 banana
2 cups water

Sweet and Sour

6-8 leaves of red leaf lettuce
4 apricots
1 banana
1/4 cup blueberries
2 cups water

Minty thrill

4 ripe pears
4-5 leaves of kale
1/2 bunch of mint
2 cups water

Freshness

6-8 leaves of Romaine lettuce
1/2 medium honeydew melon
2 cups water

Aloe Live

1 cup apple juice
1 banana
1 mango
1 small piece of aloe
5 leaves of kale
2 cups water

Summer Delight

6 peaches without seed
2 handfuls of spinach leaves
2 cups water

Strawberry Field

1 cup strawberries
2 bananas
1/2 bunch romaine
2 cups water

Kiwi Enjoyment

4 very ripe kiwis
1 ripe banana
3 stalks of celery
2 cups water

Igor's Favourite

1/2 bunch spinach
4 apples peeled
1/2 whole lime with peel
1 banana
2 cups water

Raspberry Dream

2 bosc pears
1 handful raspberries
4-5 leaves of kale
2 cups water

Savoury Green Smoothies

Both the Sweet Green and Savoury Smoothies are from *Green for Life* by Victoria Boutenko. Buy the book and read all about the benefits of green smoothies on the mind, body, and spirit.

Victoria's Favourite

6 leaves of red leaf lettuce
1/4 bunch of fresh basil
1/2 lime (juiced)
1/2 red onion
2 celery sticks
1/4 avocado
2 cups water

Sergei's Favourite

5 kale leaves
1/2 bunch fresh dill
1/2 lime (juiced)
3 cloves of garlic
1/4 cup sun dried tomatoes
2 cups water

Shakti's Green Thai

2-1/2 cups spinach
1/2 bunch cilantro
1 clove garlic
1/2 red bell pepper
1/2 lime (juiced)
1 tsp stevia (1 green leaf)
3 roma tomatoes
2 cups water

Green Delicious

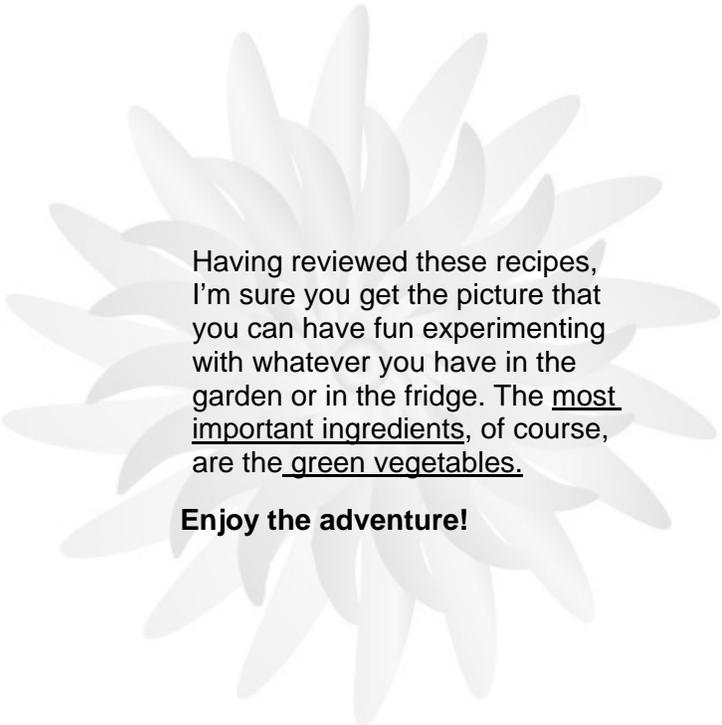
5 leaves of kale (purple)
1/4 avocado
3 cloves garlic
Juice of 1/2 lime
2 cups water
1/2 tsp salt
2 roma tomatoes

Nutritiously Bitter

5 leaves of kale
1/4 avocado
3 cloves garlic
1/4 cup lime juice
2 cups water
1 bell pepper
2 celery sticks
1/2 bunch of Italian parsley
2 cups water

Orion's Lemon Jalapeno Fresca

1/2 lemon (juiced)
4 roma tomatoes
2/3 bunch kale
1/2 inch jalapeno pepper
1 small clove garlic
2 cups water



Having reviewed these recipes, I'm sure you get the picture that you can have fun experimenting with whatever you have in the garden or in the fridge. The most important ingredients, of course, are the green vegetables.

Enjoy the adventure!

* * *

Healthy Chocolate Vanilla Smoothie

By Dr. Ben Kim, <http://drbenkim.com/>

One secret to making flavourful, creamy smoothies is to use frozen fruit rather than ice. We almost never add ice to our smoothies, choosing instead to use frozen banana slices. We buy several pounds of bananas at a time, and once they're ripe, we peel them, slice them into 1/2-inch portions, and freeze the slices in an air-tight bag or container in the freezer.

Another secret to making flavourful smoothies is to add real vanilla. To get all the specks of vanilla goodness out of a cured vanilla bean, cut off the tip of one end, use the tip of your knife to split the bean length-wise into two halves, then use the sharp edge of your knife to scrape the aromatic substance out of each half. Scrape two or more times along each half to maximize yield.

The following smoothie recipe calls for just four simple ingredients, and the result is a ridiculously rich, tasty, and healthy chocolate vanilla smoothie that's rich in flavonoids. These are phytonutrients that can help keep your cardiovascular system healthy as you age. Enjoy!

Two handfuls of frozen sliced bananas
 1 flat Tbsp of raw, organic chocolate powder
 Vanilla bean specks from one whole vanilla bean
 Non-dairy milk (organic soy, almond, cashew, rice, or any other variety that's available to you)

Combine all ingredients in a powerful blender. Use as much soy milk or nut alternative as you need to submerge about 3/4 of the banana slices in liquid. This proportion leads to a thick, milkshake-like smoothie that you might want to eat out of your favourite mug with a spoon. For a boost of chocolate flavour and to add more flavonoids to this smoothie, sprinkle a tsp of raw, organic chocolate nibs on top just before devouring.

If you can't locate whole, cured vanilla beans at a local grocery or health food store, you can order some online from The Organic Vanilla Bean Company. This is where we buy our vanilla beans. We prefer their Tahitian beans, but their Bourbon beans are amazing as well.

* * *

"Athlete's Super Fuel Juice"

To satisfy the Super Bowl and Super Bowel experience!

By Marilee Tolen, <http://www.homespalady.com>

1/2 watermelon
 1 lemon
 5 oranges
 1 can frozen pineapple concentrate (no sugar!)

Juice your fruit and let the pineapple concentrate melt in the juices.
 Enjoy!

* * *

Summer Smoothie

By Karen Knowler, <http://www.therawfoodcoach.com>

This is one of my favourite smoothies ever. So simple yet so profound, this one is great for beginners as well as more proficient smoothie makers alike.

1 cup pure water
1 medium mango
1 nectarine
2 small bananas
3 Medjool dates

Simply blend all ingredients thoroughly until a thick but bit-free consistency is achieved. Pour into a tall glass, add ice if preferred, and enjoy!

Raw Coach's Top Tips:

Use frozen fruit if you prefer a much cooler drink or add ice instead of water in the original blend. If the drink is too thick for you, simply add more water until it's the way you like it!

* * *

Spinach and Mango “Green Smoothie”

By Karen Knowler, <http://www.therawfoodcoach.com>

Approximately 6 large handfuls of baby spinach

1 large fresh juicy mango

Chop the mango and place in the bottom of your blender.

Wash the spinach and add that in on top.

Blend the two together, making sure that every piece of fruit and green has been blended together and no lumps remain.

Taste-test. If too green-tasting, add more mango. If too sweet, add more spinach. If too thick, add some pure water and blend to your desired consistency.

When you're there and happy with your smoothie (yes, the colour's very green, but taste it – it's fantastic!), pour into a large glass. You'll probably have two pint glasses full, so drink one now and put the other in the fridge and drink later. It will keep for about 12 hours in the fridge and will still taste great.

Raw Coach's Top Tips:

This is just the start of what's possible to make with green smoothies. Experiment with bananas, dates, nectarines, apples, pears, peaches, apricots—any of your favourite fruits.

I've suggested spinach as it's a juicy and sweet green which most people love. Don't stick with spinach—there are masses more greens to try.

* * *

Raw V8 Juice

From *Recipes for Life from God's Garden* by Rhonda J. Malkmus

6 medium-sized carrots
 1 small beet (wash well)
 3 large tomatoes
 1 bag baby spinach
 1/4 head fresh cabbage
 1 red bell pepper
 1 green bell pepper
 3 stalks celery
 1/4 sweet onion
 1/2 clove garlic or less if you don't care for garlic
 Kale leaves (a little goes a long way so be careful)
 Chilli pepper and salt to taste

Run all the vegetables through your juicer, add salt to taste, and then sit back and enjoy the healthiest V-8 juice around. Tabasco sauce to taste can be substituted for the chilli pepper.

* * *

Carrot, Apple, Ginger Juice

By Karen Knowler, <http://www.therawfoodcoach.com>

This juice is one of my all time favourites as it's not as sweet as a fruit juice, but not as intense as a green juice. This is a classic recipe that everybody seems to love.

3 large carrots
 2 small apples
 1 small piece ginger (to taste)

Prepare ingredients for juicing: scrub carrots and apples, trim ends, stalks, etc. and cut into juicer-friendly sized chunks. Cut a small piece of fresh ginger. It's not necessary to peel it (the fibre will get caught up in the juicer anyhow), although you can.

Put all ingredients through your juicer making sure that you have a maximum amount of juice. Pour and serve. Yum!

Raw Coach's Top Tips:

- « If you don't like ginger, this juice is still great without it.
- « This recipe makes an excellent base for other, more complex juices. Try adding any of these: pineapple, orange, strawberry, raspberry, lemon, lime, or some greens like parsley or spinach. These are my favourite additions (not all at once, though!).

* * *

Tomato, Cucumber, Celery Juice

From *Recipes for Life from God's Garden* by Rhonda J. Malkmus

Wash 1 vine-ripened tomato, cut in small pieces, prepare 1 small cucumber, and cut 1 or 2 stalks of celery into 1-inch pieces. Process in juicer. A small piece of lime may be added if desired. Process all in juicer and enjoy.

Note: Although tomatoes are fruit, most people think of them as a vegetable. Fresh raw tomato juice will taste and look quite different from those found in bottles and cans. Never use hot house tomatoes since they are picked green and gassed to make them turn colour.

* * *

Sweet Almond Milk

By Karen Knowler, <http://www.therawfoodcoach.com>

This is a simple but delicious raw “classic” that can be modified in endless ways. This is the most basic simple recipe and will keep refrigerated for about 24 hours although is best drunk right away.

1 cup almonds OR 1 Tbsp almond butter
 3 measuring cups pure water
 12 Medjool dates OR 1 Tbsp agave nectar (to taste)

Place the almonds and the water in a blender and blend until smooth.

If you used whole almonds (and not almond butter), you will need to strain the almond milk. Use a nut milk bag or very fine sieve to strain the mixture so that you separate the almond skin from the milk.

Discard the pulp (what's left in the strainer) – see later for ideas.

Clean blender jug with a quick rinse of water, then pour the clean almond milk back into it.

Add the dates or agave nectar (if you have a sweet tooth, try the milk first—you might prefer it plain or you might want to add 1 date rather than 2) and blend.

Taste-test and add more sweetener if you'd like, or drink as is.

Sip, savour and enjoy!

Raw Coach's Top Tips:

« Once you have perfected this, you can use it as a base for smoothies or other drinks—simply add in the flavourings of your choice.

« Make use of the pulp by composting or dehydrating to make “almond flour” for use in a cookie, pie, or burger recipe.

* * *



Carrot, Apple Juice

From *Recipes for Life from God's Garden* by Rhonda J. Malkmus

Process 3/4 lbs of cleaned carrots with the ends removed.

Add 1/2 Gala, Delicious, or Granny Smith apple, including the skin and seeds, which has been washed. If not organic, the apple should be peeled.

Note: Apples are the only fruits that should be mixed with carrot juice. Vegetable and fruit juices otherwise don't combine well and should not be mixed.

* * *

Hot Cider Punch

From *Recipes for Life from God's Garden* by Rhonda J. Malkmus

2 parts apple juice
1 part cranberry juice
2 or 3 cinnamon sticks
1 tsp allspice

Warm this in your crock pot but don't let it boil.

* * *

Almond Date Milk

From *Vegan Fusion World Cuisine*

15 minutes for 2 servings

1 cup Almonds (1-1/2 cup soaked)
2-1/2 cup Filtered water
1/4 cup dates, chopped
Pinch cinnamon powder
Pinch cardamom powder

Soak, rinse and peel (optional) almonds. A good way to peel almonds is to toss them in boiling water for 10 seconds and rinse immediately in cold water.

Place in a blender with remaining ingredients and blend until smooth.

For optimal flavour, strain through cheesecloth before serving.

Variations

Sweetness may be varied by adding more or less dates or by experimenting with other dried fruits. Other soaked nuts or seeds can replace or be used in combination with the soaked almonds. Try adding nutritional powerhouses such as spirulina, chlorella or other green powder super foods.

* * *

STARTERS

Sunflower Sun-dried Tomato Pâté

From Jenny Cornbleet's *Raw Food Made Easy for 1 or 2 People*
www.learnrawfood.com

Yield: 1/2 cup, 2 servings

This light, delicately flavoured pâté tastes great stuffed into half a bell pepper or marinated Portobello mushroom. You also can serve it as a dip with Crudities.

1 cup soaked raw sunflower seeds
1/3 cup soaked sun-dried tomatoes
2 Tbsp water
1 Tbsp minced red or green onion
1 Tbsp fresh lemon juice
2 tsp minced fresh basil or parsley
1 clove garlic, crushed
1/4 tsp salt
Dash fresh ground black pepper or cayenne

Place the sunflower seeds, sun-dried tomatoes, and water in a food processor fitted with the S-blade and process into a paste.

