



Week One Recipes

Green Smoothie (serves 1)

3 cups spinach, kale or collard greens. Washed well & rib removed on kale and collards
1 cup pineapple, cubed
1 banana, diced (fresh or frozen)
½ cup frozen blueberries (fresh or frozen)
1 tbsp chopped ginger
1 tbsp ground flax seed or chia seed
½-1 cup water

Place ingredients in a high-speed blender, placing the orange at the bottom. Blend until smooth, you might need to stop it part way to press the contents down closer to the blade for smooth blending.

Peaches & Cream Oatmeal (serves 2)

1 1/2 cups oat fashioned oats
3 cups water
2 ripe peaches, sliced
6 tbsp maple syrup
6 Medjool dates, pitted & chopped
2 tbsp cinnamon
1/2 cup pecans, chopped
1 cup almond milk, warmed in a separate pot

In a sauce pot bring the 3 cups of water to a boil. Add oats, and stir. Reduce heat to medium, and allow the oats to simmer and cook for about 7 minutes, or until soft. Once the water has cooked out, and the oats are soft and creamy, turn off the stove. Stir in one of the peaches, the maple syrup, dates and cinnamon. Add more maple syrup to taste.

Spoon the oatmeal into two separate bowls. Add the remaining peaches and pecans, then pour 1/2 cup of almond milk into each bowl. Serve immediately.

Mexican Millet Pilaf (serves 2-3)

1 cup millet
2 cups water
1 sweet potatoes, cubed
4 carrots, sliced
1 can black beans, or 2 cups fresh
1/2 cup red onion, diced



2 limes
1 tsp coconut nectar or agave
1 tbsp chili powder
1 tbsp cumin
1/2 tsp cayenne powder
1 tsp smoked sea salt
2 tbsp olive oil

1 cup cilantro

Preheat oven to 400°. Toss sweet potatoes and carrots with a bit of coconut or olive oil, and spread on a baking sheet. Sprinkle with a bit of salt and pepper, and roast for 30 minutes, while the millet cooks. OR steam the sweet potato and carrots for about 20 minutes.

While the vegetables cook, make the millet. Add millet to a small pot on medium heat. Toast for a 2 minutes. Add 2 cups of water, and bring to a boil. Once boiling, reduce heat to simmer and slightly cover the pot. Cook for 20 minutes, until the millet is tender and the water cooked out.

Meanwhile, in a small bowl stir together the lime, nectar/agave, spices, salt and oil. Set aside and rinse the beans, dice the onions and chop the cilantro.

Once cooked, add the millet to a large mixing bowl, followed by the beans, onions, sauce and cilantro. Toss well, and season with more lime, salt and pepper to taste.

Mushroom Farro Risotto (serves 2-3)

½ cup dried porcini mushrooms
1 quart reduced sodium vegetable broth
1 ½ cups farro
2 tablespoons olive oil
½ cup onion
1 lb baby bella mushrooms
2 garlic cloves
2 teaspoons rosemary
½ cup dry white wine
ground black pepper
salt to taste

Soak farro for at least 30 minutes.

Soak dried mushrooms in water for 30 minutes.



Pour vegetable broth into a pot, and bring to a simmer. Drain and chop mushrooms. Add mushroom liquid to broth and bring to a simmer on stove.

In a large soup pot, heat olive oil, then add onions. Saute until soft. Add fresh mushrooms, cook until they start to “sweat”. Add garlic and rosemary. Cook until mushrooms are tender. Add farro and reconstituted dried mushrooms. Cook until crackling. Stir in wine. When absorbed add one ladle of broth. Add the asparagus about 15 minutes into the cooking. Keep ladling in the broth and stirring until risotto is cooked, about 30 minutes. Sprinkle some nutritional yeast on top before serving.

Pomegranate Tabbouleh (serves 2-3)

$\frac{3}{4}$ cup bulgar (or quinoa, millet, rice)
3 cups flat-leaf parsley, stems removed
1 cup chopped cucumber
4 green onions, only white parts chopped
2 roasted peppers, canned or freshly roasted

sauce:

$\frac{1}{4}$ cup pomegranate molasses
 $\frac{1}{4}$ cup balsamic vinegar
1 tsp cumin
 $\frac{1}{2}$ tsp cayenne pepper
2 tbsp olive oil

Bring $1 \frac{1}{2}$ cups of water to a boil. Add bulgar and a dash of sea salt. Reduce heat to low, and simmer. Pot should be slightly covered. Cook for about 10-15 minutes, until the bulgar is cooked and fluffy. Place in a large bowl.

