Lunch

SOUP & SALAD
Learn how to take legumes, vegetables, and grains and turn them into magnificent soups and salads

SANDWICH
The best thing since sliced bread

SNACKS
Step away from the vending machine!

Plus the hit list, grain, bean, and sprout making guides, and ideas for meals that make a lot so you can have dinner and lunch all in one
I probably don't have to convince you to eat vegetables. You should try to have a green leafy kind every single meal. The list includes broccoli, spinach, beet & turnip greens, swiss chard, kale, collard greens, escarole, arugula, bok choy, and cabbage. Ice Burg lettuce is comparatively lacking in vitamins.

If you like green salads you should try and eat one with every meal. Otherwise try to serve your food on a bed of baby spinach. It is so neutral in taste that you probably won’t even notice it. Add spinach to anything you cook: pasta sauce, burgers, pizza, bean dishes, even mashed potatoes.

Collard Greens are great for wrapping other recpies in. I like to sauté black eyed peas, mushrooms and BBQ sauce together and then wrap them in a collard green. It is a great alternative sandwich wrapper.

You can make a bunch of veggies at once over the weekend. If you are grilling out or baking do a bunch of vegetables at the same time, they will keep for a few days and you can then easily add them to lunches. You can marinate with any dressing or just put on a little oil, salt and pepper.

Zucchini, eggplant, potatoes, beets, peppers, onions, mushrooms and squash are all great this way. This is also a great way to cook veggies if you don’t really like them, you might be surprised how good they are roasted.
How to cook a vegetable

A lot of people think that they don’t like vegetables because they grew up eating them boiled to death or from cans. Steaming vegetables in a basket over water or in a microwave is easier, better tasting, and more nutritional but most vegetables taste best cooked by roasting in the oven or grilled outside. Roasting vegetables caramelizes and brings out the sweetness of the vegetable. To prepare: chop the vegetables and spread parchment paper on a baking sheet and rub or spray olive oil onto the veggies. You can also add any spices & herbs you like, salt and pepper, garlic, or marinate them in wine or vinegar. Its also a good idea to stir them around and flip them once and a while for even cooking.

Grilling vegetables is easy too and they are yummy in sandwiches the next day. Just cut them large enough so they don’t slip through the grate!

<table>
<thead>
<tr>
<th>VEGETABLE</th>
<th>OVEN TEMP</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leafy Greens</td>
<td>Better Sauteed</td>
<td></td>
</tr>
<tr>
<td>swiss chard, cabbage, broccoli,</td>
<td>greens defy the rule and are better eaten raw (especially marinated) or sauteed with garlic &amp; onions or steamed.</td>
<td></td>
</tr>
<tr>
<td>mustard greens, Bok Choy, Kale,</td>
<td>The softer greens like spinach will cook down in a minute, kale and collards can take as many as five minutes, don’t overdo it or they will be mushy</td>
<td></td>
</tr>
<tr>
<td>Collards, Spinach, Escarole, etc</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asparagus</td>
<td>400</td>
<td>15 - 20</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>400</td>
<td>15 - 20</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>400</td>
<td>15 - 20</td>
</tr>
<tr>
<td>Eggplant</td>
<td>350</td>
<td>15 - 20</td>
</tr>
<tr>
<td>Green Beans</td>
<td>400</td>
<td>12 - 15</td>
</tr>
<tr>
<td>Peppers</td>
<td>425</td>
<td>20 - 25</td>
</tr>
<tr>
<td>Potatoes</td>
<td>425</td>
<td>45 - 55</td>
</tr>
<tr>
<td>Roots (carrots, beets, turnips,</td>
<td>425</td>
<td>45 - 55</td>
</tr>
<tr>
<td>parsnips etc)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tomatoes</td>
<td>350</td>
<td>50 - 60</td>
</tr>
<tr>
<td>Winter Squash (acorn, butternut,</td>
<td>400</td>
<td>45 - 60</td>
</tr>
<tr>
<td>etc)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Summer Squash</td>
<td>425</td>
<td>25 - 30</td>
</tr>
<tr>
<td>Onions</td>
<td>425</td>
<td>45 - 60</td>
</tr>
<tr>
<td>Portabello Mushrooms</td>
<td>400</td>
<td>15 - 20</td>
</tr>
<tr>
<td>Leeks</td>
<td>400</td>
<td>35 - 45</td>
</tr>
<tr>
<td>Garlic (wrap head in foil)</td>
<td>400</td>
<td>30 - 35</td>
</tr>
</tbody>
</table>
ADUKI, BLACK, BLACK-EYED PEAS, CANNELLINI, CHICKPEAS, KIDNEY, LENTILS, NAVY, SPLIT PEAS....

Beans and other large, dried legumes, such as chickpeas and black-eyed peas, require soaking in room temperature water, a step that rehydrates them for more even cooking. Soak the legumes in water for about six to eight hours or soak them overnight.

I like to soak a batch of beans in a crock pot overnight then before work I change the water and put it them on low. When I get home, I drain the beans and then I make stuff to last for the next week like hummus, black-bean burgers, soup, and salad & I put some in the fridge. The rest get frozen and can be added to future meals. This is one of the most economical and healthy ways that you can eat even though it takes some prep time. I get a 10 pound bag of beans for 7 dollars. The beans double in size when you cook them. Compare that to 2 dollars for a can of beans that hold less than a pound and you can see making an equivalent amount would cost about 35 cents.

Lentils are another legume that have all the health benefits of beans but have the added bonus of not requiring soaking time and can be cooked in a half hour.

Both are great to cook for dinner and then add to your lunch the next day. They hold up in salads, make soups more filling and make fantastic spreads for sandwiches.
<table>
<thead>
<tr>
<th>BEAN</th>
<th>COOKING TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adzuki Beans</td>
<td>45–60 min</td>
</tr>
<tr>
<td>Black Beans</td>
<td>60–90 min</td>
</tr>
<tr>
<td>Black-Eyed Peas</td>
<td>45–60 min</td>
</tr>
<tr>
<td>Cannellini Beans</td>
<td>60–90 min</td>
</tr>
<tr>
<td>Chickpeas</td>
<td>90–120 min</td>
</tr>
<tr>
<td>Kidney Beans (red)</td>
<td>90–120 min</td>
</tr>
<tr>
<td>Lentils (green)</td>
<td>30–40 min</td>
</tr>
<tr>
<td>Lentils (red)</td>
<td>15–25 min</td>
</tr>
<tr>
<td>Lentils, (Puy)</td>
<td>35–45 min</td>
</tr>
<tr>
<td>Mung Beans</td>
<td>40–50 min</td>
</tr>
<tr>
<td>Navy Beans</td>
<td>90–120 min</td>
</tr>
<tr>
<td>Split Peas (green)</td>
<td>40–60 min</td>
</tr>
</tbody>
</table>

With the exception of lentils, mung beans, and split peas, beans should be soaked before cooking. It shortens cooking time and improved the digestibility of the beans. You can either soak the beans overnight or use the “quick soak” method explained below. To soak overnight first rinse dry beans and remove any dirt, stones, or beans that are shriveled. Combine 3–4 parts water to 1 part beans and soak for at least 6 hours. If it is really hot and humid out you might want to soak them in the fridge. Drain and rinse again and the beans are ready to cook.

