

# Quick & Deliciously Healthy Recipes

## TABLE OF CONTENTS

### **BREAKFAST**

Crunchy Oatmeal, Creamy Oatmeal, Apple Cinnamon Oatmeal, Tofu Scramble, p.1

### **SALAD DRESSINGS AND DIPS**

Creamy Dill Dressing, Vinaigrette Dressing, Oriental Salad Dressing, Balsamic Vinaigrette p. 2  
Piquant Dressing, Raspberry or Blackberry Vinaigrette, Easy Bean Dip, Hummus,  
Colorful Chili Dip, p. 3

Spinach Dip, Red Pepper Dip, Low-Fat Guacamole, p. 4  
Tofu Mayo, p. 5

### **SALADS AND SIDES**

Easy Bean Salad, Veggies in a Blanket, Steamed Asparagus with Raspberry Sauce, p. 5  
Broccoli with Vinaigrette, Spicy Black Beans and Tomatoes, Spinach Salad with Fruit  
Flavors, Colorful Corn Salsa, p. 6

Garlicky Green Beans, Yams with Cranberries and Apples, Hoppin'John Salad,  
Asian Fusion Salad, p. 7

Curly Pasta Salad, Zippy Yams and Bok Choy, p. 8

Roasted Sweet Potato Wedges, Broccoli with Kasha and Black Bean, Mashed Grains and  
Cauliflower, Mushroom Gravy, p. 9

Garlic Spinach, Braised Collards or Kale, Sesame Kale, p. 10

Kwick Kale, Broccoli with Fat-Free Dressing, Broccoli with Sun-Dried Tomatoes, Home style  
Squash and Pinto Beans, p. 11

### **SOUPS AND STEWS**

Vegetable Broth, Gazpacho, Minestrone, p. 12

Almost-Instant Black Bean Chili, Curried Lentil Soup, Red Lentil Soup, p. 13

Spicy Noodle Soup, Mushroom Barley Soup, Autumn Stew, p. 14

Pumpkin Soup, Velvet Corn Chowder, Split Pea Soup, p. 15

Mayan Black Bean Soup, p. 16

### **MAIN DISHES**

Tofu Tacos, p. 16

Quick Bean Burritos, Missing Egg Sandwich, Pita Veggie Burger-wich, p. 17

Pan-Seared Portobello Mushrooms, Bean Burgers, Quickie Quesadillas, p. 18

Pasta e Fagioli, Zucchini Corn Fritters, Barbeque-Style Baked Tofu, p. 19

Sweet and Sour Stir-Fry, Chunky Ratatouille Sauce, p. 20

Simple Marinara Sauce, "That's-a Delicious!" Pasta Primavera Sauce,  
Spanish Bulgar, p. 21

Red Beans and Rice, Tamale Pie, p. 22

Easy Stir-Fry , Buckwheat Pasta Seitan, Sure-Fire Roasted Vegetables,  
Italian Seasoning Mix, p. 23

Mexican and Indian Seasoning Mix, p. 24

### **DESSERTS**

Baked Apples, Summer Fruit Compote, Strawberry Applesauce, Peach Smoothie, p. 24

Strawberry Smoothie, Chocolate Banana Smoothie, Gingered Melon, "Un" Apple Pie,  
Chocolate Pudding, p. 25

# Quick & Deliciously Healthy Recipes

## BREAKFAST

### Crunchy Oatmeal

Makes 1 serving

Combining oats with warm water results in a crunchier oatmeal.

3/4–1 cup water  
1/2 cup oats  
cinnamon, to taste  
fruit, to taste (optional)

Bring water to a boil. Mix in oats and let simmer on low heat for 3 to 5 minutes, depending on desired consistency. Add cinnamon and fruit, if desired.

Per serving: 156 calories; 2.6 g fat; 0.5 g saturated fat; 14.8% calories from fat; 0 mg cholesterol; 6.5 g protein; 27.2 g total carbohydrates; 0.6 g sugar; 4 g fiber; 6 mg sodium; 27 mg calcium; 1.8 mg iron; 0 mg vitamin C; 0 mcg beta-carotene; 0.3 mg vitamin E

*Recipe from Dulcie Ward, R.D.*

### Creamy Oatmeal

Makes 1 serving

Adding cold water makes a creamier and softer oatmeal.

3/4–1 cup cold water  
1/2 cup oats  
cinnamon, to taste  
fruit, to taste (optional)

Mix together oats and water and bring to a boil. Reduce heat to very low and let simmer for 3 to 5 minutes, depending on desired consistency. Add cinnamon and fruit, if desired.

Per serving: 156 calories; 2.6 g fat; 0.5 g saturated fat; 14.8% calories from fat; 0 mg cholesterol; 6.5 g protein; 27.2 g total carbohydrates; 0.6 g sugar; 4 g fiber; 6 mg sodium; 27 mg calcium; 1.8 mg iron; 0 mg vitamin C; 0 mcg beta-carotene; 0.3 mg vitamin E

*Recipe from Neal Barnard, M.D.*

### Apple Cinnamon Oatmeal

Makes 2 1-cup servings

1 cup old-fashioned or quick-cooking oats

2/3 cup apple juice concentrate  
1 1/3 cup water  
1/2 teaspoon cinnamon  
1/2 cup raisins or currants (optional)

Combine oats, apple juice concentrate, water, and cinnamon in a saucepan. Bring to a simmer, then cover and cook three minutes. Remove from heat and stir in raisins or currants, if using. Let stand three minutes before serving.

Per 1-cup serving: 312 calories; 2.9 g fat; 0.5 g saturated fat; 8.4% calories from fat; 0 mg cholesterol; 7 g protein; 66 g carbohydrate; 32.9 g sugar; 4.7 g fiber; 29 mg sodium; 51 mg calcium; 2.8 mg iron; 2.1 mg vitamin C; 0 mcg beta-carotene; 0.3 mg vitamin E

*Recipe from Healthy Eating for Life to Prevent and Treat Cancer by Vesanto Melina, M.S., R.D.; recipe by Jennifer Raymond, M.S., R.D.*

### Muesli

Makes about 6 1/2-cup servings

Muesli, a European breakfast standard, is made from uncooked grains traditionally soaked in fruit juice overnight. Try this updated morning treat with rolled oats that can be eaten right away.

2 cups rolled oats  
1/4 cup chopped almonds  
1/2 cup chopped dried fruit (apples, figs, apricots, etc.)  
1/2 cup raisins

Combine oats, almonds, dried fruit, and raisins. Leave whole or grind in a food processor for a finer cereal.

To serve, mix with hot or cold fortified soy- or rice milk, fruit juice, or applesauce. Top with fresh fruit if desired, and let stand a few minutes before serving.

Store in an airtight container in the refrigerator.

Per 1/2-cup serving: 196 calories; 4.6 g fat; 0.5 g saturated fat; 21% calories from fat; 0 mg cholesterol; 6.1 g protein; 35.2 g total carbohydrates; 13 g sugar; 4.6 g fiber; 5 mg sodium; 43 mg calcium; 1.8 mg iron; 0.5 mg vitamin C; 79 mcg beta-carotene; 1.8 mg vitamin E

*Recipe from Healthy Eating for Life for Women by Kristine Kieswer; recipe by Jennifer Raymond, M.S., R.D.*

### Tofu Scramble

Makes 4 servings

1/2 cup vegetable broth, divided  
1/2 cup chopped celery  
1/2 cup chopped onion

1/2 cup chopped bell pepper  
1 cup chopped carrots  
1 cup chopped fresh kale  
16 ounces low-fat tofu, drained and crumbled  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1 teaspoon dried basil

Heat 1/4 cup broth in a skillet over medium-high heat. Add celery, onion, bell pepper, and carrots. Cook until softened. Add remaining 1/4 cup broth and kale. Cover skillet and cook until kale is wilted. Add tofu. Cook until firm and lightly browned. Add salt, black pepper, and basil.

Per serving (1/4 of recipe): 161 calories; 6.9 g fat; 1 g saturated fat; 38.5% calories from fat; 0 mg cholesterol; 13.5 g protein; 14.9 g total carbohydrates; 3.8 g sugar; 6.5 g fiber; 308 mg sodium; 116 mg calcium; 4.4 mg iron; 25.3 mg vitamin C; 4125 mcg beta-carotene; 0.9 mg vitamin E

*Recipe from Brie Turner-McGrievy, M.S., R.D.*

## SALAD DRESSINGS AND DIPS

### Creamy Dill Dressing

Makes about 1 1/2 cups

This rich-tasting, creamy dressing has no added oil. Its creaminess comes from tofu.

1 12.3-ounce package firm silken tofu  
2 tablespoons lemon juice  
3 tablespoons seasoned rice vinegar  
1 tablespoon cider vinegar  
1 teaspoon garlic granules or powder  
1/2 teaspoon dried dill weed  
1/4 teaspoon salt

Combine all ingredients in a food processor or blender. Blend until completely smooth, 1 to 2 minutes. Store any extra dressing in an airtight container in the refrigerator.

Per 1 tablespoon serving: 12 calories; 0.4 g fat; 0.1 g saturated fat; 28.8% calories from fat; 0 mg cholesterol; 1 g protein; 1.2 g total carbohydrates; 0.9 g sugar; 0 g fiber; 60 mg sodium; 5 mg calcium; 0.2 mg iron; 0.4 mg vitamin C; 1 mcg beta-carotene; 0 mg vitamin E

*Recipe from Healthy Eating for Life to Prevent and Treat Cancer by Vesanto Melina, M.S., R.D.; recipe by Jennifer Raymond, M.S., R.D.*

### Vinaigrette Dressing

Makes 3/4 cup

3 tablespoons plain non-dairy yogurt  
3 tablespoons orange juice  
3 tablespoons chopped fresh cilantro or parsley  
2 tablespoons water  
2 tablespoons white wine vinegar  
2 tablespoons lime juice  
1 teaspoon chili powder  
1/2 teaspoon onion powder  
1/2 teaspoon ground cumin

Combine all ingredients in a covered jar. Shake to mix. Use at once or refrigerate for later use.