Stop occasionally to scrape down the sides of the bowl with a rubber spatula.

Transfer to a small mixing bowl.

Stir in the onion, lemon juice, basil, garlic, salt, and black pepper and mix well.

Store in a sealed container in the fridge; the pâté will keep for five days.

* * *

Dairy-Free Butter Recipes

From the book *Ani's Raw Food Kitchen*

If your body can't tolerate high quality dairy butter, you can still enjoy butter by mastering the following dairy-free butter recipes; extra-virgin olive oil and coconut oil are used as bases to create buttery goodness.

Soft Whipped Coconut Butter Recipe

From the book *Ani's Raw Food Kitchen*

1/4 cup coconut oil
1 tsp light miso

Use a spoon or fork to mix miso thoroughly with coconut oil (solid state).

Voila—you have coconut butter that resembles soft whipped butter.

This soft whipped coconut butter will stay fresh for two months if kept in the freezer.

* * *

Olive Butter

From the book *Ani's Raw Food Kitchen*

1/4 cup extra-virgin olive oil

1/4 tsp sea salt

Whisk sea salt and extra-virgin olive oil together in a small bowl.
Pour mixture into a small container and freeze for 4 hours, or until solid.

Use this olive butter just as you would use a stick of dairy butter. You can cut off little squares to add to steamed vegetables, baked sweet potatoes, or any other foods that go well with butter.

This olive butter will stay fresh for several months if stored in the freezer.

* * *

Karen's Favourite Guacamole

By Karen Knowler, <http://www.therawfoodcoach.com/>

Most people love guacamole, however it's made, and this one is guacamole with a twist. I've left out tomatoes (though you don't have to) and in comes the magical ingredient of cumin which makes it taste just divine! Mmmm! I could eat this for breakfast, lunch, and dinner!

2 ripe avocados

1-2 tsp of cumin powder (to your taste, and depending on size of the avocados)

Juice of 1-2 lemons (depending on sweetness and amount of juice)

1 small onion (red onion works better)

Slice your avocados in half and remove the pits. (Note: It's important that they're ripe— to check, they must "give" a little when squeezed).

Remove the flesh and spoon into a bowl.

Mash well with a fork, adding the lemon juice if it's hard going!

Add in the cumin powder (err on the side of caution first and add less than you think you might need), then lemon juice and very finely chopped onion.

Mix all ingredients together by hand making sure the cumin and onion are spread evenly throughout the mixture.

Taste test.

Adapt as desired. If you like tomato in your guacamole, now's the time to add it!

Raw Coach's Top Tips:

- Don't be afraid to add more ingredients to this recipe – tomato, red pepper, coriander (cilantro), basil, swap onion for garlic—it's all up to you.
- If you're making a large batch and need to keep it fresh for a few hours, put the avocado stones (pits) in the bowl with the mixture and cover well. Refrigerate. All of these things will help it stay looking and tasting good.

* * *

Almond Pâté

From *Recipes for Life from God's Garden* by Rhonda J. Malkmus

2 cups almonds	1 cup chopped cucumber
1/4 cup red onion	1 stalk celery
1/2 cup carrot	1/4 cup fresh dill
dash of cayenne	1 Tbsp fresh basil
1/4 tsp	2 Tbsp tahini
1 Tbsp sesame seeds	Bragg liquid Aminos to taste

Process nuts, seeds, and vegetables through a Green Power or Champion juicer using the blank instead of the screen, or in a food processor or Vita Mix, until creamy.

Add seasoning and mix well.

Form into a loaf.

Chill before serving.

* * *

Raw Hummus

By Valentina Gillmore, <http://www.greetingcarduniverse.com/valentinascardstore>

2 cups dried garbanzo beans (chick peas)
 1/2 cup fresh lemon juice
 2 cloves garlic
 1/2 tsp cumin
 1 tsp Himalayan pink salt or Celtic salt, or you may use Bragg Liquid Aminos to taste
 1/3 cup tahini
 1/4 up to 1/2 cup olive oil, or any of your favourite oils like Udo's oil blend, Pure Sesame Oil, Grape Seed Oil, etc.
 1/3 cup or more of alkaline water
 1/4 cup Herbs Fine Provencal or any of your personal favourites (optional)

Soak garbanzo beans for 24 hours in alkaline water. Change the water a couple of times. It takes a long time soaking in order to make the beans soft. There is no need to cook them. You will enjoy all the goodness of live food then.

Stir beans in tahini, add garlic. Process this mixture through the food processor or through the Champion or Green Power Juicer.

Add other ingredients and mix well.

If using food processor, blend all together well.

Pour alkaline water in your hummus bit by bit to make a creamy consistency. Use your own judgement and taste. Don't overdo it though. Otherwise, your hummus may become too mushy and tasteless. Taste it until you are satisfied with the results. You may add more lemon as well.

Tip: Don't discard the water in which you soaked the beans. Water your garden with it. It will make wonderful fertilizer. Flowers and vegetables will love it! ☺

* * *

Apricot Basil Mayonnaise

Adapted through creative experimentation

1/2 cup chopped dried apricots
1/2 cup boiling water
1/4 cup egg substitute
Zest of about 1/2 lime (1 teaspoon)
Juice of 2 limes (1/4 cup juice)
2 cloves garlic, cut in half
Small handful sweet Italian basil leaves (about 1/2 cup)
1/4 tsp freshly-ground black pepper
1/4 tsp salt
3/4 cup olive oil

Place apricots in a small bowl and cover with the boiling water.

Let cook to room temperature.

Drain off any water.

Process the cooled apricots, egg substitute, lime zest and juice, garlic, basil, pepper, and salt in a food processor or blender until smooth—stop to scrape down the sides of the container once or twice as necessary.

With the cover on and the processor running, gradually add the olive oil in a thin stream through the top passageway and process until the mayonnaise is smooth and creamy.

Serve at room temperature or chill.

Refrigerate for up to two weeks.

* * *

Mung Bean/Herb Spread

From <http://www.ayurbalance.com>.

1/2 cup mung dhal
2 Tbsp almond butter or tahini
1 tsp minced ginger
1 Tbsp chopped fresh parsley
1 Tbsp chopped fresh basil
1 Tbsp mild olive oil
1/4 tsp ground cumin
Rock salt to taste
1 Tbsp lemon juice
Fresh-cracked black pepper to taste or large pinch sweet paprika
1-2 Tbsp water if needed

Heat a skillet and dry-roast the mung dhal until golden brown, about 10-12 minutes.

Stir constantly to toast all sides and prevent burning.

Grind to a coarse flour in a spice-mill.

Combine all the ingredients in a food processor and process to a smooth, spreadable paste, adjusting the water as necessary.

Tastes excellent on crisp toast or crackers, on flatbread wedges or as a dip for vegetables.

Note:

If using garlic, add one medium clove, peeled, to the ingredients.

* * *

Beet, Chickpea and Almond Dip with Pita Chips

Adapted through creative experimentation

1 large beet
1 cup canned garbanzo beans (15.5 oz.), drained
3/4 cup olive oil
1/4 cup slivered almonds
5 garlic cloves
1-1/2 Tbsp red wine vinegar (or more)

Place beet, garbanzo beans, 3/4 cup oil, almonds, and garlic into food processor.
Blend until smooth.
Add 1-1/2 Tbsp vinegar and blend well.
Season with salt and pepper, and add additional vinegar.
Cover and chill—can be made 1 day ahead.

Bring to room temperature before serving.
Preheat oven to 400°F.
Brush pita breads on both sides with oil.
Sprinkle lightly with salt and pepper.
Cut pita into 8 wedges.
Arrange wedges on rimmed baking sheets.
Bake until lightly brown and crisp, about 12 minutes.
Cool chips on paper towels.

Place dip in centre of platter, surround with chips, and serve.

* * *

Hot Spinach-Soy Cheese Dip

Adapted through creative experimentation

1 package (16 oz.) soy sour cream
1 package (10 oz.) frozen spinach, chopped, thawed, squeezed dry
1-1/2 cups shredded soy cheddar cheese, 6 oz., divided
1/3 cup soy Parmesan cheese, grated
1 tsp garlic powder
Cherry tomatoes, pita chips, and crackers.

Preheat oven to 350°F.
Combine soy sour cream, spinach, 1 cup soy cheddar, soy parmesan, and garlic powder.
Transfer to shallow 1-quart dish.
Sprinkle with remaining cheese.
Bake until heated through and cheese is melted, 10-12 minutes.

Serve with tomatoes, chips, and crackers.

Makes 3 dips.

* * *

Hummus Chick Pea Dip with Parsley and Pine Nuts

Adapted through creative experimentation

1 can (19 oz.) chick peas PLUS 1/2 of the juice from the can
 2 tsp garlic, minced
 1/3 cup tahini (sesame paste)
 2 Tbsp fresh lemon juice or lime juice
 1/4 cup olive oil
 1/4 tsp cumin
 3/4 tsp salt
 Pepper, to taste
 Fresh, frozen, or dried mint leaves, to taste

Place everything in a food processor and purée.
 Add a bit of water if it is too thick.

Optional:

Make a parsley oil of 1/4 cup olive oil, 1/4 cup fresh parsley, and 1 tsp garlic by putting all of the ingredients into a food processor.

When serving, drizzle hummus with parsley oil and sprinkle with pine nuts.
 Yummy!

* * *

Cilantro Pesto

Adapted through creative experimentation

1 clove garlic
 1/2 cup almonds
 1 cup packed fresh cilantro leaves
 2 Tbsp lemon juice
 6 Tbsp olive oil.

Put the cilantro and olive oil in a blender and process until the cilantro is chopped.

Add the rest of the ingredients and process to a lumpy paste. (You may need to add a touch of hot water and scrape the sides of the blender.) You can change the consistency by altering the amount of olive oil and lemon juice, but keep the 3:1 ratio of oil to juice.

This recipe freezes well, so that you can make several batches at once.

This recipe is often used for mercury chelation. Dr. Yoshiaki Omura discovered almost by accident that the leaves of the coriander plant can accelerate the excretion of mercury, lead, and aluminum from the body. He performed a study in which three amalgam fillings were removed from an individual using all the precautions available to prevent absorption of the mercury from the amalgam. Significant amounts were later found in the individual's lungs, kidneys, endocrine organs, liver, and heart. There was no mercury in these tissues prior to the amalgam removal. Remarkably, without the help of any chelation agents, cilantro was able to remove the mercury in two to three weeks. For chelation purposes, Dr. Omura recommends a couple of teaspoons a day for two to three weeks once or twice a year.

* * *

SALADS

Avocado-Potato Salad Recipe

By Dr. Ben Kim, drbenkim.com

1 large ripe avocado, mashed
 6 medium Yukon gold or red potatoes
 1/2 cup chopped red onion
 2 ribs of celery, chopped
 1/2 cup sweet red bell pepper
 Sea salt, to taste

Steam and cook the potatoes until tender but not too soft.
 Mix thoroughly with all other ingredients.
 Keep refrigerated until ready to serve.
 Enjoy this simple and delicious avocado-potato salad.

This recipe was adapted from a similar recipe found in the May/June 1999 issue of *Health Science*.

* * *

Eggless Salad or Spread Recipe

Inspired by *Horn of the Moon Cookbook*, by Ginny Callan

This tasty vegan version of the picnic classic may be used to stuff wraps or pitas. It also makes a great open-faced sandwich on English muffins, as well as a super dip for crackers or vegetables.

A versatile and healthy recipe packed with protein and great taste, but with no cholesterol at all!

1 lb tofu, drained and pressed
 1/2 cup tahini
 3 stalks celery, finely chopped
 1 green pepper, finely chopped
 3 scallions, thinly sliced and chopped
 1/2 cup finely chopped fresh parsley
 2 Tbsp tamari
 Cayenne or black pepper to taste (optional)
 Nutritional yeast to taste (optional)

Mash tofu in a bowl with tahini, stirring until smooth.
 Add veggies, parsley, and tamari, stirring until thick and tasty.
 Add optional ingredients, if you like, mixing well.

Makes about 3 cups.

* * *

Bitter Greens, Mung Sprouts, Avocado, and Orange Salad

Source: <http://www.ayurbalance.com>.

1 cup baby spinach leaves
1 cup mixed bitter greens (arugula, dandelion, watercress etc.)
1 cup fresh Mung sprouts, cut in half
1 cup orange sections, deseeded
1/2 cup diced avocado
1 Tbsp soaked walnut bits, soaked for 15 minutes in warm water
2 Tbsp extra-virgin olive oil
1 Tbsp lemon juice
1 tsp lemon zest
Rock salt to taste
Fresh cracked black pepper to taste
1 Tbsp tahini
1/2 tsp minced fresh ginger

Heat one Tbsp of the oil in a skillet.

Toss in the spinach leaves and Mung sprouts, and stir briefly to wilt the spinach leaves.

Remove to a bowl and cool.

Add the mixed bitter greens, orange, and avocado. In another bowl, briskly whisk together the lemon juice, the rest of the olive oil, lemon zest, salt, pepper, ginger, and tahini.

Pour the dressing over the salad and toss to coat.

Garnish with the chopped walnuts and serve immediately.

Note: If using garlic, add to the oil in the skillet before you add the spinach. About 1/2 tsp minced garlic would be plenty.

* * *

Jicama Orange Salad

By CD Kitchen, <http://www.cdktichen.com/>

Serves 4

2 cups peeled jicama, cut into 1/2-inch dice
2 seedless oranges, peeled and cut into sections
2 Tbsp freshly squeezed orange juice
1/4 cup finely chopped red onion
3 Tbsp finely chopped red bell pepper
3 Tbsp chopped fresh cilantro
1/2 tsp salt

Freshly ground pepper

Combine all ingredients in a bowl and toss until thoroughly blended. This can be made a day ahead and stored in the refrigerator in an airtight container.