To “quick soak” beans first clean the beans and then combine 3–4 parts water to 1 part beans in a large pot. Bring to a boil on high heat, and let boil for 5–7 minutes. Turn off heat, cover, and let sit for 1.5 – 2 hours. Drain beans and rinse again. Also, rinse out cooking pot and wipe out residue. Proceed with cooking following the chart.

In general, beans that are softer are easier to digest than those classified as hard. Softer beans include lentils, adzukis, and black-eyed peas. Harder beans include cannellini, kidney, and chickpeas. Soybeans are the hardest bean to digest but soy products like tempeh and tofu are more digestible. If you have a problem digesting beans you try the softer varieties first. Your digestive system will get used to them the more you eat them.

To cook beans: combine 3–4 parts water to 1 part soaked beans in a large pot. Bring to a boil on high heat, then reduce heat to low and simmer partially covered until tender following the chart as a guideline. Ensure that the beans simmer, not boil, throughout cooking time to prevent skins from splitting. In general 1 cup of dried beans will yield 2–2.5 cups of cooked beans. Do not add salt or acidic ingredients such as lemons, vinegar, or tomatoes to cooking water as they will lengthen the cooking time; add them when the beans are tender. Aromatics like onion and garlic can be added at the beginning of cooking if you like.

Once beans are cooked they can be frozen for later use. I usually freeze 2 or 3 cup potions in freezer bags.

If you prefer the ease of canned beans make sure that you discard the canning liquid and rinse the beans.
The low carb craze scared a lot of people away from using grains but there is a big difference between wonder-bread and whole wheat. Anything made from white flour is highly processed, chemicals are added, and nutrients are stripped. It is better to stay away from white bread, white pasta, and items made with white flours.

Whole grain, on the other hand, haven’t had their bran and germ removed by milling, making them better sources of fiber — the part of plant-based foods that your body doesn’t digest. Among many health benefits, a high-fiber diet also tends to make a meal feel more filling and linger longer, so you stay full for a longer amount of time. Whole grains are better sources of fiber and other important nutrients, such as selenium, potassium and magnesium. So whenever you can, choose whole grains over refined grains.

Grains can be side dishes where you would normally eat bread or mashed potatoes, added to any soup, salads or eaten as the main meal. You can use them in stuffing, trade white for wheat in baking or sprout and eat like vegetables.

Whole grains also hold up well so if you make a big batch of quinoa or brown rice for dinner you can add it to your lunches the rest of the week.
For millet, more water and longer cooking time (25 minutes+) will yield softer creamier millet. Stir while simmering. Otherwise the texture is more like rice.

** Rinse Quinoa well before using, it has a natural bitter coating.

For all grains, rinse before cooking to remove and dust or other particles (amaranth and quinoa need to be rinsed through a fine strainer). To cook, simply combine the grain and cooking water, bring to a boil, then reduce heat to low, and cover to simmer for the time listed in the chart. Keep the cover on the pot through the whole cooking process until you check for doneness a few minutes before the scheduled end time. Remove from heat and let stand covered 4-5 minutes.

Cooking time is meant as a guide and it can vary, when you shorten the time the grains will be firmer and chewier. If you increase the time the grains will be softer.

Some grains have a nuttier flavor (quinoa, millet) and can be toasted beforehand to bring out this quality. Add the dry grains to the pot before you add the water over medium heat and stir occasionally for 2 to 3 minutes until there is a nutty aroma. Some grains will turn golden. Add the water and cook as usual.

<table>
<thead>
<tr>
<th>GRAIN (1 CUP DRY)</th>
<th>WATER NEEDED</th>
<th>COOKING TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amaranth</td>
<td>2.5-3 cups</td>
<td>20-25 minutes</td>
</tr>
<tr>
<td>Barley, pearl</td>
<td>3 cups</td>
<td>40-50 minutes</td>
</tr>
<tr>
<td>Barley, whole</td>
<td>3 cups</td>
<td>60-75 minutes</td>
</tr>
<tr>
<td>Buckwheat</td>
<td>2 cups</td>
<td>15-20 minutes</td>
</tr>
<tr>
<td>*Millet</td>
<td>2.5-3 cups</td>
<td>18-25 minutes</td>
</tr>
<tr>
<td>Oats</td>
<td>2-2.5 cups</td>
<td>15-25 minutes</td>
</tr>
<tr>
<td>**Quinoa</td>
<td>2 cups</td>
<td>12-15 minutes</td>
</tr>
<tr>
<td>Rice, brown</td>
<td>2 cups</td>
<td>40-50 minutes</td>
</tr>
<tr>
<td>Rye Berries</td>
<td>3-3.5 cups</td>
<td>60 minutes</td>
</tr>
<tr>
<td>Spelt Berries</td>
<td>3 cups</td>
<td>55-70 minutes</td>
</tr>
<tr>
<td>Wheat Berries</td>
<td>3 cups</td>
<td>55-70 minutes</td>
</tr>
<tr>
<td>Wild Rice</td>
<td>3 cups</td>
<td>45-60 minutes</td>
</tr>
</tbody>
</table>
Sprouts are very inexpensive (even when organic), always fresh (they grow until you chew them). They are so rich in nutrients, affordable, and easy to transport before sprouting. Sprouts are precious in winter, when the quality of fresh fruits and vegetables is declining as their price increases.

### What You Need

1. A jar
2. Some screen or netting and a rubber band,
3. Fresh water.
4. Seeds with good germination, preferably grown organically. Avoid purchased garden seeds unless you know they aren’t treated. Most natural food stores have the common sprouting seeds; if in doubt, ask if it’s organic. If you know a farmer who grows the seeds you want without chemicals, buy in bulk. Most seeds keep for a year or more in a cool dry place.

### Easy Sprouting Directions

(for most small seeds)

1. Soak Put 1 to 4 TBS. seed in a wide mouth jar. Cover with mesh and secure with rubber band. Add water, swirl, and drain. Add 1 cup cool water and soak for 4 - 8 hrs.

2. Rinse Twice a day, refill jar with cool water, swirl, and drain. Invert jar and prop at angle in sink or bowl.

3. Enjoy In three to six days, when sprouts are 1 to 2” long, enjoy. Cover the jar with plastic and a rubber band, or transfer to a covered container, and refrigerate to store.

Keep sprouts on the dish rack
That way they will stay drained. If they grow out of control you can keep them in a colander so you can rinse easily.
### Sprouting Chart

