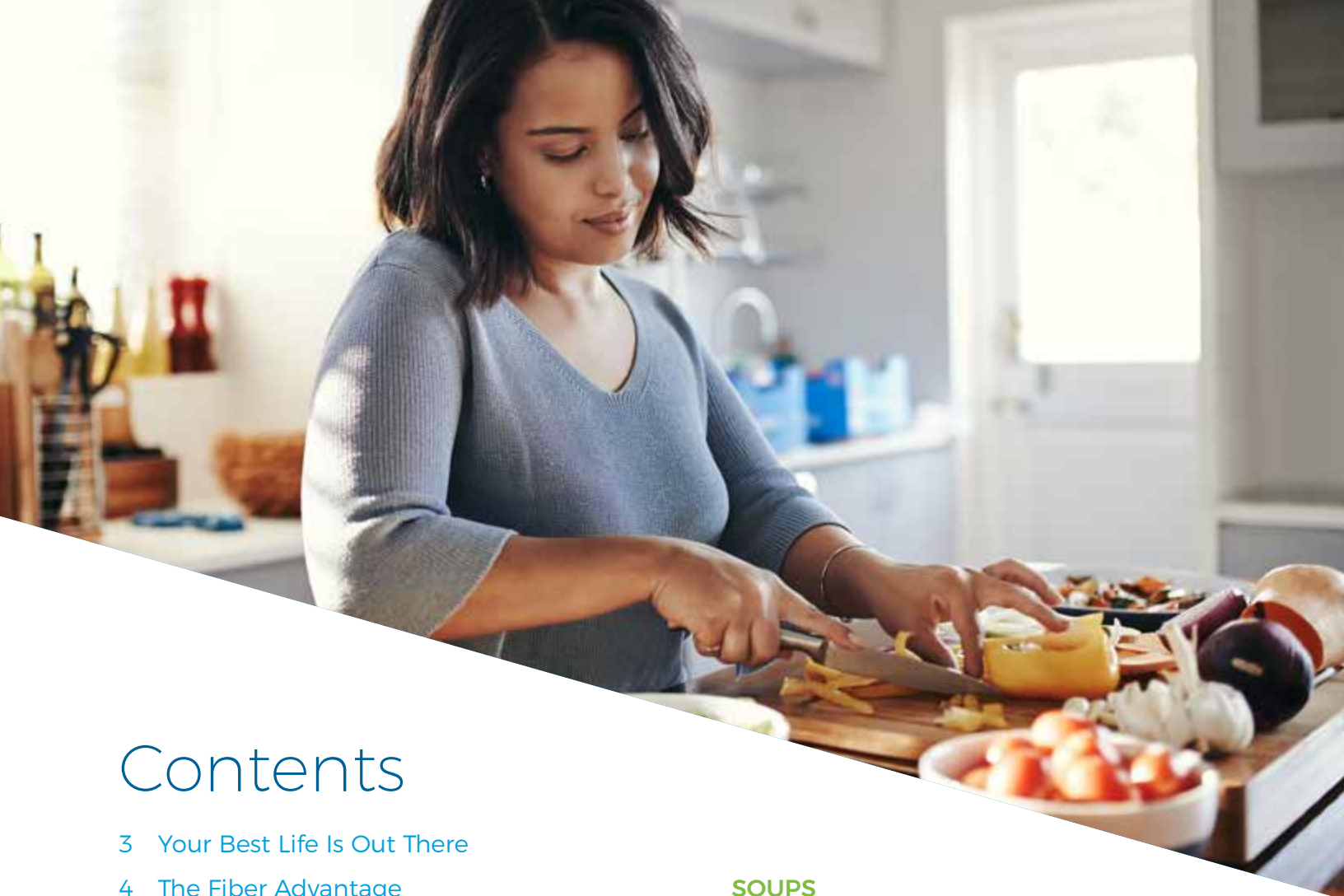


Plant-Powered Recipes to Help You  
feel whole





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# Your Best Life is Out There

Let us help you find it!

At AdventHealth, our whole-person approach to care is designed to help you put your health — and your life — back into your own hands. It's not just about healing what's wrong, it's about celebrating what's right, and helping you create a life of better health, more joy, and less stress. That's why we've created this e-cookbook just for you with 20 delicious, healthy, plant-based recipes to help you feel whole.

Each recipe has a variety of symbols. The symbols make it easy to identify recipes that meet your individual preferences and needs. Many people want to avoid, reduce, or increase certain foods in their diet. Recipe symbols make this process easier. The symbols will show you if it's a recipe you want to use. Here is a quick reference for what the symbols mean.



## WHOLE GRAIN

Contains grains that are considered “intact” and contains all three layers – the bran, the endosperm, and the germ.



## GLUTEN-FREE

Does not contain gluten, a protein found in wheat and other grains such as barley and rye.



## HIGH FIBER

Contains 3 or more grams of fiber per serving. The American Heart Association recommends a daily intake of 25 grams of fiber for women and 38 grams of fiber for men.



## PEANUT-FREE

Contains no peanuts.



## TREE NUT-FREE

Contains no tree nuts.



## LOW FAT

3 grams or less of fat per serving.



## LOW SODIUM

140 milligrams or less of sodium per serving.



## VEGAN

Does not contain any ingredients of animal origin—no beef, pork, poultry, fish, eggs, cheese, milk or other dairy products, or gelatin.



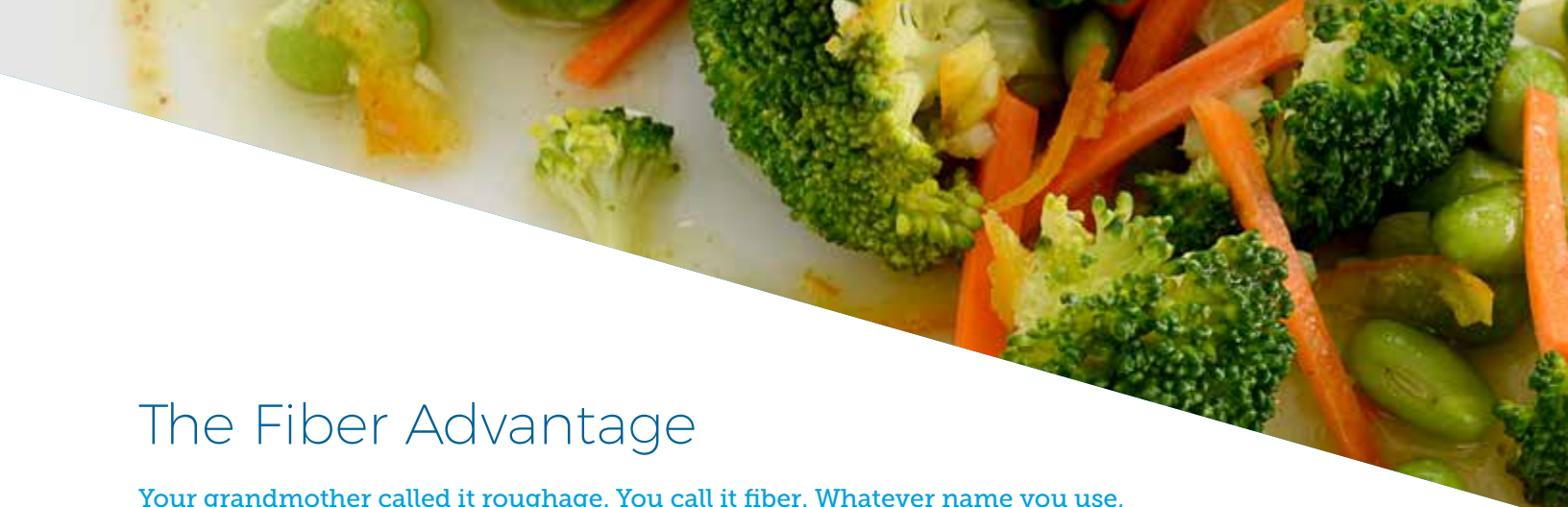
## CHOLESTEROL-FREE

Does not contain cholesterol, which is found in animal products.

