

Regina Insight Meditation Community Cookbook



A Community Collection



This cookbook is offered freely to all.

Copyright for all photographs and drawings remains with the original artists.

Produced by and for the Regina Insight Meditation Community in 2019.

RIMC teachers are: Sharda Rogell (guiding teacher), Dana Anjali, Howard Cohn, and Chris Gilboy

<https://www.reginainsight.ca/>

Cover photograph: Dana Anjali

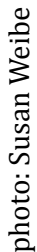
This food is the gift of the whole universe,
the earth, the sky, and much hard work.

May we receive it gratefully and eat in mindfulness.

May we transform our unskillful states of mind, and learn to eat in moderation.

May we take only foods that nourish us and prevent illness.

We accept this food in order to realize the path of understanding and love.





Welcome

From the earliest RIMC meditation retreats, supporting retreatants with good vegetarian food has been a labour of love for organizers. Anyone who has been on retreat knows that meals can be a greatly-anticipated break in the schedule of sitting and walking meditations, offer a welcome source of sense pleasure, and are a wonderful occasion to mindfully share a meal in the silent companionship of others. So in many ways, the kitchen is near the heart of a retreat, in the same way it can be at home.

During many years of retreats at Wood Acres, Dorothy and Verna were our steadfast cooks. Community member and professional cook Valerie Crowther stepped into the kitchen after Dorothy and Verna's retirement. She was followed by John Kroczyński, Saskatoon chef and dedicated practitioner, who generously began to cook for us and transformed the Wood Acres kitchen - with all its idiosyncrasies and wacky ways (like machetes for kitchen knives) - into a joyful source of some of the most amazing food we'd ever eaten. On one retreat, I had a chance to work as John's sous-chef and loved being a part of the preparation of meals that were so much enjoyed and appreciated by retreatants. The following year, in 2018, I undertook the head cook job and with lots of help from John, Dana, and friends, we nourished retreatants in what would be the last of many retreats at Wood Acres.

Through all the years and all the cooks, sharing recipes with retreatants has been part of kitchen life. Similarly at the sangha potluck meals held twice each year, trading recipes for the tasty and eclectic dishes on offer was always part of the event. This collection is in part a sharing of retreat recipes and in part a gathering of favourites from our community members. It includes many gluten-free, and vegan options. While we don't acknowledge the source of each recipe – often because we no longer remember where they originated – we do include a listing of cookbooks and websites that we've found useful and can recommend as reliable sources of inspiration for great food.

May these recipes offer inspiration for food that nourishes you in body and soul.

Brenda Robertson



photo: Cherie Westmoreland

Acknowledgements

As with preparing and enjoying good food, putting together a collection of tried and true vegetarian recipes was improved by having the good company and generous assistance of many people. Deep appreciation and much metta to the following people:

Cookbook Collaborators:

Brenda Robertson

Lorna Tyler

Art Contributors:

Drawings: Mike Knoblauch

Photographs: Cherie Westmoreland, Dana Angali, Susan Wiebe

Graphic Design: Jen Loewen

Recipe Contributors: Amber Klatt, Amy Popick, Andrea Grzesina , Betty Ann Donison, Bev Zizzy, Brenda Robertson, Brian Brunskill, Cherie Westmoreland, Deb Froh, Diane Mullan, Dolores Fehr, Faith Savarese, Gladys Behnson, Janet Stooddy, John Krocinski, Joseph Vermeulen, June Horsman , Lin Liu, Lorna Tyler, Maureen McKenzie, Natasha Geber, Norm Sawchyn, Pat Cavanaugh, Sandra Brandt, Sandi Nixon, Sharda Rogell, Shekinah Retreat Centre, Susan Wiebe, Valerie Crowther, Virginia Tomczak.

A final thank-you to Dana Anjali and Chris Gilboy for their loving and ongoing support of this project and, in fact, for all of the RIMC activities and offerings.

photo: Cherie Westmoreland



From our Teachers

We are delighted that the RIMC Cookbook is now available for anyone who wishes to explore and use the many delicious recipes that members of our sangha have contributed. We are deeply grateful to Brenda and Lorna for their vision of compiling this cookbook to celebrate the 25th year of RIMC's offering residential meditation retreats here in Saskatchewan. They have dedicated countless hours of dedicated work to create this wonderful support for us to eat healthily and happily. Thank you to everyone who contributed their favourite recipes!

From our first residential retreat at Camp McKay on Round Lake in 1994, sharing food in Noble Silence has been an essential thread of our meditation practice. For that five-day retreat we hired a vegetarian cook and brought in all the food we needed. What an adventure that was! The following two years at Camp O'Neil, Cherie Westmoreland, Rainie Evans, Jill Forrester and Dana lovingly prepared all our meals. More recently, at our retreats at Wood Acres in Moose Jaw, when Dorothy needed to step away from the kitchen, Val Crowther, John Krozcynski and Brenda Robertson each generously and skillfully cooked our meals. There has been so much good will and kindness over these years, and delicious, nutritious vegetarian food prepared with love has been a constant.

We hope this beautiful offering of the RIMC recipe book provides a lasting and inspiring support for our taking care of ourselves and others happily.

With deep gratitude,
Dana, Chris, Sharda, and Howie

photo: Cherie Westmoreland





Breakfast and Brunch
Dips, Condiments, and Snacks
Salads and Dressings
Soups
Main Courses
Vegetable Dishes
Sweets and Treats
Resources

Breakfast and Brunch

Scottish Oat Cakes

Shekinah Retreat Centre's Baked Oatmeal

Gluten-Free Pancakes

Spinach and Feta Crust-less Quiche

Spelt Pancakes

Retreat Granola

Eggers

Tofu Breakfast Scramble

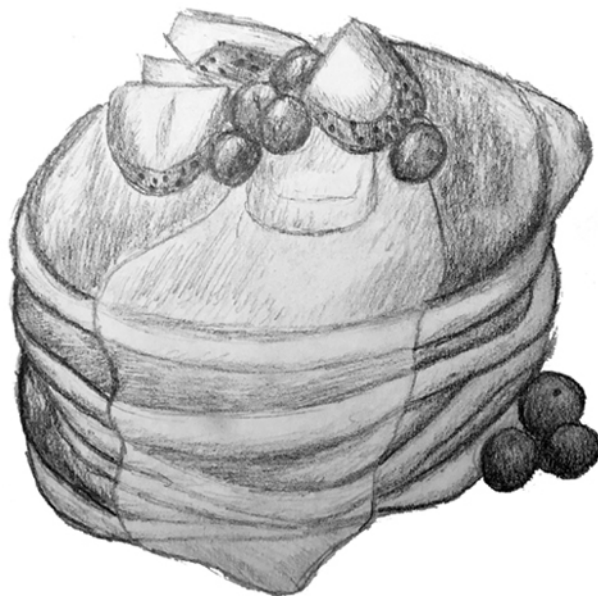
Chai-Poached Dried Fruit

Crustless Quiche with Summer Veggies

Herb and Cheese Biscuits

Morning Glory Muffins

Cranberry Citrus Muffins



Scottish Oat Cakes

Makes about 15 biscuits

3 cups oatmeal	1½ cups flour (any type)
2 Tbsp sugar	1½ tsp baking soda
3 tsp baking powder	1½ tsp salt
1 cup butter	¼ cup water

Preheat oven to 375F.

Combine all dry ingredients and mix well. With a pastry blender, cut in butter until mixture resembles small peas. Stir in water and gently knead together. Roll or pat out the dough on a lightly-floured surface to about ½ inch thick. Using a cookie cutter or glass of about 3 inches in diameter, cut out biscuits. Place on an ungreased cookie sheet and bake for 25 minutes or until browned and slightly crisp. Remove from the oven and dry on a rack.

Shekinah Retreat Centre's Baked Oatmeal

Serves 6-8

3 eggs	1 cup sugar
1 Tbsp baking powder	⅔ cup vegetable oil
1½ cups milk	1½ tsp salt
4½ cups oat	

Beat together eggs, sugar, oil, and milk then add dry ingredients and mix well. Pour into a buttered 9" x 11" pan. Bake at 350 F for 30 to 35 minutes until firm.

Gluten-Free Pancakes

Serves 2

½ cup almond butter

2 eggs

½ tsp cinnamon

½ cup applesauce

½ tsp baking soda

½ tsp vanilla

Beat ingredients together until well blended. Line baking sheets with parchment paper. Using a 1/4 cup measure, scoop batter onto baking sheets, leaving space for pancakes to spread. Bake at 350 for 10 to 15 minutes.

Spinach and Feta Crust-less Quiche

Serves 6

1 medium onion, diced

3-4 large eggs

½ tsp baking powder

1½ cups 1% milk

2 tsp oil or butter for pan

6 ounces fresh baby spinach

⅓ cup all purpose flour

Dash or two of hot sauce

½ - ¾ cup feta cheese

Preheat oven to 400 F. Lightly grease a 10 inch pan or pie plate and set aside.

In a medium skillet, heat a little oil or butter on medium heat and sauté the diced onion until tender. Add in fresh spinach and cook until just wilted. Set aside to cool. In a large mixing bowl, whisk together the eggs, flour, baking powder and hot sauce (Tabasco or Sirachia). Whisk in milk and add spinach onion mixture. Pour mixture into prepared pan. Top with feta cheese and bake for 25 minutes or until centre is set and the outside edge is golden. Let set for 5 minutes, then slice and serve.

Spelt Pancakes

Serves about 6

2 cups whole spelt flour
1 Tbsp baking powder
2 Tbsp butter, melted
2 tsp vanilla (optional)

2 Tbsp sugar
 $\frac{3}{4}$ tsp salt
1 $\frac{3}{4}$ cups milk or buttermilk

In a medium bowl, mix dry ingredients. In a separate bowl, combine the milk, butter, and optional vanilla. Form a well in the centre of the dry ingredients, and pour the liquid in. Mix just until the dry ingredients are thoroughly moistened. Let the batter sit for 15 minutes before use to thicken.

Heat a lightly-oiled non-stick griddle or a heavy skillet. When hot, wipe away any excess oil and spoon the batter onto the hot surface using a $\frac{1}{4}$ cup measure. Cook pancakes until bubbles begin to form around the edges, about 2 or 3 minutes. Adjust the heat so the pancakes cook through without scorching the surface, or being too pale.

As they are just beginning to set, flip the pancakes and cook on the other side, about 1 minute more, until they're golden brown on both sides.

Retreat Granola

Makes about 12 cups

1 cup virgin coconut oil	1 cup honey
1 Tbsp vanilla extract	2 tsp unrefined salt
2 tsp cinnamon	8 cups rolled oats
1 cup shredded coconut	1 cup sesame seeds
1 cup sunflower seeds	1 cup wheat germ
½ cup (or more) raisins or dried fruit of your choice	

Preheat oven to 350F degrees.

In a large saucepan, combine coconut oil, honey, vanilla, salt, and cinnamon and warm on low heat until melted.

Add in the oats (either slow or quick-cooking, depending how chewy you want the granola), coconut, sesame seeds, sunflower seeds. Omit the wheat germ for gluten-free.

Divide the mixture between two large baking sheets or roasting pans. Roast in oven, checking after about 8 minutes, and every 5 minutes after that for browning, stirring as needed to brown evenly.

Try to get it to a nice even golden brown all over. When done, remove from oven and sprinkle with raisins. For chunky granola, let it cool before stirring or removing from pan.

Eggers

Serves 2

Easy to double, triple, quadruple..... just adjust the cooking time.

- 2 large eggs
- 1 Tbsp milk
- 1 ripe avocado
- 2 English muffins
- 2 to 4 Tbsp grated cheese

Lightly spray 2 medium-sized ramekins with non-stick spray. Mash avocado in a small bowl, cover, and set aside.

Beat together eggs and milk until light and fluffy and pour half the mixture into each ramekin. Top with grated cheese.

Place ramekins into the conventional or microwave oven and cook on High for 4-6 minutes. The time will vary with your microwave, so you'll need to experiment to find the optimal amount.

Meanwhile, toast the English muffins and spread with the mashed avocado. Remove the cooked eggs from the microwave. Gently loosen the egg mixture and slide each one onto half an English muffin. Top with the other half of the muffin et voila!, the perfect breakfast. Serve with fresh fruit, juice, or whatever your imagination concocts in that moment!

Tofu Breakfast Scramble

Serves 2

2 Tbsp olive oil	½ cup cremini mushroom
½ cup white onion	½ cup yellow bell pepper
2 Tbsp Nutritional Yeast	8 ounces extra firm tofu, grated
1 tsp minced garlic (optional)	

Sauce

1 tsp soy sauce	½ tsp garlic powder
¼ tsp chilli powder	½ tsp smoked paprika
2 ounces of water to thin sauce	1 tsp black salt (Kala Namak)
½ tsp toasted ground cumin seeds	

This dish imitates scrambled eggs by transforming tofu to a light and fluffy texture. The addition of Kala Namak to the recipe gives the extra egg flavour. Although called “Black salt” Kala Namak is not black but has an intense egg flavour and can be ordered online through Amazon).

Dice the mushrooms, pepper, and onion. Rinse the onion for a milder taste. Drain the tofu and press it gently to remove moisture. Shred with a cheese grater and set aside. Mix the sauce ingredients together in a bowl and set aside. Heat the olive oil in a fry pan over medium heat. Add the onion and saute until it turns golden. Add the diced mushroom and pepper. If using, add the minced garlic at this stage and saute for a minute or two. Stir in the nutritional yeast and add the grated tofu, stirring gently.

Stir in the sauce a little at a time and mix well. Add in a bit of your favourite hot sauce if you wish or a squeeze of lemon or lime juice. Serve with potato hash browns or use this as a filling on warmed tortillas for breakfast tacos.

Chai-Poached Dried Fruit

Serves 4

- 8 whole cardamom pods
- 1 cinnamon stick
- ¼ tsp grated nutmeg
- 4 cups water
- 1 black tea bag
- ¼ cup honey (optional)
- ½ cup each of dried prunes, apricots, light figs and dark figs
(or any combination thereof)
- 1 fresh ginger root, about 1 inch long, peeled and sliced

Place spices in large sauce pan with water and bring to a boil. Cover and simmer about 5 minutes. Remove cover and add tea bag and honey. Steep about 4 minutes and then discard tea bag. Add dried fruit and bring to a boil. Reduce heat to low and cover and simmer about 10 minutes, until the fruits have plumped up and are tender. Remove to a serving dish and ladle a bit of the chai over the fruit before serving.

