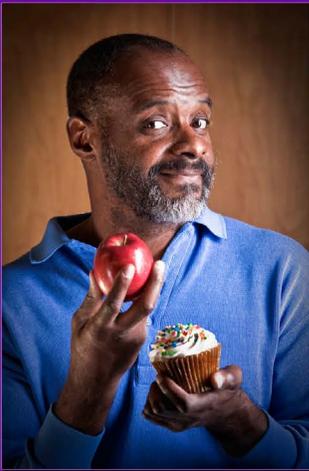
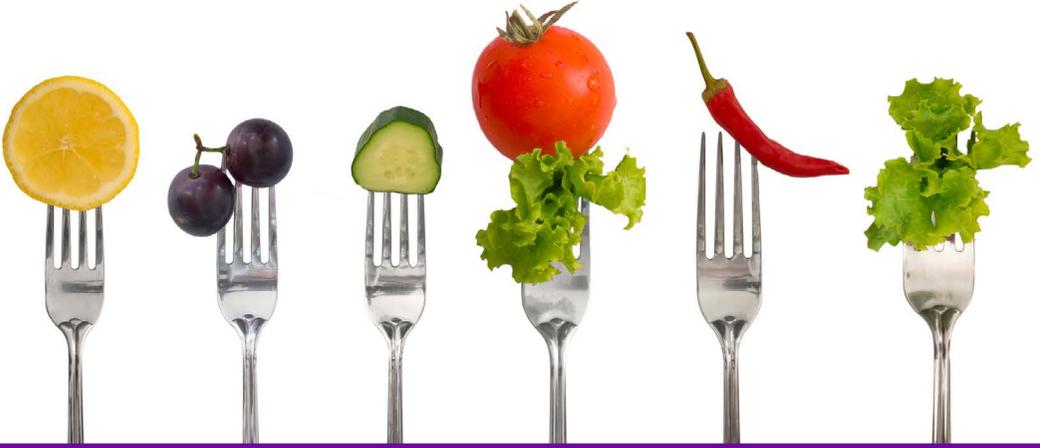


Be Healthy

recipes for healthy living



Ed Dodge, MD, MPH

Recipes for Healthy Living



Introductory Comments

Our purpose is to encourage good health by way of healthy eating. These recipes concentrate on easy ways to prepare simple wholesome foods. Most of them have been well-tested by the authors. A little over half of the recipes come from the kitchen of Ed and Carol. The rest come from Randall and Colleen's kitchen. In telling his story in chapter two of *Be Healthy*, Randall emphasized how important wholesome nutrition became to him. Here he shares the recipes that he found so helpful. All of us thoroughly enjoy our food, our lives, and our health. Anyone can adopt or modify these recipes over time to add to their own repertoire.

If one has been eating the standard American diet all one's life, it can be challenging to adopt new ways of eating. If you're in that situation, you're not likely to change all your foods or eating styles overnight, but from the standpoint of your health it's smart to begin shifting toward a plant-based plan. A good way to begin is by eating five servings of fruit and/or veggies every day. Five-a-day is not hard to do if you make this a conscious goal. Using some of the recipes in this chapter can be helpful.

As you eat more plant-based meals, you will find it easier to keep moving in this direction. You may gradually drop some of your meat-based meals. Some of you may even decide to go vegetarian. Let me emphasize here that we are not trying to convert you to becoming vegetarian. We simply want to help you move in the direction of eating more vegetables and fruit as part of moving into a healthier lifestyle. If you find that you like plant-based eating, this will improve your future.

Plant-based eating produces much healthier outcomes than the standard American diet does. In addition to trying some of the recipes in this chapter, you can also find helpful recipes in the book, *Eat to Live*, by Dr. Joel Fuhrman. Two other helpful books along this line are *The Blood Sugar Solution Cookbook* by Dr. Mark Hyman and *The Starch Solution* by Dr. John McDougall. Slowly shifting your diet by trying such recipes is a good way for you to proceed. It's fine to use a variety of resources to help you toward your goal.

In my experience as a family doctor, I found that crash diets rarely worked for long. Instead of a solution, they can be a recipe for failure, not what you want. Give yourself time to substantially change your eating style, but do begin. You can change your food tastes, but it takes time. If you solidly commit to taking the first step and stay with it, you will succeed in the long run.

Is the effort worth it? Absolutely. Within weeks of adopting healthier ways of eating, you will feel real improvement in your health, and your friends are likely to notice this also. As they say in the Olympics, "Go for the gold!" In this case, what you want to go for is a golden standard of health.

Healthy Breakfast Recipes — Great for Starting Your Day!

The breakfasts that follow provide good choices for a nutritionally solid start to the day. Other choices are possible, but beware of highly processed or sweetened foods, such as pre-sweetened cereals. I haven't listed any kind of pancake breakfast. Pancakes were a favorite of mine for years, but I rarely eat them now. Most pancakes are made with refined "enriched" flour, and almost all pancakes are topped with syrups that are very sweet. Buckwheat pancakes topped with fruit can be a healthy choice.

There is no highly processed meat in any of these breakfasts. Bacon or sausage are favorites for many people, but there are serious nutritional problems connected with bacon and sausage. We avoid them. Biscuits and gravy are also a favorite for many people, but they have no fiber and very little nutritional value, so we avoid them also.

It's worth making a point here about indulging in food that beckons seductively, but that is not nutritionally desirable. Probably most of us succumb to such temptation occasionally. No great harm is done if this happens rarely. The problem is that if one yields too often, the seductive foods may creep back into one's routine cuisine. Don't yield to temptation too often! Now let's move on to some great healthy recipes.

Metric Conversion Table

The measurements for the recipes in this chapter are all stated in American values, but some readers may need to have them in

metric measurements. This conversion table shows the conversion to metric values for most of the measures given in the recipes.