## Here's to your good health!



**Todd Chobotar**  
Publisher and Editor-in-Chief  
AdventHealth Press







# The Fiber Advantage

Your grandmother called it roughage. You call it fiber. Whatever name you use, fiber is one of the most important components of a healthy diet. Yet it is one that you probably overlook and do not eat enough of.

Dietary fiber is well known for its ability to provide “regularity.” But the health benefits of eating fiber go far beyond keeping your digestive system running smoothly. One of its greatest benefits is keeping the billions of beneficial bacteria in your gut healthy and well fed. This results in an immune system that is better equipped to fight off disease.






### In addition to a healthy gut, fiber may help to:

-  Reduce the risk of colon cancer
-  Lower blood cholesterol levels
-  Control blood sugar levels
-  Assist with achieving a healthy weight

To reap the benefits that fiber has to offer, aim for 21 to 38 grams daily (levels vary for men and women). Start by eating more plant foods. And do not forget to drink more water, as fiber works best when it absorbs water.

The chart below lists some foods especially high in fiber that you can add to your meals and snacks to increase your fiber intake:

## Fiber All-Stars

Vegetables	Fruits	Beans/Legumes	Nuts & Seeds	Whole Grains
				
Broccoli	Pears	Navy beans	Flaxseed	Wheat
Sweet potatoes	Raspberries	Pinto beans	Almonds	Quinoa
Spinach	Apples	Black beans	Walnuts	Rolled oats
Carrots	Bananas	Lentils	Peanuts	Brown rice
Avocado	Oranges	Kidney beans	Sunflower seeds	Pearl barley



**Sherri Flynt, MPH, RD, LDN**  
Registered Dietitian and Nutritionist  
AdventHealth



## Involve Your Kids in Healthy Food Choices

Parents have the unique opportunity to establish healthy eating habits for their children and reduce the risk of diseases such as type 2 diabetes or heart disease. Moving toward The Healthy Eating Sweet Spot of a plant-based diet will benefit both you and your children. See the illustration to the right.

### My Top 5 Recommendations:

#### FAMILY MEALS

Involving the children in making kid-friendly, interesting and healthier choices is key to lasting change. Choose a meal together. Have each family member suggest ingredients or food choices that are less processed and more plant-based.

#### COOK TOGETHER

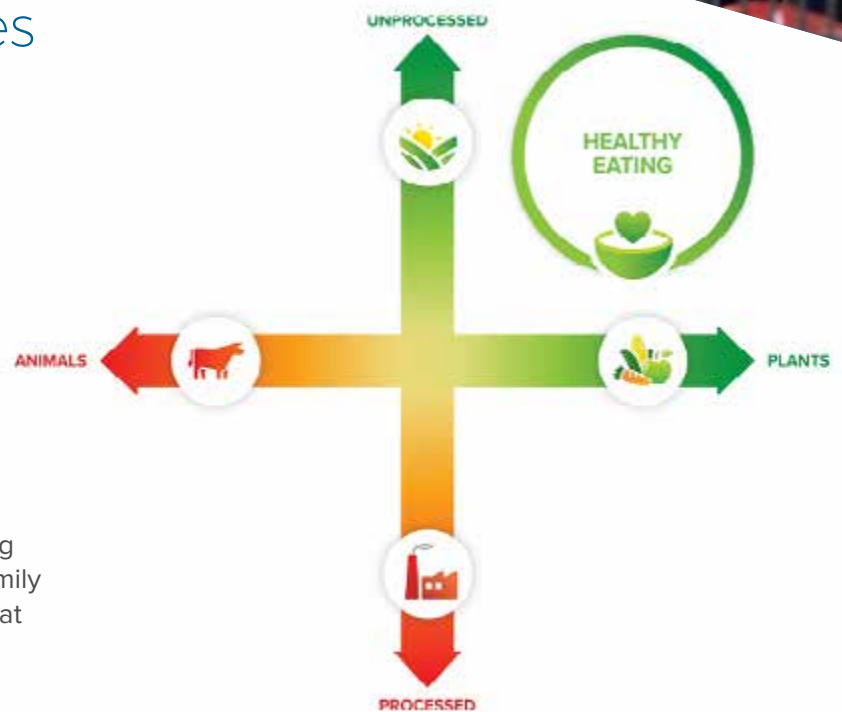
Kids love it, and small changes can go a long way. Make spaghetti night using whole-grain spaghetti and crushed tomato sauce with herbs. Add a delicious salad to pizza night.

#### COMBINE FOODS

Put vegetables or fruits into familiar foods they like—such as soups or smoothies. They may not even be aware that the new food is there!

#### LET THEM CHOOSE

Provide a few options from the Healthy Eating Sweet Spot and let them pick one. Allowing them to choose between broccoli, spinach, and green beans will increase the chances of them eating the vegetable.



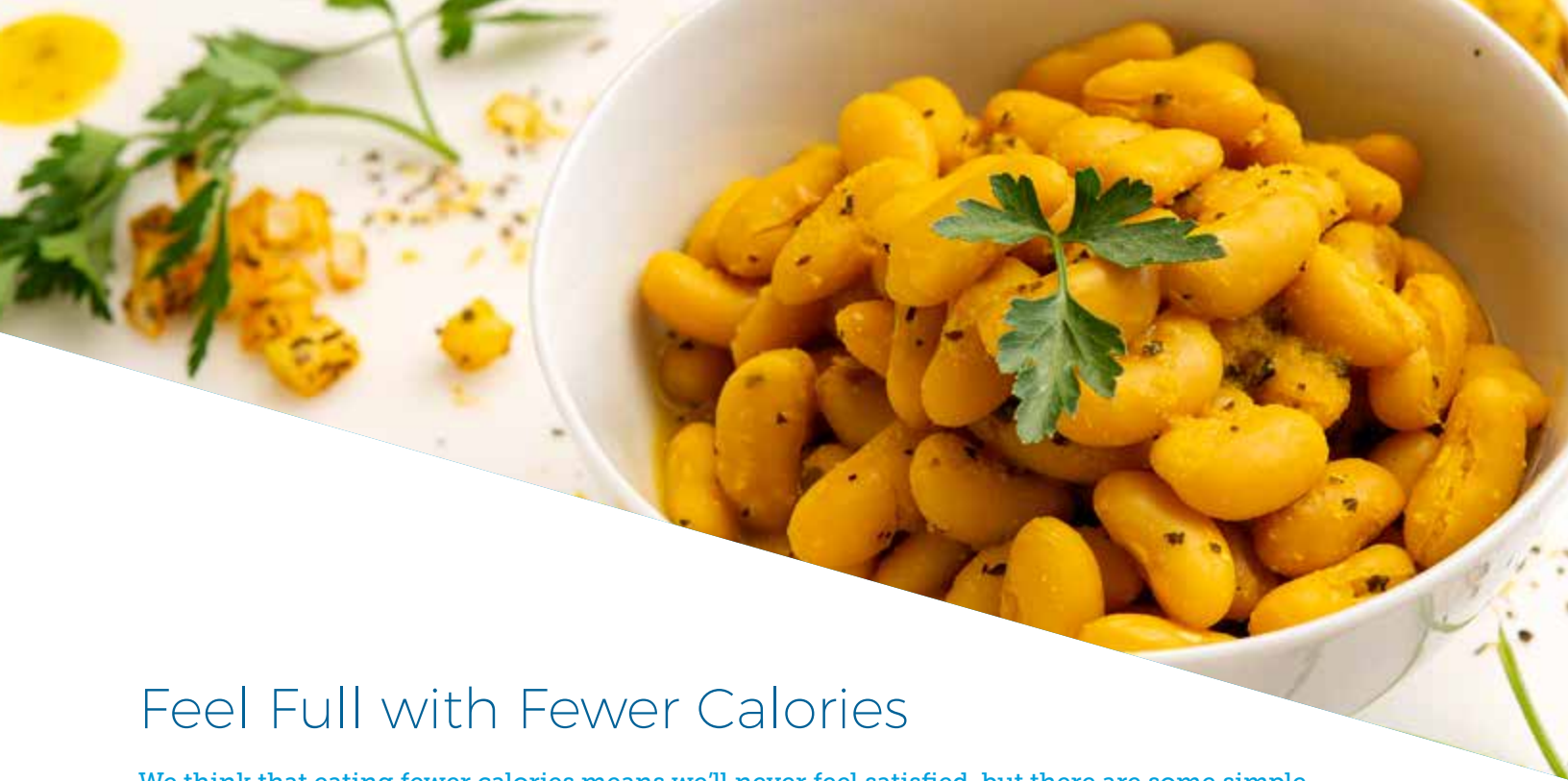
### DO IT TOGETHER

Eat more healthy foods yourself as an example for your child to follow. If textures are a challenge, try raw instead of cooked, grilled versus baked, or vary the seasonings and toppings.