Crustless Quiche with Summer Veggies

Makes 12 mini quiches

4 eggs (plus one egg yolk for a firmer result)
1 cup milk (regular or almond milk)
1 cup cheese (your choice of variety)
½ cup chopped spinach
½ cup diced squash (or zucchini, butternut, etc.)
2 green onions, chopped (separate the whites and greens)
1 tsp olive oil
salt and pepper, to taste

Preheat oven to 350 degrees. Butter or oil the muffin tins.

Meanwhile, heat olive oil in a medium-sized skillet over medium-low heat. Add the chopped whites of the green onions and sauté for one minute. Add the diced squash and cook for 3-4 minutes, or until just beginning to soften. Add the spinach, cook until just wilted, and set aside.

In a large bowl, lightly beat eggs and extra egg yolk. Add the milk and cheese and sprinkle with salt and pepper. Stir until thoroughly combined.

Pour the egg mixture into muffin tins, filling each about ½ to ¾ full. Add about a teaspoon's worth of sautéed vegetable mixture to each cup in the tin. Finish off with a sprinkling of sliced green onions over the top.

Place the muffin tin in a pan with a couple of inches of water to ensure the eggs cook evenly and don't burn. Place in the oven and bake for 30 to 35 minutes. The muffins are done when they firm. Test for doneness with a toothpick in the middle.

Herb and Cheese Biscuits

Makes 16-18

1¾ cup flour
¼ tsp baking soda
3 Tbsp butter
1 egg white, beaten

1½ tsp baking powder
1 Tbsp chopped fresh rosemary
½ cup shredded cheese
¾ cup yogurt or buttermilk

Preheat oven to 450F. Lightly spray 2 cookie sheets with non-stick coating, or line with parchment paper.

In a bowl, mix together flour, baking powder, baking soda and rosemary. Cut in butter with a pastry blender until the mixture resembles coarse crumbs. Add the cheese and stir to mix.

Make a well in the centre of the flour mix and add the yogurt or buttermilk. Stir until the mixture forms soft, sticky dough. Drop tablespoons of dough onto the prepared cookie sheets to make 16 to 18 biscuits. Brush with the beaten egg white and place in the oven, on the middle racks.

Bake until puffy and slightly browned, about 10-12 minutes.

Variations: Mozzarella, cheddar or Monterey Jack cheeses all work well as do different herbs like fresh basil, chives and thyme.

Morning Glory Muffins

Makes 18-24 muffins

There are many versions of this muffin but this one is the best of the lot, from 1978.

2¼ cups flour
1 Tbsp cinnamon
1¼ cups sugar
½ tsp salt
2 tsp baking soda
8 ounces crushed pineapple
2 cups grated carrot (2 large carrots)
1 large apple, grated
¾ cup raisins
½ cup coconut
½ cup coarse nuts
3 large eggs
1 cup oil
1 tsp vanilla

Preheat oven to 350 degrees. In a large bowl combine the flour, sugar, cinnamon, baking soda, and salt.

In a separate bowl, mix pineapple, carrots, apple, raisins, coconut, and nuts. Add this to the flour mixture.

Also in a separate bowl, beat the eggs and then add the oil and vanilla. Add this mixture to the flour-nut mix.

Fill lined muffin tins and bake for 20 - 25 minutes. These are very moist and flavourful and keep well, fresh or frozen.

Cranberry Citrus Muffins

Makes 12 large or 15 small muffins

2 cups fresh or frozen cranberries	2 cups whole wheat flour
1 tsp baking powder	½ tsp baking soda
½ tsp salt	⅓ cup olive oil
¾ cup honey or maple syrup	2 eggs (room temperature)
2 tsp vanilla extract	1 cup plain yogurt
1 tsp orange or lemon zest	
1 Tbsp raw sugar for sprinkling on top	

Preheat oven to 400F. Prepare muffin tins by either oiling them or lining with paper cups.

Process cranberries in food processor for about 5 seconds, or until they are broken into small bits but not pureed. Set aside. In a large mixing bowl stir together flour, baking powder, baking soda and salt and then set that aside.

In another bowl, whisk together oil and honey or maple syrup. Whisk in eggs, then add the vanilla, orange or lemon zest, and yogurt. (Greek makes a richer muffin, but regular is also fine).

Make a well in the dry ingredients and pour in wet ingredients. Mix just until combined and then gently fold the cranberry pieces into the batter.

Divide batter evenly into muffin cups and sprinkle tops with the raw sugar. Bake for 15-18 minutes, until the tops are golden and an inserted toothpick comes out clean.

Place on rack to cool. Store, covered at room temperature for 2-3 days or in the refrigerator for up to a week. They keep well in the freezer for up to 3 months.

This recipe can also be made as a cake: Bake in a bundt pan 40-45 minutes at 350F.

Dips, Condiments, and Snacks

Sikil P'aak (Mayan Ground Pumpkinseed Dip)

Feta Walnut Dip

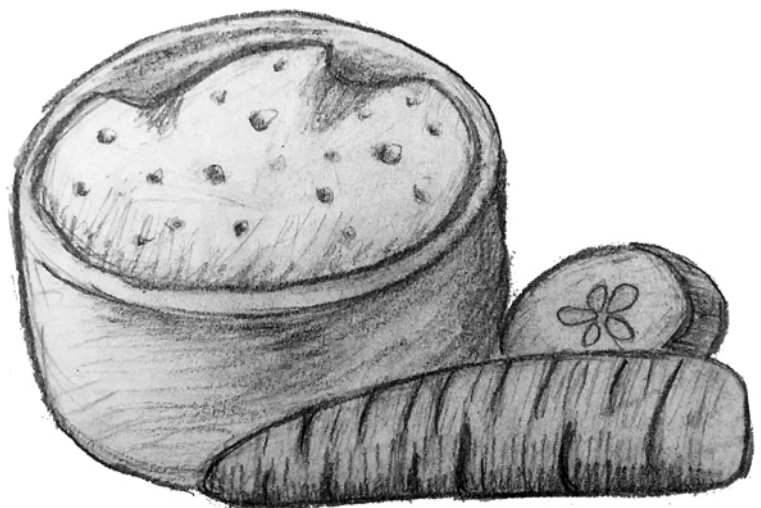
Duqqa (Middle-Eastern Spice Mix)

White Bean and Roasted Sweet Potato Dip

Fresh Corn and Zucchini Cakes

Marinated Mushrooms

Spicy Nuts with Cranberries



Sikil P'aak (Mayan Ground Pumpkinseed Dip)

Makes about 3 cups

2 whole medium tomatoes	1 medium white onion
1 habanera or hot pepper (optional)	2 Tbsp of pureed roasted garlic
½ Tbsp of sea salt or to taste	1 cup ground roasted pumpkin seed
1 cup ground roasted cashew	¼ cup green onion chopped
1 heaping Tbsp chopped cilantro	
¾ cup sour orange juice (or ¼ cup orange juice, ¼ cup lime juice, ¼ cup lemon juice)	

Roast tomatoes, onion, and pepper in 400 degree F oven until charred. Place in fridge to cool.

Combine the roasted pumpkin seed, cashew, green onion and cilantro in a large bowl and set aside.

In a blender or food processor, puree the garlic, sour orange juice, salt and the roasted tomato onion mix until liquefied. Pour liquid ingredients into the pumpkin seed mix and mix thoroughly.

Store in fridge and allow one hour to thicken before serving. Enjoy with corn chips or tostadas or use as a vegetable dip.

Feta Walnut Dip

Makes about 2 cups

1 cup chopped walnuts	$\frac{3}{4}$ cup fresh parsley
1 cup crumbled feta cheese	$\frac{1}{2}$ cup water
1 small clove garlic	1 tsp paprika
Cayenne pepper, to taste	splash of olive oil
$\frac{1}{2}$ tsp fresh or a pinch of dried oregano	

Place the walnuts and parsley in a blender or food processor and blend with a few quick pulses. When the nuts are ground, add water, feta cheese, garlic, paprika and cayenne, blending until smooth.

Transfer to a small serving bowl, cover tightly, and chill. Just before serving drizzle the top with the olive oil and garnish with oregano. Delicious with your choice of crackers, pita slices, or vegetables.

Duqqa (Middle-Eastern Spice Mix)

Makes 3 cups

This wonderful gluten-free and vegan condiment can be served as an accompaniment to any dish that would benefit from the pizzaz it offers.

1 cup toasted cashews	1 cup toasted pistachios
1 cup toasted sesame seeds	2 Tbsp dried chilli flakes
1 Tbsp dried basil	$\frac{1}{2}$ tsp salt
3 tsp toasted cumin seeds, ground	
1 tsp black pepper, ground	
3 Tbsp toasted coriander seeds, ground	

Coarsely grind the cashews and pistachios in a food processor. Mix all ingredients together in a bowl and serve.

White Bean and Roasted Sweet Potato Dip

Makes about 3 cups

2 cups diced sweet potatoes	2 Tbsp olive oil, divided
2 large cloves garlic	3 Tbsp sesame tahini
3 Tbsp lemon juice	1 tsp maple syrup
½ tsp ground cumin	½ tsp salt
¼ tsp black pepper	⅛ tsp cayenne pepper
1-19 ounce can white kidney beans	

Preheat oven to 425 F.

In a small bowl, combine peeled and diced sweet potatoes, garlic, and 1 Tbsp of olive oil. Mix well and transfer to a small baking sheet. Roast uncovered for about 20 minutes until potatoes are tender, stirring occasionally to ensure even roasting. Remove from oven and let cool slightly.

Add the roasted sweet potatoes, garlic, 1 Tbsp of olive oil, and all other ingredients to a blender or food processor. Pulse until mixture is smooth. Add a bit of water if necessary to achieve desired consistency. Chill an hour or so before serving to let the flavours develop.

Serve as a dip with vegetables, crackers, or breads.

Fresh Corn and Zucchini Cakes

Serves 4 (makes about 12 appy-sized cakes)

1 cup corn	3 green onions, chopped
1 egg	¼ cup flour
½ cup grated zucchini	2 Tbsp cornmeal
2 Tbsp fresh cilantro	1 tsp sugar
½ tsp hot pepper sauce	1 tsp salt
¼ tsp black pepper	2 Tbsp vegetable oil

In a food processor, combine ½ cup of corn with green onions, egg, flour, cornmeal, cilantro, sugar, hot pepper sauce, salt, and pepper. Pulse until blended.

Transfer to a large bowl and add the remaining ½ cup of corn and the grated zucchini. Cover and refrigerate about ½ hour or until mixture has thickened slightly.

Heat oil in a large skillet over medium heat. Working in batches, drop batter by scant 1/4-cup measures into skillet. Cook, turning once, until browned and cooked through.

Press the cakes down gently to ensure even cooking and lower heat if the cakes begin to brown too deeply. Transfer the cakes to a platter lined with paper towels and keep warm. Add more oil between batches if necessary.

Marinated Mushrooms

Makes about 3 cups

½ cup onion, sliced thin	¼ tsp pepper
zest of 1 lemon	2 Tbsp lemon juice
¼ tsp salt	3 Tbsp olive oil
¾ cup water	¼ tsp coriander seeds
⅛ tsp mustard seed	⅛ tsp cardamom
1 Tbsp minced parsley	¼ tsp thyme
3 cups (about ½ lb) of fresh mushrooms, quartered	

In a large skillet, heat olive oil over medium heat. Add onion and lemon zest and sauté until translucent. Add remaining ingredients except for mushrooms and simmer for 5 minutes.

Add mushrooms, toss to blend, cover, and boil for 3 minutes. Strain the mushrooms and boil down the strained liquid until it thickens a bit. Return the mushrooms to the liquid and refrigerate.

Serve cold or at room temperature with crackers or toast.

Spicy Nuts with Cranberries

Makes about 12 snack-sized servings

2 cups raw almonds	$\frac{3}{4}$ tsp salt
1 cup raw walnuts	$\frac{1}{2}$ tsp cayenne pepper
1 cup dried cranberries	1 tsp ground coriander
2 tsp brown sugar	1 large egg white
1 Tbsp chopped fresh rosemary	

Preheat oven to 300 F (150 C). Spread nuts on baking sheet and roast for 15 minutes, or until golden. Allow to cool.

In a small bowl, stir together rosemary (fresh is highly recommended; use dried if fresh isn't available), brown sugar, coriander, salt and cayenne. Set aside.

Lightly beat egg white and stir in cooled nuts. Sprinkle with rosemary mixture. Toss to coat evenly. Spread mixture in a single layer on a baking sheet lined with parchment paper. Roast 15-20 minutes, or until golden. Transfer nuts to bowl and stir in cranberries. Allow to cool.

Salads and Dressings

Chilli Lime Vinaigrette

Hollyhock Salad Dressing

Balsamic Vinaigrette

Lemon Dill Vinaigrette

Basil, Honey, and Lime Dressing

Curried Israeli Couscous Salad

Caribe Coleslaw

Three Bean Salad

Saigon Salad

Cranberry Pecan Quinoa Salad

Roasted Corn, Black Bean, and Mango Salad

Quinoa, Chickpea, and Roasted Yam Salad

Tuscan Beans with Sage

Summertime Bean Salad

Savoury Chickpeas with Dressing

Tangy Root Vegetable Salad

Roasted Chickpea and Carrot Salad



Chilli Lime Vinaigrette

Makes 2 cups

1 cup lime juice	1 cup vegetable oil
¼ cup white onion, minced	¼ cup sugar
1 Tbsp chilli powder	1 tsp ground pepper
¾ tsp roasted garlic puree	½ tsp salt

Mix the onion, garlic, chilli powder, pepper, salt and sugar thoroughly in food processor. Slowly drizzle in the lime juice and then the vegetable oil in order to emulsify the dressing. Shake well before use.

Hollyhock Salad Dressing

Makes about 3 cups

⅓ cup water	⅓ cup tamari sauce
1 cup nutritional yeast	1 cup olive oil
2 cloves garlic (optional)	
⅓ cup balsamic or cider vinegar	

Combine all ingredients in a blender and blend until smooth. Shake well before use.