While the bulgar cooks, stir together the sauce ingredients. Set aside.

Add cucumber, green onions, roast pepper and parsley to the bulgar. Toss well. Slowly stir in the sauce. Use half of what you made at first, then add more to taste. Season with salt and pepper, and serve.

Anti-Inflammatory Lentil Soup (serves 6)

2 cups lentils (any kind will do)
2 tbsp coconut oil, or olive oil
1 onion, diced



- 4 garlic cloves, minced
- 8 cups water
- 2 tbsp fresh ginger, minced
- 1 tbsp fresh turmeric, minced (or 1 tbsp dried ground turmeric)
- 5 carrots, chopped
- 2 vegetable bouillon cubes
- 2 tsp smoked paprika
- black pepper & sea salt to taste

Pour lentils into a large bowl, and check them thoroughly for stones. Those you'll want to remove. Then rinse well.

In a large deep pot, heat oil on medium heat. Add onions and garlic to saute until the onions are translucent. Add the lentils, stir. Pour the water into the pot, and bring to a boil. Once boiling, add ginger and turmeric and reduce the heat to a simmer. Cook until the lentils are tender, about 15 minutes. Add the carrots and cook for another 10-15 minutes. Dissolve the vegetable bouillon cubes in $\frac{1}{2}$ cup of water, and add it to the soup. Add the paprika along with more salt and pepper to taste.

Chickpea Tuna Salad on bread or butter lettuce (serves 4)

- 4 cans chickpeas, or 4 cups fresh
- $\frac{1}{2}$ cup vegan mayonnaise (I buy the Nayoise by Nasoya)
- 2 tablespoons whole grain mustard
- 3 tablespoons umeboshi plum vinegar (found in the Asian section)
- $\frac{1}{2}$ cup chopped celery (about three ribs)
- 4 scallions chopped (only the white parts)
- a few turns of the peppermill
- a pinch of cayenne pepper (optional)
- a few butter lettuce leaves, washed and dried well

Place chickpeas in the bowl of a large food processor and pulse two or three times to roughly chop. Add remaining ingredients and pulse two or three times more to combine, but not puree. Serve with butter lettuce, and/or on whole wheat bread.

Tempeh Tacos (serves 2, makes 4 tacos)

- 1 package of soy tempeh (cut into four or five pieces, then halved)
- 2 cups shredded red cabbage
- 1 cup shredded carrot
- 1 avocado
- 1 lime



4 corn tortillas

tempeh marinade:

¼ cup soy sauce

¼ cup balsamic vinegar

2 tablespoons maple syrup

1 tbsp chipotle chili powder

Mix the tempeh marinade in a small bowl. Place sliced tempeh in a ziplock bag, then pour in the marinade. Make sure the sauce coats the tempeh, and allow to marinate in the refrigerator for at least one hour. This is great to do over night, or while at work.

Once it has marinated, roast tempeh in an oven at 350° for 15 minutes. Or, saute the tempeh for 4 minutes, each side.

Warm the corn tortillas in a skillet, or the microwave.

Fill with cooked tempeh, cabbage, carrots and avocado. Squeeze a bit of lime juice onto the tacos and serve.

Radiant Quinoa Salad (serves 4-6)

2 cups cooked quinoa

1 cup shredded carrots

1 cup shredded red cabbage

2 cups spinach, packed

1 cup cilantro (optional)

1/2-1 cup enchilada sauce

sauce:

2 tbsp olive oil

1/2 medium onion, diced

2 garlic cloves, minced

1 jalapeño pepper, seeded and diced

1 1/2 tablespoons ground cumin

1 1/2 tablespoons chili powder

3 tablespoons garbanzo flour (or unbleached all-purpose flour)

8 oz organic tomato sauce, canned

sea salt to taste

1 cup water



Heat olive oil over medium heat in a saucepan. Saute onions, garlic and jalepeño pepper until the onions become translucent. Add cumin, chili powder and garbanzo flour to the pan and stir. Allow the spices to toast and the flavor to release for about 30 seconds, then pour in tomato sauce.

Reduce to low heat, and allow the sauce to simmer for about 10 minutes.

Add to a blender, along with about 1/2 cup of water, and blend until smooth. Add more water to thin, if necessary. Season with salt and more spice to taste.

to assemble salad:

In a large bowl add quinoa, veggies and about 1/2 cup of the enchilada sauce. Toss so that everything is coated. Add more sauce if necessary, up to 1 cup should do. Serve with fresh avocado and lime!