Metric Conversion Table

1 pound = 450 grams

1 quart = 960 milliliters

1 fluid ounce = 30 milliliters

6 fluid ounces = 180 milliliters

8 fluid ounces = 240 milliliters

1 tablespoon = 15 milliliters

1 teaspoon = 5 milliliters

1/2 teaspoon = 2 grams (dry weight)

1/4 teaspoon = 1 gram (dry weight)

1 cup = 240 milliliters

1/2 cup = 120 milliliters

1/4 cup = 60 milliliters

1/3 cup = 80 milliliters

Recipes from Ed and Carol's Kitchen

Superb Steel-cut Oatmeal Breakfast!

- 1/2 cup steel-cut oats
- 1/4 cup raisins
- 6 medium organic strawberries
- 1/2 cup organic blueberries (may substitute other fruit in season)
- 2 medium bananas
- 2 tablespoons of walnut pieces
- Ground cinnamon
- Almond milk, unsweetened

Place measured oats and raisins with 1 and 1/2 cup of water into a one quart saucepan. Heat to boiling; then simmer for 20 minutes. Makes two servings. Rinse blueberries; slice and rinse strawberries, and slice bananas. Add as topping to hot cereal. Sprinkle walnut pieces and ground cinnamon on top. Pour milk into bowl of cereal as desired. Note: Substitute fruit toppings seasonally as desired.

Yield: serves two

Elective sides for oatmeal breakfast:

- 6 ounces fresh orange juice with pulp
- 3 or 4 stewed prunes
- 1 slice 100% whole wheat toast, lightly buttered if desired
- 1 tablespoon organic, low-sugar, strawberry jam for toast
- 1 cup hot herbal tea or coffee

Quick Cool Healthy Breakfast

1/3 cup grapenuts
1/4 cup raisins
1 cup spoon-size shredded wheat
3 medium organic strawberries
1/4 cup organic blueberries
1 medium banana
1 tablespoon walnut pieces
Ground cinnamon
Almond milk

Mix grapenuts, raisins, and shredded wheat in cereal bowl. Rinse strawberries and blueberries. Top cereal with blueberries, sliced strawberries and sliced banana. Sprinkle walnut pieces and ground cinnamon on top. Pour milk into bowl as desired.

Yield: serves one

Elective sides are the same as for the steel-cut oats breakfast.

Hearty Scrambled Eggs and Hash Browns

4 large organic eggs
1 cup frozen hash brown potatoes (start thawing as you begin preparations)
1/2 yellow onion
1/4 quarter red bell pepper (organic if possible)
2 tablespoons organic olive oil
4 slices 100% whole wheat toast, lightly buttered if desired
2 tablespoons organic, low-sugar, strawberry jam for toast

Sliced cantaloupe, honeydew, pineapple, prunes, or other fruit on the side as desired

6 ounces fresh orange juice with pulp

1 cup hot herbal tea, or coffee, as preferred

Dice onion and red bell pepper. Sauté with peanut oil in stainless steel frying pan for three minutes at medium heat. Add hash brown potatoes and continue at low heat for 10 minutes, stirring frequently. Whisk and add eggs, stirring frequently. Continue on low heat for 3-4 minutes. Season lightly with sea salt and black pepper as desired. Divide in half and serve, with toast and fruit on the side.

Yield: serves two

Light Lunches — Nutritionally Rich

These lunches are light in calories, but nutritionally powerful. A good blender makes preparing these blended drinks and soups easy, while preserving all their nutritional value. Have fun mixing and blending!

Note: *A juicer is not the same as a blender. It's not a substitute for a good blender. A juicer simply extracts juice from fruits or veggies, but discards everything else, including valuable fiber and nutrients. A blender produces a drink that blends every part of the fruits or vegetables put into it, including fiber, making it much more nutritious. Our blender happens to be the Blendtec® brand, and the directions in the following recipes apply to its functions. Other equally good blenders might have different directions for their use.*

Blended Fruit Drink

- 1 cup organic strawberries
- 2 cups cantaloupe slices
- 1/2 cup of seedless grapes
- 1 orange
- 1 tablespoon of peeled, chopped fresh ginger root
- 1 cup ice and water*

Wash and stem strawberries and grapes. Peel orange, dividing it into slices or quarters. Remove cantaloupe rind and cut into slices. Combine all with peeled, chopped ginger root in blender with 1 large cup of water and ice. Press “Juice” button on blender to start blender. It will automatically run for about one minute. Makes 32-40 ounces smoothie.

Yield: serves two or three

**Note: Some of these blended drinks include “ice and water” in the recipe; some include one cup of ice only; and some have neither. The purpose of the ice and water is to ensure that the drink is cold, and not too thick to drink comfortably. If ice and water is called for, fill a cup with ice, and then add water to the brim of the cup before pouring into the blender. If ice only is called for, do not add water as the drink will be liquid enough without added water.*

Exotic Fruit Smoothie

- 2 cups watermelon
- 2 slices cantaloupe

- 1 mango
- 1 kiwi
- 1 organic apple
- 1 tangelo
- 6 organic strawberries
- 1 banana (may be fresh or frozen)

Remove rinds from watermelon and cantaloupe slices. Peel mango, kiwi, tangelo, and banana. Wash and stem strawberries. Wash and quarter apple. Combine all in blender with one cup of ice. Press “Juice” button on blender and run.

Yield: serves two or three

Berry Blend

- 1/2 cup organic frozen berry mix
- 2 cups watermelon chunks
- 1 cup pineapple chunks
- 1 organic apple
- 1 tablespoon of peeled, chopped fresh ginger root
- 1 cup of ice

Combine all in blender, press “Juice” button, and run one minute. Makes 32-40 ounces.

Yield: serves two or three

Tuscan Cantaloupe Smoothie

2 cups Tuscan cantaloupe chunks (may use regular cantaloupe if Tuscan not available)

1 organic apple, quartered

1 kiwi, peeled

1 cup mango slices

1/2 cup frozen organic strawberries

1 cup ice and water

Combine all in blender, press “Juice” button, and run one minute. Makes 32-40 ounces.