* * *

Colourful Whole-Grain Supper Salad

By Cait Johnson, author of *Witch in the Kitchen*

This complete meal in a bowl overflows with the antioxidant and anti-inflammation benefits of fresh vegetables and dried cranberries married to classic whole grains and the Omega-3 goodness of chopped nuts. You can use quinoa or brown rice for this recipe, but my favourite is quick-cooking red quinoa, a traditional food of the Incas that offers as much complete protein as soy milk or nut alternative. This vegan salad is a huge hit with people of all ages, and it's become my favourite quick meal to make. Delightfully tasty, nourishing, and oh-so-healthy:

1 cup dried red quinoa, regular quinoa, or brown rice
 2 cups water
 Salt to taste
 2 scallions, white and green parts, chopped
 2 carrots, grated
 1 beet, grated
 1/3 cup fresh parsley, chopped
 1/3 cup dried cranberries
 1/3 cup chopped walnuts
 2 Tbsp olive oil
 1 tsp toasted sesame oil
 2 tsp plum vinegar, balsamic vinegar, or lemon juice
 Salt and freshly-ground black pepper to taste

Bring salted water to a boil and add grain.

Return to a boil, then reduce to simmer and cook until grain is tender and water is absorbed (about 50 minutes for brown rice, 25 minutes for regular quinoa, 20 minutes for red quinoa).

Place cooked grain in a medium salad bowl.

Add scallions, carrots, beet, parsley, dried cranberries, and walnuts, tossing to combine.

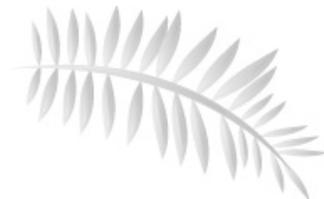
In a small bowl, whisk together the olive oil, sesame oil, vinegar or lemon juice, and salt and pepper to taste.

Pour over salad and mix to distribute evenly.

Serve immediately, or refrigerate for a couple of hours.

Makes 4 servings.

* * *



Quinoa Salad

Vegan recipes from *Green Cuisine* by Andy Cunningham

Serves: 2 – 4

Ingredients

1-1/2 cups water
1 cup quinoa
1/4 cup fresh parsley (chopped)
2 stems green onions (finely sliced)
2-3 sprigs fresh cilantro (chopped)
2 sprigs fresh basil (chopped)
1 medium tomato (diced)
1/4 medium red pepper (finely diced)
1/4 cup corn
1/8 cup sunflower oil
1/8 cup cider vinegar
1/3 cup salsa
1/4 tsp salt
1/4 to 1/2 tsp cumin

Directions

Rinse quinoa in cold water thoroughly.

Bring water and quinoa to a boil and simmer for 20 minutes, then let it sit for 10 minutes, off the heat.

Empty cooked quinoa into a bowl and spread it out to cool.

Try not to over stir the quinoa as it makes it mushy.

Add the chopped vegetables.

Mix the remaining ingredients together and toss everything lightly.

Quinoa is a delicious grain and complete protein. This recipe does not overpower its subtlety.

* * *



Creamy Cashew Dressing

By Dr. Ben Kim, <http://drbenkim.com/>

When I design dairy-free dietary programs for clients, I often recommend eating small amounts of raw, organic cashews on a regular basis, as cashews are extremely dense in health-promoting nutrients, and their natural creaminess and sweetness make them an excellent substitute for many dairy-based foods and snacks.

The following creamy cashew dressing recipe creates a rich dressing or sauce that goes well with vegetable salads and pasta dishes. It's naturally abundant in healthy fatty acids, magnesium, and tryptophan, making it a healthy choice for your cardiovascular, nervous, and musculoskeletal systems.

2 cups raw, organic cashews
 1-2 cloves garlic
 2 Tbsp fresh lemon juice
 Sea salt, to taste
 2 Tbsp chives or green onions (optional)
 Water

Blend all ingredients until you get a smooth and creamy sauce—start with just a 1/4 cup of water and add more as you blend until you reach a consistency that you like; for a thinner version that's good for salads, use more water; for a thicker version that's good for pasta dishes, use less water.

If you want to serve this delicious cashew sauce with an all-raw dish, make healthy pasta noodles out of zucchini.

* * *

Raw Caesar Salad Dressing

From the *Renegade Health Show*, <http://renegadehealth.com>

2 Tbsp Olive Oil
 Juice of one lemon
 1/2 Tbsp cumin (Non-Irradiated)
 1-1 1/2 clove garlic
 Sea salt (to taste)
 1/4 cup raw pumpkin seeds
 1 Tbsp of Agave Nectar
 (filtered water - if necessary)

Grind up the pumpkin seeds in a coffee grinder and then mix all the ingredients together. Put over your salad!

For the salad? Get creative! Romaine, spinach, chard, anything that you like.

* * *

Creamy Sea Salad

By Karen Knowler, The Raw Food Coach

Finding delicious recipes that include sea vegetables can sometimes be tricky. Dulse seems to be one of the few sea vegetables that most people like and is extremely high in much needed minerals. Sea vegetables are so good for you that it's hard to know where to begin, but most people eat very little, if any, of them at all. This salad is one of those where you can feel the goodness pumping through your veins. I LOVE this recipe!

3/4 head of lettuce (any type, though you'll need 2-3 heads if using Little Gem lettuce)
1 ripe avocado
2-3 large tomatoes
Large chunk of cucumber
Handful of pre-soaked dulse seaweed (soak for about 15 minutes)

Dressing:

1 Tablespoon raw almond butter
Juice of 1/4 Lemon
1/4 cup water
Handful of fresh coriander (cilantro)

Finely shred the lettuce into thin strips using a sharp knife or mandoline and place in a large bowl.
Dice the avocado, tomatoes, and cucumber into medium sized pieces and add to bowl.
Tear the dulse into small pieces and add to bowl.
Make the dressing by blending the above ingredients and pouring over the ingredients inside the bowl.
Mix everything together thoroughly.

Serve and enjoy!

Raw Coach's Top Tips:

If you don't like dulse in strips, try dulse flakes or "Atlantic Sea Salad" a sea veg mixture.

* * *



White Bean and Tomato Salad

By Laura LaValle, RD, LD, <http://www.lmihealth.com>

Time to table: 5 minutes

Excellent source of Vitamin C and Fibre; Good source of Vitamin A and Iron

1 can (14 oz.) cannellini beans, rinsed and drained
 1 pint grape tomatoes, halved; or 3 to 4 medium tomatoes, cut into chunks
 4 scallions or 6 green onions thinly sliced
 2 Tbsp olive oil
 1 Tbsp fresh lemon juice
 Coarse salt and ground pepper
 * Choose organic ingredients for optimal nutrition.

In a medium-sized bowl, lightly toss the first five ingredients together to mix and disperse the oil and lemon juice thoroughly with the other ingredients. Then, season with salt and pepper to taste.

This is an extremely easy salad to prepare and it is great for adding other ingredients as you have them for a different twist on the taste. For instance, add fresh minced garlic, or if you have any fresh jalapeno or banana pepper, chop them up and add an amount that is to your liking. Sprinkle with a little chilli powder if desired. The flavours in this salad get even better after sitting awhile, so it is great to make it up a day ahead of time.

Makes 4 servings.

Nutrition:

150 calories, 8 g total fat, 1 g saturated fat, 5 g monounsaturated fat, 1 g polyunsaturated fat, 17 g carbohydrate, 5 g fibre, 3 g sugar, 4 g protein, 620 IU vitamin A, .7 mg niacin, 23 mcg folate, 30 mg vitamin C, 40 mg calcium, 250 mg potassium, 2 mg iron, 330 mg sodium

* * *

Bean Salad/Salsa

Adapted through creative experimentation

This delicious salad is best left over night to allow the flavours to blend.
 The cilantro makes the salad fresh and exciting!

1 can black beans (drained and rinsed)
 1 can niblet corn (drained)
 1/2 cup chopped, fresh cilantro
 1/4 cup chopped green onions
 1/4 cup chopped red onions
 1/3 cup lime juice
 3 Tbsp vegetable oil (could reduce to 2 Tbsp)
 1 Tbsp each salt, freshly ground pepper, and ground cumin (careful with the salt; add gradually and taste)

Mix together and let sit over night. Then mix in 1/2 cup diced tomatoes.

* * *

Romaine Hearts with Soy Cheese and Candied Pecans

Adapted through creative experimentation

A winter salad with substance!

Preparation time: 20 minutes

Cooking time: 10 minutes

Makes: 4 servings

2 tsp warm agave nectar
1 tsp of melted soy butter
1/2 cup pecans
3/4 Tbsp balsamic vinegar
1 tsp Dijon mustard
1 tsp each chopped fresh parsley and basil
3 Tbsp olive oil
2 romaine hearts, chopped
100 grams of soy cheese
Salt and freshly cracked pepper to taste

Mix the agave nectar and melted soy butter with pecans and place in a preheated 300°F oven. Bake for 10 minutes or until lightly toasted and candied.

Cool to room temperature.

Place the vinegar, mustard, salt, pepper, and parsley in a salad bowl and whisk to combine.

Slowly whisk in the olive oil.

Add the romaine and toss to coat.

Top with the pecans and small pieces of cheese.

Serve immediately.

* * *

Raw Pistachio Dressing

Adapted through creative experimentation

This goes well with greens.

2 Tbsp raw shelled pistachio nuts
1 Tbsp Cider vinegar
1 Tbsp pitted soft dates or stevia
1 Tbsp Nama Shoyu (unpasteurized soy sauce)
2 Tbsp extra virgin first cold-pressed olive oil
1 clove garlic
1 small shallot
2 Tbsp of a chopped fresh herb (parsley, cilantro, basil, or your choice)
A bit of pure water to thin the consistency (optional)

Blend and enjoy!

* * *

Vegan Caesar Salad Dressings

VERSION 1 (Patricia Kirk)

1/2 tsp Basil
Juice of 1 lemon
2 Tbsp soy sour cream
3/4 tsp sugar
1/4 tsp Dijon mustard
1 tsp capers
1 medium clove garlic
1/4 tsp pepper
1/2 tsp dry mustard
2 capfuls Worcestershire sauce (Annie's has no anchovies)

3/4 cup extra virgin olive oil
2 Tbsp soy parmesan

Blend all ingredients together, except the olive oil and soy parmesan.
Drizzle the olive oil slowly into the dressing while blender is on low.
Add soy parmesan and blend briefly.

Serve topped with croutons and simulated bacon bits (optional).

* * *

VERSION 2 (Joan Weston)

Soy parmesan cheese

Dressing:

1/3 cup freshly squeezed lemon or lime
Tabasco
Vegetarian Worcestershire Sauce
1 cup extra virgin olive oil
Salt and pepper
Garlic

Place everything into the blender except the oil, then add the oil slowly.

Serve tossed with home-made croutons (toast spread with Earth Balance and garlic powder),
soy parmesan cheese, and simulated bacon bits, sunflower seeds, and pumpkin seeds.

* * *



SOUPS**Sweet Beet Soup**

By Shazzie <http://www.shazzie.com>

1 beetroot
3 strawberries
1 tomato
2 cups of water
5 spring onions

Chop all solid ingredients and blend with the water. If you like, you can strain it and add some of the pulp back in to get the consistency you like. Swirl in a generous helping of Macadamia cream.

Macadamia cream

Add this to soups, dressings, or smoothies as and when desired. It also is good served on top of your mid-day fruit.

Make enough for 2 days and stir if needed before use.

10 macadamia nuts
1 orange, juiced
4 normal or 2 medjool dates, stoned

Add all ingredients to a coffee mill and blend until totally smooth. This might take several goes depending on the power of your mill.

* * *

French Pea Soup

Adapted through creative experimentation

Makes 3 servings

1 onion chopped
2 Tbsp oil
1 bay leaf
1 cup green or yellow split peas (dried)
Few cloves of garlic chopped
Salt and pepper
1 tsp of cumin
1-1/5 cups of water

In a soup pot, sauté onions, bay leaf, and garlic until soft.

Wash the peas and then add them to the pot with the garlic, salt/pepper to taste, water, and cumin.

Cook on medium high—stirring often and adjusting the water for the consistency that you like. This delicious soup is full of protein and vitamins.

* * *

Hearty Potato Soup

From <http://www.chetday.com>

6 potatoes -- peeled and cubed
2 medium onions -- diced
2 carrots -- thinly sliced
2 ribs celery -- thinly sliced
28 oz. vegetable broth
1 tsp dried basil
1 tsp salt
1/2 tsp pepper
1/4 cup flour
1 1/2 cups organic soy milk

Combine the potatoes, onions, carrots, celery vegetable broth, basil, salt, and pepper in a crock pot.

Cover; cook on high for 3-4 hours or until potatoes and carrots are cooked.

Combine the flour and soy milk until smooth.

Stir into crock pot until mixed.

Cook for 30 minutes longer.

* * *

Anasazi Bean Soup

From <http://www.chetday.com>

1 cup Anasazi beans, dry -- picked over and rinsed
1 medium onion -- chopped
2 large garlic cloves -- pressed or minced
1/4 tsp coriander
1/2 tsp cumin
1 jalapeno or other pepper, finely chopped
Vegetable stock or water
Salt to taste
Green onions -- minced, and/or cilantro leaves for garnish

Cover the beans in water and soak overnight, allowing extra water for expansion.

Drain, reserving soaking water.

Measure soaking water and add stock or water to equal 6 cups. Pour into pot.

Add remaining ingredients except salt and bring to a boil.

Cover, reduce heat and cook at a low simmer for 1-1/2 to 2 hours, or until beans are tender.

Season with salt to taste and serve hot, garnished with green onion and/or cilantro.