<table>
<thead>
<tr>
<th>Seed</th>
<th>Amount</th>
<th>Soak Time</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adzuki Bean</td>
<td>1/2 cup</td>
<td>8-10 hours</td>
<td>3-4</td>
</tr>
<tr>
<td>Alfalfa</td>
<td>2 tbsp</td>
<td>3-6 hours</td>
<td>4-6</td>
</tr>
<tr>
<td>Almond*</td>
<td>2 cups</td>
<td>10-12 hours</td>
<td>1-2</td>
</tr>
<tr>
<td>Black-eyed Pea</td>
<td>1 cup</td>
<td>10-12 hours</td>
<td>4-6</td>
</tr>
<tr>
<td>Broccoli</td>
<td>3 tbsp</td>
<td>3-6 hours</td>
<td>4-10</td>
</tr>
<tr>
<td>Cabbage</td>
<td>3 tbsp</td>
<td>4-8 hours</td>
<td>4-5</td>
</tr>
<tr>
<td>Chia**</td>
<td>2 tbsp</td>
<td>2-3 hours</td>
<td>3-5</td>
</tr>
<tr>
<td>Chickpea</td>
<td>1 cup</td>
<td>12-14 hours</td>
<td>2-3</td>
</tr>
<tr>
<td>Clover</td>
<td>2 tbsp</td>
<td>3-6 hours</td>
<td>4-6</td>
</tr>
<tr>
<td>Corn</td>
<td>1 cup</td>
<td>10-14 hours</td>
<td>2-3</td>
</tr>
<tr>
<td>Fenugreek</td>
<td>1/4 cup</td>
<td>4-8 hours</td>
<td>3-6</td>
</tr>
<tr>
<td>Garbanzos</td>
<td>1/2 cup</td>
<td>8-12 hours</td>
<td>3-4</td>
</tr>
<tr>
<td>Garlic (seed)***</td>
<td>2-3 tbsp</td>
<td>6-8 hours</td>
<td>10-12</td>
</tr>
<tr>
<td>Kidney Bean</td>
<td>3/4 cup</td>
<td>10-12 hours</td>
<td>3-4</td>
</tr>
<tr>
<td>Lentil</td>
<td>1/2 cup</td>
<td>6-8 hours</td>
<td>10-12</td>
</tr>
<tr>
<td>Millet</td>
<td>1 cup</td>
<td>5-7 hours</td>
<td>1-2</td>
</tr>
<tr>
<td>Mung Bean</td>
<td>1/3 cup</td>
<td>8-10 hours</td>
<td>4-5</td>
</tr>
<tr>
<td>Mustard</td>
<td>3 tbsp</td>
<td>4-6 hours</td>
<td>4-5</td>
</tr>
<tr>
<td>Oat Groats</td>
<td>1 cups</td>
<td>4-5 hours</td>
<td>1-2</td>
</tr>
<tr>
<td>Pea</td>
<td>1 cup</td>
<td>8-10 hours</td>
<td>2-3</td>
</tr>
<tr>
<td>Pumpkin</td>
<td>1 cup</td>
<td>4-6 hours</td>
<td>1-2</td>
</tr>
<tr>
<td>Quinoa</td>
<td>1/3 cup</td>
<td>3-4 hours</td>
<td>3-4</td>
</tr>
<tr>
<td>Radish</td>
<td>3 tbsp</td>
<td>4-6 hours</td>
<td>4-5</td>
</tr>
<tr>
<td>Rice</td>
<td>1/2 cup</td>
<td>6-8 hours</td>
<td>1-3</td>
</tr>
<tr>
<td>Sesame</td>
<td>1 cup</td>
<td>4-6 hours</td>
<td>1-3</td>
</tr>
<tr>
<td>Sunflower****</td>
<td>1 cup</td>
<td>8-9 hours</td>
<td>8-9</td>
</tr>
</tbody>
</table>

* Almonds will swell, but won’t display shoots
** Chia grows best in a clay dish
*** Garlic seeds sprout best in a tray
**** Sunflower seeds sprout best in a tray of soil
Hit List

Lunches that take 5 minutes or less with a well stocked pantry

1) Gazpacho: Combine a few pounds of ripe tomatoes, one cucumber, a slice or two of bread, olive oil, vinegar, garlic, salt and pepper in a blender.
2) Thai Gazpacho: Combine tomatoes, one cucumber, soft parts of lemongrass, cilantro, miso, and lime.
3) Mix peeled, grated carrots with chopped dates, cumin, minced chili. citrus juice, mint or cilantro.
4) Slice fennel, apple & tart apples. Dice a jicama. Toss with chopped tarragon, basil or chervil, olive oil, salt, pepper & lemon juice. You can also add oranges.
5) Pazzanella: Cut day-old bread into cubes. Toss with chopped tomatoes, cucumber, red onion, and fresh basil. Pack dressing separately: olive oil, red wine vinegar, miso paste, capers, salt and pepper.
6) Toss toasted pita with olives, parsley, mint, salt, pepper, bits of chopped lemon (rinds and all), chopped, seeded tomatoes, chopped, seeded cucumbers, and chopped red pepper. Take olive oil to dress.
7) Thinly slice Savoy or Napa cabbage. Toss with thinly sliced red onion, half a diced jalapeno, & some chopped cilantro. Dress with olive oil, lemon, with wine vinegar, salt & pepper.
8) In a food processor, mix a cup or two of cashews, a chili, garlic, a splash of soy sauce, and enough water to process. Add cilantro or chives. Fill celery sticks or endive leaves with this and chill
10) Cold Peanut Noodles: Cook spaghetti, drain and rinse. Toss with sesame oil and peanut butter or tahini, sugar, soy sauce. ginger, vinegar, black pepper and chili oil. Pack shredded seeded cucumber, shredded carrots and chopped scallions separately.
11) Poach 2 pounds of dark leafy greens, like kale, collards or spinach. Drain, cool, squeeze dry and chop. Then toss with oil, salt and lots of lemon juice. Serve with more lemon, oil, salt and pepper.
12) Cut zucchini into big chunks and roast or grill with olive oil & whole garlic cloves. Combine with chopped seeded tomatoes, lemon juice, dill, salt and pepper.
13) Toss cauliflower florets with oil, salt and pepper, and roast in a hot oven until browned and cooked; while still warm, toss with curry powder and a handful of raisins. Pour on the lemon juice.
14) Soak wakame or other seaweed in hot water until soft; drain and squeeze dry. Toss with chopped celery, sesame oil, soy sauce, mirin (or agave nectar) and rice wine vinegar. Garnish with toasted sesame seeds.
15) Combine cooked or canned (and drained) black beans, kidney beans and chickpeas. Add diced red and green pepper, some corn kernels and a minced jalapeño. Season with lime juice, chopped marjoram or oregano, salt and pepper.
16) Toss a can of white beans with chopped seeded tomato, a bit of miso, chopped olives, oil, lemon juice, lots of black pepper, salt if necessary and parsley.
17) Steam frozen (shelled) edamame or limes. Toss with chopped seeded tomatoes, cilantro, soy sauce and a suspicion of sesame oil. Salt and pepper.
18) Steam frozen edamame and chill. Toss with olive oil, lemon juice, a pinch of sugar, lots of chopped mint, salt, pepper, and as much nutritional yeast as you like.
19) Combine cooked brown rice with barely, cooked broccoli florets and chopped pecans or walnuts & parsley. Dress with salt, pepper, olive oil & lemon. Cooked cauliflower is good, too.
20) Mix cooked couscous with olive oil; add pimento, cumin, salt and pepper, chopped shallot or red onion, toasted slivered almonds and orange zest and juice. Cooked cauliflower is good, too.
21) Make burritos, using the biggest flour tortillas you can find: rice, beans, cilantro, salsa.
22) Combine a bunch of watercress or arugula with thinly sliced radishes and red onion; Dress at the last minute with olive oil, sherry vinegar, Dijon mustard, a few drops of liquid smoke, salt and pepper.
23) Mix canned beans with diced fennel, tarragon, lemon juice, salt and pepper.
24) Hummus wraps with sprouts and red peppers.
26) Shred carrots & zucchini. Mix lime juice, soy sauce, grated ginger and sesame oil. Cook soba noodles, drain and rinse under cold water. Toss noodles with the vegetables and dressing.
27) While boiling pasta, toss in some chopped Swiss chard and loads of sliced garlic. Drain, toss with extra virgin olive oil, salt and red pepper flakes.
28) Quick lunchbox sandwich: Sliced avocado, smear of hummus and stack of sprouts, on whole grain bread
29) Drain a can of chickpeas. Mash with 1 T olive oil, 2 T raisins, 1 T cumin, 1/2 tsp cinnamon & salt. Fill spinach tortilla with mixture & top with shredded carrots.
30) Layer salsa, beans, frozen corn, spinach & olives between tortillas in tupperware. Microwave at work.
You can make a salad like this with any leftover grains, beans, and fruit you have around.