Be patient with yourself and your child. Take slow but steady steps toward the Healthy Eating Sweet Spot. Simple encouragement can go a long way: “Since we have been eating healthier, I notice that we are running faster and are less out of breath!”



**Angela Fals, MD, FAAP, CCMS**  
Pediatrician and  
Obesity Medicine Specialist  
AdventHealth



## Feel Full with Fewer Calories

We think that eating fewer calories means we'll never feel satisfied, but there are some simple strategies that make a difference. Get the best results by embracing fiber-rich foods and staying mindful of calorie density. Fiber-rich foods tend to have the lowest caloric density, which is the number of calories per volume of food. For example, a cup of fiber-rich oats has less calories than a cup of refined sugary pudding, though the volume of food is the same.

Here are a few practical ideas to help you feel full with less calories:

### ADD VEGGIES

Add more fiber-rich vegetables to a meal, while limiting the more calorie-dense refined or animal-based foods.

### BEANS FOR PROTEIN

Beans are a great lower calorie, protein and fiber-rich food that can replace meats which lack fiber and are high in fat.

### HYDRATE

Ensure you're hydrating enough by drinking water throughout the day and especially before meals.

### LIQUID CALORIES

Avoid drinking juices and other sugary drinks, as they are filled with empty calories. Choose water infused with fresh or frozen fruit instead.

### WHOLE GRAINS

Choose whole grains such as oats, quinoa, and brown rice over white bread, white rice, and white pasta to feel full and satisfied with less calories. Whole grains retain their fiber and other nutrients.

### WHOLE FRUIT

Eating whole fruit is not only delicious but is also a good source of fiber and other nutrients.



**Saadia Alvi, MD**  
Endocrinologist  
AdventHealth



## Lifestyle Tips to Help You Feel Whole

A healthy lifestyle encompasses more than what you eat. For optimal health in mind, body, and spirit, incorporate these tips into your daily routine.

### MEAL TIMING / INTERMITTENT FASTING

What you eat is important, but when you eat makes a difference too. Choose to eat no more than three meals a day with your third meal the smallest (and no snacking between). If you eat two meals a day (intermittent fasting), make them your morning and afternoon meals and skip supper. Both of these strategies will help avoid excess calories, stabilize weight, decrease inflammation, and improve type 2 diabetes.

### SLEEP FOR SUCCESS

Get enough sleep at night to stay focused and energized. Aim for seven to nine hours for optimal health. Sufficient sleep can help you lose weight and manage emotional stress better.

### ACTIVITY

Exercise at least five days a week for thirty minutes or more—walking, jogging, doing muscle strengthening, or stretching. Begin gradually. Consult with your doctor if you are not accustomed to exercise.

### SOCIAL SUPPORT

Improving your lifestyle is easier if you have the encouragement and support of your family and friends. The encouragement of others helps maintain your resolve.

### GRATITUDE

At the end of every day, write down three things for which you are thankful. This practice releases the pleasure hormone dopamine in the brain. It helps you sleep better too.

### ACTS OF KINDNESS

Look for ways each day to perform random acts of kindness. Doing good for others releases the pleasure hormone dopamine into the brain and increases your happiness.

### FIND YOUR “WHY”

Feed your spiritual nature by reflecting on the meaning and purpose of your life. Take time to pray and trust your life to the great God of love. Sometimes called “faith,” it creates hope, a wonderful agent of healing and wholeness.



**George E. Guthrie, MD, MPH, CDE, CNS**

Family and Lifestyle  
Medicine Specialist  
AdventHealth



## Vegan Frittata with Tofu



Created by Neva Brackett

YIELD: ONE 8-INCH FRITTATA, CUT INTO 6 WEDGES

COOKING TIME: 20 MINUTES

DIFFICULTY LEVEL: MODERATE

PREP TIME: 15 MINUTES

TOTAL TIME: 35 MINUTES

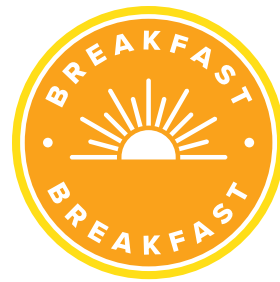
A frittata, known in Italy as a flat omelet, is usually made with eggs and cheese. This plant-based version with tofu and garbanzo flour is scrumptious! The frittata is one way this recipe can be cooked and served; for variation, try making patties or baking it as a soufflé.

### INSTRUCTIONS

Simmer onions, peppers, and garlic in water for 5 minutes. Add sliced zucchini and cook for 3 more minutes. Remove from heat. Place a shallow, nonstick 8-inch skillet or frittata pan on burner at medium-low heat to preheat.

Place tofu and remaining ingredients in blender and blend — not necessarily smooth but thick. Stir blended tofu into onion mixture.

Pour into preheated skillet, smoothing the surface. Cook at 350°F for 15 minutes or until frittata is almost set. Cover handle with foil, if needed, and place under broiler for about 2 minutes or until top is set and golden. Allow frittata to stand for at least 5 minutes before removing from pan. Cut into wedges for serving.



### INGREDIENTS

½ cup onion, chopped

¼ cup green, yellow, or red pepper, diced

1 clove garlic, minced, or ½ teaspoon garlic powder

2 tablespoons water

1 small zucchini, sliced

1 cup firm tofu (7–8 ounces)

¼ cup water (omit if soft tofu is used)

½ teaspoon salt or butter-flavored salt

1 rounded teaspoon nutritional yeast flakes

2 teaspoons onion powder

1 teaspoon Bragg Liquid Aminos

2 tablespoons garbanzo flour or corn flour

### NUTRITION FACTS

Calories 36.20

Fat 1.52g

Saturated Fat 0.20g

Cholesterol 0mg

Sodium 123.88mg

Carbohydrates 3.03g

Fiber 0.65g

Sugars 0.91g

Protein 3.10g

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## Crispy Almond-Coconut Granola



Created by Heather Leno

YIELD: 48 (¼ CUP) SERVINGS

COOKING TIME: 2 HOURS

DIFFICULTY LEVEL: MODERATE

PREP TIME: 20 MINUTES

TOTAL TIME: 2 HOURS AND 20 MINUTES

Granola was invented in the 19th century by Dr. James Jackson, who operated a health spa in Dansville, NY. It's still a popular breakfast food today. A lovely combination of fruits. Flax, oats, walnuts, and almonds make for a healthy mix. This recipe fills two large cookie sheets. Bake it slowly, and it will be crispy even without oil. For added sweetness, top with raisins before serving.

### INSTRUCTIONS

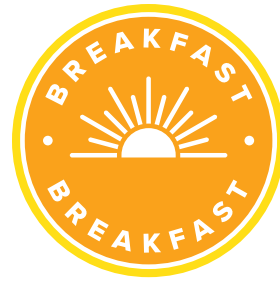
In large mixing bowl, combine oats, flax, almonds, and coconut.

