



# Chapter 7 • Vegetarian Main Dishes

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**Filo with Chard,  
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## Kichadi Plus

- ¾ cup split mung beans (sprouted if possible)
- ¾ cup Basmati rice, white or brown
- 2 teaspoons ghee (clarified unsalted butter) or olive oil
- 1 teaspoon mustard seeds
- 1½ teaspoon whole cumin seeds
- 1 teaspoon fennel seeds or ½ teaspoon fenugreek seeds
- ½ – 1 teaspoon coriander powder,
- 1 teaspoon turmeric
- ¼ teaspoon cardamom
- 1" piece of fresh ginger, grated
- 2 – 4 cups of washed and chopped vegetables of your choice, such as:
  - Slow cooking: sweet potato, winter squash, carrot, turnip, lotus root, burdock root, kale
  - Fast cooking: broccoli, asparagus, summer squash, green beans, peas, spinach, chard
- 7 – 8 cups Immune Broth, Chicken Bone Broth, or vegetable or chicken stock, or water

1. Cover the mung beans and rice with water and let it soak for at least 30 minutes while you prepare the rest of your ingredients.
2. Heat the ghee or olive oil in a 3 quart saucepan. Add the mustard, cumin and fennel seeds. Stir, cooking over medium heat, until they begin to pop. Reduce the heat to low and stir in the ground herbs and fresh ginger. Cook, stirring continually, until you begin to smell their aromas, about 30 to 45 seconds.
3. Add the slow-cooking vegetables to the ghee and spices along with the drained rice and mung beans. Stir to coat all the ingredients with the spice mixture.
4. Add about 4 cups of broth or water. Bring everything to a boil, then cover and reduce the heat to medium low. Cook for 15 to 20 minutes, then add another 3 to 4 cups of broth or water (if you want a soupier Kichadi) and any remaining quick-cooking vegetables. Continue cooking until everything is very tender, another 10 to 20 minutes.
5. Garnish with any or all of the following: tamari, Bragg's Aminos, gomasio, toasted pumpkin seeds, toasted coconut, goji berries, or yogurt.

Serves 4

### Do Ahead

- You can prepare your vegetables up to a day in advance.
- Soaking the basmati and split mung beans overnight improves their digestibility even more and speeds the cooking process.

### Tip

You can make the Kichadi with any amount of water, from 4 to 8 cups, depending on the consistency that you want. More water will make a soupier dish while the smaller amount will result in a consistency more like a pilaf.

### About Kichadi

Kichadi (kitchari, kitcharee) is one of the traditional foods used in India's Ayurvedic system of healing. Kitchadi is recommended anytime you are feeling under the weather, need cleansing, or to rest and rejuvenate the deeper tissues. Made with nutritive-rich and easily digested mung beans and basmati rice, the combination offers balanced protein and carbohydrates. The simplicity of the dish along with its healing spices help support digestion. The more liquid you use, the easier it is to digest.

## Variation

Instead of mushrooms, toss the marinade with a selection of vegetables. Try summer squash, eggplant, peppers, cauliflower, sweet potatoes and/or winter squash. Roast the vegetables in a 400° oven until they are tender and beginning to caramelize. Serve over the polenta garnished with the cheese.

## Herbed Polenta with Grilled Portobello Mushrooms

1 cup polenta  
 4 cups boiling Immune Broth, Chicken Bone Broth, vegetable or chicken stock, water, or use up to 1 cup dairy or non-dairy milk  
 1 clove garlic, minced  
 ¼ cup fresh parsley, chopped  
 1½ teaspoons fresh thyme leaves, minced, or ½ teaspoon dried  
 1½ teaspoons fresh rosemary, minced, or ½ teaspoon dried  
 Sea salt and freshly ground black pepper, to taste  
 ¼ cup grated Parmigiana-Reggiano cheese (optional)

4 large Portobello mushrooms, stems removed  
 3 tablespoons olive oil  
 1 tablespoon balsamic vinegar  
 1½ teaspoons mirin

1. Preheat the oven to 350°.
2. In a large, oven-proof pot, bring the water to a boil. Slowly pour in the polenta, whisking continuously. Reduce the heat to low and add the garlic, parsley, rosemary, thyme and sea salt and pepper.
3. Place the pot in the oven and bake, uncovered, for 20 minutes, then stir well. Bake an additional 20 minutes or until the polenta is creamy.
4. While polenta cooks, whisk together the olive oil, balsamic vinegar and mirin. Brush the mushroom caps with the mixture, coating them on both sides. Sprinkle with sea salt and pepper. Grill the portobellos, underside down, on a very hot grill for about 4 minutes. Turn and cook until tender all the way through, an additional 4 minutes. Alternately, place the mushrooms on a baking sheet in a 450° oven and cook until they are tender, about 15 to 20 minutes.
5. Slice the mushrooms into thick, ½" slices. Divide the polenta among four plates and top each serving with a sliced mushroom cap. Sprinkle with the grated cheese and serve immediately.

Serves 4

## Miso Tahini Rice with Kale & Carrots

- 1 cup brown rice, soaked for one hour or overnight
- 1 large leek, white and pale green parts  
~ or ~ ½ – 1 yellow or red onion, peeled and chopped
- 2 carrots, peeled, cut in half lengthwise and sliced on the diagonal
- 1 bunch kale, chard or collard greens, washed, stemmed and roughly chopped
- 1 – 2 tablespoons olive oil
- 2 cloves garlic
- 1 shallot, minced (optional)
- 1 teaspoon minced garlic
- 3 tablespoons lemon juice
- 3 tablespoons white miso
- 3 tablespoons tahini
- ¼ cup olive oil
- ½ cup water
- 2 tablespoons toasted sesame seeds