Per 1 tablespoon serving: 8 calories; 0.1 g fat; 0 g saturated fat; 16.1% calories from fat; 0 mg cholesterol; 0.2 g protein; 1.6 g total carbohydrates; 0.6 g sugar; 0.1 g fiber; 5 mg sodium; 7 mg calcium; 0.1 mg iron; 2.5 mg vitamin C; 43 mcg beta-carotene; 0.1 mg vitamin E

*Recipe from The McDougall Quick and Easy Cookbook by John A. and Mary McDougall*

### Oriental Salad Dressing

Makes 3/4 cup

1/4 cup soy sauce  
1/4 cup rice vinegar  
1/4 cup water  
1/4 teaspoon minced fresh garlic  
1/4 teaspoon minced fresh ginger

Combine all ingredients in a covered jar. Shake to mix. Store in a covered jar in the refrigerator.

Variation: To make this into a Dijon-oriental dressing, add 2 teaspoons Dijon mustard.

Per 1 tablespoon serving: 4 calories; 0 g fat; 0 g saturated fat; 1.2% calories from fat; 0 mg cholesterol; 0.3 g protein; 0.7 g total carbohydrates; 0.1 g sugar; 0 g fiber; 304 mg sodium; 1 mg calcium; 0.1 mg iron; 0 mg vitamin C; 0 mcg beta-carotene; 0 mg vitamin E

*Recipe from The McDougall Quick and Easy Cookbook by John A. and Mary McDougall*

### Balsamic Vinaigrette

Makes 1/4 cup

The mellow flavor of balsamic vinegar is delicious on salads.

2 tablespoons balsamic vinegar  
2 tablespoons seasoned rice vinegar

- 1 tablespoon ketchup
- 1 teaspoon stone-ground mustard
- 1 garlic clove, pressed

Whisk vinegars, ketchup, mustard, and garlic together.

Per 1 tablespoon serving: 17 calories; 0.1 g fat; 0 g saturated fat; 3% calories from fat; 0 mg cholesterol; 0.2 g protein; 3.8 g total carbohydrates; 3.3 g sugar; 0.1 g fiber; 175 mg sodium; 4 mg calcium; 0.1 mg iron; 0.8 mg vitamin C; 22 mcg beta-carotene; 0.1 mg vitamin E

*Recipe from Healthy Eating for Life to Prevent and Treat Cancer by Vesanto Melina, M.S., R.D.; recipe by Jennifer Raymond, M.S., R.D.*

## Piquant Dressing

Makes 1/2 cup

This dressing with a Mexican flavor can be as spicy as the salsa you use to make it.

- 1/4 cup seasoned rice vinegar
- 1/4 cup salsa
- 1 garlic clove, pressed

Whisk all ingredients together.

Per 1 tablespoon serving: 13 calories; 0 g fat; 0 g saturated fat; 1% calories from fat; 0 mg cholesterol; 0.2 g protein; 3.1 g total carbohydrates; 2.6 g sugar; 0.1 g fiber; 167 mg sodium; 3 mg calcium; 0.1 mg iron; 0.3 mg vitamin C; 14 mcg beta-carotene; 0.1 mg vitamin E

*Recipe from Healthy Eating for Life for Women by Kristine Kieswer; recipe by Jennifer Raymond, M.S., R.D.*

## Raspberry or Blackberry Vinaigrette

Makes 1/4 cup

This dressing adds a delightful fruity taste to salads.

- 2 tablespoons raspberry or blackberry vinegar
- 2 tablespoons seasoned rice vinegar

Whisk vinegars together.

Per 1 tablespoon serving: 12 calories; 0 g fat; 0 g saturated fat; 0% calories from fat; 0 mg cholesterol; 0 g protein; 2.5 g total carbohydrates; 2.4 g sugar; 0 g fiber; 118 mg sodium; 1 mg calcium; 0 mg iron; 0 mg vitamin C; 0 mcg beta-carotene; 0 mg vitamin E

*Recipe from Healthy Eating for Life to Prevent and Treat Cancer by Vesanto Melina, M.S., R.D.; recipe by Jennifer Raymond, M.S., R.D.*

## Easy Bean Dip

Makes 6 servings

- 1 15-ounce can black beans, drained and rinsed
- 1 cup salsa
- 1/2 teaspoon ground cumin (optional)

Combine all ingredients in a food processor or blender and process until smooth.

Per serving (1/6 of recipe): 81 calories; 0.4 g fat; 0.1 g saturated fat; 4.2% calories from fat; 0 mg cholesterol; 4.7 g protein; 15.4 g total carbohydrates; 2.7 g sugar; 3.8 g fiber; 280 mg sodium; 47 mg calcium; 1.6 mg iron; 6.4 mg vitamin C; 172 mcg beta-carotene; 0.6 mg vitamin E

*Recipe from Jennifer Reilly, R.D. Hummus*

## Hummus

Makes about 2 cups

Spread hummus on whole-wheat pita bread or serve as a dip for vegetables.

- 1 15-ounce can garbanzo beans, drained, liquid reserved
- 2 tablespoons tahini
- 1/4 cup lemon juice
- 3 green onions, chopped
- 1 tablespoon chopped garlic
- 1 teaspoon ground cumin
- 1/2 teaspoon black pepper
- 1/2 cup roasted red peppers (optional)

Put beans, tahini, lemon juice, green onions, garlic, cumin, black pepper, and roasted peppers, if using, in food processor and process until smooth. Add reserved bean liquid for a smoother consistency.

Per 1/4 cup serving: 88 calories; 3.1 g fat; 0.4 g saturated fat; 31.3% calories from fat; 0 mg cholesterol; 4.1 g protein; 12.2 g total carbohydrates; 0.7 g sugar; 2.9 g fiber; 58 mg sodium; 43 mg calcium; 1.7 mg iron; 3.8 mg vitamin C; 43 mcg beta-carotene; 0.2 mg vitamin E

*Recipe from Jennifer Reilly, R.D.*

## Colorful Chili Dip

Makes 2 cups

Serve this zesty dip with baked corn chips or whole-grain crackers or as a sandwich spread.

- 2 cups drained cooked or canned pinto beans (1 15-

ounce can)

- 1 medium green onion, sliced
- 2 tablespoons balsamic vinegar
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- several shakes Tabasco sauce, to taste
- 1/4 cup chopped red bell pepper
- 1/4 cup chopped green bell pepper

Combine all ingredients except bell peppers in food processor fitted with a metal blade. Blend until smooth and creamy. Transfer to a bowl and stir in bell peppers. Mix well. Chill thoroughly before serving.

Per 1/2-cup serving: 132 calories; 0.8 g fat; 0.1 g saturated fat ; 5.3% calories from fat; 0 mg cholesterol; 8.1 g protein; 24.2 g carbohydrate; 1.2 g sugar; 8.4 g fiber; 15 mg sodium; 50 mg calcium; 2.2 mg iron; 27.2 mg vitamin C; 294 mcg beta-carotene; 1.2 mg vitamin E

*Recipe from Breaking the Food Seduction by Neal Barnard, M.D.; recipe by Jo Stepaniak; © Jo Stepaniak 2005, published by permission.*

## Spinach Dip

Makes 4 cups

- 1 10-ounce box frozen chopped spinach, thawed and squeezed dry
- 1 bunch green onions, chopped
- 2 12.3-ounce packages low-fat silken tofu
- 2 tablespoons lemon juice
- 1 package dry vegetable soup mix

Place spinach and green onions in a bowl. Place tofu, lemon juice, and soup mix in a blender or food processor and process until smooth. Add to spinach and green onions and mix well. Refrigerate to blend flavors.

Note: To make a smooth, creamy green dip, place all ingredients in food processor and process until smooth.

Per 1/2 cup serving: 58 calories; 0.9 g fat; 0.2 g saturated fat; 13.7% calories from fat; 0 mg cholesterol; 7.3 g protein; 6.1 g total carbohydrates; 1.6 g sugar; 1.5 g fiber; 461 mg sodium; 81 mg calcium; 1.4 mg iron; 5.6 mg vitamin C; 1954 mcg beta-carotene; 1 mg vitamin E

*Recipe adapted from The McDougall Quick and Easy Cookbook by John A. and Mary McDou*

## Red Pepper Dip

Makes 3 cups

- 2 12.3-ounce packages low-fat silken tofu
- 2 tablespoons lemon juice
- 1 tablespoon cider vinegar
- 1/3 cup canned roasted red peppers
- 1 teaspoon chili powder
- several dashes Tabasco or other hot sauce (optional)
- 1/2 teaspoon salt (optional)

Combine tofu, lemon juice, and vinegar in a food processor. Process until smooth. Add red peppers and chili powder. Process for several minutes until very smooth and creamy. Add Tabasco and salt, if using.

Per 1/4 cup serving: 24 calories; 0.5 g fat; 0.1 g saturated fat; 19.2% calories from fat; 0 mg cholesterol; 3.7 g protein; 1.3 g total carbohydrates; 0.7 g sugar; 0.1 g fiber; 54 mg sodium; 22 mg calcium; 0.5 mg iron; 9.6 mg vitamin C; 146 mcg beta-carotene; 0.2 mg vitamin E

*Recipe adapted from The McDougall Quick and Easy Cookbook by John A. and Mary McDougall*

## Low-Fat Guacamole

Makes 2 1/2 cups (10 1/4-cup servings)

The peas in this guacamole help to lower the fat content and they also add fiber.

- 1 cup drained and rinsed canned green peas, or 1 cup fresh or frozen green peas
- 1 ripe avocado, peeled
- 1/2 cup mild salsa
- 1 garlic clove, finely chopped, or 1 teaspoon chopped garlic
- 1 green onion, chopped (optional)
- juice of 1 lemon
- 1/2 teaspoon ground cumin
- 1 tablespoon chopped fresh cilantro (optional)
- salt, to taste
- black pepper, to taste

If using fresh or frozen peas, blanch peas in boiling water for 2 minutes, then cool with cold water and drain. Cut avocado into large chunks. Mash avocado and peas together using a potato masher or fork, or, if a very creamy texture is desired, in a food processor. Mix in salsa, garlic, green onion (if using), lemon juice, cumin, and cilantro (if using). Add salt and black pepper to taste.

Per 1/4-cup serving: 45 calories; 2.7 g fat; 0.4 g saturated fat; 53.5% calories from fat; 0 mg cholesterol; 1.3 g protein; 4.9 g carbohydrate; 1.3 g sugar; 2.1 g fiber; 227 mg sodium; 12 mg calcium; 0.5 mg iron; 6.1 mg vitamin C; 118 mcg beta-carotene; 0.5 mg vitamin E

*Recipe from The Survivor's Handbook,  
The Cancer Project*

## Tofu Mayo

Makes about 1 1/2 cups

This low-fat mayonnaise substitute is made with silken tofu.