Combine remaining ingredients in a blender in the order listed above. Blend until everything, including the walnuts, is creamy.

Preheat oven to 225°F (180°F for convection ovens).

Pour blended ingredients over oat mixture and mix thoroughly and evenly. Rubbing the mixture between your palms is a good way to distribute the moist with the dry.

Spread evenly onto cookie sheets and bake for approximately two hours, rotating pans every 30 minutes. Then turn off heat, leaving granola in the oven overnight or for several hours to dry completely. Granola air-dried without heat will be tough; leaving it in the oven to cool ensures it will stay crispy.



### INGREDIENTS

6 cups quick oats

½ cup flax meal

1 cup unsweetened coconut

1 cup soft dates, pressed down to measure

1 tablespoon orange juice concentrate

1 ½ teaspoons salt

½ teaspoon coconut extract, optional

1 ½ cups regular oats

1 cup sliced almonds

¾ cup pineapple juice

1 cup walnut pieces

1 ½ tablespoons vanilla

½ teaspoon almond extract

Raisins (optional)

### NUTRITION FACTS

Calories 230.09

Fat 10.78g

Saturated Fat 2.72g

Cholesterol 0mg

Sodium 121.44mg

Carbohydrates 27.55g

Fiber 5.56g

Sugars 6.05g

Protein 6.49g

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George E. Guthrie, MD, MPH, CDE, CNS*



## Savory Breakfast “Sausage” Patties



Created by Heather Leno

YIELD: 12 (2 PATTY) SERVINGS

COOKING TIME: 30 MINUTES

DIFFICULTY LEVEL: MODERATE

PREP TIME: 45 MINUTES

TOTAL TIME: 1 HOUR AND 15 MINUTES

These savory breakfast patties are a tasty alternative to the highly refined commercial meat substitute products found in grocery stores. Make an extra batch to freeze so you can grab them for a quick morning meal. When reheating, cover patties with foil or, if microwaving, a damp paper towel so they don't dry out.

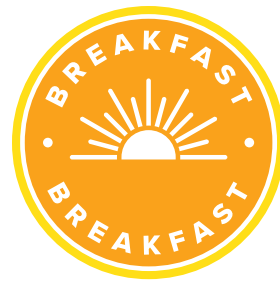
### INSTRUCTIONS

Combine all ingredients except oats in saucepan and bring to a boil. Stir in oats, cooking and stirring until mixture starts to thicken. Remove from heat, cover, and let sit until cool enough to handle. Preheat oven to 325°F.

Place parchment paper or silicone pad onto cookie sheet. Scoop mixture and drop balls onto prepared cookie sheet, flattening each to ½-inch thick. If you use a quick-release scoop, the process will be fast and easy, and the patties will be the same size.

Bake for 15 minutes. Flip patties and bake for 10–15 more minutes, until brown and firm but not dried out.

Serve with ketchup or gravy for a breakfast meal.



### INGREDIENTS

2 cups water

½ cup finely chopped raw cashews (a grinder will turn them to powder)

¼ cup low-sodium soy sauce

¼ cup nutritional yeast flakes

1 tablespoon tahini

1 ½ teaspoons onion powder

¼ + ⅛ teaspoon garlic powder

¾ teaspoon dried sage or  
1 tablespoon fresh, minced

1 teaspoon dried basil or  
1 tablespoon fresh, minced

¼ teaspoon dried thyme or  
1 teaspoon fresh, minced

¼ teaspoon dried oregano or  
1 teaspoon fresh, minced

2 cups quick oats

### NUTRITION FACTS

Calories 51.45

Fat 1.90g

Saturated fat 0.21g

Cholesterol 0mg

Sodium 97.42mg

Carbohydrates 6.36g

Fiber 1.24g

Sugars 0.43g

Protein 2.40g

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George E. Guthrie, MD, MPH, CDE, CNS*



## Tender Golden Cornbread



Created by Neva Brackett

YIELD: 9 (1 SQUARE) SERVINGS

BAKING TIME: 20-25 MINUTES

DIFFICULTY LEVEL: EASY

PREP TIME: 15 MINUTES

TOTAL TIME: 35-40 MINUTES

Corn was a staple food of Native Americans when European settlers arrived in the New World. The early pioneers learned the art of making native cornbread, a combination of ground corn and water baked on an open fire. Nowadays, most cornbread recipes contain oil and eggs, but the natural fat in coconut milk can replace those items. Flax seeds give lightness and act as a binder. This recipe can also be made gluten free, as noted in the second ingredient. I have also used almond flour in cornbread and like what it does to the texture, adding a bit more natural fat.

### INSTRUCTIONS

Heat oven to 375°F. In a mixing bowl, combine cornmeal, flour, ground flax, salt, and baking powder. Mix well.

In a measuring cup, stir together coconut or soy milk, applesauce, and liquid sweetener. Add water as needed to make 2 full cups.

Combine wet and dry ingredients, stirring briskly until smooth, adding extra water as needed until mixture is the consistency of cake batter. Pour into an 8-inch nonstick baking pan, or scoop into muffin tins. Bake for 20–25 minutes.



### INGREDIENTS

1 cup cornmeal

1 cup flour (whole wheat or gluten free)

2 tablespoons ground flax seeds, optional

1 teaspoon salt

4 teaspoons aluminum-free baking powder

1 can (1 ¾ cups) coconut milk (or soy milk)

¼ cup applesauce

3 tablespoons liquid sweetener

½ cup water, as needed

### NUTRITION FACTS

Calories 208.09

Fat 10.60g

Saturated Fat 8.37g

Cholesterol 0mg

Sodium 221.16mg

Carbohydrates 27.89g

Fiber 3.00g

Sugars 6.38g

Protein 4.04g

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## Light and Airy Low-Fat Biscuits



Created by Heather Leno

YIELD: 12 (1 BISCUIT) SERVINGS

BAKING TIME: 15-20 MINUTES

DIFFICULTY LEVEL: EASY

PREP TIME: 10 MINUTES

TOTAL TIME: 25-30 MINUTES

Here is a yummy biscuit made without oil or butter. Bet you can't eat just one of these tender-on-the-inside, crisp-on-the-bottom pastries! Serve them up with a savory breakfast of scrambled tofu and gravy or with a nut spread and fruit for a light supper.

### INSTRUCTIONS

Preheat oven to 400°F.

Combine applesauce, liquid sweetener, and lemon juice in glass measuring cup and add enough milk to make 1 cup. Whisk thoroughly until completely blended. Set aside.

Mix dry ingredients together.

When oven is at full heat, add wet ingredients to the dry. Mix just enough to moisten—dough will be soft.

Place parchment paper or silicone pad onto heavy cookie sheet. Use 3-tablespoon scoop to drop pieces of dough onto prepared cookie sheet.

Bake for 15–20 minutes, until slightly browned.



### INGREDIENTS

2 tablespoons applesauce

1 tablespoon liquid sweetener of your choice

1 tablespoon lemon juice

Soy or almond milk

1 ½ cups whole-wheat pastry flour (stir flour before measuring)

¾ cup barley flour or white whole-wheat flour (stir flour before measuring)

2 ¼ teaspoons non-aluminum baking powder (see tip below)

¾ teaspoon salt

3 tablespoons almond flour or meal

### NUTRITION FACTS

Calories 95.77

Fat 16.17g

Saturated fat 0.10g

Cholesterol 0mg

Sodium 130.32mg

Carbohydrates 18.42g

Fiber 2.93g

Sugars 1.14g

Protein 3.31g

### TIP

For best results, always use fresh baking powder.

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## Colorful Quinoa Salad



Created by Heather Leno

YIELD: 10 (1 CUP) SERVINGS

CHILLING TIME: 30 MINUTES

DIFFICULTY LEVEL: EASY

PREP TIME: 30 MINUTES

TOTAL TIME: 1 HOUR

Quinoa lends itself nicely to no-oil dressings because of its moist, glossy finish. The colorful vegetables and quinoa make a beautiful presentation for potlucks and group functions. This is also a delicious dish for daily lunches. No matter how you serve it, this salad is a winner!