1. Drain the rice and place it in a pot with 1½ cups water and ¼ teaspoon sea salt. Bring to a boil, cover and reduce the heat to low. Cook until the rice is tender and all the water is absorbed, 25 to 35 minutes. If the rice becomes dry and is not tender, add ¼ cup water, cook for 5 more minutes and check. When the rice is done, place it in a large bowl.
2. Heat the olive oil in a large skillet over medium heat. Add the leek or onion and cook for 2 to 3 minutes. Add the carrots and continue cooking, stirring every few minutes, until the onion is beginning to brown and the carrots are almost tender.
3. Add the chopped kale and the garlic, stir to combine everything, and then reduce the heat and cover the pot. Stir every few minutes and continue to cook until the kale and carrots are tender. Add the cooked vegetables to the rice and stir to combine evenly.
4. To make the sauce, combine the shallots, garlic, lemon juice, miso, tahini, olive oil and water in a blender and blend until smooth. Alternately, whisk the ingredients or use an immersion blender.
5. Toss the rice and vegetable mixture with enough sauce to coat everything evenly. Add the toasted sesame seeds and stir to combine.

Serves 4 – 6

### Do Ahead

- You can prepare all of your vegetables up to two days in advance.
- You can make the sauce up to two days in advance. This sauce also makes a wonderful salad dressing so make a double batch!
- You can cook the rice a day ahead of time.
- You can cook off your vegetables a day ahead of time.

### Variations

- Miso Tahini Rice can be served warm as a side dish or cold as a salad. Adding cooked sliced chicken or cubed and sautéed tempeh will increase the protein content.
- Use the Miso Tahini Sauce as a salad dressing or dip for vegetables. Fill a pita half with hummus and salad greens, then drizzle Miso Tahini Sauce over the top.

### Tip

If you are using a leek, trim it, quarter it lengthwise, and slice. Then place the chopped leeks in a colander and rinse very well under running water as dirt is often trapped in the leek's layers.

## Do Ahead

- All of the vegetables can be prepared up to two days in advance. They can be cooked off the night before or in the morning.
- The rices can be cooked a day in advance or use 4 cups of any leftover grain.

## Variation

Any combination of wild and brown rice will work just fine so feel free to use all one or the other, or try making the pilaf with other grains such as barley, millet or quinoa.

# Basmati & Wild Rice Pilaf with Mushrooms & Greens

1 cup brown rice, soaked for at least an hour or overnight

½ cup wild rice

3 cups Immune Broth, Chicken Bone Broth, or vegetable or chicken stock, or water

¼ teaspoon sea salt

2 tablespoons olive oil

1 red or yellow onion, minced

3 ribs celery, diced

½ pound cremini, shiitake, or other mushrooms, stemmed and sliced

1 tablespoon fresh rosemary, minced, or ½ teaspoon dried

1 bunch collard greens, kale or chard, washed, stemmed and chopped

½ cup dried cranberries or goji berries

1 tablespoon umeboshi plum vinegar

½ cup arame sea vegetable, soaked for 10 minutes in hot water, then drained

½ cup fresh parsley, chopped

½ cup toasted pecans or walnuts

1. Drain the brown rice and then put it in a medium-sized saucepan with the wild rice, broth, stock or water and sea salt. Bring to a boil, reduce the heat to low, and cook for 30 to 40 minutes or until the rice is tender and the water is absorbed.
2. In a large skillet over medium heat, sauté the onion in olive oil until translucent, about five minutes. Add the celery, mushrooms and rosemary and sauté until the mushrooms are tender, about five more minutes.
3. Add the greens and cranberries or goji berries, cover, and cook for 5 to 10 more minutes or until all of the vegetables are tender. Add the umeboshi plum vinegar and stir to combine.
4. When the rice is tender, place it in a large bowl. Add the vegetable mixture, arame and fresh parsley and toss to combine everything evenly. Garnish with the toasted nuts.

Serves 4 – 6

## Quinoa Pilaf with Almonds & Goji Berries

1½ cups quinoa, soaked for at least one hour and preferably overnight

1 – 1¼ cups water

¼ cup goji berries, dried cranberries or raisins

Pinch of sea salt

1 tablespoon olive oil

1 red onion, chopped, about 1½ cups

¼ teaspoon cinnamon

¼ teaspoon ground ginger

¼ teaspoon ground coriander

⅛ teaspoon turmeric

¾ teaspoon ground cumin

6 tablespoons toasted chopped almonds

¼ – ½ cup chopped parsley

1. Drain the quinoa and rinse it well under running water. Put it in a pot with the water, sea salt and goji berries. Bring everything to a boil, cover, reduce the heat to very low, and cook for 8 to 12 minutes, or until the quinoa is soft and the water is absorbed. Turn off the heat and let it sit for 5 to 10 minutes.
2. While the quinoa is cooking, sauté the onion in the olive oil until it is translucent and tender. Add all of the spices and cook for another couple of minutes, stirring often.
3. When the quinoa is tender, add the spiced onion mixture along with the almonds and parsley. Toss to combine well.

Serves 4

### Do Ahead

The onion can be chopped a day ahead of time.

### Variations

- This pilaf is also wonderful with some cubed and sautéed tempeh or diced cooked chicken.
- Try this same spice mixture tossed with other grains such as brown rice, millet or barley.
- Use the pilaf to stuff baked squash halves. Use acorn, sweet dumpling or delicata squash. Cut the squash in half, seed and bake, cut side down, in a 400° oven until tender. Turn cut side up and stuff with the pilaf.

## Do Ahead

All of the vegetables can be prepared up to two days in advance.