Makes 4 servings.

* * *

Carrot/Asparagus Soup

From Nomi Shannon, author of *The Raw Gourmet and Raw Food Celebrations*, owner of rawgourmet.com.

This could be called the king of soups. The fibre in the asparagus creates a delightful texture, and the tahini gives it a smooth quality. Do not use the woody ends of the asparagus; chop only the most tender part, about 2" from the end.

Option: warm soup in the top of a double boiler or on very low heat just until warm to the touch. For extra zip, stir in 1/2 tsp wasabi powder.

1 cup cut up asparagus, or more to taste
1 cup carrot juice
2 heaping Tbsp tahini (or almond butter)
1 tsp cut up onion, or more to taste
A pinch of sea salt or a few drops of Nama Shoyu dulse flakes

In a blender, blend first five ingredients into a smooth consistency.

Taste and adjust flavours.

Pour into serving bowl and top with dulse flakes.

Yields approximately 1-1/2 cups.

Serves 2.

* * *

Thai Tomato Soup

From <http://www.chetday.com>

1 Tbsp grated ginger
2 cups chopped bok choy
1/4 cup chopped fresh basil leaves
2 cups stock or water
1 can (48 oz., more or less) tomato juice
3-4 Tbsp soy sauce
1 cup bean sprouts
1/2 cup coconut milk
2 Tbsp lime juice

Cook the ginger, bok choy, and basil in the stock or water in a medium stockpot for 10 minutes.

Add the tomato juice, soy sauce, and bean sprouts and cook another 10 minutes.

Add the coconut milk and lime juice, then serve.

Makes 6-8 servings.

* * *

Hearty Italian Bean Soup

(Here's soup at its best, delightfully rich with beans, chunks of vegetarian ham, a garden of vegetables, and fabulous flavour)

Source: *Good Housekeeping*, March 1993

1/4 pound cooked vegetarian ham, in one piece (optional)
 2 medium-size celery stalks
 2 medium-size carrots
 1 medium-size onion
 1 medium-size zucchini (about 8 ounces)
 2 15- to 19-ounce cans white kidney beans (cannellini), rinsed and drained
 1 Tbsp olive or salad oil
 1/2 tsp dried basil leaves
 1/4 tsp pepper
 1 14-1/2- to 16-ounce can stewed tomatoes
 1 13-3/4- to 14-1/2-ounce can vegetable broth (make your own vegetable broth)
 1/2 medium-size bunch spinach, chopped, with tough stems removed (about 1 cup packed),
 granular soy Parmesan cheese (optional; health food stores carry this)

About 45 minutes before serving:

Cut vegetarian ham into 1/2-inch pieces; dice celery; thinly slice carrots; chop onion; dice zucchini.

Remove 1-1/2 cups white kidney beans to medium bowl; with potato masher or fork, mash beans until smooth.

In 5-quart Dutch oven or saucepan over medium-high heat, in hot olive or salad oil, cook veggie ham, celery, carrots, onion, zucchini, basil, and pepper until vegetables are tender and begin to brown, about 15 minutes.

Stir in stewed tomatoes, vegetable broth, chopped spinach, mashed white beans, and 2 cups water, using spoon to break up tomatoes; over high heat, heat to boiling.

Reduce heat to low; cover and simmer 15 minutes to blend flavours.

Stir in remaining beans; heat through.

To serve, spoon soup into large soup bowls.

Sprinkle each serving with granular soy Parmesan, if you like.

Makes 5 main-dish servings.

Each serving without soy Parmesan cheese: About 240 calories, 6 g fat, 9 mg cholesterol, 1165 mg sodium.

* * *



Cream of Dandelion Soup

By Marilee Tolen, <http://www.homespalady.com>

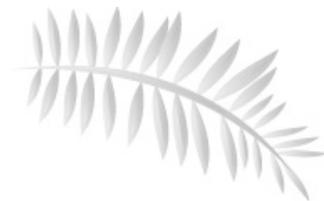
1/2 lb dandelion greens, washed well and drained, roots trimmed, stems chopped small, leaves chopped
2 Tbsp vegan butter
1/2 cup vegetable broth

Prepare the greens
Melt the vegan butter
Add the greens and stir to coat.
Let cook, stirring occasionally until greens soften.
Add stock and continue cooking.

2 Tbsp vegan butter
2 carrots, diced small
1 small onion, diced
2 Tbsp flour
1/2 cup water
1/2 Tbsp Dijon mustard (don't skip this)
1/2 cup soy milk
1 Tbsp soy cream (optional)
Salt and white pepper

Melt the vegan butter in a saucepan.
Add the carrot and onion (put carrot in first since it takes longer).
Cook until softening but not browning.
Stir in the flour, creating a heavy paste.
Stir in soy milk a tablespoon at a time incorporating completely into the paste before adding more.
Let cook for 2 - 3 minutes (this cooks out the floury taste) and until completely hot.
Pour the greens and the white sauce into a blender and process until smooth
Return to the saucepan.
Stir in mustard and soy cream and season to taste.
Heat through (don't let boil) and serve.

* * *



Roasted Heirloom Tomato Soup

By Melissa Breyer, Senior Editor, Care2 Healthy and Green Living

5 lb mixed heirloom tomatoes, halved
2 bulbs garlic, ends sliced off but still in skin
4 medium leeks, dark green removed, the rest chopped into chunks
3 red or yellow peppers, halved and seeded
6 Tbsp olive oil
6 cups water
1 cup red or white wine
2 cups tomato juice
3 Tbsp sun-dried tomatoes, puréed
1 Tbsp paprika
1 cup basil leaves
4 cups milk (soy milk for vegan)
Salt and pepper to taste

Preheat oven to 450F degrees.

In a large bowl toss tomatoes, garlic, leeks, peppers, 3 Tbsp olive oil, and salt to taste. Spread on a large baking sheet and roast for 45 minutes, or less, until vegetables are soft and charred.

Let cool.

Squeeze garlic out of skin and add with all the rest of the ingredients (except milk) in a large soup pot.

Bring to a boil and then lower heat, and simmer for 30 minutes.

Add milk, then purée in a blender (hold cover on tightly), food processor, or immersion blender until completely smooth.

Salt and pepper to taste, garnish with basil.

Makes 12 servings.

* * *

Irish Famine Cabbage Soup

From <http://www.chetday.com>

1 head red cabbage -- bite-size
3 medium onions -- coarse-chopped
8 ounces raisins
1/2 cup brown rice -- uncooked
1 can whole tomatoes (15 oz. or so)
1 large can tomato paste
1 splash of vinegar
Lots of water

Put cabbage, onions, raisins, and rice in crock pot; add water to cover generously (tough to do since the cabbage floats).

Cook on highest setting for a few hours, until the cabbage is faded and the water is bright purple.

Add tomatoes and vinegar.

Finish cooking on lowest cooking setting.

* * *

Golden Chickpea Soup

From <http://www.chetday.com>

6 cloves fresh garlic, crushed
 6 cups water or unsalted vegetable broth
 2 cans (1 lb each) chickpeas, drained
 1 large Spanish onion, chopped
 2 medium carrots, peeled and diced
 2 Tbsp chopped fresh Italian parsley
 1 Tbsp instant vegetable bouillon granules
 2 bay leaves
 1/4 tsp ground black pepper
 4 ounces ziti or tube pasta (about 1.5 cups)

Coat a 4-quart pot with non-stick olive oil cooking spray, and preheat over medium heat. Add the garlic, and sauté for about 30 seconds, or just until the garlic begins to turn colour. Add all of the remaining ingredients except for the pasta to the pot, and bring to a boil over high heat.

Reduce the heat to low, cover, and simmer for 30 minutes, or until the vegetables are soft.

Remove the bay leaves from the soup, and discard.

Remove 4 cups of the soup, including vegetables and hot broth, from the pot.

Place 2 cups of the removed soup in a blender and place the lid on the blender, leaving the top slightly ajar to allow steam to escape.

Carefully blend at low speed until the mixture is smooth. Return the pursed mixture to the pot, and stir to mix well.

Repeat with the remaining 2 cups of removed soup.

Add the pasta to the pot, and bring to a boil over medium-high heat.

Reduce the heat to medium-low, cover, and simmer for 10 minutes, or until the pasta is al dente. (Be careful not to overcook as the pasta will continue to soften in the hot soup.)

Ladle the soup into individual serving bowls, and serve hot.

Yield: 9 servings

* * *

Basic Miso Soup

From Jolinda Hackett, *Your Guide to Vegetarian Food*.

4 cups water
 1/3 cup miso
 3 green onions (scallions), chopped
 1 Tbsp shredded nori OR wakame (seaweed)
 1/2 block firm silken tofu, cut into 1-inch cubes
 Dash soy sauce (optional)
 1/2 tsp sesame oil (optional)

Bring water to a slow simmer and add seaweed.

Allow to simmer at least 5-6 minutes.

The longer you simmer the seaweed, the less of a salty fishy flavour it will have.

* * *

Mushroom and Barley Soup

From <http://www.epicurious.com/recipes/food/views/2710>

1 lb mushrooms
 1/4 cup (1/2 stick) butter
 1 onion, chopped
 1 leek (white and pale green parts only), chopped
 8 cups vegetable broth
 1 lb white potatoes (about 2 large), peeled, diced
 1 carrot, peeled, chopped
 1/2 cup pearl barley
 3 bay leaves

Separate mushroom stems from caps.

Slice caps and set aside.

Chop stems.

Melt butter in heavy large saucepan over medium-high heat.

Add mushroom stems, onion and leek and sauté until tender, about 8 minutes.

Mix in vegetable broth, potatoes, carrot, barley and bay leaves.

Cover mixture and simmer 30 minutes.

Uncover soup, add mushroom caps, and continue simmering until vegetables are very tender, about 25 minutes. Season soup to taste with salt and pepper and serve.

Servings: Serves 8

* * *

Pear and Celery Soup

By *The Canadian Living* Test Kitchen

3 Tbsp butter (50 ml)
 5 cups finely chopped celery (1.25 L)
 4 onions, sliced
 1/4 cup minced fresh chives (50 ml)
 1/2 tsp dried thyme (2 ml)
 1/2 tsp salt (2 ml)
 1/4 tsp pepper (1 ml)
 6 cups vegetable stock (1.5 L)
 3 ripe pears, peeled, cored, and sliced
 1/2 cup 10% cream (125 ml)

In saucepan, melt butter over medium heat.

Cook celery, onions, chives, thyme, salt and pepper, covered and stirring occasionally, for about 10 minutes or until softened and translucent.

Pour in stock; bring to boil.

Reduce heat and simmer for 10 minutes or until celery is very tender.

Add pears; cook for 5 minutes or until pears are tender.

In batches, purée in blender.

Return to saucepan; pour in cream and heat through without boiling.

Yield: 8 servings

* * *

Roasted Sweet Potato Soup with Orange and Ginger

Adapted through creative experimentation

6 cups peeled, cubed yams or sweet potato (about 3 large)
1-1/2 cups onions, coarsely chopped
1 Tbsp olive oil
2 cloves garlic, minced
5 cups vegetable broth
1 Tbsp grated orange zest
1-1/2 Tbsp grated gingerroot
3 whole cloves
1 tsp ground cumin
1/2 tsp salt
1/4 tsp pepper
6 Tbsp soy sour cream (optional)
Fresh cilantro, chopped, for garnish (optional)

Oil a shallow baking pan. Add yams, onions, olive oil, and garlic. Stir well. Roast, uncovered at 425°F for 25 minutes. Stir once, halfway through cooking time.

Transfer mixture to a soup pot. Add broth, orange zest, gingerroot, clove, cumin, salt, and pepper. Bring to a boil. Reduce heat to medium-low and simmer, covered for 10 minutes.

Working in batches, transfer soup into blender or food processor and purée until smooth. Serve hot with a swirl of soy sour cream in the centre. Garnish with fresh cilantro, if desired.

Makes 6 servings

* * *

Lentil and Onion Soup

Adapted through creative experimentation

1 large onion, chopped
2 Tbsp oil
1 bay leaf
1 cup brown lentils, or orange or green
Few cloves of garlic, chopped
Salt and pepper
1-1/2 cups of water

Sauté onions, bay leaf, and garlic until soft.

Add lentils, garlic, salt and pepper to taste, and water.

The cooking time will depend upon the lentils you purchase. The orange ones cook within 30 minutes or so. The brown and green ones take longer but have a delicious flavour.

Experiment with all three types of lentils.

This soup is full of protein and vitamins.

* * *

Almost Chicken Soup

From <http://www.chetday.com>

1 cup yellow split peas, dried
1/2 cup parsnips, grated
1/2 cup carrots, grated
1 bay leave
Salt and pepper to taste

Following the directions found on the package, cook the split peas.
Halfway through cooking time, add parsnips, carrots, salt, and the bay leave.
Simmer with partially covered lid.
Remove bay leave before serving.
For a golden colour and smoother taste, purée.

* * *

Minestrone Soup

Adapted through creative experimentation

1 cup dried white beans ... soak overnight and cook for 1-2 hours until done.
1 head cabbage chopped. I like mine in big pieces.
1 cup chopped onion
2 Tbsp olive oil
3 carrots chopped
2 white turnips chopped
1 pound can of tomatoes
1 tomato chopped
1/2 cup chopped celery
2 Tbsp chopped parsley
1 clove garlic chopped
1 Tbsp basil (fresh, frozen or dried)
Salt and Pepper
1 cup of rice pasta: spaghetti or elbow
3 quarts of water

In a large soup pot, fry the cabbage and onion in the oil.

Add the rest of the ingredients except the pasta.

Add the water.

Boil for approximately 30 minutes until vegetables are well done.

Then add the beans and the rice pasta. Be careful not to overcook the pasta as it will go very soft . . . unless you like it that way!

* * *

MAIN COURSES

Amazing Vegan French Toast

Source: A group creation.