Yield: serves two or three

Peach and Berry Smoothie

1 large organic peach

1 cup cantaloupe chunks

1/2 cup frozen berry mix

1 kiwi

1 banana

1 cup ice and water

Remove rinds, peels, and peach stone. Combine all fruit, ice, and water in blender, press “Juice” button, and run 1 minute. Makes 32-40 ounces.

Yield: serves two or three

Nice Patio Blend

1 cup spinach leaves

1 carrot

1 orange

1 small lime

1 tablespoon of peeled, chopped fresh ginger root

1 cup ice and water

Wash spinach, scrub carrot, and peel orange and ginger root. Combine in blender with ice, water, and squeezed lime juice. Blend for 1 minute. Makes a nice patio drink!

Yield: serves two or three

Summer Smoothie

2 cups watermelon chunks

1/2 cup organic strawberries

1/2 cup organic blueberries

1/2 cup organic raspberries

1/2 cup mango slices

1 kiwi, peeled

1 banana, peeled

1 cup ice and water

Combine all in blender. Press “Juice” button. Run 1 minute. Makes 32-40 ounces.

Yield: serves two or three

Veggie Smoothie

- 1 cup baby spinach leaves, washed
- 1/2 hothouse cucumber, peeled and chunked
- 3 stalks celery, washed and trimmed
- 1 tablespoon of peeled, chopped fresh ginger root
- 1 cup orange juice
- 1 cup ice

Combine all in blender. Press “Juice” button. Run 1 minute.
Makes 32-40 ounces.

Yield: serves two or three

Veggie and Tangelo Smoothie

- 2 carrots, peeled and chunked
- 1 cup spinach, washed
- 1/3 hothouse cucumber, peeled
- 4 medium red radishes, washed and trimmed
- 1 cup veggie stir-fry, frozen
- 1 tangelo, peeled
- 1 tablespoon of peeled, chopped fresh ginger root
- 1 cup ice and water

Combine all in blender. Press “Juice” button. Run 1 minute.
Makes 32-40 ounces.

Yield: serves two or three

Spinach Delight

- 2 cups spinach, washed
- 1 cup watermelon chunks
- 1 can pineapple chunks
- 1 tablespoon of peeled, chopped fresh ginger root
- 1 cup orange juice with pulp
- 1 cup ice

Combine all in blender. Press “Juice” button. Run 1 minute.
Makes 32-40 ounces.

Yield: serves two or three

Note: *After you have made a number of these blended drinks, you will be able to come up with your own recipes. Carol uses combinations of whatever fruit and veggies we have on hand to make our blended lunch smoothies, and they're always good!*

A Few Comfort Soups

Good soups make delightful lunches in cooler weather, especially in late fall, winter, and spring. Sometimes we use slightly processed, low sodium canned or boxed soups. They can be combined with sandwiches, salads, or blended drinks, but a bowl of soup served with crackers can be a good lunch by itself. Enjoy mixing and matching!

Homemade Veggie Soup

- 3 white potatoes
- 3 stalks of organic celery
- 1 large yellow onion
- 1 green bell pepper
- 1 red bell pepper
- 2 zucchini squash, home-grown if possible
- 1 yellow summer squash
- 4 organic carrots
- 1 cup organic frozen peas
- 1 cup dried lentils
- 1 tablespoon dried oregano
- 12 fresh rosemary sprigs to garnish soup
- Coarse sea salt
- Black peppercorns

Put lentils in large saucepan with 6 cups of water. Bring to a boil. Simmer for 30 minutes while preparing veggies. Peel, trim, slice, and dice other veggies as needed. Rinse and add to saucepan. Simmer gently for another 30 minutes. Ladle into bowls. Add garnish. Season to taste (not too heavily) with ground salt and peppercorns. Enjoy!

Yield: serves eight

Leftovers with Lentil Soup

Note: Almost any leftovers will work well. These are some of our typical leftovers.

Leftover brown rice (about 1 cup)

Leftover steamed spinach and zucchini (about 1 cup)

Leftover tomato sauce and garden peas (about 1/2 cup)

1 can (19 ounces) savory lentil soup

Mix all together in two-quart saucepan. Heat for about 5 minutes. Ladle into bowls. Makes a delicious veggie soup. Enjoy with whole grain saltine crackers.

Yield: serves two to four

Zesty Carrot-Ginger-Sweet Potato Soup

1 quart (32 ounces) box of organic carrot-ginger soup

Leftover sweet potato wedges

Leftover zucchini squash

1 tablespoon of peeled, chopped fresh ginger root

Blend sweet potato wedges, zucchini squash, and ginger with carrot-ginger soup in high-powered blender. Push button for blending soups. (This heats the soup to serving temperature as it blends the ingredients.) Serve and enjoy! (This is simply an example of how anyone can combine leftovers with packaged soups to create new tasty blends. Any kind of leftover vegetables will work for most soups.)

Yield: serves two or three

Lentil-Tomato Soup

1 can (19 ounces) low sodium lentil soup

1 can (14.5 ounces) low sodium stewed tomatoes

Combine both cans of soup in a large saucepan and heat to boiling point. Turn heat off and serve. This combines two mildly processed foods to quickly make a delicious soup.

Yield: serves two or three

Salads

Note: *Fresh salads are an excellent way of enjoying nutritionally rich, raw fresh vegetables. We have a large salad with our supper every evening. Sometimes we have one for lunch also. Each individual salad has two servings of a variety of fresh veggies, so when we eat two heaping salads in a day, we're each getting four servings of fresh raw veggies, and they're always delicious.*

Fresh Garden Salad

This salad can serve as a lunch salad on its own, or with soup or a sandwich. It can also serve as a dinner salad to go with supper.