*“Cooking is not a particularly difficult art, and the more you cook and learn about cooking, the more sense it makes. But like any art, it requires practice and experience. The most important ingredient you can bring to it is love of cooking for its own sake.”*

– Julia Child

## Pasta Fagioli

*Quite simple to prepare, this nourishing meal in a pot includes nutrient-rich beans, whole grain pasta and dark leafy greens.*

- 1 tablespoon olive oil
- 1 yellow onion, chopped, about 1½ – 2 cups
- 4 cloves garlic, minced
- 3 ribs celery, chopped into ½-inch pieces
- 1½ teaspoon Italian seasoning  
or a mixture of dried basil and oregano
- ¼ teaspoon crushed red pepper flakes (optional)
- Sea salt to taste
- 2 cups Immune Broth, Chicken Bone Broth,  
or vegetable or chicken stock, or water
- 1 14-ounce can crushed tomatoes or  
1½ – 2 cups fresh tomatoes, seeded and diced
- 1 cup uncooked whole-wheat, quinoa  
or kamut pasta, rotini or small shells
- 1 cup fresh spinach or chard, chopped, packed
- 1 15-ounce can cannellini beans or kidney beans, drained and  
rinsed, or ½ cup dry beans, soaked overnight and then  
cooked until tender
- ¼ cup chopped fresh parsley
- 2 tablespoons grated Parmesan cheese (optional)

1. Heat the oil in a large saucepan over medium heat. Add the onion, garlic, celery, herbs and red pepper flakes if you are using them. Sauté, stirring often, until the onions are tender.
2. Add the broth and tomatoes, reduce the heat to low and simmer for about 20 minutes.
3. Add the pasta and cook until tender, about 10 to 15 minutes.
4. Add the spinach or chard, beans and parsley. Stir gently for a few minutes until the greens have wilted and the mixture is heated through. Serve with grated cheese on top.

Serves 4 – 6

## Kamut Pasta with Vegetables & Pesto

### Do Ahead

- The pesto can be made up to two days ahead of time.
- The vegetables can be prepared up to two days ahead of time.
- The vegetables can be cooked up to a day ahead of time.

*“Eat food as close to nature as possible, eat what’s in season, prepare it simply, chew slowly, and give thanks.”*

– Rosemary Gradstar

### Basic Basil Pesto

- 4 cups loosely packed basil leaves
- ½ cup pine nuts, toasted
- 2 teaspoons minced garlic
- ¼ teaspoon sea salt
- ½ cup olive oil
- ¼ cup grated Parmesan, Romano or Asiago cheese (optional)

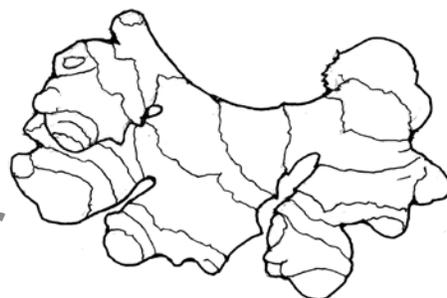
### Zesty Spring Pesto with Arugula

- 4 cups loosely packed arugula leaves
- ½ cup pine nuts or walnuts, toasted
- 2 teaspoons minced garlic
- ¼ teaspoon sea salt
- ½ cup olive oil
- ¼ cup grated Parmesan, Romano or Asiago cheese (optional)

### Cilantro Pesto with Ginger & Cashews

- 4 cups fresh cilantro (2 large bunches, most of stems cut off)
- 1 cup cashews
- ⅓ cup lime juice
- 2 tablespoons toasted sesame oil
- ⅓ cup olive oil
- 1 tablespoon minced garlic
- 4 teaspoons minced ginger

ginger



## Kamut Pasta

### Pesto

1. Decide which pesto you want to make, then combine all the ingredients in a food processor and process until the pesto is smooth and evenly combined.
2. Taste and adjust with more garlic, ginger, sea salt or lime depending on which one you are making and your own taste buds.

### Pasta

12 ounces kamut or other whole-grain pasta

4 – 6 cups of assorted vegetables: asparagus, sugar snap peas, fresh shelling peas, baby carrots, broccoli, cauliflower, summer squash, peppers

Shredded Asiago cheese for garnish

1. Prepare each of your vegetables and cut into interesting shapes – asparagus on the diagonal, broccoli and cauliflower in florets, snow peas or sugar snaps left whole, carrots cut in half lengthwise and then sliced on the diagonal.
2. Bring a medium-sized pot of water to a boil. Blanch each of the vegetables one at a time until they are tender but still brightly colored. Immediately cool under running water to set the color. Repeat until all of your vegetables are cooked.
3. While you are blanching the vegetables, bring a large pot of salted water to a boil. Cook the pasta just until al dente, following the package directions. Drain, rinse well under hot water, and then drain again.
4. Put the pasta in a large bowl and toss it with the pesto you've chosen. Add your vegetables and toss again to combine everything evenly.
5. Serve garnished with toasted nuts and a bit of grated cheese if desired.

Serves 4 – 6

### Variations

- This dish is equally good eaten at room temperature as a pasta salad. Feel free to add minced red onion, halved cherry tomatoes, thinly sliced celery or other raw vegetables as well as the cooked ones suggested here.
- You can make this dish with any assortment of vegetables that you have on hand, either blanched, roasted or sautéed.
- In the winter, toss the pasta with the Sun-dried Tomato Pesto on page xx.

### Other uses for Pesto

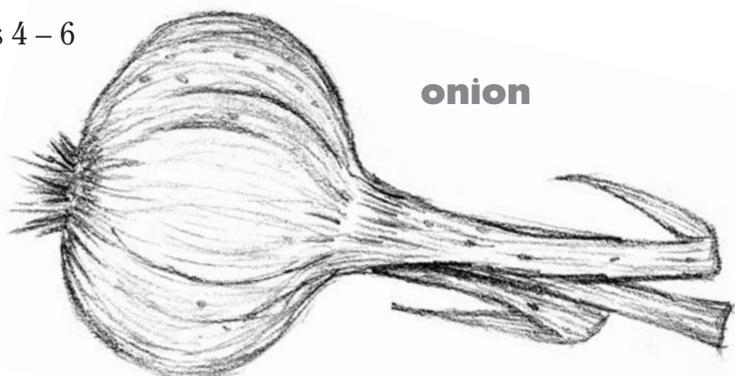
- Use as a sandwich spread.
- Spread on raw chicken or fish fillets and bake.
- Toss with cooked grains.
- Toss with roasted or steamed vegetables.