1 12.3-ounce package firm or extra-firm silken tofu  
3/4 teaspoon salt  
1/2 teaspoon sugar  
1 teaspoon Dijon mustard  
1 1/2 tablespoons lemon juice  
1 1/2 tablespoons seasoned rice vinegar

Combine tofu, salt, sugar, mustard, lemon juice, and vinegar in a food processor or blender, and process until completely smooth, 1 to 2 minutes. Chill thoroughly before using.

Per 1 tablespoon serving: 11 calories; 0.4 g fat; 0.1 g saturated fat; 33.2% calories from fat; 0 mg cholesterol; 1 g protein; 0.8 g total carbohydrates; 0.6 g sugar; 0 g fiber; 99 mg sodium; 5 mg calcium; 0.2 mg iron; 0.3 mg vitamin C; 1 mcg beta-carotene; 0 mg vitamin E

*Recipe from Healthy Eating for Life to Prevent and  
Treat Cancer by Vesanto Melina, M.S., R.D.;  
recipe by Jennifer Raymond, M.S., R.D.*

refrigerator for several days.

Per serving (1/10 of recipe): 183 calories; 3 g fat; 0.5 g saturated fat; 14.6% calories from fat; 0 mg cholesterol; 9.9 g protein; 31 g total carbohydrates; 2.9 g sugar; 8 g fiber; 594 mg sodium; 43 mg calcium; 2.7 mg iron; 36.7 mg vitamin C; 311 mcg beta-carotene; 0.8 mg vitamin E

*Recipe from Jennifer Reilly, R.D.*

## Veggies in a Blanket

Makes 40 individual pieces

1/2 cup hummus  
8 whole-wheat flour tortillas  
4 carrots, grated  
8 lettuce leaves, a couple handfuls of baby spinach leaves, or 1 container sprouts

Spread hummus on tortillas, then add carrots and lettuce, spinach, or sprouts. Roll up each tortilla, secure each with 5 evenly placed toothpicks, and slice into 5 individual rolls per tortilla (one toothpick per roll).

Variation: Add thin sticks of cucumber or sweet red pepper before rolling.

Per serving (4 pieces): 102 calories; 2 g fat; 0.3 g saturated fat; 18% calories from fat; 0 mg cholesterol; 3.8 g protein; 18.6 g carbohydrate; 1.5 g sugar; 3.7 g fiber; 203 mg sodium; 27 mg calcium; 1.2 mg iron; 2.1 mg vitamin C; 1424 mcg beta-carotene; 0.4 mg vitamin E

*Recipe from The Survivor's Handbook,  
The Cancer Project*

## Steamed Asparagus with Raspberry Sauce

Makes 4 servings

This recipe sounds odd, but tastes great and looks marvelous.

1 cup frozen raspberries  
juice of 1/2 orange, or 1 teaspoon frozen orange juice concentrate  
1 pound fresh asparagus  
1 teaspoon orange zest (optional)

Put raspberries in a saucepan with orange juice or orange juice concentrate. Simmer, stirring often, until raspberries have fallen apart and the mixture looks like a sauce, about 5 minutes. Remove from heat and set aside. Steam asparagus over hot water until bright green and soft, but not mushy. Place asparagus in a serving dish and top with sauce. Serve hot or at room temperature. Garnish with orange zest, if using.

# SALADS AND SIDES

## Easy Bean Salad

Makes 10 servings

1/2 cup low-fat Italian salad dressing  
1 15-ounce can kidney beans, drained  
1 15-ounce can pinto beans, drained  
1 15-ounce can black-eyed peas, drained  
1 10-ounce package frozen Fordhook lima beans, thawed completely  
1 cup frozen corn, thawed completely  
1 large red bell pepper, seeded and chopped  
1/2 medium onion, chopped  
1 teaspoon salt  
1 teaspoon black pepper

Toss all ingredients together. Serve cold or at room temperature. May be covered and stored in the

Per serving (1/4 of recipe): 49 calories; 0.7 g fat; 0.1 g saturated fat; 12.2% calories from fat; 0 mg cholesterol; 2.5 g protein; 10.1 g total carbohydrates; 4.9 g sugar; 5 g fiber; 3 mg sodium; 27 mg calcium; 0.8 mg iron; 35.4 mg vitamin C; 282 mcg beta-carotene; 1.3 mg vitamin E

*Recipe from Amy Joy Lanou, Ph.D.*

## Broccoli with Vinaigrette

Makes 4 servings

America's favorite vegetable is even better when it is served with this delicious fat-free dressing. The dressing is easy to make, keeps well in the refrigerator, and is tasty on other vegetables as well.

1 bunch broccoli  
1/2 cup seasoned rice vinegar  
2 teaspoons stone-ground or Dijon mustard  
1–2 garlic cloves, pressed or minced  
Break broccoli into bite-size florets. Peel stems and slice into 1/4-inch rounds. Steam until just tender, about 3 minutes.

While broccoli is steaming, whisk together vinegar, mustard, and garlic in a serving bowl. Add steamed broccoli and toss to mix. Serve immediately.

Per serving (1/4 of recipe): 36 calories; 0.3 g fat; 0 g saturated fat; 7% calories from fat; 0 mg cholesterol; 3.3 g protein; 7.4 g total carbohydrates; 1.7 g sugar; 3.1 g fiber; 74 mg sodium; 36 mg calcium; 0.7 mg iron; 41.1 mg vitamin C; 1043 mcg beta-carotene; 1.7 mg vitamin E

*Recipe from Food for Life by Neal Barnard, M.D.;  
recipe by Jennifer Raymond, M.S., R.D.*

## Spicy Black Beans and Tomatoes

Makes 4 1-cup servings

Serve over brown rice or couscous, scoop up with baked tortilla chips, or wrap up in a tortilla.

1/4 cup vegetable broth  
1/2 cup chopped onion  
2 garlic cloves, minced  
2 14.5-ounce cans diced tomatoes, drained  
2 tablespoons canned chopped green chilies  
2 15-ounce cans black beans, drained and rinsed  
1 tablespoon chopped fresh cilantro or parsley  
1/2 teaspoon ground cumin  
1/2 teaspoon crushed red pepper  
1/4 teaspoon chili powder

Heat broth in non-stick skillet over medium-high heat. Add onion and garlic. Sauté until tender.

Add tomatoes and chilies. Reduce heat and cook uncovered 6 to 8 minutes or until mixture is slightly thickened, stirring occasionally. Stir in beans, cilantro or parsley, cumin, crushed red pepper, and chili powder. Cover and cook 5 minutes or until thoroughly heated.

Per 1-cup serving: 254 calories; 1.3 g fat; 0.3 g saturated fat; 4.5% calories from fat; 0 mg cholesterol; 14.7 g protein; 49 g total carbohydrates; 10.6 g sugar; 11.6 g fiber; 902 mg sodium; 177 mg calcium; 5.9 mg iron; 23.1 mg vitamin C; 269 mcg beta-carotene; 1.8 mg vitamin E

*Recipe from Brie Turner-McGrievy, M.S., R.D.*

## Spinach Salad with Fruit Flavors

Makes 6 servings

10 ounces chopped fresh spinach, washed  
1 cup berries or grapes, or 10 strawberries, chopped  
1 10-ounce can mandarin or clementine oranges or grapefruit sections, drained and rinsed  
1/4 cup sunflower seeds  
1/4 cup chopped unsalted Brazil nuts  
1/4 cup fat-free raspberry vinaigrette

Toss ingredients together and serve.

Per serving (1/6 of recipe): 116 calories; 7.2 g fat; 1.2 g saturated fat; 55.5% calories from fat; 0 mg cholesterol; 3.9 g protein; 11.5 g carbohydrate; 5.7 g sugar; 3.2 g fiber; 61 mg sodium; 71 mg calcium; 2.1 mg iron; 36.8 mg vitamin C; 2748 mcg beta-carotene; 3.5 mg vitamin E

*Recipe from The Survivor's Handbook,  
The Cancer Project*

## Colorful Corn Salsa

Makes 4 1/2 cups (18 1/4-cup servings)

1 cup fresh or frozen corn kernels, thawed  
2 medium tomatoes, chopped  
1/4 cup chopped red onion (about 1/2 medium red onion)  
1/2 cup chopped green bell pepper (about 1/2 medium bell pepper)  
1/2 cup chopped orange bell pepper (about 1/2 medium bell pepper)  
10 fresh basil leaves, chopped  
juice of 1 lime  
3 tablespoons rice or cider vinegar

If using fresh corn, blanch in boiling water for 3 minutes and rinse in cold water. If using frozen corn that isn't thawed completely, either blanch in boiling water for 2 minutes and drain or microwave until

thawed. In a large bowl, combine all ingredients and set aside for 15 to 20 minutes to allow the flavors to develop. Serve at room temperature.

Per 1/4-cup serving: 13 calories; 0.1 g fat; 0 g saturated fat; 7.5% calories from fat; 0 mg cholesterol; 0.4 g protein; 3 g carbohydrate; 1.1 g sugar; 0.5 g fiber; 1 mg sodium; 4 mg calcium; 0.1 mg iron; 13.6 mg vitamin C; 88 mcg beta-carotene; 0.1 mg vitamin E

*Recipe from The Survivor's Handbook, The Cancer Project*

## Garlicky Green Beans

Makes about 4 1-cup servings

These green beans have a delicious Asian flair.

1 pound fresh green beans  
2 teaspoons toasted sesame oil  
8 large garlic cloves, minced  
2 tablespoons seasoned rice vinegar  
1 tablespoon reduced-sodium soy sauce  
2 tablespoons water  
1/4 teaspoon black pepper

Rinse beans, remove stems, then steam until just tender, about 10 minutes. Set aside. Heat oil in a non-stick skillet and cook garlic, stirring constantly, 1 minute. Stir in vinegar, soy sauce, water, and cooked beans. Sprinkle with black pepper and cook, stirring constantly, until very hot, about 2 minutes.