This recipe is so easy and so delicious you will be amazed!

Heat a cast iron fry pan with coconut oil or vegan butter.

In a plate pour 1 cup of soy milk/soy cream or coconut milk or almond milk.

Dip both sides of a slice of bread in the milk.

With the bread still on the plate, sprinkle ground flax seeds on the top side of the slice.

Then flip the side with the flax seeds over into the fry pan. (seed side hits the pan)

With the slice now in the fry pan, sprinkle the second side with flax seeds and fry until golden brown.

Use maple syrup and enjoy!

* * *

Vegan Organic Colcannon

By Marilee Tolen, <http://www.homespalady.com>

This is a traditional Irish dish. It is a side dish of potatoes and cabbage. A favourite among many on St. Patrick's Day! This is a vegan approach. Use organic ingredients.

Makes 6 servings.

Salted water

1 medium cabbage, cored and quartered

2 lb potatoes, scrubbed and sliced

2 leeks, sliced

1 cup soy milk

1/2 tsp mace

Sea salt and black pepper to taste

2 garlic cloves, minced

1/2 cup vegan butter (try Earth Balance brand)

Fill a medium pot with the salted water and bring to a boil over medium-high heat.

Add the cabbage and cook for 15 minutes until tender.

Drain and roughly chop. Set aside.

While the cabbage is cooking, add the potatoes to a pot, cover with water, and cook over medium-high heat for 30 minutes, until tender. Drain and set aside.

Add the leeks to a saucepan and cover with the soy milk.

Cook over medium heat and bring close to a boil.

Lower the heat and simmer until tender. Set aside.

Mash the potatoes with the mace, salt, pepper, and garlic.

Add the soy milk-leeks mixture, keeping the leeks intact.

Add more soy milk as needed to make smooth.

Add the cabbage and vegan butter.

Place in a casserole dish and broil for 2 to 5 minutes, until browned.

* * *

Dairy-Free Ravioli with "Goat Cheese" Recipe

By Dr. Ben Kim, <http://www.drbenkim.com>

One of the most antioxidant-rich and healthy vegetables that you can eat is raw red beet. This all-raw and vegan ravioli with "goat cheese" dish is a great way to enjoy the taste and health benefits of raw red beet. Goat cheese enthusiasts are likely to be surprised at how closely this vegan substitute—made with raw pine nuts—resembles the real thing.

The quantities listed in the ingredients section produce approximately 6 to 8 servings.

3 cups raw pine nuts
3/4 cup extra virgin olive oil
2 whole lemons, zested, peeled, and quartered
1 medium shallot
2 Tbsp nutritional yeast
1 garlic clove
3/4 cup water
Sea salt
2 small red beets

Soak pine nuts for 1 hour.

Drain, then put pine nuts in a food processor with extra virgin olive oil, lemon quarters, lemon zest, and shallot.

Process for about 7-8 minutes until all ingredients are well combined—it will clump together.

Transfer half of this mixture into a blender and put the rest aside.

Add nutritional yeast to mixture in a blender and blend on medium speed for about 2 minutes, or until mixture is thick and smooth.

Voila—this is your vegan goat cheese.

Transfer this cheese to a bowl and refrigerate uncovered for 1 hour.

Transfer the remaining pine nut mixture to a blender.

Add garlic and water, then blend with medium to high speed for about 1 minute, or until smooth but not where the mixture resembles a pure liquid. Season with sea salt, then set this sauce aside.

Bring vegan cheese out of refrigerator and season with sea salt.

Use a vegetable peeler or a small paring knife to peel the beets and cut them into paper-thin slices.

Lay out half of these beet slices on a clean surface—a serving tray works well.

Spoon about 1 Tbsp of cheese onto each beet slice, then top each mound of cheese with another beet slice.

Season top beet slices with just a touch of sea salt.

If you are preparing these raviolis ahead of time, you can store them in a single layer on a baking sheet in the refrigerator.

When ready to serve, pour sauce into a deep serving platter, then arrange ravioli on top.

Enjoy these delightful raviolis with vegan goat cheese.

* * *



Pumpkin Stuffed with Vegetable Stew

From <http://www.epicurious.com/recipes/food/views/240601>

Vegetarians deserve a show-stopping centrepiece for their main course, too, and this burnished pumpkin, filled with a fragrant stew, will have even meat eaters saying, "Who needs a turkey?" Root vegetables, mushrooms, and seitan—a firm, meat-like wheat protein that soaks up all the flavours of the sauce—mingle with roasted vegetables inside the pumpkin, whose flesh you scoop out along with servings of the stew. (Don't be intimidated at the thought of assembling such a masterpiece—if you've ever made a jack-o'-lantern, you have the skills to prepare this dish.)

Active time: 1-1/2 hr Start to finish: 7 hr (includes making sauce)

Servings: Makes 8 servings (main course)

Ingredients:

1 fennel bulb with fronds
2 medium parsnips (1/2 lb total), peeled, quartered, cored, and cut into 1-inch pieces
1/2 lb celery root (sometimes called celeriac; 1/2 of 1 medium), peeled and cut into 1-inch pieces
3 medium carrots, peeled and cut into 1-inch pieces
14 small shallots (about 1 lb), peeled and left whole, plus 1/2 cup chopped
3 Tbsp olive oil, divided 2 red bell peppers
1 (8- to 9-lb) pumpkin (preferably cheese, pie, or Sweet Meat variety)
Roasted-vegetable and wine sauce (may replace with balsamic vinegar), heated
3 Tbsp unsalted vegan butter
1/2 lb fresh cremini mushrooms, trimmed and halved
1/4 lb fresh chanterelle mushrooms, trimmed
1 lb seitan (seasoned wheat gluten) cut into 1/2-inch pieces
1 tsp chopped thyme, divided
1 Tbsp chopped flat-leaf parsley
1/2 tsp grated lemon zest

Roast Root Vegetables:

Preheat oven to 450°F with rack in middle.

Chop enough fennel fronds to measure 1 Tbsp and reserve, then discard stalks and remaining fronds.

Halve bulb lengthwise, then core and cut lengthwise into 1-inch wedges.

Toss fennel wedges, parsnips, celery root, carrots, and whole shallots with 2 Tbsp oil, 1 tsp salt, and 1/4 tsp pepper in a 17- by 12-inch shallow baking pan until coated, then roast, stirring occasionally, until lightly browned and almost tender, 30 to 40 minutes.

Remove vegetables from oven. Leave oven on.

Prepare peppers and pumpkin while vegetables roast.

Roast peppers on racks of gas burners over high heat, turning with tongs, until skins are blistered, 5 to 8 minutes.

Transfer peppers to a bowl and let stand, covered, until cool enough to handle.

Peel peppers and discard stems and seeds.

Cut peppers lengthwise into 1-inch strips

Remove top of pumpkin by cutting a circle (6 inches in diameter) around stem with a small, sharp knife.

Scrape out and discard seeds and any loose fibres from inside pumpkin with a spoon (including top of pumpkin; do not discard top), then sprinkle flesh with 1/2 tsp salt and 1/8 tsp pepper.

Put pumpkin in a large roasting pan.

Stuff and roast pumpkin:

Pour 1-1/2 cups sauce into pumpkin and cover with top, then brush all over with remaining Tbsp oil. Roast 1 hour.

While pumpkin roasts, heat vegan butter in a 12-inch heavy skillet over medium-high heat until foam subsides, then sauté chopped shallots until softened.

Add mushrooms and sauté until they are browned and begin to give off liquid, about 8 minutes.

Add wheat gluten and 1/2 tsp thyme, then stir in 1 1/2 cups more sauce and bring to a simmer.

Remove from heat and fold in roasted root vegetables and peppers, 1/4 tsp salt, and 1/8 tsp pepper.

After pumpkin has roasted 1 hour, spoon vegetable filling into it, then cover with top.

Roast until pumpkin is tender when pierced with a fork, vegetables are tender, and filling is hot, about 30 minutes more.

Transfer pumpkin to a platter using 2 sturdy metal spatulas.

Stir together fennel fronds, parsley, zest, and remaining 1/2 tsp thyme and sprinkle half of it over filling.

Stir remainder into remaining sauce and serve sauce on the side.

Cooks' Notes:

- Bell peppers can be broiled on the rack of a broiler pan about 2 inches from heat, turning occasionally, 6 to 8 minutes.
- Peppers can be roasted and peeled up to 2 days ahead and chilled, covered.
- Root vegetables can be roasted 1 day ahead and chilled, covered. Bring to room temperature before using.
- Pumpkin can be cut, scraped, and seasoned 1 day ahead and chilled, covered. Pour out any accumulated liquid and bring pumpkin to room temperature before proceeding with recipe.

* * *

Coconut and Pecan Sweet Potatoes

From <http://www.chetday.com>

2 pounds sweet potatoes, peeled, shredded

1/3 cup brown sugar, packed

1/4 cup vegan butter, melted

1/4 cup coconut

1/4 cup broken pecans, toasted

1/4 tsp ground cinnamon

1/4 tsp coconut flavouring

1/4 tsp vanilla

Toasted coconut (optional)

In your slow cooker, combine potatoes, sugar, vegan butter, coconut, pecans, and cinnamon.

Cover; cook on low for 6 to 8 or on high for 3 to 4 hours.

Stir in coconut flavouring and vanilla.

Sprinkle with toasted coconut if desired.

* * *

Lentil and Rice Casserole

From Patricia Kirk

A delicious, one-step meal. Serve with a green salad or coleslaw.

1/2 cup brown lentils (soaked over night)
1/2 cup brown rice
28 oz. can diced tomatoes (796 ml)
1 Tbsp ketchup
1/2 cup water
3 Tbsp onion, finely chopped
2 tsp dried basil (1/4 cup fresh)
1 tsp dried tarragon
1/2 tsp garam masala (or any of your favourite seasonings)
1/4 tsp pepper
1/2 tsp dried mustard
1-1/2 Tbsp Bragg (or soy sauce)

Place all of the above ingredients together in a covered casserole.
Bake in a pre-heated 325°F oven for 1 hour and 20 minutes.

Optional Topping:

After cooking is done, remove from oven and top with sliced soy cheese and granular soy parmesan cheese.
Sprinkle with basil and place under broiler for 5-7 minutes, just until the cheeses are lightly browned.

* * *

Double Corn Dumplings

From <http://www.chetday.com>

3/4 cup all purpose flour
1/4 cup yellow cornmeal
2 tsp baking powder
1/8 tsp salt
1/2 cup fresh corn kernels
1/2 cup milk
2 Tbsp vegetable oil

In medium bowl, combine flour, cornmeal, baking powder, and salt.
Stir in corn, milk, and oil.
Spoon on cooked hot stew or chilli in slow cooker.
Cover and cook on HIGH 30 to 35 minutes.

* * *

Raw Chilli

From <http://www.rawbc.org/>

- 1 medium zucchini, chopped into 1/2" cubes
- 1 medium carrot chopped into 1/4" cubes
- 1/2 medium or 1 small eggplant, peeled and chopped into 1/2" cubes
- 1 small Portobello mushroom or 5 shiitake mushrooms, chopped into cubes
- 3 cloves crushed garlic
- 1 medium Roma tomato, chopped into 1/2" chunks
- 1/4 medium red onion, chopped
- 3-1/2 tsp Sea salt
- 1 Tbsp lemon juice
- 2 Tbsp olive oil

Mix above ingredients and place in a quart-sized jar.

Press down hard to cover the vegetables completely with the salt, lemon, and oil. If necessary, put a small glass or jar inside to weight the vegetables down.

Cover and let marinade preferably overnight, or at least 4-6 hours.

Hearty Chilli Sauce:

- 1 large tomato
- 1 cup sun-dried tomatoes, soaked with enough water to cover
- 1/4 cup olive oil
- 1-1/2 cups purified water
- 1 Tbsp Spicy Chilli Sauce (see recipe) or 1/8 tsp cayenne pepper
- 1/2 tsp celery seed
- 1/2 tsp oregano
- 1/2 tsp cumin
- 1-1/2 tsp chilli powder

Blend above ingredients on high until smooth.

Pour blender mixture over marinated vegetables.

Or pulse together in food processor.

* * *



Chickpea Patties with Apricot Mayo Recipe

Adapted from *Peaches and Other Juicy Fruits*, by Olwen Woodier (Storey Books, 2004).

These delicious high-protein, low-fat patties are served with a mouth watering vegan apricot-basil mayonnaise that tastes like summer sunshine. It can also be used as a sauce for whole grains, potatoes, and grilled or steamed vegetables.

You can make your meatless meal a stellar taste experience thanks to the Mediterranean way of eating. Get the simple recipes for patties and apricot mayonnaise here. They're both flavourful, healthy, and nutritious:

2 15-ounce cans chickpeas, rinsed and drained
4 slices nutty oatmeal or wheat nut bread, torn into small chunks
1/2 large red onion, sliced
1 jalapeno pepper, seeded and sliced
2 cloves garlic, sliced
1 Tbsp dried oregano
1 teaspoon cumin
1/2 teaspoon freshly ground black pepper
1/2 teaspoon salt
Egg Replacer(equal to 2 eggs)
1 Tbsp olive oil, plus 1 for moistening, if needed
Apricot-Basil Mayonnaise (see below)
Shredded lettuce
Sliced tomatoes
8 to 10 warm pita pickets or toasted English muffins

Pulse the chickpeas, bread, onion, jalapeno, garlic, oregano, cumin, pepper, and salt in a food processor until coarsely chopped.

Remove half the mixture to a medium-sized bowl.

Add the egg substitute to the mixture in the processor and process until almost smooth.

Spoon into the chopped chickpea mixture in the mixing bowl and stir until thoroughly combined.

If the mixture seems too stiff, mix in 1 tablespoon of the olive oil.