2 cups garden spring mix (mix of various pre-washed salad greens)

2 stalks organic celery

2 medium organic radishes

2 small salad onions

- 2 white mushrooms
- 1/4 cup green bell pepper
- 1/4 cup red bell pepper
- 1/4 cup hothouse cucumber
- 6 cherry tomatoes
- 1 small avocado

Wash the leafy greens in colander. Wash, trim, and cut or slice celery, radishes, onions, mushrooms, and peppers into bite-size pieces. Peel and cut avocado into bite-size pieces. Wash tomatoes and mix all ingredients in salad bowl. Serve on salad plates and top with dressing of choice.

Yield: serves two

Spring Salad Delight

- 2 cups baby organic spinach
- 2 stalks organic celery
- 1 organic apple
- 6 organic strawberries
- 1/2 cup raisins
- 1/2 cup walnut halves

Wash baby spinach in colander. Wash, trim, and cut celery, apple, and strawberries into bite-size pieces. Mix all ingredients in salad bowl. Serve on salad plates and drizzle raspberry vinaigrette dressing on salad lightly. Enjoy!

Yield: serves two

Carrot-Raisin Salad

6 large organic carrots, trimmed, scrubbed clean, and grated finely

3 stalks organic celery, washed, trimmed, and cut into bite-size pieces

1 cup raisins

1/2 cup coconut flakes

1/2 cup walnut pieces

6 tablespoons organic mayonnaise

Combine all ingredients in a large mixing bowl and mix completely. Serve as a side salad or as part of a summer salad plate.

Yield: serves four

Wholesome Sandwiches

Almond Butter and Banana Sandwich

2 slices 100% whole wheat bread

2 tablespoons almond butter

1 medium ripe banana

3 leaves washed organic Romaine lettuce

Spread almond butter on one slice of bread. Peel banana and slice in half length-wise. Cut banana slices in half cross-wise. Place banana slices on top of almond butter, and then arrange washed Romaine lettuce leaves over banana slices. Place other slice of bread over lettuce. (No spread needed for second slice of bread.) Enjoy!

Yield: serves one

Avocado Sandwich

- 2 slices 100% whole wheat bread
- 1 small avocado—ripe, but not overripe
- 3 leaves washed organic Romaine lettuce

Peel avocado and cut in half, discarding large avocado seed. Slice avocado into 1/4 inch thick slices, and arrange on one slice of bread. Arrange washed Romaine lettuce leaves over the avocado slices, and cover with the other slice of bread. Enjoy!

Yield: serves one

Hummus Sandwich

- 2 slices 100% whole wheat bread
- 2 tablespoons organic, roasted red pepper hummus
- 2 tablespoons walnut pieces
- 1/2 cup washed organic lettuce or organic baby spinach leaves

Spread hummus on one slice of whole wheat bread. Scatter walnut pieces over the hummus. Arrange washed lettuce or baby spinach leaves over hummus and walnuts. Cover with other slice of bread. Bite into sandwich, chew slowly, and enjoy!

Yield: serves one

Organic Peanut Butter and Organic Strawberry Jam Sandwich

- 2 slices 100% whole wheat bread

2 tablespoons organic peanut butter (smooth or crunchy)

1 tablespoon organic strawberry jam (reduced sugar content)

Spread peanut butter on one slice of bread. Spread strawberry jam over peanut butter. Cover with the other slice of bread. Enjoy!

Yield: serves one

Simply Healthy Suppers

Our simply healthy suppers are built around several basic staples: primarily brown rice, baked or mashed white potatoes, baked sweet potatoes, quinoa, or couscous. While our diet is 95 percent vegetarian, once or twice a month we'll have grilled or baked fish, usually tilapia or wild salmon. Along with any of these entrées, we'll have three or four fresh veggies as well as a large side salad, and I usually have a slice of 100 percent whole wheat bread. If we have any room left for dessert, we have some kind of fresh fruit. Often, we skip our dessert because we are full, but if not, fruit provides the perfect light finish to our meal.

These suppers are both nutritious and filling, but they are not high in calories. Anyone looking at my large plate brimming with good food would think I couldn't eat like that all the time without gaining weight. Yet the truth is that I eat large dinners every night without ever gaining an ounce. We can eat to our heart's content without ever having a moment's concern about weight issues. The added reward is that we're building vibrant health, not courting disease.

These recipes are divided into two categories: *Basic Entrées*, and *Other Veggies*. Both categories consist of simple wholesome foods. Dinner menus can be easily planned by combining recipes from both categories, plus any salad chosen from the salad recipes. Adding a slice of 100 percent whole wheat bread is optional, and any fresh or frozen fruit can be chosen to cap a nutritious, delicious, wholesome meal.

Basic Entrées (with brief commentary)

Baked Idaho or Russet Potato

Choose as many medium or large baking potatoes as you wish to serve. Organic is best if available. Scrub clean, and wrap each potato in aluminum foil. Preheat oven to 400 degrees. Place wrapped potatoes on flat baking pan in oven for one hour. Unwrap foil carefully. Serve with salsa (see Randall's homemade salsa recipe or use commercial salsa) for a satisfying entrée. Avoid unhealthy calories by not using any butter, margarine, or gravy!

Yield: serves two or more (depending on number of potatoes baked)

Note: Enjoy this entrée several times a month. Contrary to popular opinion, this is not fattening or bad for your health. Dr. John McDougall's new book, *The Starch Solution*, explains why starchy foods are excellent for good health.

Grilled Potato Wedges

Peel as many potatoes as you wish to serve. Cut each potato into several inch-thick wedges, and place on oiled baking pan. Brush olive oil on each wedge, and bake in oven or on grill for 30 minutes. (Baby carrots, cauliflower wedges, Bell pepper pieces, and mushrooms can be similarly grilled at the same time and served with a side salad and 100% whole wheat bread for a delicious meal.)

Yield: serves up to four (depending on quantity baked)

Baked Sweet Potato

Choose as many medium-sized sweet potatoes as you wish to serve. Scrub clean, and doubly wrap each potato in aluminum foil. Preheat oven to 425 degrees. Place potatoes on flat baking pan in oven for 70 minutes. Remove from oven, cool 2-3 minutes, and unwrap foil carefully. (The foil cools quickly, but opening it releases hot steam!) Cut potato on your plate length-wise and cross-cut several times to let it cool more quickly.