Balsamic Vinaigrette

Makes 1 cup

3 cloves garlic, minced	$\frac{1}{4}$ cup balsamic vinegar
1 Tbsp red wine vinegar	1 $\frac{1}{2}$ tsp honey
1 $\frac{1}{2}$ tsp Dijon mustard	$\frac{1}{2}$ tsp salt
$\frac{1}{4}$ tsp cracked pepper	$\frac{3}{4}$ cup olive oil

Combine all ingredients in a large bowl and then slowly drizzle in the oil, whisking all the while. Adjust seasoning to taste.

Lemon Dill Vinaigrette

Makes about $\frac{3}{4}$ cup

juice of $\frac{1}{2}$ lemon	zest of $\frac{1}{2}$ lemon, minced
2 Tbsp apple cider vinegar	1 garlic clove, minced
1 tsp Dijon mustard	2 Tbsp minced fresh dill
$\frac{1}{4}$ tsp cracked pepper	$\frac{1}{2}$ cup oil

Combine lemon zest, juice, vinegar, garlic, and mustard and whisk to blend. While whisking, slowly drizzle in the oil. Add dill and season to taste with salt and pepper.

Basil, Honey, and Lime Dressing

Makes 2 Cups

1½ cups fresh basil

1 tsp garlic, minced

4 Tbsp honey

1 cup olive oil

2 limes

½ cup apple cider vinegar

¼ tsp salt

Remove any large stems from basil and roughly chop.

Using a grater or citrus zester, remove the zest from both limes, being careful to take only the green parts. Then juice both limes.

Put the juice and zest of the limes and the chopped basil into a blender or food processor. Add the garlic, apple cider vinegar, honey and salt and blend at a low speed until the ingredients are combined. With the processor still on, slowly stream in the olive oil until everything has come together. Shake well before using. Store in the fridge for up to 2 weeks.

Curried Israeli Couscous Salad

Serves 6

Dressing

2 Tbsp madras curry paste	1 clove garlic, minced
$\frac{1}{4}$ cup fresh lime juice	2 Tbsp honey
$\frac{1}{3}$ cup olive oil	

Salad

$\frac{3}{4}$ cup water	$\frac{1}{2}$ cup Israeli couscous
3 cups cauliflower florets	3 Tbsp oil for brushing
$\frac{1}{2}$ cup dried apricots, diced	2 cups baby spinach, chopped
$\frac{1}{4}$ cup fresh parsley, finely chopped	
sea salt to taste	
2 small Italian eggplant, cut into half-inch slices	
250 grams halloumi cheese, cut into 6 slices	
1-19 ounce can of chickpeas, rinsed and drained	

Combine dressing ingredients in a small bowl and set aside.

In a medium saucepan, bring $\frac{3}{4}$ cup of water to the boil. Add couscous, bring to a boil again, and lower heat to simmer. Cook, covered, for about 10 minutes or until tender. Remove from heat, and cool. Fluff with a fork and set aside.

Heat a grill or broiler to medium high. Brush cauliflower and eggplant with oil and grill until soft and lightly charred (about 6 to 8 minutes per side). During the last 4 minutes, add the halloumi and grill for about about 2 minutes per side. Set aside to cool.

Coarsely chop the grilled cauliflower, eggplant and cheese and transfer to a large mixing bowl. Add couscous, chickpeas, apricots, spinach, and dressing. Gently toss until well mixed. Mix in parsley and sea salt.

Caribe Coleslaw

Serves 4

1 cup shredded red cabbage	2 cups shredded green cabbage
1½ cups matchstick-cut carrots	¼ cup chopped green onion
3 Tbsp lime juice	2 Tbsp sugar
2 Tbsp chopped cilantro	2 tsp vegetable or coconut oil
1½ tsp grated fresh ginger	⅛ teaspoon red pepper flakes
salt and freshly ground black pepper to taste	

Combine the cabbages, carrots, chopped onions, and cilantro in a large bowl. Whisk together the lime juice, sugar, oil, grated ginger, salt and pepper to taste and red pepper in a small bowl. Toss the salad with the dressing and refrigerate at least 10 minutes before serving.

Three Bean Salad

Serves about 6

2-15 ounce cans of mixed beans	1 lb green beans
¾ cup chopped red onion	1 cup chopped celery
1 tsp fresh rosemary	⅓ cup apple cider vinegar
2-3 Tbsp granulated sugar	3 Tbsp olive oil
1½ tsp salt	¼ tsp black pepper

Rinse and drain beans. Steam green beans and slice on the diagonal. Add both to a large bowl. Finely chop red onion, celery, parsley, and rosemary and add to the bean mixture.

To make the dressing, whisk together the vinegar, sugar, oil, salt, and pepper. Mix well and add to the bean salad, gently tossing until the mixture is well-combined. Serve cold or at room temperature.

Saigon Salad

Serves about 4

Dressing

¼ cup water	3 Tbsp lime juice
3 Tbsp fish sauce	3 Tbsp brown sugar
1 clove garlic, minced	1 tsp minced fresh ginger
½ tsp Sriracha or another chile sauce	

Salad

8 ounces rice noodles	1 cup bean sprouts
1 ½ cups carrots, cut to matchstick-size	2 cups shredded Napa cabbage
2 green onions, thinly sliced	8 ounces grilled shrimp or tofu
3 Tbsp chopped fresh mint	½ cucumber, cut to matchstick-size
3 Tbsp chopped fresh basil	3 Tbsp. chopped cilantro
	½ cup chopped peanuts

Whisk dressing ingredients together in a bowl and set aside.

Bring a large pot of water to a full boil, remove from heat, and soak rice noodles in the hot water for 1 minute. Stir to separate the noodles and continue soaking until the noodles are tender, about 3 minutes more. Drain and rinse with cold water until cooled, draining as much as possible.

Mix noodles, cabbage, carrots, shrimp or tofu, bean sprouts, cucumber slices, green onions, mint, cilantro, and basil together in a large bowl. Drizzle the dressing over the salad and toss to coat. Top with chopped peanuts.

Cranberry Pecan Quinoa Salad

Serves 4

1 cup quinoa	½ cup dried cranberries
⅓ cup coarsely chopped pecans	6 Tbsp fresh orange juice
2 Tbsp olive oil	1 tsp grated orange zest
1 tsp chopped thyme or mint	¼ tsp salt

Cook quinoa according to directions and allow to cool. Add cranberries and pecans and mix gently to combine.

Whisk together the orange juice, orange zest, thyme or mint and salt. Whisk in the oil. Add the dressing to the quinoa mixture and fluff together before serving.

Roasted Corn, Black Bean, and Mango Salad

Serves 4-6

2 tsp vegetable oil	1 clove garlic, minced
1½ cups corn kernels	1 can black beans
½ cup chopped red onion	½ cup diced red pepper
3 Tbsp lime juice	1½ Tbsp cilantro
¼ tsp ground cumin	¼ tsp salt
1 Tbsp chopped chipotle pepper (optional)	
1 large ripe mango, peeled and diced	

Heat the oil in a skillet. Cook the garlic until fragrant (about 30 seconds). Add the corn, and cook until it is browned, stirring occasionally, for about 8 minutes. Transfer the corn to a large bowl. Stir in the remaining ingredients. If possible, allow the flavours to mingle a couple of hours. Serve cold or at room temperature.

Quinoa, Chickpea, and Roasted Yam Salad

Serves 4-6

Dressing

3 Tbsp white balsamic vinegar	1 Tbsp Dijon mustard
1 clove garlic, crushed (optional)	1 tsp honey
½ tsp pepper	¼ cup olive oil

Salad

½ cup uncooked quinoa	1 Tbsp olive oil
1½ cups yams or sweet potatoes	⅛ tsp pepper
1-19 ounce can of chickpeas	2 carrots, grated
½ cup sunflower seeds, toasted	1 red pepper, diced
2 cups spinach, chopped coarsely	½ cup parsley
½ cup feta cheese, crumbled	

Preheat oven to 350 F. Peel yams or sweet potatoes and chop into ½ inch cubes. Toss with olive oil, salt and pepper and spread evenly on a baking sheet. Bake for 20 minutes, or until tender.

Add quinoa and 1 cup cold water to a medium saucepan and bring to a boil. Reduce heat to low, cover, and simmer for 15 minutes. Turn heat off, remove lid and let cool.

In a large bowl, combine rinsed and drained chickpeas with carrots, red pepper, sunflower seeds, spinach, chopped parsley, and feta cheese. Gently mix in cooled quinoa and roasted yam or sweet potatoes.

Whisk all dressing ingredients together and pour over salad. Toss gently until well mixed and serve.

Tuscan Beans with Sage

Serves 2-3

2 tomatoes, chopped
1 clove garlic, minced
1 Tbsp chopped fresh sage
1 Tbsp olive oil
1 Tbsp red wine vinegar
pinch each of salt and pepper
1-19 ounce can of white kidney beans, drained and rinsed

In a large saucepan over medium heat, stir together the tomatoes, sage, and garlic; simmer for about 20 minutes or until liquid has evaporated. Add the beans and cook, stirring, for about 5 minutes or until heated through. Remove from heat.

Whisk together the oil, vinegar, salt and pepper. Add to the beans and gently stir until well-mixed. Serve at room temperature or chilled.

Summertime Bean Salad

Serves 6-8

Dressing

2 Tbsp lime juice
2 Tbsp orange juice
1 Tbsp chopped garlic
1 Tbsp honey

2 Tbsp lemon juice
 $\frac{1}{4}$ cup olive oil
 $\frac{1}{4}$ tsp cayenne pepper
salt and pepper to taste

Salad

2 cans mixed beans
1 cup chopped red pepper
1 Tbsp chopped cilantro
1 cup grated carrot
1 chopped fresh jalapeño pepper, seeded

1 cup chopped green onion
1 cup chopped yellow pepper
1 Tbsp chopped parsley
1 cup corn kernels

Rinse and drain beans and add the chopped herbs and vegetables. Combine the vinaigrette ingredients and mix well. Refrigerate at least 1 hour before serving.

Savoury Chickpeas with Dressing

Serves 2-4

Savoury Dressing

2/3 cup oil (olive, grape seed)	1 Tbsp tamari sauce
1/3 cup balsamic vinegar	1 tsp lemon juice
2 tsp dried dill	1 tsp cumin
2 small cloves garlic, minced	1/4 tsp cayenne
1 tsp Dijon mustard	1 tsp Brewer's yeast
1/2 tsp melted honey (optional)	1/2 tsp salt (to taste)

Salad

2 cups cooked chickpeas	1 tsp oil
1/4 cup red pepper, finely chopped	Savoury salad dressing
A scattering of cilantro and feta cheese to garnish	

For dressing, add dry ingredients and garlic to balsamic vinegar and shake well. Drizzle in the oil and shake again.

For the salad, heat the oil in a small skillet. Sauté red pepper until soft. Add the chickpeas to the pan, heating until warm. Transfer to a bowl and add enough savoury dressing to cover (recipe below). Let the mixture marinate at room temperature for a couple of hours and then refrigerate. Garnish with cilantro and feta or your choice of alternate garnishes.

Tangy Root Vegetable Salad

Serves 8 to 10

Dressing

1/3 cup lemon juice	1/4 cup extra virgin olive oil
1 Tbsp liquid honey	1/2 tsp salt
1 shallot, minced	2 Tbsp capers, minced
1/2 cup cornichons or dill pickles, minced	

Salad

6 cups celery root or jicama	6 cups beets (about 3 large)
4 cups carrots	1/3 cup fresh dill

To make the dressing, whisk together lemon juice, oil, honey, and salt. Stir in cornichons, shallot, and capers. Set aside.

For the salad, peel and julienne the celery root or jicama, beets, and carrots. If you have one, using a mandoline to slice the vegetables speeds up the preparation.

Bring a large saucepan of salted water to the boil and cook celery root, if using, for one minute. Remove with a slotted spoon and plunge into ice water to cool, and then drain. Repeat the process with the beets, cooking for three minutes.

In a large bowl, mix together the vegetables and dill. Pour the dressing over and stir to coat. Cover and refrigerate for at least one hour or for up to two days.

Roasted Chickpea and Carrot Salad

Serves 4-6

Dressing

1 garlic clove, minced

3 Tbsps well-stirred tahini

2 Tbsps olive oil

$\frac{1}{4}$ cup lemon juice

2-3 Tbsps water, as needed

Salt and red pepper flakes, to taste

Salad

1-15-ounce can chickpeas

1 Tbsp olive oil

$\frac{1}{2}$ teaspoon coarse sea salt

$\frac{1}{2}$ tsp ground cumin

$\frac{1}{4}$ tsp ground coriander

$\frac{1}{4}$ tsp ground turmeric

1 lb carrots, peeled and

$\frac{1}{4}$ cup chopped parsley, mint, or a mix of both coarsely grated

$\frac{1}{4}$ cup shelled, salted pistachios, coarsely chopped

To make the dressing, whisk all ingredients together until smooth, adding more water if needed to thin the dressing slightly. Taste and adjust seasoning.

Preheat the oven to 425F. Rinse the chickpeas and pat to dry. In a large bowl, toss the chickpeas with olive oil, salt and spices until well-coated. Spread them on a baking sheet or pan and roast them in the oven 15 to 20 minutes, until browned and crisp, tossing occasionally so they toast evenly. Set aside.

Place the grated carrots in large bowl and toss with parsley. Mix in about $\frac{2}{3}$ of the dressing, adding more if desired. Season with salt and pepper, to taste. Sprinkle with chickpeas and pistachios to serve.

Soups

Armenian Lentil Soup
Borscht
Glowing Lentil Soup
Sweet and Spicy Lentil Soup
Lemony Lentil Soup
Millet Cauliflower Soup
Creamy Carrot or Parsnip Soup
Mulligatawny Soup
Thai Vegetable Soup with Tofu
Creamy Cauliflower Soup
White Bean and Kale Soup
Black Bean Soup



Armenian Lentil Soup

Serves 6

1½ cups brown lentils	½ cup dried apricot
6 cups stock or water	¼ cup oil
1 onion, diced fine	2½ cups eggplant, cubed
¼ cup water	1½ cups diced tomato
1 cup peppers, chopped	½ tsp allspice
½ tsp cayenne	½ tsp cinnamon
1 tsp paprika	1 tsp salt

Rinse lentils. Chop the dried apricots. Combine lentils, apricots, and stock or water in a soup pot and bring to a boil, cooking about 20 minutes, until tender.