Form the mixture into 8 to 10 patties, 1/2 inch thick each, and place in a large dish or on a baking tray sprayed with non-fat cooking oil.

Drizzle about 1 Tbsp of olive oil over the patties. (If desired, cover with plastic wrap and refrigerate several hours.)

Cook on a griddle or large skillet over medium-high heat.

Add patties (4 at a time if necessary to avoid crowding) and fry 4 to 5 minutes.

Spray the tops with cooking oil or drizzle olive oil around the sides of the skillet, turn, and fry the patties 4 to 5 minutes longer, until nicely browned.

Serve with the mayonnaise, lettuce, and tomatoes in the pita pockets or on the English muffins.

Serves 8 to 10

* * *

Carrot Rice Nut Burger

From <http://www.chetday.com>

3 cups brown rice
1 cup cashews
1 pound sunflower seeds
1 sweet onion, chopped
6 carrots, chopped
1 Tbsp extra virgin olive oil
Salt to taste

Preheat oven to 425°F (220°C).

In a large saucepan, bring 6 cups water to a boil.

Add rice and stir.

Reduce heat, cover, and simmer for 40 minutes.

Roast cashews and sunflower seeds in preheated oven for 10 to 15 minutes.

In a food processor, grind nuts to a fine meal; transfer to a large bowl.

Place onion and carrots in a food processor and pulse until fine; transfer to the bowl with the nuts.

Combine cooked rice and olive oil in food processor and pulse until smooth; spoon into the large bowl.

Season with salt to taste.

Using your hands, mix the ingredients and form into patties or logs.

Bake for 12 to 15 minutes.

* * *

Lentil and Rice Casserole

Adapted through creative experimentation

A delicious, one-step meal. Serve with a green salad or coleslaw.

1/2 cup brown lentils (soaked over night)
1/2 cup brown rice
28 oz. can diced tomatoes (796 ml)
1 Tbsp ketchup
1/2 cup water
3 Tbsp onion, finely chopped
2 tsp dried basil (1/4 cup fresh)
1 tsp dried tarragon
1/2 tsp garam masala (or any of your favourite seasonings)
1/4 tsp pepper
1/2 tsp dried mustard
1-1/2 Tbsp Bragg (or soy sauce)

Place all of the above ingredients together in a covered casserole.

Bake in a pre-heated 325°F oven for 1 hour and 20 minutes.

Optional topping:

After cooking is done, remove from oven and top with sliced soy cheese and granular soy parmesan cheese.

Sprinkle with basil and place under broiler for 5-7 minutes, just until the cheeses are lightly browned.

* * *

Orange Zest Green Beans with Almonds

By *Eating Well* magazine

1 lb green beans, trimmed
1 tsp extra-virgin olive oil
1/2 tsp freshly grated orange zest
1/4 tsp salt
Freshly ground pepper to taste
1/4 cup sliced almonds, toasted (see Tip)

Place a steamer basket in a large saucepan, add 1 inch of water and bring to a boil. Put green beans in the basket and steam until tender, about 6 minutes. Toss the green beans in a large bowl with oil, orange zest, salt, pepper, and almonds.

Tip:

To toast sliced almonds, place in a small, dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Yields 4 servings, 1 cup each.

Nutrition per serving: 84 calories; 4 g fat (0 g saturated fat, 3g mono unsaturated fat); 0 mg cholesterol; 10 g carbohydrates; 3 g protein; 4 g fibre; 147 mg sodium; 206 mg potassium
Nutrition Bonus: Vitamin C (20% daily value), Vitamin A (15% dv).
Exchanges: 2 vegetable, 1 fat.
Carbohydrate Servings: 1/2.

* * *

Raw Zucchini Spaghetti with Broccoli and Tahini Sauce

From <http://renegadehealth.com>

Sauce:

2 Tbsp Raw Tahini
2 Tbsp Olive Oil
1 Lemon (Juiced)
Sea Salt to Taste
Black Sesame Seeds to Garnish

Spaghetti and Veggies:

1 Zucchini (Spiralized)
1 Head of Broccoli
2-3 Scallions Sliced

Slice all the veggies and spiralize the zucchini (If you don't have a spiral slicer, you can julienne).
Blend the sauce together with a hand blender.
Mix together.
Add black sesame seeds as a garnish!

* * *

Pine Nut Pilaf

The Feast of Christmas Eve

By Elizabeth Baird

A pilaf is simply the tastiest way to serve rice. Here, sautéed pine nuts, onions, and currants add the pizzazz. If you like to experiment, substitute bulgur—a nutty-flavoured cracked wheat available in natural food and Greek grocery stores.

1/4 cup oil, preferably olive 50 ml
1/2 cup pine nuts or slivered almonds 125 ml
1 cup finely chopped onions 250 ml
2 Cloves garlic
1 cup finely chopped celery 250 ml
1 cup finely chopped mushrooms 250 ml
2 cups converted rice or bulgur 500 ml
4 cups vegetable stock or water 1 L
Salt and pepper
1/4 cup currants 50 ml
1/2 cup chopped parsley 125 ml

In large heavy saucepan, heat oil; sauté pine nuts until golden, about 3 minutes.

Remove with slotted spoon and set aside.

Add onions, garlic, celery and mushrooms to pan; sauté over medium heat, stirring frequently, until soft, about 5 minutes.

Add rice or bulgur and stir-cook for 2 minutes until all kernels are coated.

Add stock and salt and pepper to taste; cover and bring to boil.

Reduce heat to lowest setting and cook until rice or bulgur is tender, about 15 minutes.

Taste and adjust seasoning.

Using a fork, stir in reserved pine nuts, currants and parsley.

If desired, spoon into 6-cup (1.5 L) mould; cover and keep warm over simmering water for up to 30 minutes. Unmould to serve.

Makes 8 servings.

* * *

Yummy Yellow Rice

From <http://www.chetday.com>

Cook two cups of Jasmine rice or Basmati rice—they have a light, buttery taste.

When rice is cooked and sticking together, add the following ingredients:

1 Tbsp brewers yeast, flaked or powdered
1 tsp sesame seed oil or sunflower oil
1 squirt of tamari sauce or soy sauce
2 tsp of rice vinegar, (if you use cider vinegar, use only 1 tsp)

Stir until you can make a ball, then eat.

* * *

Tibetan Steamed Dumplings (Momos)

From <http://www.chetday.com>

Dough:

3 cups all purpose flour
1 cup water

Vegetarian Filling:

Chopped cabbage
Chopped bok choy
Chopped tofu
Chopped green onion
Grated ginger
Minced garlic

Mix flour and the water; knead and form into a ball.
Let rise covered with a wet towel or plastic wrap for 30 min.
Bring a large pot of water to the boil.
Cut dough into 12-18 pieces and roll into small flat circles.
Mash together all filling ingredients.
Place a spoonful of filling on each dough circle, folding over and crimping to seal.
Place momos in a steamer and steam on high for 30 min.
Serve with a mild tomato salsa, "Tsal," made from chopped tomatoes, cilantro, green onions and garlic, and/or Sriracha sauce and/or soy sauce.

In Tibet, these momos would be made with a flour ground from roasted barley called "Tsampa".

* * *

Scalloped Potato-Tomato Pot

From <http://www.chetday.com>

6 cups frozen shredded hash browns - (20 oz)
2 cups or 16-oz can cut green beans, rinsed and drained
1/4 cup finely-chopped onion
1 tsp dried parsley flakes
1 can Healthy Request cream of celery soup - (10-3/4 oz)
1 can stewed tomatoes - (14-1/2 oz) -- undrained

In your crock pot, combine hash browns, green beans and onion.
In a medium bowl, combine parsley flakes, celery soup, and undrained stewed tomatoes.
Add soup mixture to potato mixture.
Mix well to combine.
Cover and cook on LOW for 6 to 8 hours. Mix well before serving.

* * *

Portobello Wellington

Courtesy of Ecorvidae

1 1/2 Tbsp butter (or light oil if you prefer for sautéing)
1 shallot, minced
1 large leek or 2 small leeks, minced
3 cloves garlic, minced
3 button mushrooms, finely chopped
Fresh thyme to taste (I used about 4 sprigs)
5 shiitake mushrooms, finely chopped, without stems*
Chives to taste
2 large Portobello mushroom caps
1 tsp Dijon mustard
1 sheet puff pastry

Note:

I use the woody shiitake stems and/or Portobello stems when making veggie broth.

Topping:

Melt 1 Tbsp butter in a skillet over low heat.
Stir in the shallot, leek, and garlic and cook until translucent (about 5 minutes).
Add the button mushrooms and about half the thyme.
Cook until the mushroom liquid has evaporated and the mixture is just moist (about 10 minutes).
Transfer mixture to a bowl.
Melt the remaining butter in the skillet, still over low heat, and add the shiitakes.
Cook for 5 minutes, then transfer to the bowl with the rest of the mixture.
Add chives and black pepper and stir.
Next, place your Portobello caps on a greased cookie sheet.
Brush on the mustard and add the remaining thyme and black pepper.
Take your topping mixture and spoon half onto each Portobello cap.
Cut two large rounds out of the puff pastry sheet and drape over the Portobellos/topping.
You can brush some melted butter on the outside of the pastry if you want to.
Bake in a preheated oven at 425 degrees until the pastry looks done (about 15 minutes in my oven).

* * *



Beans and Greens with Herbed Polenta: Vegan Recipe

Adapted from *The Bean Harvest Cookbook* by Ashley Miller (Taunton Press, 1999).

Polenta is Italian comfort food. This zesty version is topped with succulent beans and calcium-rich greens for a vegan delight that is sure to please. Making polenta can be both relaxing and meditative, and the recipe is a great use for any kind of leftover cooked beans. When we absorb tasty deep nourishment like this, our whole selves feel more peaceful.

Polenta

1 1/2 cups coarse yellow cornmeal
 1 tsp salt
 2 tsp mixed fresh herbs (rosemary and parsley are especially good)
 4 cups hot water
Olive oil for greasing

Beans and Greens

2 1/2 Tbsp olive oil
 1 1/2 tsp minced garlic
 1 1/2 cups chopped onions
 3 cups chopped Swiss chard, kale, or spinach, or a combination
 1 28-ounce can tomatoes with juice, chopped
 1 1/2 cups cooked beans
 1/4 cup chopped fresh basil, plus extra for garnish
 Salt and freshly-ground black pepper, to taste

For the Polenta

In a 3-quart pot, combine the cornmeal, salt, herbs, and water, making sure there are no lumps. Bring to a boil.
 Lower the heat and simmer, stirring frequently, 30 minutes or until the polenta is thick and comes away easily from the sides of the pot.
 Grease a large sheet of aluminium foil with the oil and place it on a baking sheet.
 With a rubber spatula or with wet hands, slide the polenta onto the baking sheet, guiding it into a rectangle measuring approximately 8 inches by 12 inches.
 Make the corners as square as possible.
 Lay a second sheet of aluminium foil on top and allow the polenta to set at least 30 minutes.

For the Beans and Greens

In a large, deep frying pan, heat the oil over medium heat.
 Add the garlic and sauté until it turns golden.
 Add the onions and sauté until the onions are translucent.
 Add the greens and sauté, stirring, until wilted.
 Stir in the tomatoes and beans and simmer 15 minutes.
 Stir in the basil and season with salt and pepper.

To Serve

Cut the polenta in to four equal rectangles and then cut each rectangle into four triangles. Place the triangles on oiled aluminium foil or an oiled grill under the broiler and cook 5 to 6 minutes per side, or until the exterior is a spotted brown.
 Remove from the heat.
 Ladle on the bean mixture and top with extra basil.

Serves 4 to 6

* * *

Tempura with Eggless Batter

Courtesy of *Tasty and Meatless "Hawaii's Local Favourites"* DVD

3 cups all purpose flour
1 tsp baking powder
2 cups ice water
Soybean oil
Any of your favourite vegetables, including:
 Carrots
 Green pepper
 Sweet potatoes
 Mushrooms
 Green onions
 Onions

In a wok or saucepan, heat the vegetable oil. Make sure you use an oil with a high smoke point like soybean or safflower. You will know the oil is hot enough when you place a drop of water in it and it sizzles loudly.

Place the ice water in a bowl and mix in the flour and baking powder. Do not over mix the batter! The consistency should be quite thick, not runny like a pancake batter, and the bowl should still have some dry spots of flour in it.

Slice the vegetables thinly (the green onions you can leave whole). A helpful tip for using round onions in tempura is to peel the onion and slice it in half, then stick toothpicks in regular intervals around the onion. With a sharp knife, slice between the toothpicks. You will then have a nice onion slice that will hold together when it is deep-fried.

Dip the vegetable pieces into the batter and coat them well.

Slowly lower the battered vegetables into the hot oil. Be careful not to let them touch the bottom of the pan or they will stick.

Do not overcrowd the vegetables in the oil. Leave room for the fritter to expand in the hot oil.

Turn them over once and remove them just before they start to turn brown. If you let them turn brown, the tempura will soak up more of the oil during the cooking and the end result will have much more fat content in it.

Drain the tempura on a plate covered with paper towels.

* * *



Root Vegetable No-Pasta Lasagne

Adapted from *The Sustainable Kitchen*, by Stu Stein

The grounded energy of root vegetables is what our bodies crave as the days get shorter and colder. In this outstanding autumn dish, layers of root vegetables take the place of pasta, a real plus if you're avoiding wheat. And you can bake it up to three days in advance, which helps when you're planning a get-together.

2 russet potatoes, peeled and sliced lengthwise into thin slices
1 celery root, peeled and sliced lengthwise into thin slices
2 butternut squash, peeled and sliced lengthwise into thin slices
2 turnips, peeled and sliced lengthwise into thin slices
2 rutabaga, peeled and sliced lengthwise into thin slices
1/2 cup onion marmalade (see below)
Salt and freshly-ground pepper, to taste

Preheat oven to 350°F.