Yield: serves two to six (depending on quantity baked)

Baked sweet potato done this way is absolutely delicious on its own. Nothing need be added to make it taste better, though we may sprinkle some ground cinnamon on it to enhance its taste. It is one of our favorite dinners, combined with other veggies.

Whole Wheat Spaghetti

Cook spaghetti according to instructions on package. Rinse in colander before placing in a serving dish. While cooking spaghetti, heat 2 cups organic garden veggie sauce in 1 quart sauce pan. Add 1/2 cup frozen organic peas. Keep on low heat for 10-12 minutes, stirring occasionally. Pour into a serving dish.

Yield: serves two to four (depending on quantity cooked)

Note: Spaghetti and sauce are processed foods, but are relatively healthy ones. (Get low-sodium sauce if possible.) They work well for a quick meal at home that is healthier than food at most fast food places. Veggie sauce with added garden peas is great with whole wheat spaghetti. Garden salad and steamed veggies added as sides make this a good meal.

Organic Quinoa (pronounced Keen-wa)

Cook 1/2 cup organic quinoa with 1 cup of water. Bring to a boil, cover and simmer on low heat for 15 minutes. Cool for 5 minutes and then serve. May season with sea salt and/or black pepper. Excellent with side dishes of steamed veggies and garden salad.

Yield: serves two or three

Note: Quinoa is a nutritious traditional grain that is high in protein and low in sodium. It's a vegetarian entrée that is quick and easy to prepare. It is a gluten-free grain that good for anyone and ideal for people with gluten sensitivity.

Whole Wheat Couscous

Bring 1 cup water with 2 teaspoons of olive oil to a boil. Add 1 cup whole wheat couscous, stir, and remove from heat. Let stand five minutes. Add 1/4 cup chopped radishes, 1/4 cup chopped shallots, 1/4 cup of slivered almonds, 1/2 cup raisins, and stir. Season with ground sea salt and/or black pepper as desired. Serve immediately as a main dish, or cool in refrigerator and serve later on lettuce as a salad. Experiment and enjoy!

Yield: serves two or three

Note: *Couscous is the traditional dish of Morocco and Algeria. It is a precooked durum wheat and is a delightful dish to prepare, especially when time is short. Organic whole wheat couscous can be found and ordered online at lower cost than in a grocery store.*

Other Veggies

Note: *We steam veggies for most of our suppers, so a veggie steamer is very important in our kitchen. (A good, basic, two-tier veggie steamer can be found online for \$30-40.) Steaming veggies is the best way to preserve their nutritional value, and it's a quick, easy way of preparing them. Most veggies can be steamed in 15 minutes. Some only require five to six minutes of steaming. Combine any veggie recipe with any basic entrée, along with a side garden salad, to create a great nutritious dinner.*

Black Beans with Stewed Tomatoes

- 1 can (15 ounces) organic black beans
- 1 can (14.5 ounces) stewed tomatoes
- 1 organic yellow onion, diced
- 1/4 green bell pepper (organic if possible)
- 1/4 red bell pepper (organic if possible)
- 2 tablespoons virgin olive oil or organic peanut oil

Place oil in a large, stainless steel frying pan over medium heat for 2 minutes. Dice onion and bell peppers and add to frying pan, stirring every few minutes. After 5 minutes, add black beans and stewed tomatoes, continuing to stir every few minutes. Cover pan and turn heat down to low for 10 minutes. Serve on bed of brown rice.

Yield: serves two to four

Steamed Broccoli, Cauliflower, and Carrot Mix

- 1 cup broccoli florets
- 1 cup cauliflower florets
- 1 medium sweet onion
- 2 medium organic carrots

Fill the veggie steamer receptacle with water to the upper water mark. Wash broccoli and cauliflower before placing in steam compartment. Wash and lightly peel carrots, cut them into carrot-stick lengths (2-3 inches,) and place in the steam compartment. Cut peeled onion into quarters and place in steam compartment. Start steamer, setting the timer for 15 minutes. When done, season as

desired, serve, and enjoy!

Yield: serves two or three

Steamed Asparagus, Sweet Corn, and Zucchini

12-14 spears asparagus

2 ears sweet corn

1 medium zucchini squash

Fill veggie steamer receptacle to upper water mark. Wash asparagus spears, break each in half, and discard the lower part of the stem. (Asparagus snaps in two easily when bent into a bow shape.) Wash and cut zucchini into 1 inch segments. Husk the corn, wash, and put in steamer with zucchini and asparagus. Set timer for 6 minutes. When done, season as desired, serve with any entrée and a side salad, and enjoy!

Yield: serves two

Stovetop Greens

6 medium collard or kale leaves

1/2 cup diced yellow onion

1 small lime cut into quarters

1/4 teaspoon sea salt

Stem the collard or kale leaves before cutting up green leaves into a medium saucepan with 1 cup of water. Add diced onion and sea salt. Bring to a boil, turn down heat to low, and then cover

and simmer for 20 minutes. Serve on plate with entrée and other veggies. Squeeze 1/4 lime over greens. The lime juice added to the cooked greens does wonders for their taste.

Yield: serves two or three

Stir-fry Veggies

16 ounces frozen stir-fry veggies (sugar snap peas, carrots, onions and mushrooms)

2 tablespoons organic canola oil

1 ounce slivered almonds

2 bunches fresh organic spinach

1/4 teaspoon freshly ground black peppercorn

1/4 teaspoon freshly ground coarse sea salt

Put oil in a large stainless steel frying pan over medium heat. Add frozen veggie stir-fry mix to pan, stirring every few minutes. Turn heat to low and cover pan for 10 minutes, stirring occasionally. Add slivered almonds just before taking pan off stove. Trim spinach stems and rinse leaves. Place in a medium saucepan with 1 cup water. Bring to boil over high heat, then turn down to simmer for ten minutes with lid on pan. Serve the stir-fry veggies on a bed of brown rice, with spinach beside it. Season with freshly ground sea salt and/or black pepper. Enjoy with a fresh garden side salad (see salad recipes.)