## Pasta with Chard, Winter Squash & Caramelized Onions

- 2 tablespoons olive oil
- 2 medium onions, cut in half and then thinly sliced
- 1 tablespoon minced garlic
- 4 cups peeled and diced delicata or butternut squash
- 2 bunches chard, stems removed, washed and chopped, or use kale or collard greens
- ¼ cup sundried tomatoes in oil, chopped (optional)
- ½ cup chopped parsley
- 12 ounces kamut or other whole grain pasta
- ½ cup crumbled Gorgonzola cheese, blue cheese or feta, or grated fresh Parmesan cheese (optional)

1. Heat the olive oil over medium heat in a large skillet. Add the onions and cook, stirring often, until they are tender and turn a golden brown, 15 to 20 minutes.
2. Add the garlic and the diced winter squash, cover the pan and reduce the heat slightly. Cook for about 5 minutes.
3. Add the chard and sun-dried tomatoes to the pot and continue to cook, covered, until all of the vegetables are tender. This will take about 10 more minutes. If things begin to stick, add ¼ cup of water to the pan.
4. While the vegetables are cooking, bring a large pot of sea salted water to a boil. Cook the pasta according to the package directions, just until it is al dente. Drain, rinse under hot water and return it to the pot.
5. When the vegetables are tender, toss them with the pasta along with the chopped fresh parsley. Garnish with cheese if desired.

Serves 4 – 6



### Do Ahead

- All of the vegetables can be prepared up to two days in advance.
- The vegetables can be cooked the night before or in the morning.
- The pasta can be cooked the night before or in the morning.

### Variation

This pasta is excellent with the addition of some cooked, sliced chicken sausage, cubed cooked chicken or tempeh.



## Do Ahead

- The vegetables can be prepared up to two days ahead of time and sautéed up to a day ahead of time.
- The ricotta mixture can be assembled up to a day ahead of time.
- The cheese can be grated up to 2 days ahead of time.
- The lasagna can be assembled the night before or in the morning. Cover tightly and store in the refrigerator. Let the lasagna sit at room temperature for an hour before baking or add about 15 minutes to your baking time.

# Easy Vegetable Lasagna

1 pound lasagna noodles, preferably whole grain or rice

4 cups part-skim ricotta cheese

1 large egg

¼ cup Parmesan cheese

1 teaspoon sea salt

1 teaspoon black pepper

2 10-ounce packages chopped frozen spinach, thawed and drained well, or 4 bunches fresh spinach, cleaned, cooked just to wilt and then pressed to remove water

2 tablespoons olive oil

1 small yellow onion, finely chopped, about 1½ cups

2 tablespoons minced garlic

1 zucchini, chopped

2 red, yellow or orange bell peppers, seeded and diced

½ teaspoon sea salt

½ teaspoon oregano

8 ounces mozzarella cheese, grated

2 24-ounce jars organic pasta sauce, any flavor, or about 6 cups homemade sauce

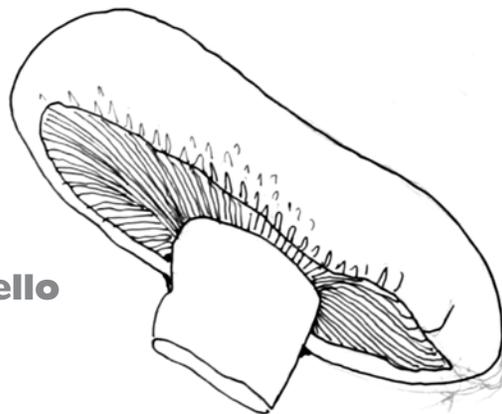
1. Bring a large pot of salted water to a boil. Add the lasagna noodles and cook, stirring a couple of times in the beginning to make sure the noodles don't stick together. When the noodles are just al dente (check the package directions), drain and gently rinse in cold water. Separate the noodles and set aside.
2. Blend together the ricotta, egg, Parmesan, sea salt and pepper. Add half the spinach and mix to combine everything evenly. Set aside.

## Easy Vegetable Lasagna

3. Heat the olive oil over medium heat in a large skillet. Add the onion and sauté until it is just translucent. Add the garlic, zucchini and peppers and continue to cook until all the vegetables are tender. Add the sea salt, oregano and the rest of the spinach and cook for 1 to 2 more minutes to blend the flavors. Set aside.
4. Preheat the oven to 375° and grease a 9" x 13" pan.
5. Now you are ready to assemble the lasagna. Make layers as follows:
  - 1½ cups of sauce
  - A layer of noodles
  - All of the vegetable sauté
  - ½ of the ricotta and spinach mixture
  - ½ of the mozzarella
  - 2 cups of sauce
  - A layer of noodles
  - The rest of the ricotta mixture
  - The rest of the mozzarella
  - A layer of noodles
  - 2 cups of sauce
  - Some grated Parmesan cheese
6. Bake for 40 to 50 minutes until the lasagna is golden brown and bubbling around the edges. Let sit for 15 to 20 minutes before serving.

Serves 6 – 9

**portabello**



## Variations

- To make a non-dairy version of this lasagna, substitute the tofu filling mixture on page 142 for the ricotta, egg, Parmesan cheese and sea salt and pepper.
- You can use two large bunches of chard instead of the frozen spinach. Remove the stems, steam until tender, then rinse under cold water, drain well, and chop finely.
- Feel free to use whatever mixture of chopped and sautéed vegetables that you want. Mushrooms, broccoli, green beans, asparagus and artichoke hearts make great additions.