4-6 servings
1 mango, peeled
1 red bell pepper, seeded and minced
1 cup chopped scallions
1 cup chopped fresh cilantro
2 TBSP red wine vinegar
2 TBSP grapeseed or olive oil
1/4 teaspoons salt
2 cups cooked quinoa, cooled
1 15 oz can black beans drained and rinsed

Combine the mango, red bell pepper, scallions, and cilantro in a mixing bowl. Add the red wine vinegar, oil, and salt and stir to combine. Add the quinoa and stir until everything is well incorporated. Fold in the black beans. Let it sit for the flavors to meld and eat the next day. - *Isa Chandra Moskowitz*

Black olives and cherry tomatoes make nice garnishes.

6-8 servings
1 cup barley
1 cup green lentils
5 large garlic cloves, peeled and minced
1 cup chopped red onion (1 large onion)
2 cups diced celery (4 stalks)
1/4 cup minced fresh parsley
1/4 cup olive oil
1/3 cup fresh lemon juice
1 tablespoon Dijon mustard
1/4 teaspoon salt

Bring the barley and 2&1/2 cups of water to a boil in a saucepan. Reduce the heat and simmer, partially covered, until the water is absorbed and the barley is tender, about 45 minutes. Meanwhile, bring the lentils and 2 cups of water to a boil in a saucepan. Reduce the heat and simmer, partially covered, until the water is absorbed and the lentils are tender, 20 to 30 minutes.

Transfer the barley and lentils to a medium-size bowl, and stir in the garlic. When the barley and lentils have cooled, stir in the onion, celery, and parsley. Whisk together the olive oil, lemon juice, mustard, and salt in another bowl or jar. Stir the dressing into the salad, and serve at room temperature. - *Ginny Callan*

6 servings
1 & 1/2 cups basmati rice
1 tablespoon canola oil
2 heaping tablespoons peeled and minced fresh ginger
1/2 cup finely chopped carrot (1 medium carrot)
2 cups diagonally sliced green beans (1/2 pound)
1 large red bell pepper, seeded and cut into thin, 1/2-inch-long slices (1 cup)
5 scallions, diagonally sliced
1/4 cup minced fresh cilantro
3/4 cup coarsely chopped roasted cashews
3 tablespoons tamari or soy sauce
3 tablespoons sesame oil
1/4 cup rice vinegar
1/2 teaspoon salt

Bring the rice and 3 cups of water to a boil in a saucepan. Simmer, partially covered, until the water is absorbed and the rice is tender, ~ 40 minutes. Transfer the rice to a medium-size bowl.

Saute the ginger, carrot, green beans in the canola oil, adding 2 tablespoons of water after a minute or two. After 2 to 3 minutes more, stir in the red pepper, and continue to cook until the beans are tender, 2 to 3 minutes.

Stir the sauteed vegetables into the rice, along with the scallions, cilantro, and half the cashews. Whisk the tamari with the sesame oil, vinegar, and salt. Stir the dressing into the salad. Garnish with the remaining cashews, and serve at room temperature. - *Ginny Callan*

If you have fresh black-eyed peas skip the soaking

6 to 8 servings
2 cups dried black-eyed peas
1 cup diced red onion
3 Large garlic cloves, peeled and minced
1 cup diced red bell pepper (1 medium pepper)
3 scallions, thinly sliced
1/4 cup minced fresh parsley
1/4 cup balsamic vinegar
2 tsp olive oil
1 tablespoon tamari
salt to taste

Soak the black-eyed peas in 6 cups of water for 6 to 8 hours or overnight.

Drain the beans, put them in a pot with 6 cups of fresh water, and bring them to a boil reduce the heat and simmer, partially covered, for 20 to 25 minutes, until tender and transfer them to a medium-size bowl. Stir in the red onion. When peas are cool, stir in the red pepper, scallions, and parsley.

Whisk the vinegar, olive oil, tamari, and salt in another bowl. Stir the dressing into the pea mixture and serve at room temperature. - *Ginny Callan*
4 Bean Chili

This soup will freeze well so make a double batch for when you don’t want to cook. Make sure you change the water after soaking the beans.

2/3 cup dried kidney beans
2/3 cup dried pinto beans
2/3 cup dried black beans
2/3 cup dried lima beans
2 tablespoons canola oil
1 & 1/2 cups chopped onions (3 medium onions)
6 large garlic cloves, peeled and minced
1 cup chopped green bell pepper (1 large pepper)
1 cup chopped red bell pepper (1 large pepper)
1 to 2 medium jalapeno peppers, minced
One 28-ounce can crushed tomatoes with their juice
One 28-ounce can whole tomatoes with their juice, coarsely chopped
2 teaspoons ground cinnamon
2 teaspoons salt
2 teaspoons cumin seed
1/16 to 1/4 teaspoon cayenne (to taste)
1 tablespoon paprika
1 teaspoon ground coriander
Chopped fresh cilantro for garnish (optional)

Rinse and sort the beans, and soak them in 8 cups of water for 6 to 8 hours or overnight.

Drain the beans, and put them in a large soup pot with 8 cups of fresh water. Let the beans to a boil, reduce the heat, & simmer, partially covered, for 1 & 1/2 hours until tender but not mushy.

20 minutes before the beans are done cooking, heat the oil in a large skillet over medium heat. Add the onions, garlic, green and red peppers, and jalapenos until soft, about 5 minutes. When the beans are tender, stir the sauteed vegetables into the pot. Add the crushed and whole tomatoes and their juice and the rest of the ingredients. Stir well, & simmer for 15 to 20 minutes.

Ginny Callan

Chilled Ginger Carrot Soup

8 servings
2 tablespoons canola oil
1 & 1/2 cups chopped onions (3 medium onions)
3 tablespoons peeled and minced fresh ginger
8 cups sliced carrots (2 & 1/2 pounds)
2 cups sliced potatoes (2 medium potatoes)
1 teaspoon salt
1/2 teaspoon curry powder
2 tablespoons fresh lemon juice
4 cup chopped fresh parsley
Chopped fresh chives for garnish

Heat the oil in a large soup pot over medium heat. Saute the onion and ginger ~ 5 minutes. Add the carrots, potatoes, and 6 cups of water. Bring to a simmer, cover, and cook until the carrots and potatoes are tender, 10 to 15 minutes. Turn off the stove. In batches, puree the vegetables with their cooking liquid in a food processor or blender, and return them to the pot. Add the salt, curry powder, lemon juice, and parsley. Allow the soup to cool to room temperature. Cover and refrigerate it until chilled. Garnish with fresh chives. Ginny Callan

Watermelon Gazpacho

The Ultimate Summer Soup!