Meanwhile, in a large skillet, heat the oil and sauté onion until translucent. Add eggplant, tomato, pepper, and spices, stirring well to mix. Add the ¼ cup of water and cover to cook until the vegetables are tender, about 10 minutes.

Add the vegetable mixture to the lentils and cook another 15 minutes so flavours blend. Add more vegetable stock or water for desired consistency.

Borscht

Serves 8

6 medium beets	1 medium onion
1 medium potato	1 medium apple
2 carrots	2 Tbsp. butter or oil
½ small cabbage	1 tsp dill
¼ cup lemon juice	Salt and pepper to taste
6-8 cups boiling water or stock	sour cream (optional)

Peel veggies and apple and grate coarsely.

Heat oil in large pot; add all veggies except cabbage, and cook, covered, for 1 hour. Stir frequently, scraping pot bottom, adding a little water as necessary.

Add boiling water, cabbage, salt, pepper, dill weed and lemon juice. Cook for 15 minutes longer. Adjust seasonings as necessary. Serve with sour cream, if desired.

Glowing Lentil Soup

Serves about 7

- | | |
|--|-------------------------------|
| 1½ Tbsp olive oil | 2 large garlic cloves, minced |
| 1 large diced onion | 2 tsp ground turmeric |
| 1½ tsp ground cumin | ½ tsp cinnamon |
| ¼ tsp ground cardamom | 3½ cups vegetable broth |
| ½ tsp sea salt, or to taste | black pepper, to taste |
| 1-15 ounce can coconut milk | |
| 1-15 ounce can diced tomatoes | |
| ¾ cup uncooked red lentils, rinsed and drained | |
| 1-5 ounce package spinach, roughly chopped | |
| 2 tsp fresh lime juice, or more to taste | |

In a large pot, heat the oil and sauté the onion and garlic. Add a pinch of salt, stir, and sauté over medium heat for 4 to 5 minutes until the onion softens. Stir in the turmeric, cumin, cinnamon, and cardamom until combined. Continue cooking for about 1 minute, until fragrant.

Add the diced tomatoes (with juices), coconut milk, red lentils, broth, salt, and plenty of pepper. Stir to combine. Increase heat to high and bring to a low boil. Once it boils, reduce the heat to medium-high, and simmer, uncovered, for about 18 to 22 minutes, until the lentils are fluffy and tender.

Turn off the heat and stir in the spinach until wilted. Add the lime juice to taste. Taste and add more salt and pepper, if desired. Ladle into bowls and serve with toasted bread and lime wedges.

Sweet and Spicy Lentil Soup

Serves 6

¼ cup butter or coconut oil
½ coarsely chopped onion
2-3 cloves garlic, minced
1 chopped carrot
2 chopped stalks celery
1 chopped green pepper
1 tsp or more curry powder
3 ounces of tomato paste
2 Tbsp chopped parsley
2 tsp unrefined salt
5 cups broth or water
1 cup coconut milk
1 small turnip or parsnip, grated
1 large Granny Smith apple, chopped
⅔ cup red lentils, rinsed and drained

In a large pot on medium heat, heat the butter or oil.

Add the onion and garlic and sauté until soft. Add the carrot, celery, green pepper, turnip or parsnip, and apple. Sauté a couple of minutes longer, then add all other ingredients. Bring to a boil, turn heat down to medium low, and simmer until lentils and vegetables are tender, about 1 hour, stirring occasionally. Reduce heat and stir in 1 cup coconut milk, heating through.

Lemony Lentil Soup

Serves 8

2 Tbsp grape seed oil	1 large onion, diced
4 cloves garlic, minced	3 carrots, chopped
2 stalks celery, chopped	8 cups stock or water
¼ tsp chilli flakes	1 Tbsp oregano
1 Tbsp thyme or rosemary	2 tsp salt
1 tsp pepper	2 cups red lentils, rinsed
1 lemon, juice and zest	2 Tbsp dill

Heat oil in a large soup pot over medium heat. Sauté the onion and garlic until soft. Add the carrots and celery to the pot and sauté 3 to 5 minutes more and then add the stock, chilli flakes, oregano, thyme/rosemary, salt and pepper.

Add the lentils to the soup and bring to a boil, reduce heat to a simmer, and let cook for 20 to 25 minutes, until the lentils are soft but not mushy. Add lemon juice, lemon zest, and dill and let cook for another 5 minutes.

Millet Cauliflower Soup

Serves 6

- ½ cup dry millet or barley
- 1 cup water
- 2 Tbsp olive oil or butter
- 1 small onion, chopped
- 3 stalks celery, chopped
- 2 garlic cloves, minced
- 1 carrot, finely diced
- 1 bay leaf
- 2 tsp unrefined salt
- 2 Tbsp light coloured miso
- ½ cup nutritional yeast flakes
- 6 cups water
- 1 medium head cauliflower, coarsely chopped
- ½ tsp of mixed dried herbs of your choice
- ¾ cup raw cashews (preferably soaked and rehydrated)

Toast the millet or barley by stirring in a heated dry frying pan until golden brown. Let cool. Soak cooled millet in 1 cup water for 7-12 hours.

In a soup pot, heat the olive oil or butter and sauté the onion, celery, garlic, and carrot. Add 6 cups of water and the soaked and drained millet along with the cauliflower, herbs, and salt. Bring to boil, and simmer until vegetables are tender, about a half hour.

In a blender or food processor, combine and process the cashews, miso, nutritional yeast flakes and water. Add the blended creamy mixture to the soup pot and serve.

Creamy Carrot or Parsnip Soup

Serves 2

- 1 Tbsp butter or coconut oil
- 1 medium potato, peeled and diced
- 2 cups diced carrots (or a mix of carrots & parsnips)
- 1 tsp honey
- ¼ tsp powdered ginger
- 2 to 3 cups water or broth

Optional garnishes:

- ½ tsp grated orange peel
- Dash of nutmeg
- A sprinkle of chopped parsley
- A drizzle of cream just before serving
- 1 tsp unrefined salt

In a soup pot, heat the butter or coconut oil. Add the potato, carrots or combination of carrots and parsnips, unrefined salt, and honey. Cover and simmer over medium heat for 15 minutes.

Add 2-3 cups water or broth, depending how thick you want the soup. Simmer about 15 minutes more, until vegetables are well-cooked. Puree part or all of the soup and finish with your choice of garnishes.

Mulligatawny Soup

Serves 8

2 Tbsp oil	2 large onions, finely diced
4 cloves garlic, minced	3 stalks celery, chopped
3 cups mushrooms, sliced	1 large potato, diced
2 carrots, diced	4 tsp curry powder
¼ tsp cloves	½ tsp ginger
2 tsp cayenne	1 tsp salt
2 tsp pepper	8 cups broth or water
3 cups cooked rice	2 granny smith apples, grated
2 Tbsp lemon juice	1 cup plain yogourt

Peel carrots, potato, and apple.

In a large pot, sauté celery, potato, onion, garlic, carrot and seasonings for five minutes. Add broth and simmer for 20 minutes. Add mushrooms, rice, apple, and lemon juice. Before serving, add yogurt to near boiling (but do not boil). Serve immediately.

Thai Vegetable Soup with Tofu

Serves 15

½ cup dried Shiitake mushrooms	1 Tbsp garlic, minced
1 onion, sliced	3 carrots, sliced
3 bell peppers, any colour	3 zucchini, sliced
1 small head napa cabbage	¼ cup Tamari sauce
2 large cans coconut milk	¼ cup brown sugar
3 Tbsp. Red Thai curry paste	¼ cup lime juice
1 bunch chopped fresh cilantro	7 cups water
2 blocks tofu (optional)	

Optional garnishes:

Sliced scallions, roasted peanuts, fried onions

Soak the shiitake mushrooms in boiling water for 20 to 30 minutes. Once they're soft, remove and discard stems and slice the caps into small strips. Reserve the liquid.

Rinse, drain, and cube the tofu, if using.

In a large pan, sauté the onion in oil for 4-5 minutes over medium heat. Add the carrots, garlic, zucchini, and bell pepper and continue to cook for another 2-3 minutes.

Add the mushrooms and cabbage and continue to cook until the veggies are fork tender, 5-6 minutes.

Add the coconut milk, water, tamari, lime juice, brown sugar, curry paste and tofu. Simmer to blend the flavors. Adjust the seasonings. Stir in cilantro just before serving.

Creamy Cauliflower Soup

Serves 4

- | | |
|---------------------------------|------------------------------|
| 1 Tbsp olive oil | 1 medium onion, diced |
| 3 cloves garlic, minced | 2 stalks celery, chopped |
| 1 cup carrots, diced | 1 head cauliflower, chopped |
| 1 bay leaf | salt and fresh ground pepper |
| 4 cups vegetable stock | 4 Tbsp nutritional yeast |
| 2 sprigs fresh thyme (optional) | |

Heat the olive oil over medium heat in a medium-size pot. Add the onion, garlic, carrots, celery. Cook for 8-10 minutes until softened and fragrant.

Add the cauliflower florets and sauté for 5 minutes. Add the bay leaf, thyme sprigs, salt, pepper and vegetable stock. Cook for 15 minutes or until cauliflower is completely soft.

Remove the bay leaf and thyme, Using an immersion blender (or a regular blender in batches) blend the soup, adding the nutritional yeast. Season to taste. Garnish with thyme and serve hot.

White Bean and Kale Soup

Serves 10

4 Tbsp olive oil	5 celery stalks, chopped
1 large onion, chopped	4 cloves garlic, minced
2 carrots, chopped	1 tsp red pepper flakes
2 bay leaves	1 Tbsp minced rosemary
2 tsp fine grain sea salt	3 medium potatoes, diced
8 cups of water	4 cups cooked white beans
1 bunch kale, chard, or spinach, stems removed and leaves roughly torn or chopped	

Suggested accompaniments:

ancho chile relish	basil oil or pesto
chopped preserved lemon	grated Parmesan cheese
a dab of tapenade	a drizzle of olive oil

In a large pot over medium heat, heat olive oil. Sauté rosemary, celery, garlic, potatoes, carrot, and onion, cooking for 10 minutes, stirring occasionally to avoid browning.

Stir in the red pepper flakes, and simmer for a few minutes. Stir in the kale, chard, or spinach, 3 cups of the beans, and 8 cups water. Bring to a boil, reduce the heat, and simmer until the greens are tender, about 15 minutes.

In the meantime, smash or puree the remaining beans with a generous splash of water until smooth. Stir the beans into the soup. Simmer, stirring occasionally, until the soup thickens, 10 -15 minutes. Stir in the salt, and adjust seasonings to taste.

Black Bean Soup

Serves 15

4 cups black beans (dry)
3 onions, diced
½ bunch Celery stalks, chopped
3 carrots, chopped
1½ Tbsp cumin
2 tsp coriander
6 garlic cloves, minced
3 Tbsp molasses
1 ½ tsp apple cider vinegar
2 tsp salt, or to taste
½ can orange juice concentrate (12 ounce can)
4 medium yams or sweet potatoes, cut into ¼ inch cubes

Garnish:

Cilantro and Sour Cream

Wash and soak beans in water overnight. Drain, and rinse until foam stops. Transfer beans to a pot and add enough water to cover them by about 3 inches. Bring to a boil and then reduce heat and cover, simmering about 30 minutes or until beans are slightly tender.

Add onions, celery, and carrots, and simmer until vegetables are tender, about 10 – 15 minutes. Add yams, cumin, coriander, and garlic, and simmer until yams are barely tender, about 15 minutes. Add molasses, vinegar, and orange juice, and heat at low setting, stirring often. Salt to taste, and adjust spices as needed.

Offer cilantro and sour cream in bowls for garnish.

Main Courses

Lin's Dumplings

**Coconut Cream Peanut Tamarind Sauce for Sweet
Potato Tacos**

Hearty Red Lentil Curry with Eggs

Malay Red Lentil Coconut Curry

Penne al Boccalone

Grilled Greek Kabobs

Easy Pasta Fazool

Wood Acres Chickpea and Cheese Loaf

Tuscan Pesto Beans

Firecracker Grilled Tofu

Deb's Chickpea Stew

Caribbean Rice and Peas

Roasted Veggie Chili

Shiitake Mushroom Cakes

Mushroom Miso Gravy

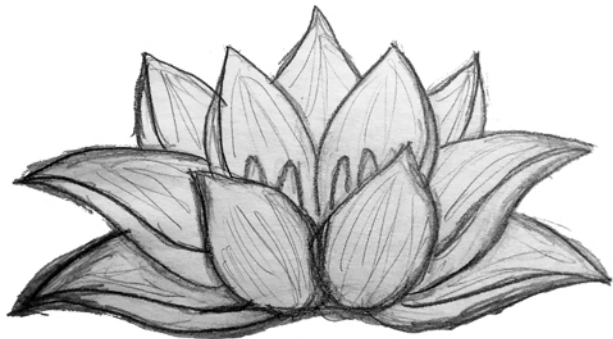
**Butternut Squash and Mushroom Enchiladas
with Tomatillo Sauce**

Stew with Lentil, Eggplant, and Roasted Tomatoes

Moroccan Chickpea Stew

Spicy Grilled Tempeh

Gado Gado Indonesian Salad



Lin's Dumplings

For Dumplings

1 pkg round dumpling wrappers
1 cup water
½ tsp balsamic vinegar
Oil for frying

Filling

2 tsp grated ginger
5 cloves minced garlic
2 Tbsp low sodium soya sauce
2 Tbsp sesame oil
1 bag of coleslaw mix
½ tsp white pepper
1 tsp rice flour
3 sticks dry bean curd (soaked overnight in cool water)
8 dry shiitake mushrooms (soaked overnight in cool water)
1 bunch bean vermicelli thread, soaked for 1-2 hours

Dipping Sauce

2 Tbsp low sodium soy sauce
½ tsp balsamic vinegar
2 tsp oil
2 cloves garlic, minced
2 tsp chilli paste
2 tsp sesame oil
Chopped cilantro

Lin's Dumplings continued

Drain and chop the bean curd and mushrooms. In a large bowl, mix them with all other filling ingredients and set aside. Whisk together the dipping sauce ingredients and set aside.