Per 1-cup serving: 77 calories, 2.6 g fat, 0.4 g saturated fat; 30.1% calories from fat; 0 mg cholesterol; 2.5 g protein; 12.8 g carbohydrate; 4.7 g sugar; 3.3 g fiber; 253 mg sodium; 57 mg calcium; 0.9 mg iron; 11.6 mg vitamin C; 398 mcg beta-carotene; 0.5 mg vitamin E

*Recipe from Healthy Eating for Life for Children by Amy Lanou, Ph.D.; recipe by Jennifer Raymond, M.S., R.D.*

## Yams with Cranberries and Apples

Makes about 6 1-cup servings

This colorful blend of sweet and tart flavors is a perfect addition to any autumn meal.

2 yams  
1 tablespoon olive oil  
1 large green apple, peeled and diced  
1 cup fresh or frozen cranberries  
2 tablespoons maple syrup  
1/2 cup orange juice  
Preheat oven to 350°F.

Peel yams and cut into 1/2-inch cubes (you should have about 4 cups). Toss with olive oil and spread in a 9"×13" baking dish. Top with apple and cranberries. Mix maple syrup and orange juice and pour over casserole. Cover and bake until yams are tender when pierced with a fork, about 1 hour.

Per 1-cup serving: 108 calories; 2.4 g fat; 0.3 g saturated fat; 20.1% calories from fat; 0 mg cholesterol; 1 g protein; 21.8 g total carbohydrates; 13.1 g sugar; 2.5 g fiber; 15 mg sodium; 23 mg calcium; 0.5 mg iron 18 mg vitamin C; 4768 mcg beta-carotene; 1 mg vitamin E

*Recipe from Healthy Eating for Life to Prevent and Treat Diabetes by Patricia Bertron, R.D.; recipe by Jennifer Raymond, M.S., R.D.*

## Hoppin' John Salad

Makes about 10 1/2-cup servings

2 cups cooked black-eyed peas, or 1 15-ounce can black-eyed peas, drained  
1 1/2 cups cooked brown rice  
1/2 cup finely sliced green onions  
1 celery stalk, thinly sliced (about 1/2 cup)  
1 tomato, diced  
2 tablespoons finely chopped fresh parsley  
1/4 cup lemon juice  
1 tablespoon olive oil  
1/4 teaspoon salt  
1–2 garlic cloves, crushed

Combine black-eyed peas, rice, green onions, celery, tomato, and parsley in a mixing bowl. In a small bowl, mix together lemon juice, oil, salt, and garlic and pour over the salad. Toss gently. Chill 1 to 2 hours if time permits.

Per 1/2-cup serving: 91 calories; 1.9 g fat; 0.3 g saturated fat; 18.5% calories from fat; 0 mg cholesterol; 3.7 g protein; 15.4 g carbohydrate; 1.3 g sugar; 3.6 g fiber; 68 mg sodium; 20 mg calcium; 1.2 mg iron; 5.4 mg vitamin C; 137 mcg beta-carotene; 0.4 mg vitamin E

*Recipe from Turn Off the Fat Genes by Neal D. Barnard, M.D.; recipe by Jennifer Raymond, M.S., R.D.*

## Asian Fusion Salad

Makes 8 servings

A meal in itself!

1 head red-leaf lettuce  
1 1/4 cups snow peas



1 large cucumber  
1 red bell pepper  
1 1/2 cups bean sprouts  
2 carrots  
8 ounces baked, flavored tofu (teriyaki, sesame, peanut, spicy Thai, etc.), or 1 15-ounce can white beans  
1 tablespoon balsamic vinegar  
1 teaspoon soy sauce  
1 teaspoon sesame oil  
1/4 teaspoon Thai chili paste or other chili sauce  
1/2 cup low-fat bottled salad dressing of your choice (sesame shiitake, tahini lemon, cilantro lime, etc.)

Wash lettuce and tear into bite-size pieces. Drain thoroughly and place in large salad bowl. Trim tips from snow peas and cut on a diagonal into 1-inch slices. Peel cucumber and julienne (cut into thin, narrow slices, 1 or 2 inches long). Cut bell pepper in half and remove seeds and pith. Then cut into thin slices and cut slices diagonally into thirds. Rinse and drain bean sprouts. Julienne carrots and blanch them by submerging them in boiling water for 3 to 4 minutes. Rinse with cold water and drain.

Add snow peas, cucumber, bell pepper, bean sprouts, and carrots to the salad bowl and make an indentation in the center of the salad. Cut tofu into bite-size pieces and place in a separate bowl. If using beans, drain and set aside. Stir together vinegar, soy sauce, oil, and chili paste in a small bowl. Pour over tofu or beans and toss. Add tofu or bean mixture to the center of the salad just before serving. Serve with the salad dressing of your choice tossed in or on the side.

Per serving (1/8 of recipe): 124 calories; 7.5 g fat; 1.1 g saturated fat; 54.2% calories from fat; 0 mg cholesterol; 8.5 g protein; 8.5 g total carbohydrates; 3.7 g sugar; 1.8 g fiber; 375 mg sodium; 88 mg calcium; 1.9 mg iron; 37.9 mg vitamin C; 2255 mcg beta-carotene; 0.5 mg vitamin E

*Recipe from Amy Joy Lanou, Ph.D.*

## Curly Pasta Salad

Makes 6 to 8 servings

Make this salad ahead of time to allow flavors to blend.

1 12-ounce package dry rainbow rotini pasta  
1 16-ounce package frozen chopped broccoli and cauliflower, thawed completely  
1 cup sliced mushrooms  
4 green onions, chopped  
1 2-ounce jar chopped pimentos

1/2 cup cherry tomatoes, cut in half  
1 cup fat-free honey-Dijon salad dressing  
2 tablespoons soy sauce  
freshly ground black pepper, to taste  
1 dash Tabasco sauce (optional)

Cook pasta according to package directions. Drain and rinse under cool water.

Place pasta in a large bowl. Add broccoli, cauliflower, mushrooms, green onions, pimentos, and tomatoes. In a small bowl, mix honey-Dijon dressing and soy sauce. Pour over salad and toss to mix well. Season with black pepper and Tabasco sauce, if using. Refrigerate at least 2 hours before serving.

Per serving (1/6 of recipe): 304 calories; 1.4 g fat; 0.2 g saturated fat; 4.1% calories from fat; 0 mg cholesterol; 10 g protein; 63.3 g total carbohydrates; 9.5 g sugar; 6.9 g fiber; 735 mg sodium; 40 mg calcium; 3.3 mg iron; 37.9 mg vitamin C; 498 mcg beta-carotene; 0.8 mg vitamin E

*Recipe from Mary McDougall of the McDougall*

*Program: [www.drmmcdougall.com](http://www.drmmcdougall.com)*

## Zippy Yams and Bok Choy

Makes 4 servings

2 small yams, cut into bite-size chunks  
1 onion, quartered and sliced  
2 large garlic cloves, minced  
1 tablespoon vegetarian Worcestershire sauce  
1/2 teaspoon Thai chili paste  
2 small heads bok choy, finely sliced  
juice of 1/2 lemon

Put yams in a deep skillet and just cover them with water. Cover skillet and boil yams for 5 to 10 minutes, until soft when pierced with a fork. Add onion and garlic and continue to simmer until about half of the water has boiled away. Add vegetarian Worcestershire sauce, chili paste, and bok choy. Simmer until bok choy is soft. Sprinkle lemon juice over the mixture and serve.

Per serving (1/4 of recipe): 88 calories; 0.6 g fat; 0.1 g saturated fat; 6.3% calories from fat; 0 mg cholesterol; 6 g protein; 17.5 g total carbohydrates; 7.4 g sugar; 4.8 g fiber; 172 mg sodium; 315 mg calcium; 3.8 mg iron; 91 mg vitamin C; 12247 mcg beta-carotene; 0.6 mg vitamin E

*Recipe from Amy Joy Lanou, Ph.D.*

## Roasted Sweet Potato Wedges

Makes 4 servings

2 medium sweet potatoes, cut into wedges  
1/8 teaspoon cinnamon

1/4 teaspoon seasoned salt  
1/4 teaspoon ground cumin  
1/8 teaspoon black pepper  
1/4 teaspoon garlic powder  
vegetable oil spray  
Preheat oven to 450°F.

Combine sweet potatoes, cinnamon, salt, cumin, black pepper, and garlic powder in a plastic bag. Seal and shake. Place sweet potatoes on a baking sheet (do not overlap) coated with vegetable oil spray. Bake for 20 minutes or until very tender, flipping potatoes once during cooking.

Per serving (1/4 of recipe): 53 calories; 0.1 g fat; 0 g saturated fat; 2.1% calories from fat; 0 mg cholesterol; 1.2 g protein; 12.1 g total carbohydrates; 4.8 g sugar; 2 g fiber; 106 mg sodium; 24 mg calcium; 0.5 mg iron; 11.3 mg vitamin C; 6561 mcg beta-carotene; 0.4 mg vitamin E

*Recipe from Brie Turner-McGrievy, M.S., R.D.*

## Broccoli with Kasha and Black Bean Sauce

Makes about 8 1-cup servings

What a happy marriage of flavors!

1 large bunch broccoli  
4 cups water  
2 cups dry kasha (use buckwheat groats for a milder flavor)  
1/2 teaspoon salt  
1 15-ounce can black beans, drained  
1/2 cup roasted red peppers  
2 tablespoons lemon juice  
2 tablespoons tahini  
1/2 teaspoon chili powder  
1/4 teaspoon ground cumin  
1/4 teaspoon ground coriander  
1/4 cup chopped fresh cilantro

Cut off broccoli stems. Cut or break the tops into bite-size florets. Peel the stems with a sharp knife, then slice into 1/2-inch rounds. Set aside.

Bring water to a boil in a large saucepan. Add kasha and salt. Cover and simmer for about 10 minutes, or until all the liquid has been absorbed. While kasha is cooking, combine and purée beans, red pepper, lemon juice, tahini, chili powder, cumin, coriander, and cilantro in a food processor or blender. Just before you are ready to eat, steam broccoli over boiling water for about 5 minutes, or until it is bright

green and just tender. Place a generous amount of kasha on each serving plate, then top with steamed broccoli and black bean sauce.