## Asian Noodle Stir Fry with Arame & Broccoli

- 8 ounces Asian rice noodles\* (not rice pasta)
- 1 pound broccoli, florets and peeled, sliced stems, about 5 – 6 cups
- ½ cup arame sea vegetable
- ½ pound trumpet royale, shiitake or other mushrooms, stemmed and thinly sliced
- 1 red or yellow bell pepper, seeded and cut in strips
- 1 tablespoon regular (not toasted) sesame oil
- 2 teaspoons minced garlic
- 1 tablespoon fresh ginger, minced
- ½ cup chopped scallions
- 1 tablespoon tamari
- 3 tablespoons tamari
- 3 tablespoons fresh lime juice
- 1 tablespoon toasted sesame oil
- Toasted sesame seeds for garnish

1. Cook the noodles in plenty of boiling salted water for 3 to 4 minutes or just until tender. Rice noodles cook quickly so watch them carefully. Drain and rinse well under cold water. Drain again and transfer to a large bowl. Toss with sesame oil to prevent the noodles from sticking.
2. Blanch the broccoli just until tender and bright green. Rinse under cold water to stop the cooking. Set aside.
3. Cover the arame in hot water. Set aside for 10 minutes, then drain well and toss with the noodles.
4. Heat the sesame oil in a large skillet over medium heat. Add the mushrooms and peppers and sauté until almost tender, stirring often.
5. Add the ginger, garlic and scallions and sauté for 2 to 3 minutes. Add 1 tablespoon of tamari and the cooked broccoli and sauté for one more minute to re-warm the broccoli.
6. Whisk together the remaining tamari, lime juice and toasted sesame oil. Taste and adjust the seasonings. Toss the dressing with the noodles.
7. Serve the noodles topped with the vegetable mixture and garnish with toasted sesame seeds.

Serves 4 – 6

### Do Ahead

- All of the vegetables can be prepared up to two days ahead of time.
- The dressing can be prepared up to two days ahead of time.
- You can sauté the vegetables and soak the arame up to a day ahead of time. Drain the arame after 10 minutes or so.
- The noodles can be cooked in the morning. Toss with the sesame oil to prevent sticking. If the noodles do stick, run them under cold water, then drain before adding the dressing.

### Variations

- This basic stir fry can be made with any combination of vegetables that you have on hand. Use carrots, zucchini, green beans, sugar snap or snow peas, bok choy or napa cabbage.
- Instead of rice noodles, serve the stir fry over steamed brown rice or another cooked grain.

*\* You can find Asian rice noodles in the Asian section of most grocery stores or at an Asian market.*

## Do Ahead

- The soba noodles can be cooked a day ahead of time. Toss them with a teaspoon or so of olive oil to prevent them from sticking.
- The vegetables can be prepared up to two days ahead of time.

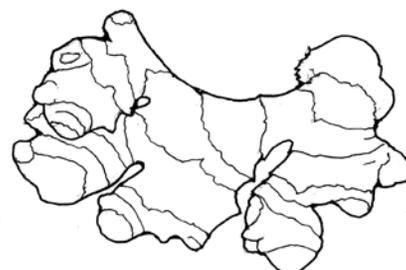
# Kale & Shiitake Stir Fry with Soba Noodles

- 8 ounces soba (buckwheat) noodles
- 1 bunch kale, any variety, stems removed
- 3 tablespoons olive oil
- 1 medium yellow or red onion, peeled, cut in half and thinly sliced
- 1 clove garlic, minced
- 1 – 2 tablespoons minced fresh ginger
- 2 – 3 carrots, scrubbed or peeled, and sliced into thin rounds, or cut in half lengthwise, then sliced thinly on the diagonal
- 1 cup shiitake mushrooms, stemmed and thinly sliced
- 1 tablespoon balsamic vinegar
- 1 teaspoon Hungarian paprika
- $\frac{1}{3}$  cup goji berries
- $\frac{1}{4}$  cup toasted cashews

1. Bring a large pot of salted water to a boil. Cook the noodles according to the package directions. When they are tender, drain and rinse under cold water. Set aside.
2. Pile the kale leaves on top of one another, roll them up tightly and then slice into  $\frac{1}{4}$  inch strips. Set aside.
3. In a wok or large skillet heat the olive oil over medium heat. Add the onions and sauté for a minute or two, then add the garlic, ginger, carrots and shiitake mushrooms. Sauté, stirring often, until the vegetables are almost tender.
4. Add the kale along with the balsamic vinegar and paprika. Continue to cook until the kale is soft and all the vegetables are tender, about five more minutes. Add the goji berries and stir. Be careful not to overcook.
5. Warm the soba noodles under hot water. Serve topped with the kale stir fry and garnish with the toasted cashews.

Serves 4 – 6

ginger



## Asparagus & Mushroom Quiche

1 spelt or other whole grain pie crust

1 tablespoon olive oil

1 ½ cups asparagus, tough ends discarded,  
sliced into 1" lengths on the diagonal

1 cup cremini or shiitake mushrooms,  
stems cut off and thinly sliced

1 teaspoon minced garlic

1 tablespoon fresh parsley, chopped

2 teaspoons fresh dill, chopped

¾ teaspoon sea salt

3 large eggs

1 cup milk

½ cup cream or half and half

2 ounces Gruyère cheese, grated

1. Preheat the oven to 375°.
2. Sauté the asparagus in olive oil with ¼ teaspoon sea salt until just tender, 5 to 6 minutes. Don't overcook. Set aside in a bowl.
3. In the same pan, sauté the mushrooms with another ¼ teaspoon sea salt until the mushrooms are tender. Add the fresh herbs and garlic and sauté for another 30 seconds. Toss the mushrooms with the asparagus and set aside.
4. In a large bowl, whisk together the eggs, milk, half and half, ¼ teaspoon sea salt and fresh herbs.
5. Spread grated cheese on the bottom of the pie shell. Arrange the asparagus and mushroom mixture over the cheese in an even layer.
6. Pour the egg mix over the vegetables up to the rim of the pie shell.
7. Bake for 40 to 50 minutes or until the egg custard is completely set. Cool slightly before cutting.