4 servings
3 cups watermelon pureed in a blender & seeded in a colander
1 cup watermelon, diced
1 cup seeded diced tomato (2 medium tomatoes)
1 cup diced seeded cucumber
1/2 cup red or green pepper, diced small
2 Tablespoons Lime (juice of one lime)
1 handful cilantro
1/2 small jalapeno diced
1 green onion minced
salt & pepper to taste

In a large glass bowl or container, combine the watermelon puree with the diced watermelon, tomato, cucumber, bell pepper, lime juice, cilantro, ginger, jalapeno, green onion, and salt. Stir to combine. Add salt & pepper & chill.

Sarma Melngailis

Soups & Chili
**Broccoli, Cauliflower, Walnut, and Avocado Salad**

You can add the avocado at work so it doesn’t brown

- 6 servings
- 1 & 1/2 cup chopped walnuts
- 1 teaspoon tamari
- 1 medium head cauliflower
- 1 medium bunch broccoli
- 1 large red bell pepper, seeded and cut into thin, 2-inch-long strips (1 cup)
- 3/4 cup chopped Vidalia or red onion (1 medium onion)
- 1/4 cup olive oil
- 1/4 cup fresh lemon juice
- 1 tablespoon Dijon mustard
- 1/4 teaspoon salt

Toast the walnuts for 3 minutes, sprinkle with tamari and toast until brown ~ 3 more minutes. Break off cauliflower and broccoli florets and stems into bite size pieces. Steam until just tender ~ 5 minutes & let cool. Add red pepper, onion, cilantro, & avocado. Whisk oil, lemon, mustard, & salt together and add to salad and toss. Top with toasted nuts. *Ginny Callan*

**Green Salad with macadamia nuts**

**Dressing**
- 1 small avocado, peeled and pitted
- 1 cup orange juice
- 1/4 cup plus 2 tablespoons lime juice
- 1 handful cilantro
- 1 green onion coarsely chopped
- 1 tablespoon chopped shallot
- 1/2 small jalapeno
- 1/2 teaspoon sea salt
- 1/2 cup olive oil

Freshly ground black pepper

Blend all ingredients except oil, with blender running drizzle oil in until creamy.

**Salad**

Bowl of Mixed Greens
- sunflower sprouts
- sliced radishes
- raw macadamia nuts

Place the salad ingredients in a bowl. At work toss the dressing with the salad until coated. *Sarina Melngailis*

**Marinated Artichoke and Vegetable Salad**

- 6 to 8 servings
- 3/4 Cup olive oil
- 1/4 cup balsamic vinegar
- 2 tablespoons tamari
- 2 teaspoons Dijon or hot mustard
- 1/4 teaspoon salt

One 14-ounce can artichoke hearts, drained and cut into sixths
- 1/2 pound mushrooms, quartered (2 cups)
- 1 medium green bell pepper, seeded, chunks (3/4 cup)
- 1 medium red bell pepper, seeded and, chunks (3/4 cup)
- 1 large red onion, quartered and thinly sliced (1 cup)

With a hand blender or in a blender, combine all ingredients except oil & puree. Continue blending while slowly adding oil until emulsified. Season to taste with additional salt & pepper if desired.

**Balsamic Vinaigrette**

Makes 2/3 Cup
- 1/4 cup balsamic vinegar
- 3 tbsp pure maple syrup or agave nectar
- 1 tsp Dijon mustard
- 1/2 tsp (rounded) sea salt
- freshly ground black pepper to taste
- 1 small clove garlic (optional)
- 3 & 1/2 - 4 tbsp walnut oil (see note)

With a hand blender or in a blender, combine all ingredients except oil & puree. Continue blending while slowly adding oil until emulsified. Season to taste with additional salt & pepper if desired.

NOTE- Other flavorful vinegars can be substituted for the balsamic, including white balsamic, red wine, or sherry vinegar.

Instead of walnut oil, try olive oil or a combination of both, with a touch of toasted sesame oil. *Dreena Burton*

**Red Grapefruit, Avocado, & Fennel Salad**

This recipe works equally well with oranges in place of the grapefruits. Macadamia oil is really nice in this salad, but feel free to use olive oil. Cilantro or basil substitute nicely for mint.

- 4 servings
- 3 large ruby red grapefruits or 5 oranges
- 1/4 cup macadamia oil
- 1 tablespoon lime juice Coarse sea salt
- 2 ripe avocados, peeled, pitted, and sliced
- 1 large or 2 small fennel bulbs, sliced thinly
- 1 very small handful mint leaves, julienned

Freshly ground black pepper
- 1 teaspoon cracked coriander seeds (optional)

Fennel fronds for garnish

Section the citrus fruit. Try to remove some of the membranes and reserve some juice in a bowl. Whisk the oil with the lime juice, a few tablespoons of the grapefruit juice, and a generous pinch of sea salt. Place the sliced avocado in a bowl and pour some of the dressing over it, tossing very gently to coat. Add the fennel, the remaining dressing, and the mint to the grapefruit and toss well. Gently combine the avocado with the grapefruit and fennel and divide among serving plates. Season with salt and pepper to taste, sprinkle with cracked coriander, if using, and garnish with fennel fronds. *Johnny Brattigan*
**Avocado-Tofu Dream Sandwich**

If you haven't tried tofu try this recipe, it could change everything.

5 servings
1/2 pound tofu, drained well
1 medium avocado, peeled and seeded
1 tablespoon minced fresh dill
1 large garlic clove, peeled and minced
1/8 teaspoon salt
2 teaspoons tamari
2 teaspoons mayonnaise
1 tablespoon fresh lemon juice
1/3 cup chopped red bell pepper
1/3 cup chopped Vidalia or red onion
5 sun-dried tomato halves, drained and chopped
10 slices sourdough rye bread
Fresh spinach leaves
Mustard (optional)

Mash the tofu and avocado together in a medium-size bowl until smooth. Stir in the dill, garlic, salt, tamari, mayonnaise, lemon juice, red pepper, onion, and sun-dried tomatoes. Spread five of the bread slices with the filling. Top with spinach leaves. Spread the remaining bread with mustard, and place on top. Cut and serve. **Ginny Callan**

**Asparagus Spinach Spread**

Makes about 3 cups

1 Tablespoon olive oil
4 cloves garlic, chopped
1 pound asparagus, chop and remove bottoms
1 pound spinach (2 bunches), chopped
1/3 cup water
1 cup raw cashews
3 Tablespoons capers with brine
salt and pepper to taste
juice from 1/2 lemon

Put a large pan on medium heat and warm the oil. Saute the garlic for one minute, stir so it doesn’t burn. Add asparagus and water, cover and boil for 5 minutes, until asparagus is bright. Lower heat to medium and add spinach in batches and cook for about 5 minutes uncovered.

Meanwhile, put cashews, capers, salt and pepper in food processor or blender until cashews are crumbed. When spinach is done combine everything in the food processor and puree until smooth. Make sure you get all the garlic from the pan. Add the lemon juice and more salt and pepper if necessary. Chill for an hour. Serve cool, alongside veggies, crackers, or flatbreads, or warm with a selection of breads or as a sandwich spread. Also, don’t forget to try this hummus on a pizza crust (or toasted tortilla). **Isa Chandra Moskowitz**

**Black Bean & Orange Hummus**

Makes 6-7 servings (ABOUT 2 1/2 CUPS).