To make the dumplings, slightly stretch each wrapper. Place a small teaspoon of filling on one half of each dumpling wrapper and, with fingers wet, fold the wrapper over and pinch shut creating four small folds on the edges of one side.

Heat the oil in pan and add the dumplings when hot. Add one cup of water with one-half teaspoon of balsamic vinegar to the pan. Cover and cook for 20 minutes. Dumplings will be slightly caramel coloured on the bottom, and water should be gone.

The filling ingredients are suggestions – creativity and experimentation are always possible.

Coconut Cream Peanut Tamarind Sauce for Sweet Potato Tacos (Coco-Cacahuat Tamarindo)

Makes 12 tortillas

2 Tbsp cooking oil	½ white onion, diced
1-14 ounce can coconut milk	½ cup peanut butter
2 Tbsp chipotle sauce or chipotle	1 handful cilantro, chopped
½ - 1 full lime, juiced	2 medium sweet potatoes
4 green onions, diagonal slice	1 cup peanuts, chopped
½ cup Maggi Tamarina Sauce, with chilis and spices *	
1 tsp Tajin spice (or substitute with seasoning salt and lime juice)	
12 - 6-inch wheat or corn tortillas	

To prepare the sweet potatoes, heat in a microwave on high for 10 minute, then pop in oven at 225F for 1 hour. Cut down the middle lengthwise and scoop out the flesh. Season with Tajin spice or the substituted seasoning salt and lime juice.

To prepare the sauce, heat 2 tablespoons of cooking oil in a large saucepan over medium heat. Saute the onion until soft. Whisk together the peanut butter and coconut milk and add to the saucepan, stirring well and often. Reduce heat to a simmer and add the chipotle, lime juice, tamarina sauce (or tamarind concentrate substitute), and cilantro. Simmer about 30 minutes, stirring frequently, until sauce has thickened.

To prepare tacos, heat 6-inch tortillas on a griddle or skillet over medium high heat until the surface browns or blisters. Flip and repeat on the other side.

To serve, plate the tortilla and add a scoop of the seasoned sweet potato across the middle, cover with a couple tablespoons of the coconut cream, peanut, tamarind sauce. Top with the sliced green onion. Fold and eat while still hot.

** Maggi Tamarina Sauce is available at Asian/ Filipino grocery stores.*

Hearty Red Lentil Curry with Eggs

Serves 4

2 Tbsp olive oil	1 onion finely chopped
1 large sweet potato	1 Tbsp curry powder
4 cups cauliflower florets	2 cloves garlic, minced
1 tsp ground coriander	2 tsp grated fresh ginger
½ tsp ground cumin	½ tsp ground turmeric
3 cups vegetable broth	1 cup dried red lentils, rinsed
¾ tsp salt	½ tsp pepper
4 eggs	2 Tbsp chopped fresh cilantro
hot sauce	

Peel and dice sweet potato. Chop cauliflower into bite-sized florets.

In a Dutch oven or large heavy-bottomed saucepan, heat oil over medium heat. Cook onion, sweet potato and cauliflower, stirring often, until slightly softened, about 6 minutes.

Add garlic, curry powder, ginger, coriander, cumin and turmeric. Cook, stirring continually, until fragrant, about 1 minute.

Add broth and lentils and bring to boil. Reduce heat, cover and simmer, stirring occasionally, until lentils and vegetables are tender and almost no liquid remains, about 10 minutes. Stir in salt and pepper. Divide among 4 lightly-greased 1 ½ cup ovenproof bowls. Using a spoon, form a well in the centre of each and crack 1 egg into each bowl.

Bake on a rimmed baking sheet in 425°F oven until the egg whites are set yet yolks are still slightly runny, 10 to 12 minutes. Note that the eggs will continue to cook as they stand, so remove them from the oven just before they reach desired doneness to avoid overcooking. To serve, sprinkle with cilantro and supply hot sauce for drizzling over top. Serve with warm naan bread for dipping into the soft egg yolk, if desired.

Malay Red Lentil Coconut Curry

Serves 6-8

2 cups lentils, rinsed	2 Tbsp coconut oil
1 large onion, diced fine	1 Tbsp garlic, minced
1 Tbsp curry powder	½ tsp turmeric
½ tsp cumin	½ tsp black pepper
½ tsp cayenne pepper	¼ tsp cinnamon
2 to 3 bay leaves	¼ cup soya sauce
2-400ml cans of coconut milk	1 cup tomato sauce
1 to 2 cups water, as needed	
1 medium head cauliflower, cut into small pieces	
1 large sweet potato, cut into ½ inch cubes	
1 Tbsp fresh ginger, peeled and grated or finely chopped	

Rinse lentils well and soak them in fresh water until ready to use. Combine all spices in a small bowl so they are ready to add.

In a large soup pot, sauté onion in the coconut oil over medium-high heat until transparent but not browned. Lower heat to medium and add spice mixture, stirring constantly to prevent sticking or burning. Add a bit more coconut oil if needed.

Add coconut milk, soya sauce, and tomato sauce. Simmer mixture on low heat for 20 minutes, stirring often.

Add lentils and 1 to 2 cups water, if mixture is too thick. Bring to a simmer.

Gently stir in cauliflower and sweet potato until well mixed. Cook over medium heat until tender.

Delicious served with rice or on its own. Accompany with plain yogurt, diced pear or apple.

Penne al Boccalone

Serves 2 generously

- 3 Tbsp olive oil
- 5 medium cloves garlic, minced
- 1 Tbsp small hot green chillies, finely minced
- 1 Tbsp wine vinegar
- ½ tsp dried basil, crushed
- ½ cup chopped fresh parsley
- ½ tsp salt
- fresh ground black pepper
- 2 Tbsp tomato paste
- 1 generous cup fresh tomato pulp (made by briefly whirling fresh tomato wedges in a blender. Fresh tomatoes are recommended)
- 1 lb. penne pasta (or any pasta, except for egg noodles)

In a medium sized saucepan, heat the oil over medium heat. Add the minced garlic and chillies, sautéing for 2 or 3 minutes, making sure they don't burn. Add tomato pulp, tomato paste, parsley, vinegar, basil, salt and pepper. Simmer the sauce for 15 to 20 minutes, which will reduce it slightly.

Boil 1 pound of penne pasta in a large pot of salted water until al dente. Drain the noodles and put them quickly in a heated serving bowl with the sauce. Toss the pasta and sauce together thoroughly and serve immediately on warm plates.

Variations include adding 4 sliced mushrooms and a small zucchini, chopped finely. Serve with a salad made with leaf lettuce, avocado, artichoke hearts, sliced red pepper with olive oil and white wine vinegar dressing. Delicious!

Grilled Greek Kabobs

Serves 3-4

1 block Extra Firm Tofu	1 large onion
2 coloured peppers, in large dice	8 whole mushrooms
3 cubed zucchini	1 Tbsp oregano
2 tsp garlic powder	1 tsp onion powder
$\frac{3}{4}$ tsp dill	$\frac{3}{4}$ tsp sea salt
$\frac{1}{2}$ tsp thyme	$\frac{1}{4}$ tsp cinnamon
4 Tbsp grape seed oil	3 Tbsp Lemon Juice

Drain and press the tofu block until dry. Cut the tofu and vegetables, except for mushrooms, into cubes.

Combine the marinade ingredients in a large bowl and add the vegetable mixture, stirring well to coat. Marinate the mixture for at least 4 hours, or overnight for best results.

Make 6 skewers and grill until golden on all sides. Alternately, heat oven to 450F and roast on a baking sheet for 20 to 25 minutes turning half way.

Easy Pasta Fazool

Serves 6 or more

3 Tbsps sesame or vegetable oil	2 cups diced onion, rinsed
2 cups cremini mushrooms, sliced	1 cup celery, sliced
1 cup bell pepper, chopped	1 cup asparagus, chopped
2 Tbsp garlic, minced	1 Tbsp dried basil leaves
1 Tbsp dried oregano	4 cups vegetable broth
3 cups diced tomatoes	2 cups tomato sauce
4 cups navy beans, cooked	2 ounces fresh lemon juice
2 Tbsp balsamic vinegar	
Fresh cracked pepper and sea salt, to taste	
1 package whole wheat or brown rice pasta	

Pour oil into large sauce pan and heat to medium high heat. Add onions and cook, stirring, until translucent. Add in mushrooms and stir until they start to turn golden. Toss in the celery, bell pepper and asparagus and stir for a few minutes. Turn down the heat to medium, add the garlic and herbs, and stir thoroughly.

Add in the vegetable broth, diced tomatoes and tomato sauce and bring to a simmer. Once simmering, add the cooked beans, lemon juice, and vinegar. Let simmer on low for at least an hour and longer if you can. Taste and add the salt and pepper at the end of this time.

Cook the pasta, portion into bowls, and ladle the bean broth over top.

Note: Any variety of vegetables can be added to this broth, as can any variety of beans. If you make this amount, you can eat over several days, adding different ingredients each day, and more broth, much like a stirabout. Have fun!

Wood Acres Chickpea and Cheese Loaf

Serves 10

1 can chickpeas	1 cup pineapple juice
1 cup whole wheat breadcrumbs	3 Tbsp. oil
1 cup chopped onion	1 egg, beaten
½ cup chopped celery	1 Tbsp. miso
¼ cup chopped parsley	1 tsp salt
2 pinches cayenne	1 cup grated cheese

Preheat oven to 350F.

Combine bread crumbs and pineapple juice, allowing mixture to soak for 15 minutes or more.

Rince, drain, and roughly chop the chickpeas. Combine them with crumb mixture and all ingredients in the order listed.

Transfer mixture to a buttered loaf pan or casserole dish and bake about 40 minutes, until browned.

Tuscan Pesto Beans

Serves 6-8

2 Tbsp extra virgin olive oil	1 cup white onion, diced
1 cup celery, diced	1 cup yellow pepper, diced
1 cup asparagus, ¼ inch slice	½ cup pimento
1 cup cremini mushrooms, sliced	1 Tbsp garlic, minced
2 cups cooked navy beans	4 ounces basil pesto
1 ounce of fresh lemon juice	1 Tbsp white wine vinegar
Sea salt and fresh cracked pepper to taste	

Heat the olive oil in a pan over medium heat and sauté the onions until translucent. Add in the celery and mushrooms and turn up the heat a little, continuing to sauté. Add in the bell pepper, pimento and garlic and sauté for a further minute, stirring to make sure not to scorch the garlic. Stir in the navy beans and the basil pesto and cook for another couple minutes. Finally add in the lemon juice and white wine, stir to deglaze flavours from pan. Season with sea salt and cracked pepper.

Possible variations:

Tuscan Pesto Bean Toast – slice a couple thick slices of fresh bread, mix a little minced garlic with some extra-virgin olive oil and brush the bread liberally with the mix. Toast in the oven. Mash some of the hot bean mixture a little, and heap on the toast. Drizzle a little fruit- flavoured balsamic vinegar, such as fig or blackberry, over top in a zig-zag fashion and serve.

Tuscan Pesto Bean Gnocchi – make or purchase gnocchi and cook according to directions. Let cool, pat dry and sauté over a medium high heat with butter or oil until golden brown. Add the gnocchi into the heated bean mix. Garnish with grape tomatoes sliced in half and fresh basil leaves. Serve hot.

Firecracker Grilled Tofu

Serves 4

2 blocks of firm tofu	¼ cup peanut oil
2 Tbsp soy sauce	2 Tbsp balsamic vinegar
2 Tbsp chopped green onions	2 tsp brown sugar
2 tsp red pepper flakes	1 clove of garlic, minced
¾ tsp grated fresh ginger	½ tsp sesame oil

Combine all ingredients except for the tofu.

Drain and dry the tofu. Slice into thick, uniformly-sized strips that can stand up to grilling. Place in a baking dish with enough space for them to rest in a single layer.

Pour the marinade over top, cover, and refrigerate for anywhere between 1 and 24 hours.

Preheat the grill and cook over medium-high heat for 4 to 5 minutes per side. Serve hot.

Note: this marinade is also excellent with salmon.

Deb's Chickpea Stew

Serves 8-10

2 Tbsp olive oil
3 cloves garlic, minced
2 tsp cumin
1 tsp chili powder
½ tsp turmeric
pinch of hot chili flakes
salt to taste
1-28 ounce can of chickpeas
1 medium sweet potato, cubed
3 to 4 cups spinach
1 cup carrots, diced
2 to 3 cups broth
5 to 6 tomatoes (or 1-28 ounce can, drained)
1 ½ cups chopped leeks (or 1 cup onion)

Optional accompaniments: yogurt, cilantro, brown rice, herbs

In a large pot, heat oil to medium and sauté leeks (or onions) about ten minutes or until translucent. Add the garlic and spices and sauté for one minute more. Add carrots, tomatoes and chickpeas (rinsed and drained). Simmer about 10 more minutes.

Add sweet potatoes and simmer until tender, about another 15 minutes. Add in the spinach right at the end to heat until just wilted.

Serve over brown rice. Garnish with yogurt and fresh herbs: cilantro, parsley, rosemary or basil.

Chickpeas and leeks are reputed to be among the best foods for a healthy intestinal balance.

Caribbean Rice and Peas

Serves 4

Somehow, this island staple also perfectly suits Saskatchewan winters.

2 cans red kidney beans	$\frac{3}{4}$ tsp salt
2 bay leaves	1 onion, finely chopped
1 Tbsp oil (vegetable or coconut)	2 garlic cloves, crushed
$\frac{1}{2}$ tsp dried thyme	$\frac{1}{2}$ tsp ground cumin
$\frac{1}{2}$ tsp chili powder	$\frac{1}{4}$ tsp allspice
$\frac{1}{4}$ tsp pepper	3 cups water or broth
2 cups uncooked rice (white or brown)	

Heat oil in a saucepan on medium heat. Add onion and cook, stirring often, for about 3 minutes.

Stir in garlic and seasonings, continuing to cook a couple more minutes until onion is beginning to soften.