Line an 8-inch by 8-inch square baking pan with aluminium foil.

Spray foil with non-stick cooking spray.

Starting and ending with potatoes, form layers of sliced vegetables, slightly overlapping each other.

Season each layer with salt and pepper and spread with some onion marmalade.

Continue alternating vegetables and onion marmalade until you reach the top of the pan. (For a non-vegan version, you could add grated cheese and cream sauce between the layers of vegetables.)

Spray an additional sheet of aluminium foil with non-stick spray and cover the vegetables.

Place a weighted pan on top of the dish and bake until vegetables are tender, about 2 to 2 1/2 hours.

Allow to cool in the refrigerator, with the weighted pan on top, at least 4 hours or overnight.

To serve, invert the baking pan and remove the contents.

Cut into 2-inch by 2-inch squares.

Sauté in a non-stick pan until both sides are brown, then place in a 350°F oven until warm in the centre.

Serves 4

* * *



Vegetable Almond Medley: A Metabolic Code Recipe

By Laura LaValle, RD, LD

Creamed vegetable recipes can be very good, but are usually made with regular flour and so are higher in starch. The almond flour used in this recipe provides a wheat-free, lower carb alternative. With the onions, garlic, and butter that flavor the vegetables, you can get even your "non-vegetable lovers" to enjoy them. An excellent source of vitamin A, vitamin C, vitamin E, and manganese. A good source of calcium, folate, and magnesium Wheat and cow's milk free

Serves 5

5 cups mixed vegetables of choice (e.g., broccoli, cauliflower, carrots, and snow pea pods)
1 cup chopped onion
2 cloves of minced garlic
1 cup unsweetened almond milk
5 Tbsp butter
3 Tbsp almond flour
1 Tbsp arrowroot flour (optional)
1 Tbsp soy sauce or Braggs Liquid Aminos (wheat/gluten free)
Tabasco, just a dash (or more if you really like the spicy hot flavor)
Sea salt and pepper to taste

Topping:

1/2 cup toasted almonds and 15 blue or yellow tortilla chips, crushed

Place uncooked vegetables in large buttered casserole dish.
In a skillet, sauté onion and garlic in 2 Tbsp butter.
When onions are translucent, add mixture to vegetables.
Toast almonds over low heat until fragrant.
Be careful not to burn them! Set aside.
Melt 3 Tbsp butter in a skillet and whisk in almond flour.
Add almond milk, soy sauce, and remainder of seasonings.
Simmer for 10 minutes over low heat stirring occasionally until thickened. (Up to 1 T. arrowroot powder may be used to assist in thickening the sauce.)
Add sauce to vegetables and toss to coat.
Sprinkle with chopped almonds and corn chips or corn meal.
Bake at 400° for 15 minutes.
Delicious! Each serving provides the equivalent of 2 vegetable servings.

Nutrient Analysis:

270 calories, 20 g total fat, 8 g sat fat, 3 g mono fat, 1 g poly fat, 35 mg cholesterol, 18 g carbohydrate, 4 g fiber, 6 g sugar, 7 g protein, 7900 IU vitamin A, 50 mg vitamin C, 45 mcg folate, 120 mg calcium, .2 mg copper, 200 mg sodium, 400 mg potassium, 50 mg magnesium, 2 mcg selenium, .4 mg manganese.

* * *

Vegetarian Chilli

Adapted through creative experimentation

1-1/4 cups coarsely chopped onions
1 cup each chopped sweet green and red pepper
3 cloves garlic, minced
1 Tbsp mustard
1 Tbsp cumin
1-1/2 tsp each dried oregano and dried basil
1/2 tsp cayenne pepper (adjust to taste)
6 Tbsp of cocoa (this is the secret ingredient!)
1-1/2 cups mushrooms, quartered
1 can (28 ounces) diced tomatoes, undrained
1 can tomato paste
5 cups (3 cans of 19 ounces each) kidney beans, undrained. (Dried chilli beans are even tastier.)
1 can (19 ounces) chickpeas, drained and rinsed
Maple syrup to sweeten if necessary (optional)

Add onions and 1/4 cup of water, cook over medium high heat for about 4 minutes, stirring often. Add green and red peppers, garlic, mustard, chilli powder, cumin, mustard, oregano, basil, and cayenne. Cook until vegetables are softened (about 6 minutes).

Add mushrooms. Cook and stir for 4 more minutes. Add tomatoes (with liquid), tomato paste, beans, and chickpeas. Stir well. Bring to a boil. Reduce heat to medium-low. Cover and simmer for 60 minutes, stirring occasionally. It is best the next day.
Note: Making the chilli in a crock pot is easy and fun!

* * *

Raw Walnut Meat with Raw Salsa

From the *Renegade Health Show*, <http://renegadehealth.com>

3 cups Walnuts (Soak for 1 hour)
1 tsp Cumin
1 tsp Coriander
1/3 cup Nama Shoyu

Put ingredients in the food processor for a minute or so.

Raw Salsa

1 small organic red onion
1 quart organic cherry tomatoes
1 small organic green pepper
1 handful of cilantro
2 Tbsp olive oil
1 Tbsp cumin
1 lime (juiced)
Cayenne to taste
Sea Salt to taste
Put in food processor and pulse 10-15 times.

* * *

Tofu Tahini Burgers

Adapted through creative experimentation

1 lb. firm tofu, mashed
1-1/2 cups rolled oats
1 cup tahini
4 Tbsp soy sauce
1/4 cup parsley, chopped
1/4 cup onion, chopped
1/2 tsp salt (optional)
1/2 tsp dry mustard
1/8 tsp black pepper
Any favourite seasonings such as basil, tarragon.

The mixture will feel somewhat soft and sticky.
Put it in the fridge for an hour or so. The flavours will meld and the mixture will be easier to work with.

The choices for cooking are:

Roll into 1-1/2" "neat" balls. Roll in flour and fry. Serve with chilli sauce.

or/Make flat patties and bake for 20 minutes.

or/Make flat patties and BBQ. I would recommend basting with a light oil (vs. rolling in flour) before putting on the BBQ. If baking or BBQ, use a garlic BBQ sauce. It gives the burgers a crunchy brown outside.

or/Make into a loaf, bake for approximately 30-40 minutes at 350°F, and serve with chilli sauce.

* * *

Healthy Cashew Gravy

Adapted through creative experimentation

In a blender, blend well:

1 cup cashews (raw)
1 small can mushroom pieces (I'd probably use fresh)
1 small onion
1 clove garlic (or more)
2 cups water or broth

Add to blender:

1 cup water
2 Tbsp vegetarian seasoning
2 Tbsp Braggs Aminos (this is healthier than soy sauce, but soy sauce will be okay if you can't buy Braggs Aminos where you live)

Pour from blender into a large skillet.

Heat to simmer.

Add, to thicken, 1/2 cup water with 3 Tbsp spelt flour mixed in.

* * *

DESSERTS

Easy Strawberry Ice Cream

From <http://www.goneraw.com>

1 box strawberries
1 cup cashews, soaked a few hours
3 dates, soaked a few hours
1/2 tsp vanilla extract
A little bit of water

Blend all together in a blender and freeze.

* * *

Raw Vegan Almond Gelato

By Melissa Breyer, Care2.com

Is there anything better than cool ice cream on a hot day? How about cool ice cream that is oozing with healthy ingredients, and animal-friendly as well? This almond gelato from *Everyday Raw* (Gibbs Smith, 2008) by Matthew Kenney, is not only vegan—and you'll be very surprised once you taste it—but is also raw so all of the living enzymes are left in tact. The dairy fat has been swapped for cashews, macadamia nuts, and young coconut, so although it's still a bit caloric, the calories are loaded with the nutritional benefits of nuts.

If you've never tackled a young coconut, see the Raw Guru's video of *How to Open a Young Coconut*.

1/2 cup raw cashews, soaked 4-6 hours
1 cup raw macadamia nuts, soaked 1-2 hours
1/4 cup young coconut meat
3/4 agave syrup
1 cup water
2 teaspoons vanilla extract
1 Tbsp almond extract
1 pinch sea salt
1/2 cup coconut oil

Blend all ingredients in Vita-Mix until smooth.
Pour into ice cream maker and follow manufacturer's instructions.

Makes one quart.

* * *



Almond Cookies

Adapted from Kitchen Witch, <http://www.kitchenwitch.com>

1 cup All vegetable shortening
2 1/4 cup All purpose flour
1 cup Granulated sugar
1 1/2 tsp Baking powder
Egg Replacer (equal to 1 egg)
1/4 tsp Salt
3 Tbsp Almond extract
48 Whole almonds

Combine shortening and sugar in a large bowl.
Beat at medium speed with electric mixer until well blended.
Blend together Egg Replacer and almond extract until well blended.
Combine flour, baking powder, and salt in medium bowl.
Add to creamed mixture; blend well.
Wrap dough in plastic wrap and refrigerate 2 hours.
Heat oven to 350°F.
Roll rounded tablespoonfuls of dough into balls.
Place on ungreased cookie sheets about 2 inches apart; flatten slightly with fingertips.
Gently press an almond into centre of each.
Bake at 350°F for 10 to 12 minutes or until cookies are just done but not brown.
Cool on cookie sheet 4 minutes; transfer to cooling racks.

* * *

Raw Almond Cookies

From *Recipes for Life from God's Garden* by Rhonda J. Malkmus

2 cups almonds
1/2 cup agave nectar
Coconut

Grind almonds into a fine meal.
Work in enough agave nectar to make a sticky dough.
Roll into balls or log shape, then roll in coconut.
Chill, then slice.

* * *



Carrot Cake

From Jean Campbell in Carp, Ontario

2 cups flour
2 tsp cinnamon
2 tsp baking soda
1/2 tsp salt
3/4 cup vegetable oil
3/4 cup soy buttermilk (soy milk + 1 Tbsp vinegar)
1-1/2 cups brown sugar (can also use white)
2 cups grated carrots
1 cup crushed pineapple (strained)
1/2 cup coconut
Egg replacer for 2 eggs.

Place all ingredients in a large bowl.
Stir together until all ingredients are completely mixed.
Place in a 9 x 13 inch pan or can bake as a layer cake.
Bake at 350°F for around 45 minutes, when top of cake bounces back when you touch it.
When cooled, spread with cream cheese icing.

* * *

Cream Cheese Icing

Adapted through creative experimentation

Apply this icing when the carrot cake is cool.
1/2 cup vegan butter
4 oz. vegan cream cheese
2 cups icing sugar
1 tsp vanilla

Have vegan butter and cream cheese at room temperature. Mix all together until smooth.

Put on cake when cake is cool.

This is an old recipe from Jean's home town of Argyle, Manitoba. The population of the town was about 60 people when I grew up, but talk about good cooks!!!

It is the icing that makes this cake spectacular, so be sure to include it.

The cake also can be kept in the freezer, but there are seldom leftovers to freeze.

* * *



Banana Cake With Crunchy Topping

Original recipe by Nell Hrycak, Sheho, Saskatchewan

MAIN RECIPE:

2 cups sifted flour
1-1/2 tsp baking powder
3/4 tsp salt
1-1/3 cups sugar
1 tsp baking soda
1/2 cup shortening
1/2 cup sour milk (1/2 cup soy milk with 1/2 Tbsp vinegar)
1 cup mashed ripe bananas
1 tsp vanilla
Egg replacer for 2 eggs.

Sift flour, baking powder, salt, sugar, and baking soda into mixing bowl.
Add shortening, 1/4 cup of the sour milk, and mashed bananas.
Mix until flour is dampened, then beat 2 minutes with mixer at low speed.
Add the remaining 1/4 cup of soy milk and vanilla, beat 1 minute with mixer at low speed.
Bake in an 8 x 13" pan (greased) on bottom only in a 375°F oven 35-40 minutes.
Remove from oven.
Cool on rack for 5 minutes.
Turn on broiler.

TOPPING:

1/4 cup vegan butter
3/4 cup brown sugar
1-1/2 tsp soy cream or soy milk
1/2 cup shredded coconut
1/4 cup chopped nuts

Cream the vegan butter and brown sugar, then add soy cream or soy milk.
Beat until smooth.
Add the shredded coconut and chopped nuts.
Place at least six inches below preheated broiler.
Broil until sugar is bubbly and top is delicately browned. Be careful not to burn the topping!

* * *



Chocolate-Coconut Fudge

By Dr. Ben Kim <http://drbenkim.com/>

2 cups almond butter
1/4 cup raw cocoa powder, sifted to remove any lumps
6 Tbsp unsweetened dried coconut
1/2 cup agave nectar
1 heaping Tbsp coconut oil, melted
2 tsp vanilla extract
1 tsp sea salt

Combine all ingredients in a large bowl.

Mix until well incorporated.

Spoon the mixture into a pan and flatten with the back of a spoon.

Place in the freezer for an hour or so, then take it out to cut into bite-size squares or rectangles.

Transfer the pieces onto a plate. Keep these covered and stored in the freezer.

Notes:

An alternative is to spoon the mixture into candy moulds; pop them out when they are thoroughly frozen. They have a chewy texture when frozen.

These must be kept in the freezer; otherwise, they will become soft and mushy, to the consistency they were at before freezing.

So if you take them out to eat, eat them quickly!

Also keep this in mind when cutting the fudge; work quickly!

* * *

Aloe Super Mousse

By Shazzie <http://www.shazzie.com>

This pudding is so filling, nutritious, and positively yummy.

1 avocado, peeled and stoned
2 bananas, peeled
1 mango, peeled and stoned
1-4 inches of aloe gel, depending on width of the leaf
1 dessert spoon of green super food
1 cup of water
Lemon peel to garnish

Place everything except the lemon peel into your blender and blend. Pour into individual bowls, garnish with lemon peel, and serve.