### INSTRUCTIONS

Put quinoa in a fine-mesh colander and rinse thoroughly under cold water. Drain well.

In a saucepan, combine water and rinsed quinoa; stir in garlic powder. Bring to a boil, cover, and reduce heat. Simmer for 15 minutes or until water is absorbed. Remove from heat and let stand, covered, for five minutes. Fluff with a fork and set aside to cool.

Prepare vegetables and garbanzos while quinoa is cooking and cooling.

Sprinkle salt evenly over quinoa; add vegetables, garbanzos, and lemon juice. Stir, folding carefully from all sides to blend salt and lemon completely. Taste and make adjustments as needed.

Chill for 30 minutes. Stir before serving.



### INGREDIENTS

1 ½ cups quinoa

2 ½ cups water

1–1 ½ teaspoons salt (to taste)

½ teaspoon garlic powder

½ cup green onions, sliced

¼-inch thick

12-oz. can black olives, sliced

¾ cup red bell pepper, diced

¾ cup yellow bell pepper, diced

1 cup garbanzos, rinsed and drained

1 ½ cup English cucumber, diced small

6 tablespoons lemon juice (or to taste), freshly squeezed

### NUTRITION FACTS

Calories 75.63

Fat 1.99g

Saturated Fat 0.10g

Cholesterol 0mg

Sodium 370.49mg

Carbohydrates 12.45g

Fiber 2.37g

Sugars 1.56g

Protein 2.78g

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## Romaine-Spinach Salad with Garlicky Lemon Dressing



Created by Heather Leno

YIELD: COMBO 3 ( 1¼ CUP) SERVINGS; DRESSING = 1 SERVING

SERVING SIZE: 1½ CUPS SALAD / 3 TEASPOONS DRESSING

PREP TIME: 5-10 MINUTES

COOKING TIME: 0 MINUTES

TOTAL TIME: 5-10 MINUTES

DIFFICULTY LEVEL: EASY

This salad is a combination of Romaine and spinach, which is not only very tasty and also has great visual appeal. The combination of crisp greens, avocado and olives add a rich and pleasing flavor. This recipe is quick and easy, perfect for get-togethers or lunch at home. The simple lemon-garlic dressing can also be used on a wide range of greens and veggies. For best results, add just before serving.

### INSTRUCTIONS

Combine all ingredients except tomatoes.

Sprinkle with Lemon-Garlic Dressing, to taste (approximately 1 teaspoon lemon per serving). Toss to disperse throughout salad. Taste for correct tartness and seasoning before adding the tomatoes.

Carefully fold in tomatoes.



### INGREDIENTS

2 cups crisp Romaine lettuce, chopped

1 cup baby spinach leaves

¼ cup cucumber, sliced

2 tablespoons fresh green onion, sliced into ¼-inch pieces

⅓–½ cup garbanzos, cooked and drained

⅓ cup black olives, sliced

Light sprinkling of crushed, dried oregano (optional)

Cherry tomatoes, halved, to decorate top

Lemon-garlic dressing, to taste

#### Lemon-Garlic Dressing

1 teaspoons fresh lemon juice, to taste (You may need more)

½ teaspoon coarse ground garlic salt with parsley

### NUTRITION FACTS

Calories 60.04

Fat 2.66g

Saturated fat 0.04g

Cholesterol 0mg

Sodium 310.71mg

Carbohydrates 7.61g

Fiber 2.03g

Sugars 2.01g

Protein 2.16g

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## Mediterranean Mazidra



Created by JoAnn Rachor

YIELD: 7 (1 CUP) SERVINGS

COOKING TIME: 1 HOUR

DIFFICULTY LEVEL: EASY

PREP TIME: 15 MINUTES

TOTAL TIME: 1 HOUR AND 15 MINUTES

Mazidra is a Middle Eastern/Mediterranean dish made with lentils, a small legume that's a nutritional powerhouse. Use it as a topping for Cauliflower "Rice" or any commercial, salt-free riced vegetable, or serve it over Slow-Cooker Baked Winter Squash. It's also delicious over potatoes or as a bean replacement in taco salad/haystacks.

### INSTRUCTIONS

Combine water, lentils, onion, and salt in covered saucepan and boil lightly for 1 hour, until lentils are soft.

Add remaining ingredients and mix well. Heat for 2 minutes and serve.



### INGREDIENTS

4 cups water

1 ½ cups lentils, uncooked, rinsed, and drained

½ cup onion, finely chopped

1 ½ teaspoons salt

⅓ cup tomato paste

2 cloves garlic, minced

2 teaspoons onion powder

1 teaspoon basil

1 14.5 oz. can (1¾ cups) petite-diced tomatoes

### NUTRITION FACTS

Calories 199.10

Fat 0.49g

Saturated Fat 0.08g

Cholesterol 0mg

Sodium 576.08mg

Carbohydrates 37.33g

Fiber 6.90g

Sugars 5.04g

Protein 12.81g

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## Creamy Broccoli Cheese Soup



Created by JoAnn Rachor

YIELD: 7 (1 CUP) SERVINGS      PREP TIME: 25 MINUTES  
COOKING TIME: 25 MINUTES      TOTAL TIME: 50 MINUTES  
DIFFICULTY LEVEL: EASY

This makes an exceptionally versatile base for a variety of soups. Replace the broccoli with your favorite vegetables, beans, and whole-grain pasta. Blending the carrots, potatoes, and onion is an easy way to add (hide) veggies and create a creamy low-fat consistency. Use this soup with or without broccoli as a topping for vegetables such as baked potatoes.

### INSTRUCTIONS

Prepare each ingredient as noted.

Lightly boil or steam broccoli in covered saucepan until tender. Empty pan and set broccoli aside. If using frozen broccoli, cut into smaller pieces after it's cooked.

In saucepan, combine carrots, potatoes, onion, and 1 cup water. Cover and cook for 15–20 minutes, until tender.

Empty vegetables into blender, along with cooking water, and add cashews and salt. Also add an additional ½ cup of water. Before blending hot ingredients, be sure to open the blender vent.

Blend for 3 minutes, until very smooth (cashews must be completely blended for soup to be creamy). Empty contents back into saucepan.

Rinse blender with remaining 2 cups of water and add to pan.

Boil lightly for 1 minute; this causes the cashews to act as a thickener. Also, the color will become a little more orange and cheese-like.

Add broccoli and serve. If desired, cooked beans or whole grains such as quinoa or brown rice may also be added.



### INGREDIENTS

1 lb. frozen broccoli or 4 cups fresh broccoli, chopped into bite-size pieces  
1 ⅔ cups raw carrots, diced small  
1 ½ cups raw potatoes, chopped  
1 medium onion (about 1 cup), cut into chunks  
3 ½ cups water, divided  
½ cup raw cashews  
1 ¾ teaspoons salt

### NUTRITION FACTS

Calories 100.89  
Fat 3.70g  
Saturated fat 0.62g  
Cholesterol 0mg  
Sodium 453.27mg  
Carbohydrates 14.52g  
Fiber 3.52g  
Sugars 3.35g  
Protein 3.71g

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## Sesame-Style Quick Beans and Rice



Created by JoAnn Rachor

YIELD: 6 ½ (1 CUP) SERVINGS

COOKING TIME: 25 MINUTES

DIFFICULTY LEVEL: EASY

PREP TIME: 15 MINUTES

TOTAL TIME: 40 MINUTES

Beans and rice are a staple around the world, and some cultures eat them every day. Beans are packed with fiber and protein, and the starch in brown rice is an excellent source of energy. By using quick-cooking brown rice in this recipe, you get more nutrition than from commonly used white rice. Plus, having this recipe in your collection means that dinner can be on the table in short order.