Per 1-cup serving: 193 calories; 3.3 g fat; 0.5 g saturated fat; 15.5% calories from fat; 0 mg cholesterol; 8.4 g protein; 36 g carbohydrate; 2.4 g sugar; 9.3 g fiber; 324 mg sodium; 76 mg calcium; 2.4 mg iron; 62.4 mg vitamin C; 893 mcg beta-carotene; 1.6 mg vitamin E

*Recipe from Foods That Fight Pain by Neal Barnard, M.D.; recipe by Jennifer Raymond, M.S., R.D.*

## Mashed Grains and Cauliflower

Makes 8 servings

This dish is delicious when served topped with Mushroom Gravy (see recipe).

1 teaspoon olive oil  
1 cup chopped onion  
2 cups dry millet, quinoa, couscous, or grain of your choice  
4 cups chopped cauliflower  
1/2 teaspoon sea salt  
water for cooking 2 cups of selected grain

Brush pot with oil, then add onion. Sauté for 3 minutes. Add grain and roast for 5 minutes. Add cauliflower, salt, and water. Cover pot and cook until grain has absorbed all the water. When the grains are done, mash the mixture together with a potato masher. Add a little additional water if necessary in order to get a smooth consistency.

Per serving (1/8 of recipe): 212 calories; 2.8 g fat; 0.5 g saturated fat; 12% calories from fat; 0 mg cholesterol; 6.6 g protein; 40.2 g carbohydrate; 1.9 g sugar; 5.8 g fiber; 161 mg sodium; 18 mg calcium; 1.8 mg iron; 16 mg vitamin C; 16 mcg beta-carotene; 0.1 mg vitamin E

*Recipe from The Survivor's Handbook, The Cancer Project*

## Mushroom Gravy

Makes 4 servings

12 ounces button or cremini mushrooms  
2 teaspoons olive oil  
1/4 cup flour  
1 1/2 cups vegetable broth, divided  
1–2 tablespoons soy sauce (optional)  
1 teaspoon Italian seasonings  
salt, to taste  
black pepper, to taste

Clean and slice mushrooms, then sauté in oil until

soft, about 5 minutes. Mix flour with 1 cup broth and shake it in a small plastic container with a tight-fitting lid until smooth. Add remaining 1/2 cup broth, soy sauce (if using), Italian seasonings, and about 1/2 of the flour mixture to the mushrooms. Bring gravy to a simmer for 3 to 5 minutes, stirring regularly. Add the remaining flour mixture and continue heating and stirring until it thickens. Add salt and black pepper to taste. Serve warm (and as soon as possible).

Per serving (1/4 of recipe): 70 calories; 2.6 g fat; 0.4 g saturated fat; 33.9% calories from fat; 0 mg cholesterol; 2.2 g protein; 10.3 g carbohydrate; 1.1 g sugar; 1.7 g fiber; 523 mg sodium; 13 mg calcium; 1.6 mg iron; 2.8 mg vitamin C; 233 mcg beta-carotene; 0.4 mg vitamin E

*Recipe from The Survivor's Handbook,  
The Cancer Project*

## Garlic Spinach

Makes 4 servings

1 large bunch fresh spinach  
3 garlic cloves, minced  
1 teaspoon vegetarian Worcestershire sauce

Wash spinach and remove stems. Braise garlic in Worcestershire sauce over medium heat, stirring, until lightly browned. Add spinach to hot skillet. Use tongs to turn spinach until it is just wilted. Serve hot or at room temperature.

Per serving (1/4 of recipe): 25 calories; 0.2 g fat; 0 g saturated fat; 8.8% calories from fat; 0 mg cholesterol; 2.8 g protein; 4.4 g total carbohydrates; 1 g sugar; 2.2 g fiber; 77 mg sodium; 127 mg calcium; 3.3 mg iron; 9.6 mg vitamin C; 5614 mcg beta-carotene; 1.9 mg vitamin E

*Recipe from Amy Joy Lanou, Ph.D.*

## Braised Collards or Kale

Makes 3 1-cup servings

Collard greens and kale are rich sources of calcium and beta-carotene as well as other minerals and vitamins. One of the tastiest and easiest ways to prepare them is with a bit of soy sauce and plenty of garlic. Try to purchase young tender greens, as these have the best flavor and texture.

1 bunch collard greens or kale  
1 teaspoon olive oil  
2 teaspoons reduced-sodium soy sauce  
1 teaspoon balsamic vinegar  
2–3 garlic cloves, minced  
1/4 cup water

Wash greens, remove stems, then cut leaves into 1/2-inch strips.

Combine olive oil, soy sauce, vinegar, garlic, and water in a large pot or skillet. Cook over high heat about 30 seconds. Reduce heat to medium-high, add greens, and toss to mix. Cover and cook, stirring often, until greens are tender, about 5 minutes.

Per 1-cup serving: 52 calories; 2 g fat; 0.3 g saturated fat; 34.2% calories from fat; 0 mg cholesterol; 3.1 g protein; 7.3 g total carbohydrates; 2 g sugar; 3.7 g fiber; 140 mg sodium; 186 mg calcium; 1.6 mg iron; 24.3 mg vitamin C; 6248 mcg beta-carotene; 1.4 mg vitamin E

*Recipe from Healthy Eating for Life to Prevent and  
Treat Cancer by Vesanto Melina, M.S., R.D.;  
recipe by Jennifer Raymond, M.S., R.D.*

## Sesame Kale

Makes 4 servings

1 large bunch fresh kale  
1/2 red bell pepper  
2 carrots  
1 1/4 teaspoons sesame oil  
2 garlic cloves, minced, or 2 teaspoons chopped garlic  
3 tablespoons vegetable broth  
2 teaspoons reduced-sodium soy sauce  
1 1/4 teaspoons toasted sesame seeds  
freshly ground black pepper, to taste

Wash kale. Cut off and discard tough stems. Slice leaves once down the middle, then cut crosswise into 1-inch strips. Slice bell pepper and carrots into small strips. Heat oil in a wok. Add garlic. Sauté for 10 seconds. Add kale, bell pepper, carrots, and broth. Cover and steam for 3 minutes, or until kale wilts. Add soy sauce. Top kale with sesame seeds and black pepper. Serve warm immediately or serve cold after chilling in refrigerator for 2 hours.

Per serving (1/4 of recipe): 64 calories; 2.3 g fat; 0.3 g saturated fat; 32.8% calories from fat; 0 mg cholesterol; 2.6 g protein; 10 g total carbohydrates; 3.1 g sugar; 3.2 g fiber; 175 mg sodium; 87 mg calcium; 1.3 mg iron; 66.8 mg vitamin C; 10836 mcg beta-carotene; 1.4 mg vitamin E

*Recipe from Jennifer Reilly, R.D.*

## Kwick Kale

Makes 4 servings

This is delicious with a simple bean dish and a grain dish.

6–8 cups chopped kale (any variety)  
1/2 cup water

2 teaspoons seasoned rice vinegar

Wash kale, remove stems, and chop leaves into 1/2-inch strips. Heat water in large skillet with a lid. When boiling, add kale. Cover and cook over medium heat until greens are bright green and tender, about 5 minutes. Sprinkle with vinegar. Serve warm.

Per serving (1/4 of recipe): 35 calories; 0.4 g fat; 0.1 g saturated fat; 11.6% calories from fat; 0 mg cholesterol; 2.1 g protein; 7.1 g carbohydrate; 1.8 g sugar; 2.2 g fiber; 66 mg sodium; 81 mg calcium; 1 mg iron; 45.6 mg vitamin C; 9084 mcg beta-carotene; 0.9 mg vitamin E

*Recipe from Caroline Trapp, APRN, BC-ADM, CDE, Diabetes Nurse Practitioner*

## Broccoli with Fat-Free Dressing

Makes about 6 1/2-cup servings

Seasoned rice vinegar makes a sweet-sour dressing that is a perfect addition to lightly steamed broccoli. Try it on steamed green beans, too.

1 large bunch broccoli  
1/4 cup seasoned rice vinegar  
1 teaspoon stone-ground mustard  
1 garlic clove, pressed or minced

Break broccoli into bite-sized florets. Peel stems and slice into 1/4-inch thick rounds. Steam until just tender, about 5 minutes.

While broccoli is steaming, combine vinegar, mustard, and garlic in a serving bowl. Add steamed broccoli and toss to mix. Serve immediately.

Variation: For a tasty salad, plunge the steamed broccoli into ice water until it is completely chilled, then toss it with the dressing.

Per 1/2-cup serving: 45 calories; 0.4 g fat; 0.1 g saturated fat; 7.6% calories from fat; 0 mg cholesterol; 2.1 g protein; 9.6 g total carbohydrates; 4.3 g sugar; 2.8 g fiber; 202 mg sodium; 36 mg calcium; 0.6 mg iron; 55.2 mg vitamin C; 788 mcg beta-carotene; 1.7 mg vitamin E

*Recipe from Healthy Eating for Life to Prevent and Treat Cancer by Vesanto Melina, M.S., R.D.; recipe by Jennifer Raymond, M.S., R.D.*

## Broccoli with Sun-Dried Tomatoes

Makes 4 1-cup servings

The tangy flavor of sun-dried tomatoes is a perfect addition to steamed broccoli. Look for sun-dried

tomatoes near the pickles and olives in your supermarket.

1 bunch broccoli  
6 sun-dried tomatoes in olive oil, drained  
Rinse broccoli and cut into florets. Peel stems and slice into rounds. Steam over boiling water until just tender, 3 to 5 minutes.

While broccoli is cooking, cut tomatoes into small pieces and place in a serving dish. Add cooked broccoli to tomatoes, toss, and serve.

Per 1-cup serving: 45 calories; 1.1 g fat; 0.2 g saturated fat; 20.9% calories from fat; 0 mg cholesterol; 2.7 g protein; 8.4 g carbohydrate; 2 g sugar; 3.6 g fiber; 54 mg sodium; 43 mg calcium; 0.8 mg iron; 70.6 mg vitamin C; 979 mcg beta-carotene; 2.1 mg vitamin E

*Recipe from Healthy Eating for Life for Women by Kristine Kieswer; recipe by Jennifer Raymond, M.S., R.D.*

## Homestyle Squash and Pinto Beans

Makes 4 servings

Veggies, rice, and beans make this all-American dish a welcome guest after a hard day. Serve with a salad and fruit wedges.