2 1/2 cups Cooked black beans
juice of one orange
2 1/2 TBSP almond or peanut butter
1 Large clove garlic (sliced)
1 TBSP extra virgin olive oil
3 TBSP red wine vinegar
3/4 tsp sea salt
1/2 tsp ground cumin
1 tsp ground coriander
1/4 cup fresh parsley (or cilantro)
1 tsp orange zest
freshly ground black pepper to taste

In a food processor or blender, combine all ingredients and puree until smooth, scraping down sides of bowl several times. Transfer to a serving bowl and garnish with parsley. **Dreena Burton**

This hummus makes a dynamite sandwich spread, and if you make it quite thick, it will help to hold the veggies between the slices of bread.

1/2 cup raw almonds (with skins on)
2 TBSP red wine vinegar
2-2 1/2 TBSP extra virgin olive oil
2 cups cooked chickpeas (garbanzo beans)
1/2 cup roasted red peppers (from jar) or homemade
1 medium clove garlic (or to taste), sliced
1/2 tsp Dijon mustard
1/2 tsp sea salt
2-4 TBSP water (to thin dip as desired)
freshly ground black pepper to taste
1/4-1/3 cup fresh parsley, chopped (for garnish)
1-2 TBSP almonds, chopped (for garnish)

In a food processor, add 1/2 cup almonds and pulse until very fine. Add vinegar, oil, chickpeas, roasted red peppers, garlic, mustard, salt, and pepper. Puree until smooth, gradually adding water as desired to thin dip and scraping down sides of bowl several times. Once smooth, add parsley and puree briefly to lightly incorporate ingredients. Season with additional salt and pepper if desired. Serve in a large bowl, garnish with parsley and 1-2 tbsp almonds. Drizzle with additional oil to finish, if desired. **Dreena Burton**
Salad Dressings & Snacks

**Creamy Basil Dressing**

This dressing can be made thicker or thinner to taste. It will thicken considerably after refrigeration, and may need 1-2 tbsp of non-dairy milk stirred through.

- 1/2 - 1 Cups
- 1/4-1/3 cups plain non-dairy milk
- 1/4 cup raw almonds (or cashews)
- juice of one lemon
- 1 - 1/2 Dijon mustard
- 1/2 tsp sea salt
- very small clove garlic, minced
- freshly ground black pepper to taste
- 1/2 cup (packed) fresh basil leaves
- 2 tsp agave nectar
- 2 tbsp walnut oil or olive oil
- 1-2 tbsp plain non-dairy milk (to thin dressing if desired)

With a hand blender or in a blender, combine all ingredients and puree until smooth. If a thinner consistency is preferred, add an additional 1-2 tbsp milk. Season with additional salt and pepper if desired. *Dreena Burton*

**Cumin-Cinnamon Vinaigrette**

Makes 3/4 Cup

- 2 TBSP apple cider vinegar
- juice of one lemon (or more apple cider vinegar)
- 3 & 1/2 - 4 TBSP agave nectar or honey
- 1 tsp Dijon mustard
- 1/4 tsp ground cumin
- 1/8 tsp cinnamon
- 1/8 tsp salt
- 1/4-1/3 walnut oil (or olive oil)

With a hand blender or in a blender, combine all ingredients, slowly adding oil (start with 3 & 1/2 tbsp agave nectar and 1/4 cup oil, then adjust to taste), and puree until emulsified. *Dreena Burton*

**Flax Seed Crackers**

These are really yummy crackers, if you are looking for a healthy chip substitute this is it.

- 1 TBSP canola oil
- 3 cups flax seeds soaked for 4 hours in 2 cups water
- 1 cup sprouted buckwheat grains
- 1/2 cup sesame seeds
- 1/3 cup tamari
- 4 TBSP lemon juice
- 1 - 3 tsp Italian seasoning

Preheat oven to 300. Grease baking sheet with oil. Put remaining ingredients together in a bowl and mix. Spread the mix as thin as possible on a baking sheet. Bake until dry ~ 90 minutes. Remove from oven and cut with a pizza cutter. *Johnny Brattigan*

**Tamari-Roasted Chickpeas**

These chickpeas absorb the lemon juice & tamari as they bake, making them irresistible. This is a fantastic, simple recipe for parties, and ideal for snacking and packing in lunches.

Makes 4-6 servings

- 1 can chickpeas (garbanzos)
- 2 tsp olive oil
- juice of one lemon
- 2 tsp tamari
- 1/2 tsp rosemary (or 1 tsp thyme or oregano)
- 1/8 tsp salt
- 1/4 tsp agave nectar or honey

Preheat oven to 400°F. Line a baking sheet with parchment paper. On the baking sheet, add all ingredients and toss to combine. Bake for about 25 minutes, tossing chickpeas once or twice during baking, until tamari and lemon juice are absorbed. Serve warm for appetizers or at room temperature for snacks. *Dreena Burton*

**Other Snacks**

It is so important to have snacks with you. Here are some ideas but fresh fruit is always great:

- almonds
- granola
- cereal
- dried fruit
- Kashi TLC crackers
- Triscuits
- peanut butter & celery
- peanut butter & crackers
- peanut butter & banana
- grapes
- baby carrots
- edamame
- cherry tomatoes
- hummus & veggies
- hummus & pita
- hummus & crackers
- pretzels
- broccoli
- V8
- citrus fruit & carbonated water
- green tea
- pico de gallo & avocado
- cucumber
- applesauce
- luna / cliff bars
- jicama sticks
- microwaved potato & salsa
- popcorn
Chipotle Lime Hummus

The cilantro perfectly suits these flavors, but if you aren’t partial to it you can leave it out. Serve either on a burrito or with bread and fresh vegetables such as jicama sticks and sliced bell peppers.

MAKES 5-6 SERVINGS (ABOUT 2 CUPS)

1 cup cooked kidney beans
1 cup cooked chickpeas (garbanzos)
juice of one lime
2 TBSP tahini
1 medium clove garlic, sliced
2 TBSP extra virgin olive oil
1/2 tsp sea salt
1 tsp chipotle hot sauce (Tabasco)
1 tsp agave nectar
1/16-1/8 tsp allspice
1-2 TBSP water (to thin dip as desired)
1 tsp agave nectar or honey
1 tsp lime zest, grated

1/4 cup (not packed) fresh cilantro leaves

In a food processor, combine all ingredients except water, lime zest, and cilantro. Puree until smooth, gradually adding water as desired to thin dip and scraping down sides of bowl as needed. Season to taste with additional salt, remaining lemon juice, and/or nutritional yeast. To medium and add spinach in batches and cook for about 5 minutes uncovered. Dreena Burton

Spring Rolls with Mango Dipping Sauce

A sweet-and-sour sauce tempers the spicy radish sprouts in this produce-packed roll. Don’t have mango fruit spread? Try apricot, peach, pineapple, or plum instead.