### INSTRUCTIONS

In a saucepan, toast sesame seeds on medium-high heat for 5–10 minutes, stirring frequently, until seeds are golden brown. (Do not use a nonstick pan for this.) Remove to a glass dish.

Combine rice, water, and seasonings in a covered saucepan and boil lightly for 15 minutes. Remove from heat and allow to sit for 5 minutes.

Stir in beans and 3 tablespoons of seeds, and empty into serving dish. Sprinkle with remaining seeds and herb seasoning.



### INGREDIENTS

¼ cup sesame seeds

2 cup instant brown rice, uncooked

1 ¾ cups water

¾ cup onion, finely chopped

2 tablespoons nutritional yeast flakes

1 tablespoon onion powder

2 tablespoons Bragg Liquid Aminos

½ teaspoon salt

¼ teaspoon cumin

1 15.5-oz. can beans, any type rinsed and drained

Salt-free herb seasoning blend of your choice

### NUTRITION FACTS

Calories 223.53

Fat 4.30g

Saturated fat 0.11g

Cholesterol 0mg

Sodium 284.44mg

Carbohydrates 37.53g

Fiber 6.09g

Sugars 2.74g

Protein 9.11g

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## Zucchini Creole



Created by Neva Brackett

YIELD: 8 (1 CUP) SERVINGS

COOKING TIME: 15 MINUTES

DIFFICULTY LEVEL: EASY

PREP TIME: 30 MINUTES

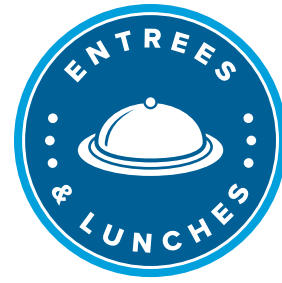
TOTAL TIME: 45 MINUTES

When the term “Creole” is used in cooking, it usually refers to a spicy mixture of tomatoes, peppers, onions, celery, and seasonings served over brown rice. If you grow zucchini and tomatoes in your garden, this recipe is a great way to celebrate the abundance of summer; however, if you’re not a gardener, the ingredients can be easily obtained year-round at your local supermarket.

### INSTRUCTIONS

Place all ingredients except tomatoes and cornstarch in a saucepan and cook for 8 minutes, or until zucchini is tender.

Dissolve cornstarch in ¼ cup water. Add to saucepan, along with tomatoes. Stir as the sauce comes to a boil and thickens. Serve as a side dish or over pasta topped with tofu “sour cream.”



### INGREDIENTS

8 cups green (and yellow, if you can find it) zucchini, sliced

1 cup onion, diced

1 green pepper, diced

1 clove garlic

¾ cup water or coconut milk

1 teaspoon salt

¾ teaspoon Italian seasoning

½ teaspoon dill weed

1 tablespoon chicken-style seasoning

3 cups fresh tomatoes, diced

1–2 tablespoons cornstarch, dissolved in ¼ cup water

### NUTRITION FACTS

Calories 46.03

Fat 0.97g

Saturated fat 0.36g

Cholesterol 0mg

Sodium 209.99mg

Carbohydrates 8.46g

Fiber 2.04g

Sugars 3.50g

Protein 1.93g

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# Tofu Meatballs with Sweet and Sour Sauce



Created by JoAnn Rachor

YIELD: 10 (3 MEATBALL) SERVINGS / 12 (3 TABLESPOON SERVINGS) SAUCE

COOKING TIME: 35 MINUTES / 3 MINUTES

DIFFICULTY LEVEL: MODERATE

PREP TIME: 25 MINUTES / 10 MINUTES

TOTAL TIME: 60 MINUTES / 13 MINUTES

Enjoy these flavorful meatless meatballs hot out of the oven and topped with sweet and sour sauce or with a spaghetti sauce or gravy. They are also delicious in pita bread with your favorite trimmings. The sauce complements many recipes, including vegetables and rice in an oil-free stir-fry. Both recipes freeze well, so I highly recommend that you make enough for future quick meals.

## INSTRUCTIONS

### Meatballs

Preheat oven to 350°F. Combine all ingredients except bread crumbs and nuts and mix well.

Break each slice of bread into 6 pieces. Pulse in blender or food processor.

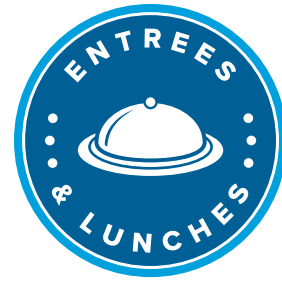
Chop nuts or grind them in blender or food processor.

Mix everything together and let mixture sit for 5 minutes.

Using a ¾-oz. scoop, form mixture into meatballs, or roll 1½ tablespoons of mixture by hand. Bake on a prepared cookie sheet for 35 minutes.

### Sweet and Sour Sauce

Combine all ingredients in a saucepan and bring to a light boil, then stir constantly for 1 minute.



## INGREDIENTS

### Meatballs

- 1 ½ cups water-packed tofu OR 1 box Mori-Nu tofu, firm or extra-firm, mashed
- ½ cup quick oats
- 1 tablespoon onion powder
- 2 tablespoons Bragg Liquid Aminos
- 1 teaspoon basil
- ½ teaspoon sage
- ¼ teaspoon salt
- 2 cups whole-grain bread crumbs, made from slices of whole-grain bread
- ¾ cup nuts or raw sunflower seeds, finely chopped or blended

### Sweet and Sour Sauce

- 1 cup canned tomato sauce
- 1 cup pineapple juice
- 2 tablespoons cornstarch
- 2 tablespoons maple syrup or agave syrup
- 1 tablespoon lemon juice
- 1 ½ teaspoons onion powder
- ½ teaspoon garlic powder
- ½ teaspoon salt

## NUTRITION FACTS

### Meatballs

- Calories 177.56
- Fat 6.03g
- Saturated fat 0.86g
- Cholesterol 0mg
- Sodium 248.34mg
- Carbohydrates 23.46g
- Fiber 3.38g
- Sugars 4.98g
- Protein 8.51g

### Sauce

- Calories 31.52
- Fat 0.20g
- Saturated fat 0.00g
- Cholesterol 0mg
- Sodium 174.58mg
- Carbohydrates 7.55g
- Fiber 0.45g
- Sugars 4.48g
- Protein 0.47g

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# Roasted Vegetable Wraps with Seasoned Marinade



Created by Neva Brackett

YIELD: 4 CUPS, ENOUGH FOR 10 (1/3-1/2 CUP SERVINGS) WRAPS

COOKING TIME: 10 MINUTES

DIFFICULTY LEVEL: EASY

PREP TIME: 20 MINUTES

TOTAL TIME: 30 MINUTES

A nice combination of fresh veggies and chicken-like pieces, roasted to bring out their flavor. Wrapping this mixture in a tortilla is an easy way to get everyone, including children, to eat their veggies. If you don't overfill the wraps, you can eat them with your hands. These wraps are great for sack lunches, picnics, or hikes. The filling is also delicious in fajitas, burritos, and tacos.

## INSTRUCTIONS

To prepare roasted vegetable filling, in a saucepan or microwave-safe container, combine Soy Curlys with water and seasonings. Bring to a boil and let stand for 10 minutes. If using tofu, omit water and coat with same seasonings.

In a separate bowl, combine all marinade ingredients and mix well.

Set oven to broil. Add vegetables to Sweet and Sour Marinade and mix to coat vegetables.

Drain excess. Add soaked Soy Curlys or seasoned tofu. Spread mixture in lightly oiled sheet pan or large casserole dish. Broil uncovered for 5 to 10 minutes or until crisp-tender.

Place tortillas one at a time in preheated skillet over medium-high heat for about 30 seconds.

Spread one tablespoon of Simple Mayo down the center of each tortilla, followed by 3/4 cup of vegetable filling. Add lettuce if desired.

Fold up the bottom and roll up the sides to make a wrap.

Serve immediately. May also be served chilled or microwaved for a few seconds to warm.