Serves 4

* * *

Anzacs

Courtesy of George Keller

1-1/2 cups flaked oats - 100g
 1 cup + 1 Tbsp flour - 125g
 1-1/3 cup sugar (we use sucanat) - 250g
 1-1/4 cups coconut-flakes - 75g
 3/4 cup vegan butter - 150g
 2-3 Tbsp (maple-)syrup
 2-3 Tbsp boiling water
 1 tsp baking-soda

Preheat oven to 300°F.

Mix Oats, flour, sugar and coconut.

Melt butter and syrup in a pan.

Mix boiling water and baking-soda, add to the butter-syrup-mix and pour over the flour-mix; knead well.

Make small balls with two teaspoons and place on a baking-sheet (about 2 inches apart).

Bake 15 to 20 minutes until golden brown.

Let the warm cookies cool on a grid and store in a tight container.

* * *

Healthy Sweet Cashew Cream

By Dr. Ben Kim <http://drbenkim.com/>

If you enjoy adding cream to healthy pies, cakes, berries, cereals, and tea, give this sweet cashew cream recipe a try - it's rich in healthy, monounsaturated fatty acids, which are good for keeping your heart and blood vessels healthy.

Cashew cream is also naturally rich in magnesium, which your body needs to keep your bones, teeth, muscles, and nervous system optimally healthy.

If you don't need your cream to be too sweet, simply omit the agave nectar, or use less than what's listed below. Quality cashews have a natural hint of sweetness that makes pure cashew cream quite pleasant on its own.

1 cup raw organic cashews or raw organic cashew butter

1/2 cup water

1/4 cup agave nectar

Combine all ingredients in a strong blender.

Blend until smooth. Add more water if needed.

Transfer sweet cashew cream to a glass jar, cap the jar with a lid, and chill in the refrigerator for at least a couple of hours before using.

Sweet cashew cream will stay fresh in a sealed jar in the refrigerator for up to one week.

Please note:

If you prefer a thick cream, use less water and pause the blender to give the ingredients a good mix/swirl one or more times.

* * *

Lean but Luscious Chocolate Brownies

Adapted from *The Canadian Living* Test Kitchen

A surprisingly secret ingredient—strained baby food plums—provides a convenient way to add luscious texture to brownies without any fuss and without interfering with the genuine chocolate flavour brownies must have.

1/2 cup All-purpose flour
 1/2 cup unsweetened cocoa powder
 1/2 tsp baking powder
 1/4 tsp salt
 2/3 cup granulated sugar
 1/4 cup vegan butter, melted
 Egg Replacer = 1 egg
 2 Tbsp soy milk or nut alternative
 1/2 tsp vanilla
 1 jar (4-1/2 oz/128 ml) strained baby food plums

In bowl, sift together flour, cocoa, baking powder, and salt; set aside.

In bowl and using electric mixer, beat sugar with vegan butter until combined but not smooth; beat in Egg Replacer, soy milk or nut alternative, and vanilla.

Using wooden spoon, stir in flour mixture alternately with plums, making 2 additions of flour and 1 of plums.

Spread in lightly greased 8-inch (2 L) square cake pan, smoothing top.

Bake in centre of 350°F (180°C) oven for about 20 minutes or until tester inserted in centre comes out with just a few moist crumbs clinging to it.

Let cool completely in pan on rack. (Brownies can be stored in airtight container in the refrigerator for up to 3 days or individually wrapped in plastic wrap and frozen in airtight container for up to 1 week.)

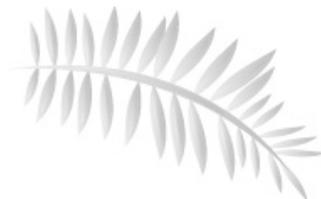
Makes 16 squares.

Per square: about 95 cal, 1 g pro, 4 g total fat (2 g sat. fat), 15 g carb, 1 g fibre, 21 mg chol, 99 mg sodium. % RDI: 1% calcium, 4% iron, 4% vit A, 1% folate.

TIPS:

Substitute 1/2 cup (125 ml) puréed plums if you don't have strained baby food plums.
 Dust brownies with icing sugar for an attractive finish.

* * *



Kumquat and Nutmeg Cheesecake

By Shazzie <http://www.shazzie.com>

This cake is a dream! I made it for my friends birthday. One other friend made me write down the recipe for him to take home and make, and I even made another one a day later. It's soooo goood!

3 cups of almonds, dry
 2 Tbsp of raw carob powder
 1 cup of pecans, dry
 2 cups of dates, soaked and stoned
 Juice of 1 orange
 1 teaspoon of nutmeg
 1 vanilla pod
 5 bananas, chopped thinly and frozen for at least 12 hours
 4 kumquats
 1 large mango

Using a loose based round cake tin, cover the base in cling film, and fit to the tin. Cover the sides in silver foil.

Add the almonds, pecans (reserve 8 for decoration), dates, an inch of the vanilla, a sprinkling of nutmeg, the carob powder and the juice of the orange to a food processor.

Process gently to start with, and continue until you get a dough-like consistency, but still chunky. If it's not doughy enough add small quantities of water until you achieve the desired result.

Place in the cake tin, and flatten down.

Clean your food processor and add the chopped frozen banana.

Halve the kumquats and remove the middles, add the skins to the processor.

Slit the vanilla pod and scrape the seeds into the processor.

Slice the cheeks off the mango, and skin them; add those to the food processor.

Add most of the rest of the nutmeg.

Add a couple of chopped dates if you like, too.

Process for several minutes, until the whole mixture turns to white fluff. Don't be tempted to process this for less time, but do stop for a minute if your machine gets hot. It needs to go white and fluffy.

Scrape it down every now and then so everything gets processed.

Add this to the cake tin, on top of the nut base.

Smooth it all down so there's no trapped air, and is level on top.

Add the left over pecans in a nice pattern and sprinkle the rest of the nutmeg.

Return it all to the freezer for at least an hour.

Once ready to serve, turn out the cake by pushing the loose base out and up.

Take the foil off and place on a serving plate.

* * *



Raw Energy Balls

From Patricia Kirk

(Use organic ingredients where possible, especially the molasses.)

Mix the following dry ingredients together:

7 Tbsp cocoa
 1 cup medium coconut
 2-3/4 cups rolled oats, quick style
 1/2 cup dried cranberry or other dried fruit, chopped fine
 1/2 cup ground sunflower and/or pumpkin seeds
 3/4 cup walnuts, finely chopped

Combine wet ingredients as follows, and slowly mix them into the dry:

1/2 cup of melted vegan butter (or organic nut oil)
 1 tsp vanilla
 1/2 cup of blackstrap molasses (or maple syrup, or a combo of the two)
 If necessary, add juice of 1/2 orange (for moisture balance).

Mould into small balls with your hands, place them on a cookie sheet, and refrigerate until firm. Store them in a container in the fridge or freeze some, if you wish.

* * *

“The Best” Applesauce Pie

From Nomi Shannon, author of *The Raw Gourmet* and *Raw Food Celebrations*, owner of www.rawgourmet.com.

I brought applesauce pie (recipe from my book) to Thanksgiving one year. On three occasions, my sister tried to "warm it up" in the oven. Not once did I say that is a raw pie. I just quietly said, the pie does not need warming (three times). On her third try, she guessed that it was raw. They loved it. This pie is so dense, it could be your meal.

This pie rivals the most infamous cooked apple pie. Unofficial random tests have proven that the traditional omnivore's palate can not even detect that this is a raw pie. Rich and sweet and aromatic with cinnamon, this is another recipe to offer your sceptical friends. They will never know what hit them.

If you like a tart pie with firm apples, the best choice is Granny Smith apples. For a sweeter pie with softer apples, Fuji, Jonathan gold or Macintosh all work well. I usually use 2 or 3 types of apples for this pie, to keep the flavour uniform each time I make it. I have an almond crust here, but walnuts or pecans work as well. This pie will serve at least twice as many people as a cooked pie the same size as it is very dense. For portion control, it would probably be best if you sliced and served it yourself. Keep the slices thin, no more than 1 inch thick at the wide end.

If you don't have a heavy duty juicer, the filling can be made in a strong blender such as the Vita Mix or the K-tec HP3. Or a chunkier version can be made in a food processor. I don't peel the apples but sometimes a few bits are apparent so if your relatives would find that objectionable, peel them.

* * *

Basic Almond Date Crust

This crust is a variation on a theme as its ingredients can be increased or decreased according to needs, also sunflower seeds can be added to it, or raisins in place of some or all of the dates. As long as you have a crust that will hold together as a knife slices through it and doesn't become soggy from the filling it holds, you have succeeded.

1-3/4 cup almonds, soaked 8-12 hours
 1-1/2 cup date pieces or chopped dates (see note)
 1 Tbsp water
 1/2 teaspoon vanilla (optional)
 Dash of cinnamon (optional)

Soak almonds 8-12 hours.

After soaking, put nuts briefly (30 minutes) in the sun or dehydrator (30-60 minutes) to dry off, or dry them off with a towel.

In a food processor, process nuts until evenly ground.

Add dates and process until finely ground.

Add water, vanilla, and cinnamon while processing.

The crust must appear slightly damp and be holding together, a small amount of additional water may be necessary to achieve this effect. Immediately press into pie plate. (At this point you could dehydrate if for awhile but this step is not necessary.)

Note:

Date pieces can be found at some health food stores, they are less expensive than whole dates. If you are unable to find them, measure 1 1/2 cups of roughly chopped dates.

Filling

10-12 apples (peeled, and cored), cut in chunks
 2 cups dates, pitted (medjool are the best)
 1 cup raisins
 2 teaspoons cinnamon
 2 Tbsp psyllium husk powder

Put apples, dates and raisins through a Champion or a Green Star juicer, using a blank screen. This should yield at least 6 cups of applesauce mixture; if it doesn't, add more apples and put through the juicer again.

For smoothest results, then place the mixture in a food processor and process until very smooth.

Add cinnamon, process until mixed in.

Gradually sprinkle in psyllium, process until mixed in thoroughly.

Immediately pour into pie shell.

Cover and refrigerate.

Note:

You need the psyllium to cause the mixture to thicken so it will hold up and can be sliced.

Without it, it's not recommended that you make a pie, make individual "tartlets" instead.

Ground psyllium seed husks in a recipe will NOT act the same as it does in cleansing products, here is it just a thickener.

If you do not own a heavy duty juicer, you can get similar results with a heavy duty blender such as a Vita Mix or a K-Tec HP3.

* * *

Apple Cobbler in the Crock

Adapted through creative experimentation

4 medium tart apples
 1/2 cup agave nectar
 1 grated rind and juice of 1 lemon
 1 dash cinnamon
 5 Tbsp vegan butter
 3/4 cup natural cereal with nuts and fruits
 Oil to grease pot

Grease side of your crock pot lightly with oil. Core, peel, and slice apples; place in crock. Add sugar, lemon rind, lemon juice, and cinnamon. Combine vegan butter and cereal. Add to crock; mix thoroughly. Cover. Cook on Low for 6 to 8 hours or High for 2 to 3 hours. Serve with vanilla soy ice cream or whipped topping, if desired.

* * *

Chocolate Cake

From <http://www.ochef.com>

1-1/2 cups flour
 1/3 cup cocoa powder
 1 tsp baking soda
 1/2 tsp salt
 1 cup sugar
 1/2 cup vegetable oil
 1 cup cold water (or ice coffee)
 2 tsp vanilla extract
 2 tsp vinegar

Preheat oven to 375°F (190°C).

Use a small brownie-size pan (no greasing required). Mix all the dry ingredients right in pan.

Mix all the wet ingredients in separate bowl except the vinegar (important!).

Add wet ingredients to dry and stir until all dry ingredients are mixed.

Add the vinegar quickly and stir in—immediately put the pan in the oven and bake for 25 to 30 min.

Cool thoroughly.

Optional: After you add the vinegar, you can put some frozen cherries, raspberries, or cranberries on top of the batter (or you can mix them in beforehand)

* * *



GOOD RECIPES ON THE INTERNET AND IN BOOKS

<http://www.ayurbalance.com>
<http://www.care2.com>
<http://www.cdkitchen.com/>
<http://www.chetday.com>
<http://www.drbenkim.com/>
<http://www.epicurious.com>
<http://www.goneraw.com>
<http://www.hacres.com/>
<http://www.hi.baidu.com/hyuansky/blog> (Recipes in Chinese)
<http://www.homespalady.com>
<http://www.liveawesome.com/>
<http://www.lmihealth.com>
<http://www.ochef.com>
<http://www.rawbc.org>
<http://www.rawgourmet.com>
<http://www.renegadehealth.com>
<http://www.shazzie.com>
http://www.tastyandmeatless.com/vegetarian_cooking.htm
<http://www.thekitchenwitch.ca/>
<http://www.therawfoodcoach.com/>
<http://www.veganfusion.com>

Ani's Raw Food Kitchen
Green Cuisine, by Andy Cunningham
Green for Life, by Victoria Boutenko
Horn of the Moon Cookbook,
 by Ginny Callan
Peaches and Other Juicy Fruits,
 by Olwen Woodier (Storey Books, 2004)
Raw Food Made Easy for 1 or 2 People,
 by Jenny Cornbleet

Recipes for Life from God's Garden,
 by Rhonda J. Malkmus
The Bean Harvest Cookbook,
 by Ashley Miller (Taunton Press, 1999)
The Canadian Living Test Kitchen
The Sustainable Kitchen, by Stu Stein
Vegan Fusion World Cuisine
Witch in the Kitchen, by Cait Johnson
Your Guide to Vegetarian Food,
 by Jolinda Hackett

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Our only mission is to introduce you to a no-killing diet which will save our planet because the meat producing industries are the number #1 contributors to the greenhouse gas effect which is destroying our planet. We are asking for your compassion and love to our precious environment and animals. We are just sharing facts from our own research with you on which you can expand.