1/4 cup vegetable broth  
1/2 cup chopped onion  
2 teaspoons minced seeded jalapeno pepper  
2 garlic cloves, minced  
1 cup sliced yellow squash (1/2 -inch thick)  
1 cup sliced zucchini (1/2-inch thick)  
1/2 cup fresh corn kernels  
1 16-ounce can pinto beans, drained  
1 14.5-ounce can diced tomatoes, undrained  
3 fresh thyme sprigs  
2 cups cooked brown rice

Heat broth in a large skillet over medium-high heat. Add onion, jalapeno, and garlic and sauté 2 minutes. Stir in squash and zucchini and sauté 2 minutes. Add corn, beans, tomatoes and their liquid, and thyme. Cover, reduce heat, and simmer 10 minutes. Discard thyme. Serve over rice.

Per serving (1/4 of recipe): 268 calories; 1.9 g fat; 0.3 g saturated fat; 6.4% calories from fat; 0 mg cholesterol; 11.6 g protein; 53.6 g total carbohydrates; 5.6 g sugar; 11.9 g fiber; 323 mg sodium; 91 mg calcium; 3.4 mg iron; 14.9 mg vitamin C; 270 mcg beta-carotene; 1.6 mg vitamin E

*Recipe from Brie Turner-McGrievy, M.S., R.D.*

# SOUPS AND STEWS

## Vegetable Broth

Makes about 8 1-cup servings

A steamy cup of this broth makes a warm and comforting meal. It may also be used as an ingredient in recipes that call for broth or stock.

- 1 onion, chopped
- 1 carrot, chopped
- 1 celery stalk, chopped
- 1/4 cup chopped fresh parsley
- 6 cups water
- 2 teaspoons onion powder
- 1/2 teaspoon dried thyme
- 1/4 teaspoon turmeric
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dried marjoram
- 1/2 teaspoon salt
- 1 15-ounce can garbanzo beans, undrained

Combine onion, carrot, celery, parsley, water, onion powder, thyme, turmeric, garlic powder, marjoram, and salt in a large pot. Cover and simmer 20 minutes.

Stir in garbanzo beans with their liquid. Transfer to a blender in small batches and process until completely smooth, about 1 minute per batch. Be sure to hold the lid on tightly and start the blender on the lowest speed.

Per 1-cup serving: 71 calories; 1 g fat; 0.1 g saturated fat; 12.8% calories from fat; 0 mg cholesterol; 3.6 g protein; 12.6 g total carbohydrates; 1.3 g sugar; 2.8 g fiber; 212 mg sodium; 34 mg calcium; 1.4 mg iron; 4.3 mg vitamin C; 702 mcg beta-carotene; 0.2 mg vitamin E

*Recipe from Healthy Eating for Life to Prevent and Treat Cancer by Vesanto Melina, M.S., R.D.; recipe by Jennifer Raymond, M.S., R.D.*

## Gazpacho

Makes about 3 quarts (12 1-cup servings)

This cool and tangy Spanish soup is perfect for a hot summer day.

- 2 cucumbers, peeled, seeded, and diced
- 1 green bell pepper, seeded and diced
- 3 ripe tomatoes, diced
- 1/2 cup finely chopped red onion
- 3 garlic cloves, pressed

- 3/4 cup finely chopped roasted red peppers
- 8 cups vegetable juice or tomato juice
- 3/4 cup salsa
- 1 teaspoon finely minced jalapeño pepper, or to taste

Combine all ingredients in a large pot or bowl. Stir to mix, then chill 2 to 3 hours before serving.

Per 1-cup serving: 54 calories; 0.3 g fat; 0.1 g saturated fat; 5.6% calories from fat; 0 mg cholesterol; 2 g protein; 12.5 g carbohydrate; 8.6 g sugar; 2.6 g fiber; 536 mg sodium; 35 mg calcium; 1 mg iron; 78.4 mg vitamin C; 1795 mcg beta-carotene; 0.7 mg vitamin E

*Recipe from Healthy Eating for Life to Prevent and Treat Cancer by Vesanto Melina, M.S., R.D.; recipe by Jennifer Raymond, M.S., R.D.*

## Minestrone

Makes about 2 1/2 quarts (10 1-cup servings)

This is a good basic vegetable soup. You can enhance it with additional vegetables of your choosing

- 1 small onion, chopped
- 4 garlic cloves, minced
- 1 carrot, cut into chunks
- 1 celery stalk, sliced, including top
- 1 potato, scrubbed and cut into chunks
- 2 tablespoons chopped fresh parsley
- 2 cups tomato juice
- 2 cups water or Vegetable Broth (see recipe)
- 1 teaspoon mixed Italian herbs
- 1/4 teaspoon black pepper
- 1 small zucchini, diced
- 1/4 cup dry pasta shells
- 1 15-ounce can kidney beans, drained
- 1 cup finely chopped fresh kale, collard greens, or spinach
- 1 tablespoon chopped fresh basil,  
or 1 teaspoon dried basil.

Combine onion, garlic, carrot, celery, potato, and parsley in a large pot. Add tomato juice, water or broth, Italian herbs, and black pepper. Bring to a simmer, then cover and cook 20 minutes.

Add zucchini, pasta, kidney beans, chopped greens, and basil. Cover and simmer until pasta is tender, about 20 minutes. Add extra tomato juice or water for a thinner soup.

Per 1-cup serving: 86 calories; 0.4 g fat; 0.1 g saturated fat; 3.8% calories from fat; 0 mg cholesterol; 4.2 g protein; 17.6 g total carbohydrates; 2.9 g sugar; 3.4 g fiber; 211 mg sodium; 38 mg calcium; 1.6 mg iron; 17.4 mg vitamin C; 1316 mcg beta-

carotene; 0.6 mg vitamin E

*Recipe from Healthy Eating for Life to Prevent and Treat Cancer by Vesanto Melina, M.S., R.D.; recipe by Jennifer Raymond, M.S., R.D.*

## Almost-Instant Black Bean Chili

Makes 6 1-cup servings

This is a perfect make-ahead recipe, since this chili is even better the second day.

1/2 cup water  
1 medium onion, chopped  
2 medium garlic cloves, minced  
1 small bell pepper, seeded and finely diced  
1/2 cup crushed tomatoes or tomato sauce  
2 15-ounce can black beans, undrained  
1 4-ounce can diced green chilies  
1 teaspoon ground cumin

Heat the water in a large skillet or pot. Add onion, garlic, and bell pepper. Cook over high heat stirring often, for about 5 minutes or until onion is translucent. Add crushed tomatoes or tomato sauce, beans and their liquid, chilies, and cumin. Simmer, stirring occasionally, for about 15 minutes, or until flavors are blended.

Per 1-cup serving: 155 calories; 0.8 g fat; 0.1 g saturated fat; 4.7% calories from fat; 0 mg cholesterol; 8.7 g protein; 29.6 g carbohydrate; 2.6 g sugar; 11 g fiber; 473 mg sodium; 89 mg calcium; 3.1 mg iron; 19.1 mg vitamin C; 49 mcg beta-carotene; 0.4 mg vitamin E

*Recipe from Foods That Fight Pain by Neal Barnard, M.D.; recipe by Jennifer Raymond, M.S., R.D.*

## Curried Lentil Soup

Makes about 2 1/2 quarts (10 1-cup servings)

Serve this soup with Braised Collards or Kale (see recipe).

1 cup dry lentils, rinsed  
1 onion, chopped  
2 celery stalks, sliced  
4 garlic cloves, minced  
1 teaspoon cumin seeds, or 1/2 teaspoon ground cumin  
8 cups water or Vegetable Broth (see recipe)  
1/2 cup dry couscous  
1 cup crushed tomatoes  
1 1/2 teaspoons curry powder  
1/8 teaspoon black pepper  
1 teaspoon salt, or to taste

Combine lentils, onion, celery, garlic, cumin, and water or broth in a large pot. Bring to a simmer, then cover loosely and cook until lentils are tender, about 50 minutes.

Stir in couscous, tomatoes, curry powder, and black pepper. Continue cooking until couscous is tender, about 10 minutes. Add salt to taste.

Per 1-cup serving: 107 calories; 0.4 g fat; 0.1 g saturated fat; 3.5% calories from fat; 0 mg cholesterol; 6.4 g protein; 20.2 g total carbohydrates; 1.6 g sugar; 4.2 g fiber; 280 mg sodium; 34 mg calcium; 2.4 mg iron; 4.3 mg vitamin C; 48 mcg beta-carotene; 0.4 mg vitamin E

*Recipe from Healthy Eating for Life to Prevent and Treat Diabetes by Patricia Bertron, R.D.; recipe by Jennifer Raymond, M.S., R.D.*

## Red Lentil Soup

Makes 6 servings

This soup is so nutritious and so simple to prepare, you'll want to make it often. Its flavor is exquisite.

7 cups water  
2 1/2 cups dry red lentils  
1 large onion, minced  
1 teaspoon turmeric  
large pinch cayenne pepper  
2–4 tablespoons fresh lemon juice  
1 teaspoon ground cumin  
salt  
black pepper

Combine water, lentils, onion, turmeric, and cayenne in a large soup pot and bring to a boil. Reduce heat, partially cover, and simmer until lentils have disintegrated, about 30 to 60 minutes. Stir in lemon juice, cumin, salt, and black pepper to taste.

Per 1-cup serving: 269 calories; 1 g fat; 0.2 g saturated fat; 3.4% calories from fat; 0 mg cholesterol; 20.3 g protein; 47.4 g carbohydrate; 2 g sugar; 13.4 g fiber; 154 mg sodium; 52 mg calcium; 7.8 mg iron; 5.9 mg vitamin C; 30 mcg beta-carotene; 0.3 mg vitamin E

*Recipe from Breaking the Food Seduction by Neal Barnard, M.D.; recipe by Jo Stepaniak; © Jo Stepaniak 2005, published by permission.*

## Spicy Noodle Soup

Makes 6 servings

This enchanting, unusual soup abounds with exotic spices and vivid flavor.

2 teaspoons olive oil

1 large onion, finely chopped  
2 teaspoons crushed garlic  
1 teaspoon whole or ground caraway seeds  
5 1/2 cups water  
1/4 cup chopped celery  
3 tablespoons tomato paste  
1 tablespoon sweet paprika  
1 teaspoon ground cumin  
1/2 teaspoon turmeric  
1/4 teaspoon cayenne pepper  
4 bay leaves  
salt  
black pepper  
1 1/2 cups dry vermicelli noodles broken into small pieces

2 tablespoons chopped fresh cilantro or parsley  
Heat oil in a large soup pot. When hot, add onion and sauté over medium heat until soft and golden, about 15 minutes. Add garlic and caraway seeds and sauté a few minutes more. Stir in remaining ingredients, except noodles and cilantro or parsley, and bring to a boil. Reduce heat and simmer 5 minutes. Stir in noodles, cover, and cook 15 minutes longer. Stir in cilantro or parsley, and serve immediately.