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## INGREDIENTS

5 large whole-wheat tortillas

1/3 cup Simple Eggless Mayo  
(See page 24)

1 recipe Roasted Vegetable Filling  
(below)

### Roasted Vegetable Filling

1/2 cup Soy Curlys or 8 ounces firm tofu,  
cut into 1/2-inch cubes 1/3 cup water

1 teaspoon chicken-style seasoning

1 teaspoon nutritional yeast flakes

1 tablespoon Bragg Liquid Aminos

1 medium bell pepper, diced

1 medium red onion, cut into  
1/2-inch wedges

1 medium zucchini, cut lengthwise  
and then into 1/4-inch slices

1 cup broccoli, cut into small pieces  
(optional)

1/4 pound fresh mushrooms, cut into  
fourths (optional)

### Sweet and Sour Marinade

1 tablespoon Bragg Liquid Aminos

1 tablespoon honey or other  
liquid sweetener

1 teaspoon lemon juice

1 teaspoon Lawry's Seasoned Salt

## NUTRITION FACTS

Calories 244.92

Fat 8.39g

Saturated fat 3.21g

Cholesterol 0mg

Sodium 592.29mg

Carbohydrates 38.62g

Fiber 6.36g

Sugars 3.54g

Protein 8.37g

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## Succulent Roasted Cabbage Wedges



Created by Heather Leno

YIELD: 8 SERVINGS / SERVING SIZE: 1 WEDGE

COOKING TIME: 24 MINUTES

DIFFICULTY LEVEL: EASY

PREP TIME: 10 MINUTES

TOTAL TIME: 34 MINUTES

These cabbage wedges are easily seasoned and super simple to make. Because roasting vegetables brings out their natural sweetness, this healthy side dish delivers a depth of flavor that steaming and sautéing don't offer. Cabbage is a great cruciferous vegetable that adds a lot to soups and stir-fries; however, here it stands alone as a fine addition to any dinner.

### INSTRUCTIONS

Preheat oven to 425°F.

Cut cabbage head in half and lay cut side down. Cut into half-inch slices and place on silicone pad or parchment-lined cookie sheet.

Combine broth and seasonings.

Drizzle broth-seasoning mixture generously over cabbage slices.

Bake for 12 minutes. Rotate pan 180° and cook for another 12 minutes, or until cabbage edges are charred.

Serve according to your taste: as-is, with a Parmesan cheese substitute, with a squeeze of lemon, or with a sprinkling of black pepper.



### INGREDIENTS

Cabbage (1 medium head or ½ large head)

3 tablespoons vegetable broth

½ teaspoon garlic paste

1 teaspoon marjoram

½ teaspoon salt

### NUTRITION FACTS

Calories 29.47

Fat 0.37g

Saturated fat 0.03g

Cholesterol 0mg

Sodium 156.89mg

Carbohydrates 6.30g

Fiber 2.66g

Sugars 0.05g

Protein 1.41g

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## Crispy Zucchini Fritters



Created by Heather Leno

YIELD: 12 (2 PIECE) SERVINGS

BAKING TIME: 20 MINUTES

DIFFICULTY LEVEL: MODERATE

PREP TIME: 15-20 MINUTES

TOTAL TIME: 35-40 MINUTES

These fun and tasty zucchini fritters will be a guilt-free delight to your family and friends. They don't require deep frying, they bake easily in the oven, and they're perfect for summer gardeners with zucchini in abundance. Unlike the deep-fried versions that most restaurants serve, these fritters contain whole grains and no refined oils. They are best served hot right out of the oven with tartar sauce on the side.

### INSTRUCTIONS

Preheat oven to 400° F. Prepare cookie sheet with parchment paper or silicone pad.

Make Cashew Jack Drizzle (See page 23). Pour into a bowl and set aside.

Process bread chunks and seasonings in a mini food processor until fine crumbs. Pour into a shallow dish and set aside.

Dip zucchini in cashew cheese, coating completely. Allow extra cheese to drip off. Then dip slices in fresh bread crumbs and place on prepared cookie sheet.

Bake for 10 minutes. Carefully flip zucchini with thin spatula and bake for another 8–10 minutes, until lightly browned and crispy.

While zucchini bakes, mix tartar sauce ingredients together (optional).

Serve immediately with tartar sauce, if desired.



### INGREDIENTS

Cashew Jack Drizzle  
(see page 23)

Fresh whole-grain bread crumbs  
2 cups of thumb-sized whole-grain  
bread chunks, not pressed down

½ teaspoon sage

½ teaspoon onion powder or  
granules

½ teaspoon celery salt

¼ teaspoon garlic powder or  
granules

Firm zucchini, 2–3 inches in  
diameter, cut into ½-inch slices

#### Tartar sauce for dipping (optional)

Simple Mayo (see Page 24)

Minced celery

Chopped onion

Dill pickles, diced, or dill relish

Pinch of parsley, dried or  
minced fresh

### NUTRITION FACTS

Calories 54.13

Fat 2.40g

Saturated fat 0.37g

Cholesterol 0mg

Sodium 115.01mg

Carbohydrates 5.96g

Fiber 1.17g

Sugars 1.62g

Protein 2.28g

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## Cashew Jack Drizzle



Created by Heather Leno

YIELD: 7 (1/4 CUP) SERVINGS

COOKING TIME: NONE

DIFFICULTY LEVEL: EASY

PREP TIME: 5 MINUTES

TOTAL TIME: 5 MINUTES

This cashew cheese has multiple uses. You can store it in the freezer to have on hand for convenience, and yet, it just takes five minutes to make. It resembles batter and, when cooked, thickens to a rich consistency. Drizzle it over dishes like vegan pizza, enchiladas, or lasagna, or use it as a topping for sweet potatoes or yams. Its possibilities are endless. Cashew cheese is a great batter for dipping vegetables and “frying” them in a nonstick skillet without oil, making them brown and crunchy, or as a batter with bread crumbs for Zucchini Fritters.

### INSTRUCTIONS

Blend all ingredients except lemon juice in blender until nuts are completely smooth and creamy.

Add lemon juice and blend briefly.



### INGREDIENTS

1 cup water

1 cup raw cashews, rinsed

2 tablespoons dried onion flakes

1 tablespoon nutritional yeast flakes (see tip below)

1/2 teaspoon salt

1/8 teaspoon garlic granules or powder

1/8 teaspoon celery salt

2 tablespoons lemon juice

### NUTRITION FACTS

Calories 101.13

Fat 6.92g

Saturated fat 1.15g

Cholesterol 0mg

Sodium 159.27mg

Carbohydrates 6.46g

Fiber 1.01g

Sugars 1.79g

Protein 3.58g

### TIP

For a yellow creamy cheese, omit water and replace with 1/2 cup chopped sweet red pepper. Blend with enough water to make one cup. Increase yeast flakes to 2 tablespoons. All other ingredients remain the same.

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## Simple Eggless Mayo



Created by Heather Leno

YIELD: 8 (2 TABLESPOON) SERVINGS

CHILLING TIME: SEVERAL HOURS OR OVERNIGHT

DIFFICULTY LEVEL: EASY

PREP TIME: 8-10 MINUTES

TOTAL TIME: 3-4 HOURS

You will find this easily made, oil-free mayonnaise to have genuine flavor and first-rate texture for sandwiches, macaroni or potato salads, and dips. The simple step of boiling the water is the key to activating the thickening of the cashews and starches. As you can see, it comes together quickly but needs a little time to chill before the flavors are at their best.

### INSTRUCTIONS

Put well-drained cashews in blender and sprinkle with tapioca flour, salt, sweetener, dry mustard, and garlic powder (if desired).

Measure water in a 2-cup glass measuring cup. Dissolve agar powder in water and immediately heat to boiling in the microwave (or stove-top, if you wish). Do not continue to cook; you want all the water.

Quickly pour water mixture over cashews.

Release blender vent and carefully blend until nuts are creamy-smooth. If you do not have a high-powered blender, just blend longer.