Yield: serves two or three

Ratatouille

1 medium eggplant—peeled and cut into 3/4 inch squares

1 medium organic yellow onion —peeled and diced

2 tablespoons organic peanut oil

1 medium organic zucchini squash—trimmed and cut into 1/2 inch squares

1 can (14.5 ounces) stewed tomatoes

1/2 cup green bell pepper — washed and cut into short, thin slices

1/2 cup red bell pepper — washed and cut into short, thin slices

1/2 teaspoon minced garlic

Freshly ground coarse sea salt

Freshly ground black peppercorn

Put oil in a large stainless steel frying pan over medium heat. Add minced garlic, diced onion, and bell pepper slices. Stir occasionally for 5 minutes. Add eggplant and zucchini squares, continuing to stir occasionally for five minutes. Add can of stewed tomatoes and cover for ten minutes. Pour into large serving bowl for individuals to spoon onto a bed of brown rice on their plates. Season with ground salt and pepper as desired. Enjoy with a large side salad!

Yield: serves two or three

Spaghetti Squash

Cut one medium organic spaghetti squash in half length-wise. Place in baking dish with one inch water, cut side down. Preheat oven and bake at 350 degrees for 45 minutes. Remove from oven

to let cool for 15 minutes. Pull strands of squash away from the peel with large fork, and place in serving bowl. Prepare organic veggie sauce as in spaghetti recipe. Spaghetti squash with veggie sauce and peas and a large side salad is delicious.

Yield: serves two to four

Mashed Potatoes with Chives or Salsa

Peel 4-5 medium potatoes (organic if possible.) Cut each potato into eight pieces and place in large saucepan with water. Peel and dice one medium yellow onion, and add to pan. After bringing pan to a vigorous boil, reduce heat to low and boil softly another 15 minutes. Meantime heat 3/4 cup of almond milk in microwave for one minute. Drain the potatoes. Then add hot almond milk to pan and mash thoroughly for two to three minutes. Place in serving bowl. Add chives if desired. Season to taste with sea salt and ground pepper, or top each serving with salsa. Enjoy with other veggies (choose from veggies recipes,) a large side salad, and a slice of 100 percent whole wheat bread!

Yield: serves three or four

Delicious Fish

Broiled or Grilled Tilapia

Rinse 4 tilapia fillets. Brush with olive oil and sprinkle with dill

weed. Place under broiler for 12 minutes. If grilling, place on grill for 6 minutes, and turn for 6 more minutes. Serve with choice of veggies and side salad. Enjoy!

Yield: serves four

Baked Wild Salmon

Rinse 4 salmon fillets (3-4 ounces each). Marinade in olive oil, lemon juice, and parsley for one hour. Place on baking dish lined with oiled aluminum foil. Bake at 375 degrees for 20 minutes. Serve with choice of veggies and side salad. Enjoy!

Yield: serves four

Amaranth Recipes

Amaranth is not a true cereal grain, but is a relative of pigweed and the ornamental flowers we know as cockscomb. It's grown not only for its seeds, but for its leaves that can be cooked and eaten as greens. The grain is high in protein, particularly the amino acid lysine which is limited in the true cereal grains. The grains can be milled as is, or the seeds can be toasted to provide more flavor. The flour lacks gluten, so it's not suited for raised breads, but can be made into any of a number of flat breads. Some varieties can be popped much like popcorn, or can be boiled and eaten as a cereal, used in soups, granolas, and the like. It blends well with other grain flours.

Amaranth Basic Recipe

[from *Vegetarian Cooking for Everyone* by Deborah Madison.]

1 1/2 cups water
1/2 cup amaranth
Salt to taste

Combine water, the amaranth, and a pinch of salt in a small saucepan. Bring to a boil, reduce the heat and simmer for about 25 minutes or until all the water is absorbed. Serve like rice.

Amaranth Stir-Fry

2 cups cooked amaranth (from Amaranth Basic Recipe)
2 tablespoons peanut oil
1 onion, chopped
1 carrot, sliced
1 celery stalk, sliced
1 cup mushrooms, sliced
2 cloves garlic, chopped fine
1/2 cup almonds, chopped
1/4 cup sunflower seeds
2 tablespoons low sodium soy sauce

Sauté veggies, garlic, almonds and seeds in the oil until vegetables are tender crisp. Add soy sauce, seasonings and amaranth. Mix well until warmed through.

Yield: serves four

Amaranth with Spinach

from: <http://chetday.com/amaranth.html>

- 1 cup amaranth seed
- 2-1/2 cups water
- 1 tablespoon olive oil
- 1 bunch spinach (or young amaranth leaves if available)
- 2 ripe tomatoes, skinned and coarsely chopped
- 1/2 pound mushrooms, sliced
- 1-1/2 teaspoons basil
- 1-1/2 teaspoons oregano
- 1 clove garlic minced
- 1 tablespoon onion, minced
- Sea salt and pepper to taste

Add amaranth to boiling water, bring back to boil, reduce heat, cover and simmer for 18-20 minutes.

While amaranth is cooking, stem and wash spinach, then simmer until tender. Dip tomatoes into boiling water to loosen skin, then peel and chop. Heat oil in a skillet over medium heat and add garlic and onion. Sauté approximately 2 minutes. Add tomato, mushrooms, basil, oregano, salt, pepper and one tablespoon of water. Drain and chop spinach and add to tomato mixture. Cook an addition 10-15 minutes, stirring occasionally. Lightly mash tomato as it is cooking. Stir the sauce into the amaranth or spoon it on top.