Per 1-cup serving: 124 calories; 2.4 g fat; 0.4 g saturated fat; 17.5% calories from fat; 0 mg cholesterol; 4.2 g protein; 22.1 g carbohydrate; 2.5 g sugar; 2.4 g fiber; 223 mg sodium; 28 mg calcium; 1.7 mg iron; 4.6 mg vitamin C; 441 mcg beta-carotene; 1.1 mg vitamin E

*Recipe from Breaking the Food Seduction by Neal Barnard, M.D.; recipe by Jo Stepaniak; © Jo Stepaniak 2005, published by permission.*

## Mushroom Barley Soup

Makes about 3 1-cup servings

This soup takes just minutes to make if you have cooked barley on hand.

2 cups plain rice milk  
2 tablespoons barley flour  
1 cup cooked barley  
1 4-ounce can mushrooms, undrained  
1/4 teaspoon garlic powder  
1/4 teaspoon salt  
pinch dried marjoram  
pinch dried sage  
pinch dried thyme  
pinch dried dill weed

Place rice milk and flour into a blender. Blend on

high speed for a few seconds. Add barley and blend on high for about 10 seconds, or until barley is coarsely chopped.

Add mushrooms and their liquid. Blend just enough to coarsely chop mushrooms.

Transfer the blended mixture to a medium saucepan and add all remaining ingredients. Cook over medium heat, stirring often, for about 5 minutes, or until the soup is hot and somewhat thickened.

Per 1-cup serving: 172 calories; 1.7 g fat; 0.2 g saturated fat; 8.9% calories from fat; 0 mg cholesterol; 3.2 g protein; 36.7 g carbohydrate; 9 g sugar; 4.1 g fiber; 350 mg sodium; 213 mg calcium; 1 mg iron; 0.9 mg vitamin C; 9 mcg beta-carotene; 1.2 mg vitamin E

*Recipe from Foods That Fight Pain by Neal Barnard, M.D.; recipe by Jennifer Raymond, M.S., R.D.*

## Autumn Stew

Makes 2 1/2 quarts (10 1-cup servings)

This colorful stew is a true celebration of autumn's abundance. For special occasions, serve it in a pumpkin that has been hollowed out and baked until just tender.

1 1/2 cups water, divided  
1 tablespoon reduced-sodium soy sauce  
1 onion, chopped  
1 red bell pepper, seeded and diced  
4 large garlic cloves, minced  
1 butternut squash (about 1 pound)  
1 15-ounce can crushed tomatoes  
1 1/2 teaspoons dried oregano  
1 teaspoon chili powder  
1/2 teaspoon ground cumin  
1/4 teaspoon black pepper  
1 15-ounce can kidney beans, undrained  
1 15-ounce can corn, undrained, or 2 cups frozen corn  
Heat 1/2 cup of water and soy sauce in a large pot. Add onion, bell pepper, and garlic. Cook over medium heat until onion is soft and most of the water has evaporated, about 5 minutes.

Peel squash then cut it in half. Scoop out seeds and discard. Cut squash into 1/2-inch cubes (you should have about 4 cups). Add to cooked onions along with tomatoes, 1 cup water, oregano, chili powder, cumin, and black pepper.

Cover and simmer until squash is just tender when

pierced with a fork, about 20 minutes. Add kidney beans and corn and their liquids and cook 5 minutes longer.

Per 1-cup serving: 93 calories; 0.7 g fat; 0.1 g saturated fat; 6.3% calories from fat; 0 mg cholesterol; 4.4 g protein; 19.9 g total carbohydrates; 4.9 g sugar; 3.8 g fiber; 244 mg sodium; 49 mg calcium; 1.8 mg iron; 32.4 mg vitamin C; 1853 mcg beta-carotene; 1.1 mg vitamin E

*Recipe from Healthy Eating for Life to Prevent and Treat Diabetes by Patricia Bertron, R.D.; recipe by Jennifer Raymond, M.S., R.D.*

## Pumpkin Soup

Makes about 8 1-cup servings

This sweet and creamy soup has just a hint of spiciness. It can also be made with puréed winter squash, yams, or sweet potatoes in place of the pumpkin.

1 tablespoon olive oil  
1 onion, chopped  
2 garlic cloves, minced  
1/2 teaspoon mustard seeds  
1/2 teaspoon turmeric  
1/2 teaspoon ground cumin  
1/4 teaspoon cinnamon  
3/4 teaspoon salt  
1/2 teaspoon ground ginger  
2 cups water or Vegetable Broth (see recipe)  
1 15-ounce can pumpkin  
2 tablespoons maple syrup or other sweetener  
1 tablespoon lemon juice  
2 cups fortified soy- or rice milk

Warm oil in a large pot. Add onion and garlic and cook over medium heat until onion is soft, about 5 minutes.

Add mustard seeds, turmeric, ginger, cumin, cinnamon, and salt and cook 2 minutes over medium heat, stirring constantly. Whisk in water or broth, pumpkin, syrup or other sweetener, and lemon juice. Simmer 15 minutes. Remove from heat and stir in non-dairy milk. Transfer about 3 cups to a blender and purée until very smooth. Repeat with remaining soup. Be sure to start on low speed and hold lid on tightly. Return to the pot and heat without boiling, until steamy.

Per 1-cup serving: 89 calories; 3 g fat; 0.5 g saturated fat; 30.5% calories from fat; 0 mg cholesterol; 3 g protein; 13.8 g carbohydrate; 7 g sugar; 2.5 g fiber; 262 mg sodium; 101 mg calcium; 1.7 mg iron; 3.9 mg vitamin C; 3691 mcg beta-

carotene; 1.7 mg vitamin E

*Recipe from Healthy Eating for Life for Children by Amy Lanou, Ph.D.; recipe by Jennifer Raymond, M.S., R.D.*

## Velvet Corn Chowder

Makes 8 servings

1 medium yellow onion, chopped  
2 medium carrots, sliced  
1 medium potato, chopped  
2 cups vegetable broth  
1 15-ounce bag frozen corn  
1 1/2 cups vanilla soy- or oat milk  
1/2 teaspoon turmeric  
1/2 teaspoon sea salt  
black pepper, to taste

Place onion, carrots, potato, and broth in a large saucepan. Bring to a boil, then reduce heat to medium and cook until vegetables are tender, about 15 minutes.

Add corn, non-dairy milk, and turmeric and heat until corn is thawed.

Transfer the mixture into a blender and process until smooth. Return the soup to the saucepan and season with salt and black pepper. Soup will be a creamy thick consistency.

Per serving (1/8 of recipe): 103 calories; 1.2 g fat; 0.2 g saturated fat; 10.3% calories from fat; 0 mg cholesterol; 3.7 g protein; 21.7 g carbohydrate; 5.2 g sugar; 3 g fiber; 434 mg sodium; 73 mg calcium; 1.3 mg iron; 6.4 mg vitamin C; 1343 mcg beta-carotene; 0.9 mg vitamin E

*Recipe from Kate Oakland*

## Split Pea Soup

Makes 8 servings

This extraordinary soup contains no added fat and is easy to make on the stove or in a slow cooker.

2 cups dry split peas  
6 cups hot water  
1 cup sliced or chopped carrots  
1 cup sliced celery  
1 medium onion, chopped  
2 garlic cloves, minced  
1/2 teaspoon dried marjoram  
1/2 teaspoon dried basil  
1/4 teaspoon ground cumin



## MAIN DISHES

- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 pinch cayenne pepper

Rinse split peas, then place in a large pot with remaining ingredients. Bring to a simmer, then cover loosely and cook until split peas are tender, 1 to 2 hours. Or, place all ingredients into a slow cooker. Cover and cook on high for 3 to 4 hours, or until split peas are soft and vegetables are tender.

Per serving (1/8 of recipe): 159 calories; 0.6 g fat; 0.1 g saturated fat; 3.2% calories from fat; 0 mg cholesterol; 10.6 g protein; 29.3 g total carbohydrates; 1.8 g sugar; 13.9 g fiber; 323 mg sodium; 37 mg calcium; 1.9 mg iron; 2.6 mg vitamin C; 1512 mcg beta-carotene; 0.3 mg vitamin E

*Recipe from Food for Life by Neal Barnard, M.D.;  
recipe by Jennifer Raymond, M.S., R.D.*

### Mayan Black Bean Soup

Makes 8 to 10 servings

- 2 cups dry black beans (replace with 4 cups canned, if desired)
  - 8 cups water
  - 1 onion, chopped
  - 1 green or red bell pepper, seeded and chopped
  - 1 teaspoon minced garlic
  - 2 16-ounce cans chopped tomatoes
  - 1 4-ounce can diced green chilies
  - 1 1/2 teaspoons ground cumin
  - 1/4 teaspoon crushed red pepper
  - 1/4 cup chopped fresh cilantro
- For dry beans:

Place beans and water in a large pot. Bring to a boil, cover, and reduce heat. Simmer for 1 hour, then add remaining ingredients, except cilantro. Cook until beans are tender, about 2 hours. Add cilantro just before serving; mix in well and let rest, covered, for about 5 minutes.

**Hint:** This is great to make in a slow cooker. Put everything into the pot, except cilantro, early in the morning. Turn the cooker onto high heat, cover, and let it cook all day. Add cilantro just before serving.

Per serving (1/8 of recipe): 186 calories; 1 g fat; 0.2 g saturated fat; 4.6% calories from fat; 0 mg cholesterol; 11.6 g protein; 34.9 g total carbohydrates; 7.8 g sugar; 11.7 g fiber; 204 mg sodium; 80 mg calcium; 4.1 mg iron; 26.6 mg vitamin C; 147 mcg beta-carotene; 1.1 mg vitamin E

*Recipe from Mary McDougall of the McDougall Program; [www.drmcDougall.com](http://www.drmcDougall.com)*

### Tofu Tacos

Makes 6 tacos

These tacos may be made with fresh or frozen tofu. Freezing tofu gives it a chewy texture somewhat like ground beef. To freeze tofu, place it in its package in the freezer. To thaw, place the package in the refrigerator. Once thawed, remove the tofu from its package and squeeze out the excess water.