Makes 4 – 6 servings

### Do Ahead

- All of the vegetables can be prepared up to two days in advance and cooked up to a day in advance.
- The cheese can be grated up to a day in advance.

### Variations

Almost anything can go into a quiche or tart. Use this basic recipe:

- 1½ to 2 cups of cooked vegetables and/or shrimp, cooked flaked salmon, diced chicken or sausage, or sliced turkey bacon;
- 3 eggs with 1¼ to 1½ cups of dairy or non-dairy milk, ¼ to ½ teaspoon sea salt, ¼ teaspoon pepper and whatever fresh herbs you'd like to use.
- ½ to ¾ cup of crumbled feta or goat cheese, or ½ to 1 cup grated cheese.

If you are including cheese, sprinkle it over the bottom of your pie shell, sprinkle the vegetables and meat over the top and then pour the egg mixture over it up to the rim. Bake until the filling is set and golden brown.

## Vegetable Frittata

### Do Ahead

- The vegetables can be prepared up to two days ahead of time, and cooked up to one day ahead of time.
- The cheese can be grated up to a day ahead of time.

### Variations

You can use this basic recipe with many different combinations of ingredients. Asparagus, zucchini, sautéed mushrooms, spinach and artichoke hearts are all great additions. You can use whatever type of cheese you like or leave the cheese out all together. If you want some extra protein, try thinly sliced and sautéed turkey bacon, diced cooked shrimp or cooked, flaked salmon. Experiment using what's available in your refrigerator.

2 bunches chard, kale and/or collard greens, stemmed  
 6 cups broccoli florets and peeled stems, chopped ½ inch  
 1 medium onion, chopped  
 Olive oil for sautéing

8 eggs

1 cup milk, cream or half & half, or non-dairy milk  
 2 cups grated cheddar cheese, or other favorite cheese (optional)  
 1½ cups crumbled feta cheese (optional)  
 ½ teaspoon sea salt  
 ½ teaspoon pepper  
 3 tablespoons fresh dill, chopped, or 2 teaspoons dried dill

1. Preheat the oven to 375° and grease a 9" x 13" pan.
2. Blanch the greens in a large pot of boiling water until tender. Drain, rinse under cold water and drain well, squeezing out as much liquid as you can. Chop finely and set aside.
3. In the same pot of water, blanch the broccoli just until crisply tender. Drain, rinse under cold water, and then drain it well and add it to the greens.
4. Sauté the chopped onion in olive oil until the onion is tender and beginning to turn golden. Add the onion mixture to the vegetables, and toss to combine everything well.
5. In a separate bowl, whisk together the eggs and milk. Add the sea salt, pepper, dill and cheddar cheese (if using) and stir to combine.
6. Add the egg mixture to your vegetables and stir until everything is evenly mixed.
7. Pour the mixture into your prepared dish, then sprinkle the feta on top. Bake the frittata in a preheated oven for 40 to 45 minutes or until the frittata is set in the middle. Serve warm or at room temperature.

Serves 6 – 9

## Filo with Chard, Caramelized Onions & Tofu

### Do Ahead

- You can prepare all of your vegetables up to two days in advance.
- You can sauté your vegetables a day ahead of time.
- The tofu filling can be made up to two days in advance.
- The filo can be assembled a day ahead of time. Cover tightly with plastic wrap and refrigerate.

### Variations

Feel free to use other vegetables in your filling but include at least one large bunch of greens. Try spinach, kale or collards as your greens, making sure to cook the kale or collards until they are tender, squeeze out all the excess water and chop finely. Add artichoke hearts, asparagus cut in 1" pieces or broccoli florets.

½ box frozen filo pastry, thawed

2 tablespoons olive oil

1 medium red or yellow onion, cut in half and then sliced very thinly

4 ounces shitake, cremini or other mushrooms, stemmed and sliced thinly (optional)

4 – 6 cloves garlic, minced

½ teaspoon sea salt

1 teaspoon fresh rosemary, minced, or ½ teaspoon dried

1 teaspoon fresh thyme, minced, or ½ teaspoon dried

1 bunch chard or other dark leafy greens, washed, stems removed and leaves finely chopped

1 pound firm tofu

1 tablespoon miso, any variety

1 teaspoon lemon zest

2 teaspoons fresh lemon juice

½ teaspoon sea salt

1 teaspoon crushed fennel seeds

¼ teaspoon nutmeg

⅛ teaspoon cinnamon

2 tablespoons olive oil

2 – 3 tablespoons water

1 teaspoon fresh oregano, chopped

1 tablespoon fresh parsley, chopped

1 tablespoon fresh basil, chopped

5 – 7 ounces goat cheese (optional)

organic olive oil spray

¼ cup pine nuts, toasted about 8 minutes in the oven, then chopped, or toasted in a small skillet on the stove top over a low flame (caution: don't leave them unattended!)