Yield: serves two to four

Recipes from Randall and Colleen's Kitchen

Colleen and I enjoy many of the same recipes shared above. Oatmeal or whole-grain cold cereal are daily rituals in our home. Vegetable or bean soup is standard fare for lunch. And salad is almost always the main course for dinner. But for a little variety, we like to add in a few special treats. Here are a few of the dishes we enjoy on occasion.

Breakfast

Asparagus Omelet

- 5 egg whites
- 1/3 cup crumbled feta
- 10 spinach leaves
- 1/2 pound (8 ounces) fresh asparagus
- 1 medium onion, chopped
- 1 clove garlic, minced
- 1 teaspoon olive oil

Sauté asparagus and onion in olive oil in pan over medium heat. Add spinach leaves and minced garlic. Then add egg whites and cook sufficiently to flip. Add feta cheese after flipping, then fold once and serve.

Yield: serves two or three

Salads

Spicy Bean Salad

1 can (15 ounces) each of black beans, kidney beans, black-eyed peas and corn.

- 1 chopped onion
- 1/2 cup chopped sweet peppers
- 1/2 cup red wine vinegar
- 3 tablespoons olive oil
- 1/2 teaspoon ground red pepper
- 1/2 teaspoon salt
- 1 tablespoon honey

Drain and combine beans and corn in bowl. In another bowl combine red wine vinegar, olive oil, salt, ground red pepper and sugar. Add this to bean/corn mixture. Best to refrigerate for several hours before serving.

Yield: serves six

Beet Slaw

- 3 cups coarsely grated cabbage
- 1 medium beet, grated
- 1 onion, grated
- 3 carrots, grated
- 1/2 cup raisins
- 1 tablespoon flaxseed, ground
- 1 tablespoon sesame seeds

- 1 ounce chopped onions
- 1 cup blueberries, fresh or dried
- 1 cup raisins

Dressing: 1 cup almond milk, 2 tablespoons natural peanut butter, 1 apple. Blend these three ingredients in blender till smooth.

Combine slaw ingredients and stir in dressing. Refrigerate before serving.

Yield: serves three or four

Soups

Sweet Potato Soup

- 2-3 large sweet potatoes, peeled and cubed
- 1 large onion, chopped
- 2 tablespoons olive oil
- 4 cup tomato juice
- 1-2 tablespoons chili powder
- 16 ounce diced tomatoes
- 16 ounce can drained black beans
- 16 ounce can drained corn
- 3 ounces chopped chilies (optional)

Cook onions in oil till tender. Add tomato juice, potatoes and spices. Cook till potatoes are tender. Add beans, corn and chilies. Simmer for 30 minutes.

Yield: serves four

Vegetable Barley Soup

16 ounce package frozen mixed vegetables
1 large onion, chopped
2 stalks celery, chopped
2 large carrots, chopped
2 medium zucchini, chopped
1/3 cup barley
3 chicken or vegetable bouillon cubes
3 cup water
30 ounces (2-15 ounce cans) diced tomatoes
1/2 teaspoon basil
1/2 teaspoon oregano
Salt and pepper to taste

Combine above vegetables and barley in large pot with water and bouillon cubes. Cook till vegetables are tender. Add spices and tomatoes and simmer for 30-40 minutes.

Yield: serves four

15 Bean Soup

5-6 cups water
1 clove, minced garlic
20 ounce bag 15 Bean Soup (do not use flavoring packet)
1 pound bag frozen mixed vegetables
1/4 cup barley
1 large onion, chopped
2 large carrots, chopped

2 stalks celery, chopped
3 chicken or vegetable bouillon cubes
3/4 teaspoons chili powder
Salt and pepper to taste
2 cans (10 ounces each) diced tomatoes and green chilies
Combination of Swiss chard and kale

Sort and rinse dried beans. Cook garlic, beans, frozen vegetables, onion, carrot, celery and bouillon cubes in water till vegetables and beans are tender-about one hour. Add spices, tomatoes and Swiss chard or kale and cook another 15 minutes.

Yield: serves four to six

Vegetarian Chili

2 cups onion, chopped
1 red pepper, chopped
1 cup carrots, chopped
2 tablespoons olive oil
1 can each (15 ounce) black beans, chickpeas, red kidney beans, drained and rinsed
2 cans (10 ounces each) diced tomatoes and green chilies
3 tablespoons chili powder
1 clove garlic, minced
1 teaspoon cumin
1 teaspoon salt

Cook onion, celery and carrots in olive oil till tender. Add beans, tomatoes and spices. Simmer 1 hour.

May also add one package meatless ground burger if desired.

Yield: serves four to six

Sandwiches and Wraps

Randall's Very Veggie Sandwich

Fresh tomatoes, sliced

Cucumber, sliced

Onion, sliced

Mushrooms, sliced

Black olives, sliced

Bread and butter pickles, sliced

Lettuce, shredded

Two slices 9-Grain whole wheat bread

1/8 cup barbecue sauce

1 tablespoon brown mustard

1 tablespoon honey

Mix barbecue sauce, mustard and honey then spread on slice of bread. Add sliced vegetables to other slice of bread to form sandwich. Enjoy!

Yield: serves one

Avocado and Bean Wrap

- 2 avocados
- 1 cup fresh salsa
- 2 teaspoon olive oil
- 1 red pepper, chopped
- Shredded carrots
- 1/2 teaspoon cumin
- 1 can black beans, drained
- 1/3 cup fresh cilantro, chopped
- 6 whole grain wraps

Heat oil. Sauté peppers and carrots till tender. Add cumin and beans. Chop 1 of the avocados and set aside. Mash the other avocado with 1/2 cup salsa and cilantro. Add this to pepper, carrot and bean mixture. Spread mashed avocado on wrap. Add some of the bean mixture and top with lettuce.