Stir in the rice and water or broth. Cover and bring to a boil.

Reduce heat and cover, simmering until rice is tender and moist and the liquid is mostly absorbed (about 15 minutes if you are using white rice, 35 minutes if using brown).

Drain and rinse beans and stir them into the rice. Heat through and serve hot.

Roasted Veggie Chili

Serves 6-8

3 Tbsp. olive oil, divided	4 cloves garlic, minced
1 medium onion, chopped	2 jalapeño peppers, minced
1 cup celery, medium dice	1½ cups carrots, diced
¾ cup corn kernels	2 bell peppers, chopped
1 tsp ground coriander	Sea salt and black pepper
1 tsp chipotle powder or paste	1 tsp cocoa powder
2-15 ounce cans black beans	1-28 ounce can diced tomatoes
1 cup vegetable broth or water	2 Tbsp fresh lime juice, to taste
2 cups sweet potato or butternut squash, cubed	
1 tsp cumin (+½ tsp for sweet potatoes)	
½ tsp cinnamon (+½ tsp for sweet potatoes)	
½ tsp chili powder (+½ tsp for sweet potatoes)	

Heat a large heavy skillet and dry roast corn kernels over medium-high heat, stirring constantly, until beginning to brown, 3 to 5 minutes. Remove and set aside.

Mix chopped sweet potato or squash with a tablespoon or so of olive oil, toss with reserved cumin and cinnamon, and roast in a 400F oven for 15-20 minutes or until tender.

In a large saucepan, heat remaining 2 Tbsps of oil over medium heat. Add onion and garlic and cook until translucent, about 5 minutes. Add celery, carrots, and peppers and sauté another few minutes. Stir in jalapeño, cumin, cinnamon, coriander, chipotle, chili powder, cocoa (if using), salt and pepper. Cook for 1 minute, stirring frequently. Stir in tomatoes, beans, and broth.

Simmer 15 or 20 minutes, stirring frequently. Gently mix in corn and sweet potato. Taste and adjust seasonings, adding lime juice until the chili has just the balance you most enjoy. Serve with whatever accompaniments you like – cilantro, avocado, yogurt or sour cream, salsa, grated cheese, and tortillas all work well.

Shiitake Mushroom Cakes

Serves 10

1 cup quinoa	1 Tbsp veggie oil
1 large onion, minced	2 tsp garlic, minced
¼ lb shiitake mushrooms, minced	1 cup pine nuts (or pecans)
1 Tbsp fresh parsley	1 Tbsp fresh basil
1 Tbsp fresh sage	2 eggs
½ cup Ricotta cheese	2 Tbsp nutritional yeast
1½ cups asiago or parmesan cheese, grated	
2 tsp ground dry porcini mushrooms (optional)	
½ tsp sea salt	
¼ tsp pepper	

Preheat oven to 350F.

Cook the quinoa as per directions until all water is absorbed. Remove from heat and spoon into large bowl. Toast the nuts until golden brown. Let cool, finely chop, and add to the quinoa.

Heat the oil in a large pan and cook onion until translucent. Add the garlic, mushrooms, and fresh herbs. Let cook 10 minutes or until all the moisture has evaporated. Whisk the eggs and then add to the quinoa along with the cooked mushroom mix, ricotta, asiago, dried mushrooms, nutritional yeast, salt, and pepper.

With moist hands form 10 cakes about 5 inches wide by 1 inch thick. Place them on a well-oiled baking sheet. Bake for 40 minutes, flipping carefully half-way through.

These patties are delicious on their own or served with mushroom miso gravy.

Mushroom Miso Gravy

4 Tbsp. olive oil	1 small onion, diced small
3 cups white or brown mushrooms	2 cloves garlic, minced
¼ cup flour	3 cups veggie stock
2 Tbsp Braggs (or soy sauce)	1 Tbsp nutritional yeast
¼ tsp black pepper	
2 Tbsp miso, dissolved in ½ cup warm water	

In a medium pot, sauté onion and garlic in the olive oil until golden. Add the mushrooms and sauté until browned. Then add the flour and stir to coat, keep stirring for 1 minute to brown the flour.

Add the stock and stir well. Bring to a boil, reduce to a simmer, and cook 15 to 20 minutes.

Remove from heat, whisk in the dissolved miso, yeast, Braggs, and pepper.

Serve hot.

Butternut Squash and Mushroom Enchiladas with Tomatillo Sauce

Serves 12

For the enchiladas

- 1 small onion, chopped
- 2 Tbsp butter
- 1 jalapeño, seeded and chopped
- 1 cup chopped bell pepper
- 2 cups fresh mushrooms, chopped
- 2 cups shredded cheese
- 2 to 3 cups butternut squash, peeled and cubed
- ½ tsp chili powder, plus a dash for sprinkling
- ½ tsp cumin, plus a dash for sprinkling
- ½ tsp salt, plus a dash for sprinkling
- 12 to 15 corn tortillas
- Possible toppings: cilantro, avocado, queso fresco or parmesan cheese

For the sauce

- | | |
|------------------------------|-----------------|
| 2 lbs fresh tomatillos | 4 cloves garlic |
| ½ cup cilantro | 2 cups broth |
| ½ cup half and half or cream | salt to taste |

To prepare the sauce, preheat the oven to 400 F. Remove the tomatillo husks and place the tomatillos on a greased baking sheet. Roast for 20 minutes, until the skins have brown or black spots on them and the tomatillos are soft. Place in a blender with the garlic and cilantro and puree until mostly smooth. Transfer to a saucepan and add the broth. Simmer for 20 minutes, until the sauce has thickened. Add the cream, season with salt, and set aside.

Butternut Squash and Mushroom Enchiladas continued

For the squash filling, heat a large pan over high heat, and dry roast the jalapeño and bell pepper. Do not stir too often; let the skins get browned and roasted. Add the onions and sauté for a few minutes, stirring and taking care that the mixture doesn't burn. Add the squash, 1 tablespoon of butter, cumin, chili powder, and salt. Saute until the squash is fork tender. Transfer to a bowl and set aside.

For the mushroom filling, melt the remaining 1 tablespoon of butter in the pan and add the mushrooms. Sauté until soft and browned. Season with a sprinkle of salt and additional cumin and chili powder.

To assemble, preheat the oven to 400F. Wrap the tortillas in a moist paper towel and warm in the microwave. Fill the softened tortillas with a little bit of squash and mushrooms. Roll and place seam-side-down in a baking dish. Repeat until finished; cover with the tomatillo sauce and top with cheese. Bake for 15 to 20 minutes until cheese is melted and bubbly. Serve with your favourite toppings.

Stew with Lentil, Eggplant, and Roasted Tomatoes

Serves 4

2 Tbsp oil	3 garlic cloves, finely sliced
1 large red onion, finely chopped	½ Tbsp thyme
½ lb cherry tomatoes	¾ cup lentils
2 small eggplants, cubed	2 cups vegetable stock
⅓ cup white wine (or apple juice)	½ tsp chili flakes
⅓ cup sour cream or ricotta cheese	2 tsp oregano leaves
salt and black pepper to taste	1 ½ cup water
¼ cup roasted pine nuts (pecans are a more economical and fine substitute)	

Heat 2 tablespoons of oil into a large, sauté pan over medium high heat. Add the garlic, onion, thyme and ¼ teaspoon of salt and fry for 8 minutes, stirring often, until soft and golden. Transfer into a bowl, leaving the oil behind. Set aside.

In a large bowl, mix the cubed eggplant and tomatoes and season with ¼ teaspoon of salt and plenty of pepper. Add the remaining oil to the same pan and, when very hot, add the eggplant and tomatoes.

Fry for 10 minutes, on medium high, turning them often until the eggplant is soft and golden-brown and the tomatoes are beginning to blacken. Return the garlic and onion to the pan, add the lentils, stock, wine, 1 and ½ cup of water and ¾ teaspoon of salt. Bring to the boil. Lower the heat to medium and simmer gently for 30 to 40 minutes, until the lentils are soft but still holding together.

Serve warm or at room temperature. Garnish with a dollop of sour cream or ricotta cheese, a drizzle of oil, chilli flakes, roasted nuts, and oregano. Very nice served on a bed of arugula or another strong salad green. This dish freezes nicely – just reheat and garnish before serving.

Moroccan Chickpea Stew

Serves 6-8

2 Tbsp coconut oil	1 clove garlic, minced
1 onion, diced	½ tsp ginger
½ tsp turmeric	½ tsp cumin
½ tsp cinnamon	pinch of cayenne pepper
4 medium carrots, diced	2 parsnips, diced
1 small turnip, diced	1-14 ounce can chickpeas
1 ½ cups stock or water	2 tsp unrefined salt
2 cups frozen chopped green beans	
1 cup diced tomatoes (fresh or canned)	
½ cup raisins (or chopped dried prunes or apricots)	

In a large Dutch oven, heat oil to medium and sauté onion and garlic until tender. Mix in powdered ginger, turmeric, cumin, cinnamon, and cayenne pepper.

Add the carrots, parsnips, turnip, diced tomatoes, chickpeas, stock or water, and salt. Cook about 10 minutes, until vegetables are about halfway done.

Add in the chopped green beans and dried fruit and continue cooking until vegetables are done to your liking. Adjust salt to taste and serve on a bed of cooked couscous, quinoa, or rice.

Spicy Grilled Tempeh

Serves 4

- 3 Tbsp lime juice
- 2 Tbsp extra-virgin olive oil
- 2 Tbsp tamari soy sauce
- 1 Tbsp chilli powder
- 2 cloves garlic, finely chopped
- 1½ tsp dried oregano
- ¼ tsp ground cloves
- 1 Tbsp adobo sauce or salsa
- 1 (8-ounce) package tempeh

Whisk together lime juice, oil, tamari, chili powder, garlic, oregano, cloves and adobo in a wide, shallow dish.

Arrange tempeh in dish, turn to coat all over with marinade, cover and chill, turning halfway through, for 2 hours or overnight.

Prepare a grill for medium heat cooking. Grill tempeh, flipping once, until browned and hot throughout, 8 to 10 minutes total. Transfer to plates and serve.

Gado Gado Indonesian Salad

Serves 6-8

This delicious salad may be adapted to whatever compatible vegetables you have on hand. Quantities are also forgiving – add or reduce volume to suit your needs.

Salad

- 5 to 6 cups of fresh spinach
- 1 recipe of cooked yellow rice (see below)
- 5 to 6 cups of assorted vegetables, steamed until tender-crisp, such as: a small head of broccoli, cut into spears; fresh green beans; red and green cabbage; thin slices of carrots; mung bean sprouts.
- 1 pkg extra-firm Tofu, cubed and fried
- 4 to 6 hard-boiled eggs, shelled and quartered
- Peanut Sauce (makes about 2 cups)
 - 1 cup of creamy peanut butter
 - 1 heaping Tbsp of grated ginger
 - 1 heaping Tbsp of chopped garlic
 - 3 Tbsp brown sugar
 - 4 Tbsp cider vinegar
 - 2 Tbsp soy sauce
 - 1 tsp salt
 - ¼ to ½ tsp crushed chilli pepper flakes (to taste)
 - 1 cup hot water

Optional Toppings

- 3 Tbsp peanut or vegetable oil
- 2 Tbsp very finely sliced fresh ginger
- 1 garlic clove, very finely sliced
- 1 cup finely chopped green onion
- ¼ cup toasted unsweetened coconut
- Lime and/or lemon slices

Gado Gado Indonesian Salad continued

To prepare the yellow rice, cook 2 cups brown rice in 3 ½ cups cold water to which ½ tsp of turmeric has been added. Bring rice to a boil, reduce heat, and simmer with pot covered for about 40 minutes or until rice is tender and water is absorbed.

To assemble the salad, make a bed of spinach on the bottom of your serving dish. Top with cooked yellow rice, assorted vegetables, tofu, and eggs.

To prepare the peanut sauce, add all ingredients to a blender and blend until smooth. Transfer to a serving bowl and adjust seasoning to taste. Serve at room temperature.

To prepare the toppings, heat 1 Tbsp oil and gently sauté the sliced ginger. Remove from pan and repeat the process with a brief sauté of the garlic and then again with the green onion. Serve all toppings on the side so that each person can garnish according to taste.

Vegetable Dishes

Greek Style Potatoes

Potato Poppers

Red Cabbage with Juniper

**Roasted Butternut Squash with Shallots and
Golden Raisins**

Mashed Sweet Potato or Squash with Ginger

Roasted Vegetable Melange

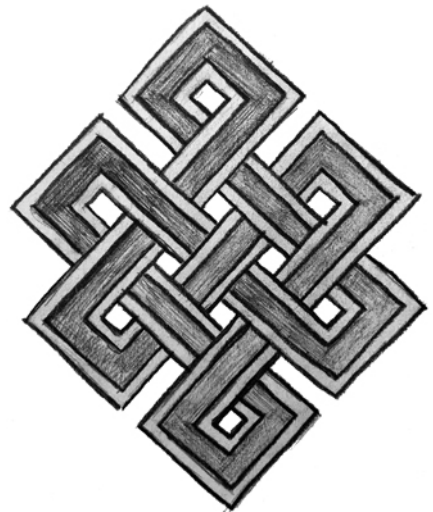
Spiced Roasted Sweet Potatoes – Two Ways

Roasted Butternut Squash with Spicy Onions

Grilled Antipasto Salad Platter

Mexican Style Grilled Corn

Baked Kasha (Buckwheat)



Greek Style Potatoes

Serves 8

1 cup water	½ cup lemon juice
⅓ cup olive oil	3 cloves garlic, minced
2 tsp salt	2 tsp oregano
1 tsp pepper	8 to 10 potatoes

Preheat oven to 350F.

Whisk together dressing ingredients. Cut potatoes lengthwise into large, thick wedges. Place potatoes in a large baking dish. Gently mix in the prepared dressing, turning potatoes to coat.

Bake for 2 hours or until potatoes are very tender, occasionally turning the potatoes gently in order to keep them evenly moistened.

Potato Poppers

Makes about 24

2 Tbsp butter	1 cup chopped onion
1 cup mashed potato	2 cups cooked brown rice or millet
2 Tbsp tomato paste	1 tsp unrefined salt
1 cup whole grain bread crumbs	½ cup grated parmesan cheese

Preheat oven to 350F.