## Filo with Chard

1. Heat the olive oil in a large skillet and add the onions. Cook over medium heat, stirring every so often, until the onions become translucent. Add the shiitake mushrooms and continue to cook, stirring often, until the shiitakes are almost tender. To accelerate cooking the shiitakes, add 1 or 2 tablespoons of water and cover the pan for a minute or two.
2. Add the garlic, sea salt, rosemary and thyme and cook for about 30 seconds. Add the chard and stir to mix everything together. Cover the skillet and cook for about 5 minutes, stirring every so often, until the chard is tender. If there is liquid in the pan, turn the heat up to high and cook until the liquid has evaporated and the pan is dry, or pour the vegetables into a sieve and press to remove the liquid. Set aside the vegetables.
3. Place the tofu through the fresh herbs in food processor and process until creamy, adding a bit of water if needed.
4. Combine the tofu and vegetable mixtures.
5. Grease a 9" x 13" pan and preheat your oven to 400°.
6. Open the filo and lay it flat. Carefully lift one sheet and lay it so half is in your pan and half is laying over the long side. Spray with olive oil spray, then fold the second half over. Spray that layer. Repeat this procedure with four sheets of the filo so that you have 8 layers in the pan. On two of the layers sprinkle 1 tablespoon of the toasted pine nuts.
7. Spread the filling in the pan. Crumble the goat cheese on top if you are using it.
8. Repeat the process of layering the filo, spraying each layer. Again, use four sheets folded in half so that you have 8 layers. Sprinkle 1 tablespoon of the pine nuts on two of your layers. Spray the top layer of filo with the olive spray.
9. With a sharp knife cut the uncooked filo all the way through into whatever serving sizes you want. If the filo is a main course, you might cut it down the middle and then into eight pieces. If it's a side dish, you might cut it 3 x 4 so you have 12 pieces.
10. Bake the filo in your preheated oven for 40 to 50 minutes until the top is golden brown and the filling is set.
11. Let the filo sit for about 15 minutes before serving. Using a sharp knife, cut through the places you marked earlier, and serve.

*"I had my first food delivery last night. I had forgotten about it so I had almond butter out for a feast of crackers and almond butter, but my stomach wasn't feeling all that great so I was waiting a bit when I got the call that the Ceres Delivery Angels were on their way. What a nice surprise.*

*I was immediately drawn to the sauerkraut. For some reason my stomach knew that would help. And it was right, I felt much better and then I heated up the fish entree. Wow, I felt so good by the time I was done (and I was able to eat it all). It's funny, but this organization brings me to tears more than anything. I'm so looking forward to the day when I can be a part of the giving too. But for now, I will graciously receive. Thank you!"*

– Jacqui

Serves 6 to 8 as a main course, or more as a side dish

## Walnut Loaf with Burgundy Sauce

- 8 ounces sprouted whole grain or whole wheat bread
- 8 ounces walnuts
- 2 cups minced onion
- 2 tablespoons dried parsley
- $\frac{2}{3}$  cup grated carrots
- 1 rib celery, minced
- 2 eggs
- $\frac{3}{4}$  teaspoon dried thyme
- $\frac{1}{2}$  teaspoon dried sage
- $\frac{3}{4}$  teaspoon sea salt
- 10 ounces diced tomatoes in juice  
or about 1 cup fresh tomatoes, seeded and diced

### Burgundy Sauce

- 3 tablespoons butter or olive oil
- $\frac{1}{4}$  cup flour
- $\frac{1}{4}$  cup red wine
- $2\frac{1}{2}$  tablespoons tamari
- $1\frac{3}{4}$  cup Immune Broth or vegetable stock

1. Preheat the oven to 375° and grease a glass loaf pan.
2. Grind the bread and walnuts together in a food processor until they are fine. Place in a large bowl.
3. Add the onions, parsley, carrot, celery, eggs, seasonings and tomatoes, and mix to combine everything evenly.
4. Pack the mixture into the loaf pan and bake for 1 to  $1\frac{1}{4}$  hours, or until the loaf is browned and set.
5. Cool for about 15 minutes, then carefully turn the loaf out. Cut into six or eight slices. If desired, serve with Burgundy Sauce.
6. For sauce: Melt the butter in a small saucepan. Whisk in the flour and cook, stirring, for 2 minutes. Add the wine, tamari and stock. Bring to a low boil, whisking the entire time to keep the sauce smooth. Simmer for a few minutes until it is thick and creamy. Season to taste with sea salt and pepper.

Serves 6

### Do Ahead

- You can grind the bread and walnuts several days ahead of time and refrigerate in an airtight container.
- All the vegetables can be prepared a day ahead of time.
- The sauce can be made several days ahead of time and refrigerated. Warm over low heat before serving.

### Variation

To make Walnut & Herb Stuffed Portobellos:

- Stem 4 large Portobello mushrooms.
- Divide the uncooked Walnut Loaf among the mushrooms, packing it to fill the cavity.
- Bake at 375° for 25 to 35 minutes or until the mushrooms are tender and the filling is set.
- Serve with the Burgundy Sauce.

### Tip

Use your food processor to mince the onions and celery (cut into chunks, then place in the processor and process with on/off pulses until they are finely chopped) and to grate the carrots.

## Greek Stuffed Peppers

### Do Ahead

- Use leftover cooked grain (about 2 cups) or cook the quinoa up to a day in advance.
- The peppers can be prepared up to a day in advance, including blanching or steaming them.
- The filling can be made up to a day in advance.

### Variations

- Use the filling to stuff other vegetables. Hollow out zucchini, bake for about 20 minutes at 350°, then stuff and continue to bake until the filling is hot and the zucchini is tender. Cut an eggplant in half and roast at 350°, cut side down on a greased baking sheet. When the eggplant is almost tender, about 20 to 25 minutes, turn it over, mash the cooked eggplant slightly to create a cavity, then stuff it with the quinoa filling. Bake for another 15 to 20 minutes to heat.
- Use navy or cannellini beans instead of chick peas.