Add lemon juice and vinegar, and blend just to mix.

Pour mixture into a glass jar, cover with a paper towel, and chill in refrigerator. *To avoid condensation, only cover with a paper towel until mayo has cooled completely.* The true flavor will not be apparent until the mayo has chilled completely.

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### INGREDIENTS

½ cup raw cashews, rinsed and well drained

1 tablespoon tapioca flour or  
1 ½ tablespoons arrowroot starch

½ teaspoon salt

¼ teaspoon sweetener, or to taste

½ teaspoon dry mustard (see tip below)

Pinch of garlic powder, optional

¾ cup + 2 tablespoons hot water  
(exact measurements)

⅛ teaspoon agar powder

1 ½ tablespoons lemon juice

1 ½ teaspoons vinegar

### NUTRITION FACTS

Calories 44.69

Fat 3.06g

Saturated fat 0.5g

Cholesterol 0mg

Sodium 121.82mg

Carbohydrates 3.38g

Fiber 0.29g

Sugars 0.74g

Protein 1.32g

### TIP

Mustard and vinegar may be replaced with 2 tablespoons of lemon juice, or to taste. All other ingredients remain the same. Proceed with recipe as directed.

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## Chocolate Date Cake



Created by Heather Leno

YIELD: 12 (1 SLICE) SERVINGS

PREP TIME: 30 MINUTES

BAKING TIME: 35-40 MINUTES

TOTAL TIME: 60-70 MINUTES

DIFFICULTY LEVEL: MODERATE

This tender, moist chocolate (or carob) cake will satisfy your craving for something rich and delicious. The date sauce brings a sweet moistness without the fat and sugar of regular frosting, and the added toppings give flavor and eye appeal. Both the cake and the spread freeze well, so this is an easy, make-ahead treat for entertaining. When ready to use, thaw both completely, spread the date mixture evenly over the cake, and sprinkle with toppings for an elegant presentation.

### INSTRUCTIONS

Preheat oven to 350°F. Mix all dry cake ingredients together.

Place milk, syrup, dates, and seasonings in blender, and blend until completely smooth.

Pour liquid mixture into dry ingredients, mixing just until blended—do not over-mix.

Cover bottom of nonstick square cake pan with parchment paper or use a silicone cake pan. Pour batter into pan.

Bake for 35–40 minutes, until toothpick inserted in the center comes out clean. Remove from oven and cool completely.

For toppings, while cake is baking, toast nuts and coconut separately (their cook times differ).

For date spread, combine water, dates, and seasonings, and blend until completely smooth and creamy.

After cake has cooled, spread date mixture on top and sprinkle with nuts, coconut, and cacao nibs. Or place cake slices on plates, drizzle with date mixture, and top with nuts, coconut, and cacao nibs.

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### INGREDIENTS

#### Cake

- 1 cup whole-wheat pastry flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ cup + 2 tablespoons maple syrup
- 1 tablespoon lemon juice
- 1 ½ teaspoons vanilla
- ½ cup white whole-wheat flour
- ⅓ cup cocoa or carob powder
- 1 cup unsweetened soy or almond milk
- ½ cup soft dates, pressed down to measure
- 2 teaspoons flax meal
- ¼ teaspoon almond flavoring

#### Date spread

- 1 cup hot water
- ½ cup soft dates, pressed down to measure
- ½ teaspoon vanilla
- ¼ + ⅛ teaspoon coconut flavoring

#### Toppings

- ⅓ cup pecans, chopped and roasted
- ⅓ cup unsweetened macaroon coconut, toasted
- ⅓ cup cacao nibs

### NUTRITION FACTS

- Calories 236.50
- Fat 9.05g
- Saturated fat 2.72g
- Cholesterol 0mg
- Sodium 200.56mg
- Carbohydrates 37.98g
- Fiber 7.09g
- Sugars 20.49g
- Protein 4.50g

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## Banana Bon Bons



Created by Heather Leno

YIELD: 20 (1/5 OF A BANANA; 1.6 OZ.) BONBONS

FREEZING TIME: 8 HOURS

DIFFICULTY LEVEL: EASY

PREP TIME: 20-25 MINUTES

TOTAL TIME: 8 HOURS, 20-25 MINUTES

These fruit-sweetened bonbons are a simple but tasty treat for adults and kids alike. Coat bananas in chocolate sauce and toppings to freeze as directed below or, for a quicker option, cut and freeze bananas in smaller chunks and serve in a bowl, drizzled with warmed sauce and toppings of your choice. Either way, they're scrumptious!

### INSTRUCTIONS

Combine first seven ingredients in blender and blend until smooth and creamy. Pour into a bowl.

Peel bananas and cut into 1-inch pieces.

Spread coating of choice on a plate.

Dip banana pieces in sauce with a spoon and then roll in coating. Stick a frilly toothpick in the center of the banana and set on a cookie sheet. Freeze on cookie sheet until firm, then place in a covered container. Keep frozen until ready to serve.



### INGREDIENTS

¾ cup water

½ cup soft dates, pressed down to measure

2 tablespoons nut butter

2 tablespoons cocoa or carob powder

1 ½ teaspoons vanilla

⅛ teaspoon salt

⅛ teaspoon almond extract

4 bananas, ripe and sweet

1 ½ cups chopped peanuts, walnuts, granola, or unsweetened macaroon coconut

### NUTRITION FACTS

Calories 107.83

Fat 6.39g

Sat fat 1.04g

Cholesterol 0mg

Sodium 13.37mg

Carbohydrates 11.42g

Fiber 2.21g

Sugars 5.73g

Protein 3.48g

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# Maple Walnut Vanilla “Bean” Ice Cream



Created by JoAnn Rachor

YIELD: 2 (1 CUP) SERVINGS

COOKING TIME: NONE

DIFFICULTY LEVEL: EASY

PREP TIME: 10 MINUTES

TOTAL TIME: 10 MINUTES

Although ice cream exists in many forms around the world, it's generally not considered a health food. In this version, fruit supplies natural sweetness, beans provide a stealthy dose of fiber, and the creamy mixture still tastes delicious! What's not to love? This yummy recipe can be enjoyed as a healthy dessert or as a topping for waffles, French toast, pancakes, granola, or cooked cereal.

## INSTRUCTIONS

Combine all ingredients except bananas in a blender or food processor, and blend until smooth. If using a food processor, you won't need milk; if using a blender, add 1/3 cup milk. Turn off machine several times to scrape mixture back down into container.

After beans and nuts are mostly smooth, add frozen bananas and blend until smooth. Turn off machine a few times to scrape mixture back down into container.

Add more milk to the blended mixture as needed.



## INGREDIENTS

1/3 cup light-colored, soft-cooked beans (Great Northern, navy, cannellini), optional

1/4 cup walnuts

1/2 teaspoon vanilla

1/4 teaspoon maple extract

1/3–2/3 cup nondairy milk (if using a blender)

3 small or medium bananas, cut into 1/2-inch chunks and frozen

## NUTRITION FACTS

Calories 313.37

Fat 10.87g

Saturated fat 1.06g

Cholesterol 0mg

Sodium 96.50mg

Carbohydrates 38.98g

Fiber 8.28g

Sugars 25.98g

Protein 16.95g

## TIPS

Garbanzo beans are not recommended for this recipe because they do not get as creamy as softer beans when blended.

Beans may be left out completely. In this case, less liquid will be needed.

To freeze bananas, peel ripe fruit, place in a plastic bag, and freeze solid. Freezing takes several hours.

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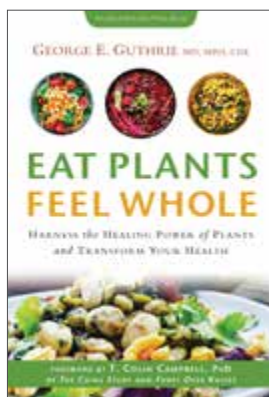
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