Over medium heat, melt butter in a large saucepan and sauté onion until soft. Mix in the remaining ingredients until well-blended. Form the mixture into balls of about 1 ½ inches in diameter. Place them on a well-oiled baking sheet and bake about 20 minutes, until lightly browned.

Red Cabbage with Juniper

Serves 4

2 Tbsp butter or oil
1 large red onion (finely chopped)
6 juniper berries, lightly crushed
½ head red cabbage, cored and shredded
½ cup vegetable stock
1 Tbsp red currant jelly
salt and pepper to taste
1 Tbsp red wine vinegar
1 apple, peeled, cored and shredded

Heat the butter or oil in a medium pan over medium-high heat. Add the onion and sauté until transparent. Add the juniper berries and sauté until they release their aroma. Add the cabbage, stock or water, red currant jelly and vinegar. Bring to a boil. Season with salt and pepper.

Cover and simmer for 15 to 20 minutes, or until the cabbage is tender. Add the apple, cover, and cook a further 10 minutes. Adjust the seasoning. Serve hot.

Roasted Butternut Squash with Shallots and Golden Raisins

Serves 4-6

1 medium butternut squash
6 small shallots, sliced into halves
½ cup golden raisins
3 Tbsp olive oil
¼ teaspoon ground cinnamon or nutmeg
½ teaspoon salt

Preheat oven to 400F.

Peel, seed, and dice the squash. (Tip: try putting it in the microwave for a minute or two so it is easier to cut through the hard skin). Mix the squash and all other ingredients in a large baking dish, and stir so that the mixture is well coated with the olive oil. Roast for 35 to 40 minutes or until squash is tender.

Mashed Sweet Potato or Squash with Ginger

Serves 3-4

- 1 Tbsp sesame oil
- 1 tsp grated fresh ginger
- ¼ tsp salt and pepper
- 3 cups baked sweet potato

Bake sweet potato or squash until tender. Mash until smooth, mix in oil, ginger, salt and pepper to taste. Optional additions or variations: add 2 Tbsp orange juice and 1 tsp grated orange rind.

Roasted Vegetable Melange

Serves 8

Combinations can vary; just make sure all the veggies are cut to the same size.

- | | |
|------------------------------|--------------------------|
| 1 lb parsnips | 1 lb carrots |
| 1 lb sweet potatoes | 1 fennel bulb, trimmed |
| 2 red onions, cut in eighths | ¼ cup olive oil |
| 1 tsp dried rosemary | salt and pepper to taste |

Preheat oven to 400 F. Peel all vegetables and cut into long batons. Toss with oil and herbs, season with salt and pepper. Spread over one or 2 baking sheets, and roast for 25 to 35 minutes, turning occasionally or until tender and browned.

Spiced Roasted Sweet Potatoes – Two Ways

Serves 3-4

Each of the following spice mixes makes yummy sweet potato ‘fries’.

4 Tbsp dried parsley
1 Tbsp dried marjoram
1½ tsp ground black pepper
Salt to taste

2 Tbsp dried sage
1 Tbsp dried rosemary
1½ tsp onion powder
1½ Tbsp olive oil

or

½ tsp curry powder
pinch of salt

¼ tsp ground cumin
1½ Tbsp olive oil

and

1 lb sweet potatoes

Preheat the oven to 425 F. Peel the sweet potato and cut it in half lengthwise. Slice each half crossway into ¼ inch to ½ inch slices. In a large bowl, toss the sweet potato slices in olive oil and then sprinkle with the spice mixture of your choice. Bake 20 to 25 minutes, until tender.

Roasted Butternut Squash with Spicy Onions

Serves 8

Spicy Onions

2 Tbsp olive oil	1 medium red onion, sliced
1 tsp crushed red pepper flakes	1 tsp finely grated lime zest
¼ cup fresh lime juice	2 tsp honey

Heat oil in a large skillet over medium-high heat. Cook onion, stirring often, until lightly charred and softened but not falling apart, 5–7 minutes. Add red pepper flakes and toss to combine. Remove pan from heat and mix in lime juice and honey. Let cool, then mix in lime zest.

These can be prepared up to three days ahead. Cover and chill.

Squash

- 1 cup blanched hazelnuts
- ¼ cup plus 2 Tbsp. olive oil
- ½ cup chopped fresh parsley
- ½ cup chopped fresh mint
- 2 Tbsp chopped fresh marjoram
- ½ cup fresh goat cheese, crumbled
- 2 large butternut squash (about 4 lb.), peeled, seeded, sliced ¼" thick
- Kosher salt and freshly ground black pepper

Preheat oven to 350°. Toast hazelnuts on a small rimmed baking sheet, stirring occasionally, until golden brown, 6–8 minutes. Let cool; coarsely chop.

Increase oven temperature to 400°. Toss squash and ¼ cup oil in a medium bowl; season with salt and pepper. Divide between 2 rimmed baking sheets; reserve bowl. Roast, undisturbed, until tender, 15–20 minutes. Return squash to bowl; add hazelnuts, parsley, mint, marjoram, and spicy onions, and toss to combine.

Serve with a grain and accompaniments of your choice.

Grilled Antipasto Salad Platter

Serves 4

This is an ideal summertime dish, served at room temperature. Allow the prepared dish at least 8 hours to marinade.

- 1-6 ounce jar of marinated artichoke hearts
- 1 eggplant
- 2 small zucchini
- 1 bell pepper, any colour
- ½ tsp each salt and oregano
- 3 cloves garlic, minced
- Leaf lettuce
- 2 Tbsps olive oil
- Tomato wedges
- Black olives

Drain artichoke hearts, reserving the liquid in a large bowl. Stir in garlic, salt, and oregano. Set aside. Return the artichoke hearts to the jar and refrigerate. Cut the eggplant into ½ inch thick slices. Sprinkle lightly with salt and let drain for 30 minutes. Rinse and pat dry.

Meanwhile, grill the pepper for 15 to 20 minutes, turning often, until charred all over. Transfer to a paper bag and let sit for 10 minutes. Peel off the charred skin and cut into 6 strips.

Cut the zucchini in half lengthwise. Brush the zucchini and eggplant with oil and grill for 5 to 8 minutes per side or until tender and golden brown but not charred. Place the grilled pepper, zucchini and eggplant in the bowl with the reserved garlic mixture. Gently mix the vegetables until well-coated with the marinade. Cover and refrigerate for at least 8 hours or up to 24 hours, stirring occasionally.

To serve, bring the vegetables to room temperature. Arrange on a large lettuce-lined platter along with artichoke hearts, olives, and tomatoes and any other desired accompaniments.

Serve as a delicious appetizer or side dish.

Mexican Style Grilled Corn

Serves 6

- ¼ cup light mayonnaise
- ¼ cup crème fraîche (or sour cream)
- ½ tsp fine sea salt
- 2 canned chipotles in adobo sauce, seeded
- 6 ears corn, husked
- ½ cup queso fresco or grated Parmesan
- ⅛ tsp cayenne pepper
- 1 lime, cut into wedges

Preheat a grill to medium-high heat.

Meanwhile, put crème fraîche, mayonnaise, salt and chipotles in adobo in a food processor and pulse just until smooth; transfer to a bowl. Generously brush mixture on corn and grill, turning occasionally, until deep golden brown, 7 to 9 minutes. Brush remaining crème fraîche mixture on corn, then sprinkle all over with queso fresco and cayenne.

Serve with lime wedges on the side to squeeze over the top.

**crème fraiche can be bought at some grocery stores but it's hard to find and very costly, so I make my own by adding ¼ cup buttermilk to ¾ cup cream (I use 10% table cream rather than whipping cream, which would no doubt horrify the French) & then letting it sit overnight on the counter. You could easily substitute sour cream or yogurt in this recipe.*

Baked Kasha (Buckwheat)

Serves 6

2 cups whole buckwheat
2 to 3 cups hot water or vegetable broth
1 finely chopped onion
Salt and pepper to taste

Preheat oven to 350 degrees. Toast the buckwheat in oven for about 10-15 minutes, until browned and fragrant.

In a covered casserole dish, mix 2 cups of water or broth, onion, salt and pepper. Stir in the toasted buckwheat. Bake in a covered casserole dish at 375 degrees for one hour, then turn oven down to 325 degrees and bake for one more hour. Check the kasha and add one more cup of water, baking for one more hour. Bake for one more hour, checking every 20 minutes or so and adding more liquid as needed.

Sautéed mushrooms can be added to the top of the casserole during the last half hour of baking, if desired.

Note that both whole and cracked buckwheat are available. Cracked buckwheat may be used instead of the whole and will require less baking time, though the texture is a bit different. Also note that buckwheat is not in the wheat family (but actually in the rhubarb family) and is gluten-free.

Sweets and Treats

Joseph's Chewy Almond Spice Cookies

Deb's No-Bake Gluten-Free Treats

Thin Oatmeal Cookies

Toffee Chocolate Almond Cookies

Chocolate Black Bean Brownies (Gluten-Free)

Gluten-Free Walnut-Apricot Cookies

Apricot, Cornmeal, and Sage Cookies

Double-Baked Crisps

No-Bake Chocolate Brownies

Nut-Free Chocolate Protein Bites

Chocolate Zucchini Loaf

Rustic Rhubarb Pie

Bev's Poppyseed Cake

Flourless Chocolate Cake

Betty Boop's Oatmeal Cookies

Homemade Chocolate



Joseph's Chewy Almond Spice Cookies ***Vegan and Gluten-Free***

Makes about 32 to 40 cookies

2 Tbsp finely ground chia seeds
¼ cup plus 2 Tbsp. warm water
2½ cups finely ground almond meal/flour
½ cup coconut flour
1 tsp baking soda
2 tsp cream of tartar
1 Tbsp ground cinnamon
½ tsp salt
¾ tsp ground cloves
½ tsp ground allspice
½ tsp ground nutmeg
1 cup solid unrefined coconut oil
1½ cups coconut palm sugar or sucanat

Preheat oven to 350°F and place racks in the upper and lower third of the oven. Line 2 baking sheets with parchment paper. Stir together the ground chia seeds and warm water in a small bowl. Set aside to thicken. Whisk together the almond flour, coconut flour, cream of tartar, baking soda, salt, and spices in a medium bowl. Set aside.

Using an electric mixer, beat the coconut oil and coconut palm sugar or sucanat at medium speed until well combined. Add the chia seed mixture and beat until incorporated. Reduce the speed to low and beat in the flour mixture, periodically scraping the bottom and sides of the bowl with a spatula to ensure that the flour is fully incorporated. Refrigerate the dough for 30 minutes.

Scoop a heaping tablespoon of dough into your palm and roll it into a 1 1/2-inch ball. Place it on one of the prepared baking sheets. Repeat with the remaining dough, spacing the balls 2 inches apart. Flatten the balls with the tines of a fork, making a cross-hatch pattern. Bake until the cookies are golden around the edges, about 12 minutes, rotating the baking sheets between the oven racks halfway through baking. Let the cookies cool on the baking sheet for 5 minutes, then transfer to a wire rack to finish cooling.

Deb's No-Bake Gluten-Free Treats

Makes 16 -20 squares

- ¾ cup honey
- 1 cup peanut or almond butter
- 1 tsp vanilla
- 3 cups rice crisps
- 1 cup good- quality chocolate chunks
- 1 cup (or less) salted peanuts
- ½ cup sunflower seeds
- ½ cup pumpkin seeds
- 1 to 1½ cups of dried fruit such as raisins, currants,
dried apricots, and dates

In a large saucepan, melt the honey, peanut butter or almond butter, and vanilla over low heat. Immediately add the remaining ingredients and stir well. Press into to a 9x9 buttered pan. Chill well before serving – its best when eaten straight from the fridge. Freezes well.

Thin Oatmeal Cookies

Makes about 3 dozen

1 cup all-purpose flour	$\frac{3}{4}$ tsp baking powder
$\frac{1}{2}$ tsp baking soda	$\frac{1}{2}$ tsp salt
$\frac{3}{4}$ cup + 2 Tbsp butter, softened	1 cup white sugar
$\frac{1}{4}$ cup packed light brown sugar	1 large egg
1 tsp vanilla extract	2 $\frac{1}{2}$ cups old-fashioned rolled oats

Adjust an oven rack to the middle position and heat the oven to 350 degrees. Line large, rim medium baking sheets with parchment paper and set aside.

In a medium bowl, whisk together the flour, baking powder, baking soda, and salt. Set aside.

Using a large bowl and an electric mixer, beat the butter, white sugar and brown sugar together until just combined. Increase the mixer speed to medium and continue to beat until light and fluffy, about 1 minute longer. Scrape down the sides of the bowl with a rubber spatula.

Add the egg and vanilla and beat on medium-low until well mixed, about 30 seconds. Scrape down the sides of the bowl again. Add the flour mixture and mix until barely incorporated, 10-20 seconds. It's ok if there are a few dry spots.

Gradually add the oats and mix until well-combined, about 30 seconds to 1 minutes. If needed, give the dough a final stir with a wooden spoon to ensure that no flour pockets remain and that the ingredients are evenly distributed.

Scoop out about 2 Tbsp-sized mounds of dough and roll them to form balls. Place the cookies about 2 1/2-inches apart on the baking sheet(s) – about 8 cookies per sheet. They will spread quite a bit. Lightly press each cookie to about 3/4-inch thickness (I found after baking one sheet of these that I didn't need to press them at all so use your best cookie judgment).

Bake 1 sheet of cookies at a time until the cookies are golden brown, edges are crisp, and centres are still very slightly soft, 13 to 16 minutes. Cooling the cookies completely on the baking sheet will yield crispier, more perfect cookies.

Toffee Chocolate Almond Cookies

Makes 3-4 dozen

- 1 cup butter
- $\frac{3}{4}$ cup packed brown sugar
- $\frac{1}{2}$ cup white sugar
- 1 egg
- 2 tsp vanilla
- $1\frac{3}{4}$ cup flour (can use part whole wheat)
- 1 tsp baking soda
- $\frac{1}{4}$ tsp salt
- $\frac{3}{4}$ pkg (about 150 grams) of Skor Toffee Bits
- 1 cup milk chocolate chips
- $\frac{3}{4}$ cup almonds (either slivered or ground)
- 1 cup oats (for a finer cookie, run whole oats through a food processor)

Preheat oven to 375 F.