Yield: serves six

Chicken, Feta and Sun-Dried Tomato Wrap

- 8 ounces chicken breast
- 1/4 cup sun-dried tomato dressing
- 8 sun-dried tomatoes (not oil packed)
- 1 cup boiling water
- 1/3 cup crumbled feta cheese
- 4 cup spinach
- 4 whole wheat tortillas
- 1/4 cup sun-dried tomato dressing

In large resealable plastic bag, combine chicken breasts and 1/4 cup dressing. Seal and refrigerate for several hours. Preheat grill for high heat. Combine sun-dried tomatoes and hot water in bowl. Set aside for 10 minutes then drain and cut tomatoes into thin slices. Place marinated chicken on hot grill. Cook, turning once, till done. Cut chicken into strips and place in medium bowl with sliced tomatoes, feta and spinach. Toss with remaining 1/4 cup dressing. Distribute mixture between 4 tortillas and wrap.

Yield: serves four

Entrées

Salmon and Lentils

1/4 cup sliced almonds, toasted
1 cup lentils, rinsed
2 cup chicken or vegetable broth
1 1/2 teaspoon fennel seed
1 teaspoon coriander
3/4 teaspoon cardamom
3/4 teaspoon cumin
1/4 teaspoon salt
1/4 teaspoon pepper
14 ounce can diced tomatoes
1 teaspoon hot sauce
12 ounce salmon fillet

Bring lentils and broth to boil. Cook 20-25 minutes till tender. Mix all spices together and ground to make rub for salmon. Cook

tomatoes and hot sauce. Place salmon on baking dish coated with olive oil. Rub spices on salmon. Bake or broil till done. On bed of lentils, place salmon, then tomato mixture and top with toasted almonds.

Yield: serves four

Baked Greek Tilapia

4 tilapia fillets
1 tablespoon olive oil
Juice of one large lemon
2 teaspoon oregano
1/2 teaspoon paprika
Fresh ground pepper

Preheat oven to 400 degrees. Spray an 11 inch x 7 inch baking dish with nonstick spray. In small bowl, combine olive oil, lemon juice, oregano, paprika and ground pepper. Lay tilapia fillets in single layer in baking dish. Drizzle oil, lemon and herb mixture over the fish. Cover with foil and bake 15-18 minutes.

Yield: serves four

Vegetables

Vegetable Curry Cutlet

1 quart mashed potatoes
1 quart vegetables (6 kinds of veggies) cooked and diced (left-

overs work great)

- 1 tablespoon curry powder
- 1 clove garlic
- 1/2 cup chopped parsley
- 3 egg white, beaten
- 1/2 cup whole wheat flour
- 2 cup bread crumbs
- Salt and pepper to taste
- 2 tablespoons olive oil

Combine potatoes with vegetables. (Okay to use carrots, green beans, peas, cauliflower, white cabbage, broccoli, corn, asparagus, spinach. Don't use beets or red cabbage. Frozen vegetables are fine.) Add the beaten egg whites, curry, flour, bread crumbs, garlic and parsley. Mix well, test for seasoning...may need more salt or curry depending on your taste. Divide in 8 equal portions, flatten into 3/4 inch cutlets and refrigerate for 30 minutes. In skillet cook olive oil then add cutlets and cook over medium heat till golden brown, carefully turn to brown on both sides. Serve warm.

Yield: serves four to eight

Roasted Vegetable and Apples

- 4 cups Brussels sprouts, halved
- 1 large red onion, chopped
- 5 medium red potatoes cut in chunks
- 2 baking apples, peeled, cored and cut in chunks
- 6 carrots, peeled and cut in chunks
- 2 tablespoons olive oil

2 teaspoons dried sage

1 1/2 teaspoon salt

1 teaspoon pepper

Heat oven to 400 degrees. In large bowl toss all vegetables and apples with the olive oil and spices. Spread evenly on large, rimmed baking sheet. Bake for 45 minutes or until everything starts to caramelize and brown on edges.

Yield: serves four to eight

Roasted Brussels Sprouts

1/4 cup olive oil

2 tablespoons Dijon mustard

1 teaspoon Worcestershire sauce

1/2 teaspoon caraway seeds, toasted lightly and crushed

2 pounds Brussels sprouts, quartered

1/2 cup chopped walnuts

1/2 cup sunflower seeds

Heat oven to 400 degrees. Whisk oil, mustard, Worcestershire sauce and caraway seeds. Add 1/2 teaspoon salt and pepper. Add sprouts and toss. Spread on baking sheet, top with walnuts and sunflower seeds and roast for 20-25 minutes.

Yield: serves four to eight

Snacks

Granola Bars

- 2 cups old fashion oats
- 1 cup whole wheat flour
- 1/4 cup coconut
- 1/4 cup flax seed
- 1/4 cup wheat germ
- 3 tablespoons sunflower seeds
- 3/4 cup chopped nuts
- 3/4 teaspoon salt
- 1/2 cup honey
- 1/4 cup oil
- 1 egg, beaten
- 3-4 tablespoons natural peanut butter

Combine first 8 ingredients in large mixing bowl. Combine honey, oil, egg and peanut butter. Mix till blended. Add to dry ingredients. Mix well. Pat in greased 9 inch x 13 inch baking pan. Bake 350 degrees for 20 minutes. Cut into squares while still warm.

For a non-peanut butter variety...omit peanut butter and add 3/4 teaspoon cinnamon and 1 cup raisins or raisins.

Yield: serves ten

Mango Smoothie

1 ripe mango, diced

1 banana

8 ounces almond milk

Crushed ice

Combine ingredients in a blender and serve.

Yield: serves one or two

Salsa

3 red bell peppers

6 green bell peppers

8 large onions

16 jalapeno peppers

32 fresh tomatoes (at least half should be roma), skins removed,
cut in quarters

1 cup vinegar

4 teaspoons oregano

4 teaspoons garlic powder

8 teaspoons parsley

6 teaspoons chili powder

3-4 teaspoons salt

Finely chop peppers and onions in food processor. Cook all in large kettle on low for several hours. Put hot salsa in jars. Process in pressure cooker or boiling water canner for 40 minutes. Makes 7-9 pints.

Bon Appétit!