- 4 bell peppers, yellow, red, orange or green
- $\frac{3}{4}$  cup quinoa, rinsed well and soaked for at least an hour and preferably overnight
- $\frac{3}{4}$  cup Immune Broth, Chicken Bone Broth, or vegetable or chicken stock, or water
- 1 15-ounce can chickpeas, drained and rinsed
- 1 tablespoon olive oil
- 6 ounces baby spinach leaves or young chard leaves
- 1 tablespoon chopped fresh oregano, or 1 teaspoon dried
- $\frac{1}{4}$  cup sun-dried tomatoes in oil, chopped
- 1 teaspoon sherry vinegar or red wine vinegar
- $\frac{1}{2}$  teaspoon sea salt
- $\frac{1}{2}$  cup feta cheese, crumbled (optional)

1. Preheat the oven to 350°.
2. Halve the peppers lengthwise cutting through the stems. Seed and remove the white pulp. Steam the peppers until soft but not falling apart, about 5 to 7 minutes, or cook them in a pot of boiling water for about the same length of time.
3. Bring the water and quinoa to a boil in a small saucepan. Cover, reduce the heat to low, and cook for 8 to 10 minutes until the quinoa is soft and the water is absorbed.
4. Place the chickpeas in a food processor and process using on/off pulses until they are coarsely chopped.
5. Heat the olive oil in a skillet over medium heat and add the spinach or chard and oregano. Cook, stirring, until the greens have wilted.
6. In a bowl, mix together all of the ingredients except the peppers. Divide the filling among the peppers, packing to fit.
7. Place the peppers on a baking dish and bake for about 20 minutes until they are heated through.

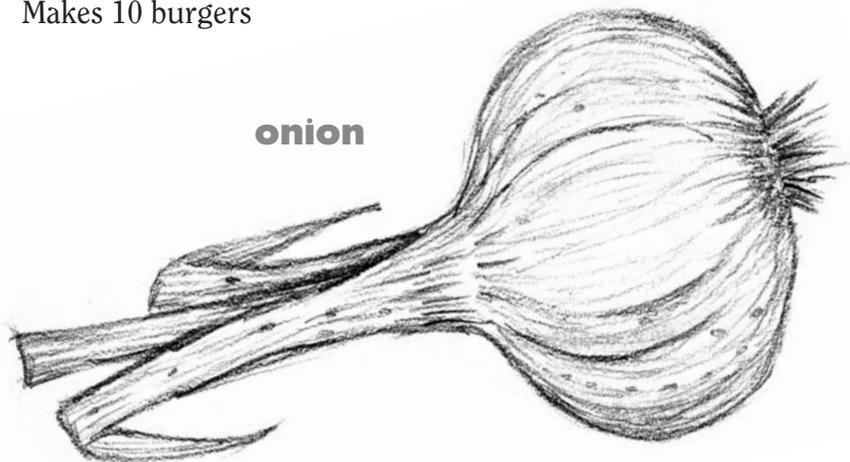
Serves 4 – 8, depending on what else is included

## Sunny Beet & Carrot Burgers

- 2 cups grated beets (about  $\frac{3}{4}$  pound)
- 2 cups grated carrots (about  $\frac{1}{2}$  pound)
- 1 cup cooked brown rice
- 1 cup grated cheddar cheese
- 1 cup sunflower seeds, toasted
- $\frac{1}{2}$  cup sesame seeds, toasted
- 2 large free-range eggs, beaten
- $\frac{1}{2}$  cup grated onion
- $\frac{1}{4}$  cup olive oil
- 3 tablespoons all-purpose or gluten-free flour
- 3 tablespoons chopped parsley
- 3 or 4 cloves garlic, minced
- 2 tablespoons tamari

1. Preheat the oven to 350° and generously grease a rimmed baking sheet.
2. Mix all the ingredients in a large bowl, stirring to combine evenly.
3. Form the mixture into patties using a packed  $\frac{1}{2}$  cup for each. Arrange them on the baking sheet.
4. Bake the burgers for 25 to 30 minutes or until firm and the vegetables are cooked through.
5. Serve on a sprouted whole grain bun with your choice of condiments.

Makes 10 burgers



### Do Ahead

- All of the vegetables can be prepared ahead of time, combined in a bowl and refrigerated.
- Cook the rice in the morning or the day before, or use leftover cooked rice.
- The sunflower and sesame seeds can be toasted several days ahead of time and refrigerated.

### Variation

To make the burgers without cheese, add an additional tablespoon of flour and a bit more beaten egg.

### Tip

- These burgers are a colorful and delicious surprise! Use your food processor to grate and mince the vegetables and the burgers will be quick and easy to make.
- Freeze them individually wrapped.

Thanks to Angelic Organics for the inspiration for this recipe.

## Tempeh Treats

### Variations

- Try adding pineapple juice to the marinade or use sesame oil instead of olive oil for a new flavor.
- Substitute lemon juice or orange juice for the balsamic vinegar if you like.

### Tips

- Serve the tempeh over brown rice or soba noodles or add to a vegetable dish.
- Tempeh Treats will keep in the refrigerator for 4 to 5 days. Reheat in a small skillet with about 1 tablespoon of water.

- 8- or 10-ounce package of tempeh
- 3 tablespoons extra virgin olive oil
- 1 tablespoon balsamic vinegar
- 1 tablespoon tamari
- 1 tablespoon fresh grated ginger or ginger juice
- 2 cloves garlic, minced

1. Place the tempeh in a steamer basket over boiling water and steam for 6 to 8 minutes. Alternately, place it in a small skillet with enough water to cover and bring to a simmer. Cover and cook for 6 to 8 minutes.
2. Cool slightly, then cut the tempeh into strips or cubes, and place it in an even layer in a glass baking dish. Whisk together the remaining ingredients and then pour the liquid over the tempeh. Marinate for at least an hour but preferably overnight in the refrigerator. The longer you marinate the tempeh, the more flavorful it will be.
3. When you are ready to cook it, heat 1 to 2 tablespoons olive oil in a skillet over medium heat. Remove the tempeh from the marinade and add it to the skillet. Cook the tempeh until it is golden brown and crispy on both sides. When the tempeh is done, add 1 to 2 tablespoons of the marinade and swirl the tempeh in the pan to coat it.
4. You can serve the tempeh with vegetables and a grain as a main dish, or cover it with sautéed onions and mushrooms, or add it to other grain or pasta dishes to increase the amount of protein.

Serves 2 – 4