Dipping sauce
4 TBSP mango fruit spread
2 TBSP tamari
1 TBSP seasoned rice vinegar
juice of one small lime
1/2 tsp finely grated ginger
1/4 tsp hot sauce
Finely grated peel from 1 small lime

Roll
8 large rice paper wrappers
1/4 c cilantro leaves, rinsed and patted dry
3 oz Thai-style baked tofu (such as White Wave or Wild Wood), thinly sliced
2 c radish sprouts (or any you have on hand)
1/2 c shredded carrots
16 snow peas, rinsed and patted dry, ends trimmed
8 small, tender leaves Boston or romaine lettuce, rinsed and patted dry

In small bowl, whisk together all dipping sauce ingredients. Set aside. Fill a pie plate or similar sized pan with warm water. Dip spring roll wrapper and let soften for about 30 seconds. Place on a clean towel. Place two to four cilantro leaves on lower third of wrapper and cover with two or three tofu slices. Top with cup sprouts, 1 tablespoon carrots, and two snow peas. Fold one lettuce leaf in half and place on top. Roll up like a burrito and continue with remaining wrappers. Women’s Health Magazine

Per roll: 67 calories, 2.5g fat (0g saturated), 137 mg sodium, 9g carbohydrates, 1g fiber, 3g protein

Kid’s Dynamo Hummus

Kids love this very mellow hummus, and you will love giving it to them because it is chock-full of nutritious ingredients like cashews, chickpeas, tahini, and flax oil! Serve with breads, tortilla chips, or raw veggies, or as a spread in sandwiches.

MAKES 5-6 SERVINGS (ABOUT 2-2 1/2. CUPS)

3/4 cup raw cashews
juice of one lemon
1 1/2 cups cooked chickpeas (garbanzo)
1 very small clove garlic (or larger clove if making for adults)
1 TBSP tahini
1 TBSP extra virgin olive oil
1 TBSP flax oil
1/2 tsp sea salt
2 TBSP nutritional yeast (optional)
5-6 TBSP water (to thin dip as desired)

In a food processor, combine cashews with 3 lemon juice and puree until almost smooth. Add remaining ingredients except water and puree again until smooth, gradually adding water as desired to

[16] Sandwich
**Bogdanich Pasta**

It takes as much time to make the sauces as it does to make the pasta. If you have more time, marinate the olives in balsamic vinegar. If you don’t have basil it will still be good. You can purchase the sun-dried tomatoes in oil for this recipe or use packaged sun-dried tomatoes, which are more economical. Add the dry tomatoes to the pasta water and let them cook with the noodles until they are rehydrated. This dish is great to make for dinner and then bring the leftovers for lunch.

It is even good cold.

4 generous servings

3 tablespoons olive oil
8 large garlic cloves, peeled and minced
1 cup finely chopped onion (1 large onion)
1/2 cup sliced, pitted olives
1/2 cup chopped, drained oil-packed sun-dried tomatoes or rehydrated
1 pound dry penne (or any other pasta)
1/4 cup finely chopped fresh basil
1 28 oz can of diced tomatoes preferably fire roasted (sometimes I add the extra tomatoes at the end if I want it more saucy, more often I omit this ingredient)
Balsamic vinegar to taste
Salt and Pepper to taste

Put a large pot of water on to boil.
Chop the onion and garlic and slice the olives
Begin cooking the penne. You can also use the same water to rehydrate the sun-dried tomatoes if you are using that kind.
Heat the oil in a skillet over medium heat. Add the onion and garlic. Saute until soft, about 5 minutes. Stir in the olives, tomatoes, and cook until tomatoes are heated through.
Remove the skillet from the heat, and stir in the basil, balsamic, salt, and pepper to taste. Cover to keep warm.

When the pasta is al dente, in 10 to 12 minutes, drain it well, add it to the skillet with the sauce and mix. Serve immediately or cool in the fridge.

**Papillote of Spring Vegetables & Tofu**

This is one of my all time favorite things to bring for lunch. You can batch cook these at the beginning of the week and have one each day. Use whatever vegetables you like. You can replace the tofu with Tempeh, fish, or chicken, just cook it after you marinate.

**Makes 5-6 Servings**

*For the marinated tofu*
3 TBSP coconut milk (or other milk)
2 TBSP Tamari
2 TBSP finely chopped fennel leaves
1 TBSP chopped almonds juice of half a lime
1 TBSP finely chopped parsley
2 tsp grated ginger
1 tsp brown rice syrup or agave nectar or maple syrup
1/4 tsp black pepper
1 1/2 cups tofu

*For the vegetable filling*
2 cups water
1/2 cups broccoli
1/2 cup chopped green beans, fava beans, or asparagus
1 medium zucchini cut into 1/4 inch slices
1 lb. baby spinach leaves
1 medium sweet potato chopped into 1 inch cubes

olive oil

First marinate the tofu: In a mixing bowl, stir together the milk, tamari, fennel, ginger, almonds, lime juice, parsley, syrup, and pepper. Add the tofu and toss to coat. Cover and refrigerate for 2 hours.

For the filling, bring the water to bowl in a large saucepan. Add the broccoli, green beans, zucchini, and sweet potato. Cover and cook ~4 minutes. Add spinach and cook another minute. Drain well.

Place 4-6 sheets of parchment paper or foil on a work surface. Divide the tofu and vegetables evenly among the papers spooning to one side of the center of each piece. Drizzle on a little olive oil if you like.

Fold the empty side of each piece of parchment paper over the filling to enclose it. Seal the edges tightly by making small crimping folds.

At work either put the papillote in a toaster oven for 15 minutes or a microwave for 4 minutes turning once. If you are using parchment paper it will puff up and then you can put the entire thing on a plate and eat it from the paper.

Johnny Brattigan
### Ratatouille

This is a great dish to make in the summer when eggplants, zucchinis, and tomatoes are plentiful. You can make one and have lunch for a week or make it for dinner and take the leftovers.

**6 servings**
- 1 TBSP oil
- 3-inch piece of leek sliced or a small onion
- 1 small green pepper, seeded and sliced
- 1 globe eggplant, peeled and thinly sliced
- 2 zucchini, thickly sliced
- 3 ripe tomatoes, peeled and sliced or 1 16 oz can whole tomatoes sliced
- 1 large clove garlic, minced
- 1 cup vegetable stock
- 2 tsp dried oregano
- 1 tsp dried marjoram
- salt and pepper
- 4 oz goat cheese, sliced (optional)

Preheat oven to 350.

In a saucepan heat the oil over medium low heat, add the leeks, pepper, eggplant, and zucchini and sauté, stirring for 5 minutes.

Add the tomatoes, garlic, stock, oregano, marjoram, salt and pepper.

Transfer the mixture to a casserole, cover and bake 30 minutes. If you are using the cheese heat up the broiler while you place the cheese on over the ratatouille. Broil uncovered until the cheese melts and turns golden about 5 minutes.

Chop the chicken or tofu into bite size pieces.

In a casserole dish whisk together the yogurt, oil, lemon juice, tomato puree, curry powder, salt, chili, paprika, garlic, ginger, turmeric, and mint leaves. Mix the chicken or tofu and make sure the entire surface is covered. Cover and refrigerate for 3 hours or overnight.

Preheat the oven to 475. Put the casserole dish in the oven and cook until tender, about 25 minutes.

Johnny Brattigan

### Shepherd’s Pie

This is another common one at my house that will last several days. You can try different vegetables for whatever is on sale / in season. You can throw in frozen green beans, peas and corn with the other vegetables if you like.