Beat butter, brown and white sugars, egg, and vanilla together in a large bowl until creamy.

In a separate bowl, combine flour, oats, baking soda, and salt. Add this dry mixture to the butter mixture, beating until well blended. Stir in toffee bits, chocolate chips, and almonds. Mix gently but thoroughly.

Drop dough by tablespoonfuls onto baking sheets, leaving room for the cookies to relax and spread out. Bake in the centre of the oven for 8-10 minutes until they are light and golden.

You'll want to cool the cookies on their sheets for five minutes after removing them from the oven, or they will be too soft to handle and will crumble. However, don't leave them too long, or the hardened toffee will cause trouble by sticking excessively to the baking sheet.

Chocolate Black Bean Brownies (Gluten-Free)

Makes 16 – 20 squares

- 1-14 ounce can of black beans
- 2 large eggs
- ½ cup cocoa
- ¾ cup sugar
- 1 Tbsp almond milk (or dairy milk)
- 1 tsp vegetable or coconut oil
- 1 tsp balsamic vinegar
- ½ tsp baking powder
- ½ tsp baking soda (optional)
- ½ tsp ground coffee beans
- 1 cup chocolate chips, any variety

Preheat oven to 350F. Grease a 9 x 9 inch square baking pan with baking spray or line with parchment paper, leaving a 2-inch overhang on all sides.

Blend all ingredients except for chocolate chips in a blender or food processor, processing until smooth. Fold in ½ cup of chocolate chips. Pour the brownie batter into the prepared pan. Sprinkle the remaining chocolate chips evenly over the top of the brownies.

Bake the brownies for about 30 minutes, until a toothpick comes out clean. Allow them to cool completely before slicing into squares.

Gluten-Free Walnut-Apricot Cookies

Makes 3-4 dozen

1 ¼ cup old-fashioned rolled oats	1 cup oat flour (See Note)
¾ tsp baking powder	½ tsp baking soda
¾ tsp salt	½ cup unsalted butter, softened
½ cup light brown sugar	½ cup granulated cane sugar
1 large egg	1 large egg yolk
1 tsp vanilla extract	1 cup walnuts, coarsely chopped
1 cup dried apricots, coarsely chopped	

Preheat the oven to 350F. Position racks in the upper and lower thirds of the oven. Line two baking sheets with parchment paper.

Combine oats, oat flour, baking powder, baking soda and salt. Set aside.

Beat the butter and sugars together in a large bowl with a mixer until fluffy. Reduce the speed to low and beat in the egg, egg yolk, and vanilla until smooth.. With a spatula, add the flour mixture, walnuts and dried apricots to the bowl and stir until fully combined.

Scoop the dough into balls of about 1/4 cup each. Arrange the cookies 3 inches apart on the prepared baking sheets. Bake for 8 to 10 minutes, until the edges are golden and the centers are still very soft. Let cool 5 minutes on the baking sheets, and then transfer to wire racks to cool completely. These cookies will keep covered in an airtight container for up to 5 days.

Note: To make your own oat flour, put a few cups of rolled oats in a food processor or coffee grinder and pulse until finely ground.

Apricot, Cornmeal, and Sage Cookies

Makes about 18 cookies

½ cup unsalted butter, softened well
¾ cup sugar
1 large egg
¾ cup plus 2 Tbsp all-purpose flour
½ tsp baking soda
¼ cup chopped dried apricots
2 Tbsp finely chopped fresh sage leaves
½ cup cornmeal
½ tsp salt

Preheat oven to 350°F and lightly grease 2 baking sheets.

In a bowl whisk together butter, sugar, and egg until smooth. Sift in flour and baking soda and add apricots, sage, cornmeal, and salt, stirring until combined.

Drop tablespoons of dough about 1-inch apart onto baking sheets and bake in batches in middle of oven 10 minutes, or until pale golden. Cool cookies on sheets 2 minutes and transfer to a rack to cool.

Double-Baked Crisps

Makes about 8 dozen

These are addictive, economical and guilt-free. Below is a base recipe with four different flavour variations to try. Prepare the base and add the ingredients for the variety of your choice.

2 cups flour (or use up to 1 cup
of whole-wheat flour)
¼ cup brown sugar
½ cup roasted pumpkin seeds
¼ cup flax seed, ground
or flaxseed meal

2 tsp baking soda
2 cups buttermilk
¼ cup honey
¼ cup sesame seeds
½-1 tsp salt (to taste)

For Rosemary Raisin Pecan Crisps

1 cup raisins
½ cup roasted pecans, chopped
1 Tbsp fresh rosemary, chopped

For Cranberry Hazelnut Crisps

1 cup dried cranberries
½ cup roasted hazelnuts, chopped
1 tsp fresh thyme, chopped (optional)

For Salty Date and Almond Crisps

½ cup roasted almonds, chopped
1 cup dried, pitted dates, roughly chopped
1 ½ tsp kosher salt ** sprinkled on top before baking **

For Fig and Walnut Crisps

1 cup dried figs, roughly chopped
½ cup roasted walnuts, chopped
2 tsp chopped fresh thyme

Double-Baked Crisps continued

Preheat oven to 350° F. Grease two 8×4-inch loaf pans or several mini loaf pans, for a smaller crisp.

Measure out fruit and seeds; roast and chop nuts; wash and chop any herbs and set aside. If you are using raisins, you can plump them if you like by soaking in boiling water for 10 minutes and then draining before adding to recipe.

In a large bowl, stir together the flour, baking soda and salt. Add the buttermilk, brown sugar and honey and stir a few strokes. Add the pumpkin seeds, sesame seeds and flax seed. Add your fruit and nuts as per the recipe specifications above. Add any herbs as specified and stir just until combined.

Pour the batter into prepared pans. If making Salty Date and Almond, sprinkle salt on top of loaves before baking.

Bake for about 35 minutes (less for mini loaves), until golden and springy to the touch. Remove from the pans and cool on a wire rack.

Once loaves have cooled, wrap and freeze for several hours to make them easier to thinly slice. Remove from freezer and slice the each loaf as thinly as possible. Place the slices in a single layer on an ungreased cookie sheet.

Preheat oven to 300° F. and bake for about 15 minutes. Remove from oven, flip them over and bake for another 10 – 15 minutes, until crisp and deep golden. Remove to a cooling rack to cool and crisp up.

No-Bake Chocolate Brownies

Makes about 16 squares

½ cup honey	¼ cup coconut oil
¼ cup almond butter	¼ tsp sea salt
1 tsp vanilla extract	1 tsp ground cinnamon
½ cup chopped almonds	½ cup chopped walnuts
½ cup semi-sweet chocolate chips	¼ cup sunflower seeds
¼ cup dried cranberries	1 cup rolled oats
1 Tbsp butter (to butter pan)	

In a medium-sized saucepan, heat honey, coconut oil, almond butter, sea salt, vanilla and cinnamon over low heat until liquid.

In a large bowl, combine almonds, walnuts, chocolate chips, sunflower seeds, dried cranberries and rolled oats. Pour in the honey mixture and mix thoroughly.

Butter an 8" x 8" pan and press the brownie mixture into the pan. Refrigerate until very firm and then cut into 16 bars and serve.

Nut-Free Chocolate Protein Bites

Makes 16-18 balls

- 1 cup packed pitted Medjool dates (12-13)
- ¼ cup hulled hemp seed
- ¼ cup sesame seed
- ¼ cup chia seed
- ½ tsp vanilla extract
- ¼ cup cocoa powder
- ¼ tsp fine sea salt, or to taste
- ½ tsp cinnamon
- ¼ cup raw cacao nibs (or dark chocolate chips)

In a food processor, process the dates until a thick and chunky paste forms. Add in all of the other ingredients except for the cacao nibs and process until thoroughly blended. Add the cacao nibs and pulse a couple of times.

Test that the dough is sticky enough to form a ball. If not, add water 1 teaspoon at a time and pulse until the dough sticks together. Shape the dough into 16 to 18 small balls and freeze until firm – about 20 minutes. Store in the freezer until needed.

Chocolate Zucchini Loaf

Makes 1 loaf

- 1 cup granulated sugar
- 2 ½ cup flour
- ½ cup cocoa powder
- 1 tsp salt
- ½ tsp baking soda
- 1 cup vegetable oil (grape-seed, canola, or coconut)
- 3 eggs
- 2 tsp vanilla extract
- 2 cups milk chocolate chips
- 2 cups grated zucchini (depends on size of zucchini but about 1-1.5 zucchinis)

Preheat oven to 350 F. Line a loaf pan with parchment paper.

Grate zucchini and set aside.

Mix together sugar, flour, cocoa powder, salt, baking soda. In separate bowl mix oil, eggs, vanilla extract. Then add dry ingredients to the wet ingredients. Fold zucchini into mixture and then fold in most of the chocolate chips, saving about a half cup to sprinkle on top later.

Pour the mixture into the pan and sprinkle the remaining chocolate chips on top. Bake for 40 to 50 minutes, or until toothpick inserted in the middle comes out clean. Cool before serving or eat the chocolatey goodness hot at your own risk.

Rustic Rhubarb Pie

Serves 8

A no-fuss crust and a simple custard filling make this a special springtime or summer treat.

1 pie crust of your choice

Filling

1 cup sugar

3 Tbsp all-purpose flour

½ tsp grated orange peel

3 eggs, slightly beaten

½ cup sour cream

3½ cups sliced fresh or frozen rhubarb

Topping

¼ cup sugar

¼ cup all-purpose flour or substitute

2 Tbsp butter, softened

Heat oven to 400°F. Place pie crust in 9-inch glass pie plate as directed on box for One-Crust Filled Pie (do not trim or flute crust).

In medium bowl, mix 1 cup sugar, 3 tablespoons flour and the orange peel. Stir in eggs and sour cream. Add rhubarb and gently toss. Spoon the filling into the pie crust and fold the edges of crust over filling as artfully as you can manage. Spread the topping over top and bake at 400 F for 15 minutes and then reduce heat to 350 and cook another 15 to 20 minutes until crust is browned and custard set.

Bev's Poppy Seed Cake

Originally from an old copy of "The Ukrainian Daughter's Cookbook", this recipe has been adapted to include more wholesome, unprocessed ingredients.

1 cup dry poppy seed	2 cups spelt flour
6 eggs	2 tsp baking powder
1½ cups sucana organic sugar	⅛ tsp salt
1½ cups canola oil	1 cup chopped walnuts
½ cup milk (almond or regular)	

Preheat oven to 350 degrees. Pour boiling water over poppy seed. Drain and leave to dry on a towel.

Beat eggs with sugar. Add oil and beat. Add poppy seed, milk, flour, baking powder, salt, and walnuts. Mix well. Pour into greased and floured round angel food cake pan. Bake at 350 degrees for 1 hour.

Allow cake to cool, then ice with cream cheese icing or try add a topping of your choice: cherries, sliced strawberries, chocolate coated quinoa chips, etc.

Cream Cheese Icing

- 2-8 ounce pkgs cream cheese
- ¼ cup honey (or to taste)
- 1 tsp vanilla (optional)

Allow cream cheese to soften at room temperature for a few hours, then combine cream cheese, honey and vanilla flavoring is using. (Omitting the vanilla will bring the cream cheese flavor forward). Mix all ingredients until smooth - about three minutes with a cake mixer. Ice the cooled cake and either decorate as desired or keep a simple cream cheese icing.

Flourless Chocolate Cake

Serves 8

- 4 ounces good quality bittersweet chocolate
- ½ cup unsalted butter
- 3 large eggs
- ½ cup unsweetened cocoa
- ¾ cup sugar powder (plus extra for sprinkling)

Preheat oven to 375F with rack in the middle of the oven. Butter an 8-inch round baking pan and line the bottom with a round of wax or parchment paper and butter the paper.

Finely chop the chocolate and melt it either in a double boiler or on low microwave heat. Add the butter and melt that, stirring the mixture until smooth. Remove from heat and whisk in sugar. Add the eggs and whisk well. Sift ½ cup of cocoa powder into the chocolate mixture and whisk again, until just combined. Pour the batter into the pan and bake for about 25 minutes, or until the top has formed a thin crust. Cook the cake in the pan on a rack for about 5 minutes. Invert onto a serving plate. Dust the top with a bit of additional cocoa powder and serve with whatever accompaniments desired – such as whipped cream, ice cream, or fruit compote.

Betty Boop's (aka Betty Westmoreland) Oatmeal Cookies gluten free

Makes about 3 dozen

3 cups oatmeal
1 cup brown sugar
¼ cup boiling water

¾ tsp salt
1 cup shortening or butter
1 tsp baking soda

Mix together oatmeal, salt, and brown sugar. Beat in shortening or butter. Stir the baking soda into the ¼ cup of boiling water and add to the oats and butter mix. Roll out dough to about ¼ inch thickness and cut cookies in your desired shape. Bake 375 for 10 minutes near the top of the oven.

Homemade Chocolate

50 g organic unsweetened baking chocolate
⅛ tsp stevia powder
125 ml raw cacao butter
350 ml assorted nuts and seeds

Melt baking chocolate (Camino brand is recommended). Add in cacao butter (Criollo brand is recommended), stevia powder, and your choice of assorted nuts and seeds.

Pour into a pan or container approximately 7" x 7" lined with parchment paper. Cover and keep refrigerated.



The Vegetarian Epicure (Books One and Two)

by Anna Thomas

***The Findhorn Cookbook: An Approach to Cooking with
Consciousness***

by Barbara Friedlander

Moosewood Cookbook

by Mollie Katzen

Rebar: Modern Food Cookbook

by Audrey Alsterberg and Wanda Urbanowicz

The Art of Simple Food

by Alice Waters

Lucy Waverman's Kitchen website

www.lucywaverman.com

Oh She Glows website

www.ohsheglows.com

Cookie & Kate website

www.cookieandkate.com

Insight Meditation Society website

www.dharma.org

Finishing meal gatha

My bowl is empty.

My hunger satisfied.

I vow to live for the benefit of all beings.



photo: Cherie Westmoreland