- 1 large head of broccoli, chopped into florets & stems
- 2 carrots, chopped
- 1 large onion, chopped
- 1 large zucchini or summer squash, chopped
- 1 cup sliced mushrooms
- 1 tsp dried thyme
- 1 tsp ground coriander
- 3 lb. of sweet potatoes or Yukon Gold potatoes or Russet

First start the potatoes. Either wrap them in foil and bake on 400 for an hour or boil them in a large pot of water for 20 minutes until they are easily pierced with a fork, or you can poke holes in them with a fork, wrap them in saran wrap and microwave for 9 minutes turning twice.

Meanwhile chop of the other vegetables and add them to a casserole dish. If you have more time you can sauté the onions and some garlic for 2 minutes and they sauté the other vegetables in batches for 2 minutes before adding them to the casserole.

Preheat the oven to 375 and mash the potatoes with a splash of milk about 2 tablespoons of oil and some salt and pepper. Mash with a potato masher or mixer until the potatoes are creamy and then add then cover the vegetables in the casserole dish with a layer of potatoes. Place uncovered in the oven and bake for 20 minutes or until the potatoes are slightly browned.

Johnny Brattigan

### Indian Tikka

This is one of the world’s easiest indian style recipes. You marinate the tofu or chicken over night in the casserole dish and then the next day just pop it in the oven. Pair it with basmati rice or another whole grain.

- 4 skinless boneless chicken breast halves or 1 pkg. tofu, drained and pressed
- 1/4 cup organic plain yogurt
- 2 TBSP oil
- 1 TBSP lemon or lime juice

2 TBSP tomato puree (optional)
- 2 tsp indian curry powder blend
- 1 tsp salt
- 1/2 tsp chili powder
- 2 tsp paprika
- 1 tsp minced garlic
- 1 tsp minced ginger
- 1/4 tsp turmeric
- 1 tbsp chopped fresh mint or other

Chop the chicken or tofu into bite size pieces.

In a casserole dish whisk together the yogurt, oil, lemon juice, tomato puree, curry powder, salt, chili, paprika, garlic, ginger, turmeric, and mint leaves. Mix the chicken or tofu and make sure the entire surface is covered. Cover and refrigerate for 3 hours or overnight.

Preheat the oven to 475. Put the casserole dish in the oven and cook until tender, about 25 minutes.

Johnny Brattigan

Entrees
<table>
<thead>
<tr>
<th>REGION</th>
<th>SPICES</th>
<th>IDEAS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tex-Mex</td>
<td>cayenne pepper, chili powder, cilantro, cinnamon, cumin, garlic powder, jalapeno peppers</td>
<td>rice &amp; beans, Chili, salad with beans, avocado, pumpkin seeds, jicama</td>
</tr>
<tr>
<td>American (southern)</td>
<td>cayenne, bay leaf, thyme, marjoram, paprika, celery seed, onion powder</td>
<td>collard greens, jambalaya, red beans and rice, corn pudding, stuffed peppers</td>
</tr>
<tr>
<td>Caribbean</td>
<td>garlic, bay leaves, thyme, allspice, anise, cumin</td>
<td>beans and rice, curry, grain or bean salad &amp; tropical fruit</td>
</tr>
<tr>
<td>Thai</td>
<td>basil, cilantro, crushed red pepper, garlic powder, ground ginger, mint, turmeric, whole red chilies</td>
<td>stir fry, spring rolls, noodle salad, rice salad, mix curry paste with coconut milk and add vegetables.</td>
</tr>
<tr>
<td>Chinese</td>
<td>5-spice, crushed red pepper, garlic powder, ground ginger, sesame seed, white pepper, whole red chilies</td>
<td>stir fry, spring rolls, noodle salad, rice salad, hot and sour soup, bok choy or other asian greens</td>
</tr>
<tr>
<td>Italian</td>
<td>basil, crushed red pepper, fennel, garlic, oregano, rosemary, sage</td>
<td>pasta salad, green salad, beans and mushrooms, lasagna, pesto</td>
</tr>
<tr>
<td>Brazilian</td>
<td>bay leaf, lime, chili pepper, coriander, wine</td>
<td>rice &amp; beans, acai smoothie, spinach salad, watercress</td>
</tr>
<tr>
<td>French</td>
<td>chervil, lavender, shallots, tarragon, thyme</td>
<td>quiche, lentil soup, omlette</td>
</tr>
<tr>
<td>Spanish</td>
<td>saffron, paprika, olives, garlic, vinegar, lemon</td>
<td>gazpacho, paella, frittatas, vegetable soup</td>
</tr>
<tr>
<td>Mediterranean</td>
<td>garlic, cumin, cardamon, mint, dried fruit, parsley</td>
<td>falafel, tabouli, hummus, couscous</td>
</tr>
<tr>
<td>Indian</td>
<td>cloves, cinnamon, mustard seeds, asafetida, garlic, ginger, turmeric</td>
<td>curry and basmati rice, lentils, subj, marsala</td>
</tr>
<tr>
<td>Greek</td>
<td>cinnamon, dill weed, garlic powder, mint, onion powder, oregano, paprika</td>
<td>salad with cucumbers and tomatoes, cooked wheat with honey</td>
</tr>
</tbody>
</table>

Here is a list of herbs and spices by region. This will make creating your own meals really easy because you can see which spices commonly go together. Pick one or two and add rice and beans or salad dressing for more flavor.

One of the keys to healthy cooking is to use herbs and spices to flavor food rather than cooking beans with a ham hock or covering everything with cheese.
I buy in bulk and keep a lot of spices, grains, nuts, seeds, and legumes on hand so there is always something to eat. Here is a list of what I like to have around.

**Beans**  black*, white, kidney, garbanzo*, black-eyed peas, aduki, pinto

**Lentils**  red & green*

**Nuts & Seeds**  walnuts, flax, sesame, cashews*, almonds, pine nuts

**Grains**  quinoa*, brown rice*, basmati rice, millet, polenta (i.e. grits), barley, pasta

**Canned Items**  nut butter*, tomato (paste, diced*, sauce, sun-dried), artichoke, olives, capers, coconut milk, pumpkin, Jam applesauce (use to replace oil in baking)

**Condiments**  hot sauce, chipotle in adobe, mustard, tamarind* (soy sauce) ketchup

**Dried Fruit**  apricots, cranberries, dates, currants, raisins*

* buy these items first

---

**A List of Spices I like**

- Allspice (ground)
- Basil (grow some!)*
- Bay leaves*
- Bouillon cubes*, vegetable and mushroom
- Cardamom (ground)*
- Cayenne powder
- Celery seed
- Chili powder (mild)*
- Cinnamon
- Cloves (ground)
- Coriander seeds (grind them)
- Crushed red pepper flakes*
- Cumin seeds (grind them)*
- Curry powder
- Dill seed
- Fennel seeds (grind them)
- Garlic powder
- Ginger (ground)
- Marjoram
- Mustard seeds (grind them)
- Nutmeg (whole)
- Onion powder
- Oregano
- Paprika
- Peppercorns
- Rosemary
- Sage (leaves/ground)
- Sea salt*
- Thyme
- Turmeric powder

---

**Almonds**

decrease after-meal rises in blood sugar & provide antioxidants to mop up the smaller amounts of free radicals that still result.

**Flax Seed**

Protection Against Heart Disease, Cancer and Diabetes

**Quinoa**

Quinoa and Other Whole Grains Substantially Lower Type 2 Diabetes Risk