- 2 teaspoons olive oil
- 1 small onion, chopped
- 1/2 small bell pepper, seeded and diced (optional)
- 1/2 pound firm tofu, crumbled (about 1 cup)
- 1 tablespoon chili powder
- 1 tablespoon nutritional yeast (optional)
- 1 teaspoon garlic powder
- 1/4 teaspoon ground cumin
- 1/4 teaspoon dried oregano
- 1 tablespoon soy sauce
- 1/4 cup tomato sauce
- 6 corn tortillas
- 1–2 cups shredded lettuce
- 2 green onions, chopped
- 1/2 cup chopped tomato
- 1/3 cup salsa

Heat oil in a non-stick skillet. Add onion and bell pepper, if using, and cook over high heat, stirring often, 2 to 3 minutes.

Add tofu, chili powder, nutritional yeast (if using), garlic powder, cumin, oregano, and soy sauce. Reduce heat to medium and cook 3 minutes, stirring often.

Add tomato sauce and cook over low heat until mixture is fairly dry, 3 to 5 minutes.

Heat a tortilla in a heavy dry skillet, turning it from side to side until soft and pliable. Place a small amount of tofu mixture in the center, then fold tortilla in half and remove from heat. Garnish with lettuce, green onions, tomato, and salsa. Repeat with remaining tortillas.

Per taco: 118 calories; 4.1 g fat; 0.7 g saturated fat; 31.4% calories from fat; 0 mg cholesterol; 5.7 g protein; 16.9 g total carbohydrates; 2.8 g sugar; 3.2 g fiber; 321 mg sodium; 116 mg calcium; 1.6 mg iron; 10 mg vitamin C; 371 mcg beta-carotene; 1.1 mg vitamin E

*Recipe from Healthy Eating for Life for Women by Kristine Kieswer; recipe by Jennifer Raymond, M.S., R.D.*

## Quick Bean Burritos

Makes 4 burritos

Burritos make a quick, tasty, and very portable meal that can be eaten hot or cold. Fat-free refried beans are available in most markets. A growing number of markets also carry fat-free flour tortillas.

4 flour tortillas (preferably fat-free)  
1 15-ounce can fat-free refried beans, heated  
1 cup shredded romaine lettuce  
1 medium tomato, sliced  
2 medium green onions, sliced  
1/2 cup salsa

In a large, ungreased skillet, heat a tortilla until it is warm and soft. Spread about 1/2 cup of beans down the center of the tortilla, then top with lettuce. Add tomato, green onions, and salsa. Fold the bottom end toward the center, then roll the tortilla around the filling. Repeat with remaining tortillas.

Per burrito: 243 calories; 0.9 g fat; 0.2 g saturated fat; 3.5% calories from fat; 0 mg cholesterol; 10.5 g protein; 48.9 g carbohydrate; 2.9 g sugar; 8.1 g fiber; 612 mg sodium; 60 mg calcium; 3.5 mg iron; 9.4 mg vitamin C; 649 mcg beta-carotene; 1.3 mg vitamin E

*Recipe from Foods That Fight Pain by Neal Barnard, M.D.; recipe by Jennifer Raymond, M.S., R.D.*

## Missing Egg Sandwich

Makes 6 sandwiches

These sandwiches have the flavor and appearance of egg salad without the saturated fat and cholesterol.

1/2 pound firm low-fat silken tofu (about 1 cup)  
1 green onion, finely chopped, including green top  
2 tablespoons pickle relish  
2 tablespoons Tofu Mayo (see recipe) or other dairy- and egg-free mayonnaise substitute  
2 teaspoons stone-ground mustard  
2 teaspoons reduced-sodium soy sauce  
1/4 teaspoon ground cumin  
1/4 teaspoon turmeric  
1/4 teaspoon garlic powder  
12 slices whole-grain bread  
6 lettuce leaves  
6 tomato slices

Mash tofu, leaving some chunks. Add green onion, pickle relish, Tofu Mayo or other dairy- and egg-free mayonnaise substitute, mustard, soy sauce, cumin, turmeric, and garlic powder. Mix well. Spread on whole-grain bread and garnish with lettuce and tomato slices.

Per sandwich: 172 calories; 3 g fat; 0.6 g saturated fat; 15.6% calories from fat; 0 mg cholesterol; 8.7 g protein; 30.3 g carbohydrate; 8.7 g sugar; 4.4 g fiber; 486 mg sodium; 64 mg calcium; 2.5 mg iron; 3.5 mg vitamin C; 150 mcg beta-carotene; 0.4 mg vitamin E

*Recipe from Healthy Eating for Life for Children by Amy Lanou, Ph.D.; recipe by Jennifer Raymond, M.S., R.D.*

## Pita Veggie Burger-wich

Makes 1 serving

It doesn't get much easier than this for a single-serving light supper or lunch!

1 vegan burger patty  
1 small whole-wheat pita, cut in half  
Optional toppings:  
2 cups leafy greens (romaine, radicchio, spinach, etc.)  
1/2–1 cup sprouts  
1/4 cup shredded carrot  
1 or 2 plum tomatoes, thinly sliced  
1–2 tablespoons spicy mustard, salsa, or ketchup

Heat vegan burger patty according to package directions. Warm pita halves in the oven or in the microwave. Divide burger patty and toppings of your choice between the pita halves and enjoy!

Per serving (without toppings): 156 calories; 1.8 g fat; 0.3 g saturated fat; 10.1% calories from fat; 0 mg cholesterol; 15.4 g protein; 23.5 g total carbohydrates; 4.1 g sugar; 4.5 g fiber; 479 mg sodium; 74 mg calcium; 3 mg iron; 0.8 mg vitamin C; 1 mcg beta-carotene; 0.5 mg vitamin E

*Recipe from Dulcie Ward, R.D.*

## Pan-Seared Portobello Mushrooms

Makes 4 servings

These giant mushrooms make a hearty, meat-like entrée. Serve them with brown rice, pasta, or couscous.

4 large portobello mushrooms  
2 teaspoons olive oil  
2 tablespoons red wine or water  
2 tablespoons reduced-sodium soy sauce  
1 tablespoon balsamic vinegar  
2 garlic cloves, pressed  
1/2 teaspoon dried oregano

Clean mushrooms, trimming stems flush with bottom of caps.

Mix oil, wine or water, soy sauce, vinegar, garlic, and oregano in a large skillet. Heat until mixture begins to bubble, then add mushrooms, top side down. Reduce to medium heat, cover and cook 3 minutes. If the pan becomes dry, add 2 to 3 tablespoons of water. Turn mushrooms and cook second side until tender when pierced with a sharp knife, about 5 minutes. Serve hot.

Per mushroom: 58 calories; 2.8 g fat; 0.4 g saturated fat; 43.6% calories from fat; 0 mg cholesterol; 3.3 g protein; 4.9 g carbohydrate; 0.2 g sugar; 1.8 g fiber; 273 mg sodium; 10 mg calcium; 0.7 mg iron; 0.5 mg vitamin C; 5 mcg beta-carotene; 0.4 mg vitamin E

*Recipe from Healthy Eating for Life for Women by Kristine Kieswer; recipe by Jennifer Raymond, M.S., R.D.*

## Bean Burgers

Makes 6 burgers

1 cup cooked garbanzo beans  
1 cup cooked brown rice  
1/2 cup quick-cooking oats  
1 celery stalk, finely chopped  
1 small onion, finely chopped  
1 garlic clove, minced  
2 tablespoons reduced-sodium soy sauce  
1 teaspoon paprika  
1/4 teaspoon black pepper  
vegetable oil spray  
6 whole-wheat burger buns  
6 tablespoons Tofu Mayo (see recipe) or other dairy- and egg-free mayonnaise substitute  
6 tablespoons stone-ground mustard  
6 tablespoons ketchup

6 tomato slices  
6 red onion slices  
6 lettuce leaves

Drain garbanzo beans and mash coarsely. Mix with brown rice, oats, celery, onion, garlic, soy sauce, paprika, and black pepper.

Form into six patties. Cook in a vegetable oil-sprayed non-stick skillet over medium heat until lightly browned on both sides.

Warm up the buns, then spread with Tofu Mayo or other dairy- and egg-free mayonnaise substitute, mustard, and ketchup. Place a burger patty on each bun then top each with a tomato slice, onion slice, lettuce leaf, and top bun.

Per burger: 269 calories; 4.3 g fat; 0.7 g saturated fat; 14.5% calories from fat; 0 mg cholesterol; 11.3 g protein; 49.6 g total carbohydrates; 11.5 g sugar; 8.3 g fiber; 857 mg sodium; 86 mg calcium; 3.5 mg iron; 8.2 mg vitamin C; 333 mcg beta-carotene; 0.8 mg vitamin E

*Recipe from Healthy Eating for Life to Prevent and Treat Cancer by Vesanto Melina, M.S., R.D.; recipe by Jennifer Raymond, M.S., R.D.*

## Quickie Quesadillas

Makes 8 servings

These quesadillas are a truly happy marriage between cultures: Middle Eastern red pepper hummus served with Mexican corn tortillas and garnished with salsa makes an absolutely delicious meal or snack.

1 15-ounce can garbanzo beans, drained  
1/2 cup water-packed roasted red peppers  
3 teaspoons lemon juice  
1 tablespoon tahini (sesame seed butter)  
1 garlic clove, peeled  
1/4 teaspoon ground cumin  
8 corn tortillas  
1/2 cup chopped green onions  
1/2 cup chopped tomatoes  
1/2–1 cup salsa

Place garbanzo beans in a food processor or blender with roasted peppers, lemon juice, tahini, garlic, and cumin. Process until very smooth, 1 to 2 minutes.

Spread a tortilla with 2 to 3 tablespoons of garbanzo mixture and place in a large non-stick skillet over medium heat. Sprinkle with onions, tomatoes, and

salsa. Top with a second tortilla and cook until bottom tortilla is warm and soft, 2 to 3 minutes. Turn and cook second side for another minute. Remove from pan and cut in half. Repeat with remaining tortillas.

Per 1/2 quesadilla: 135 calories; 2.7 g fat; 0.4 g saturated fat; 18.1% calories from fat; 0 mg cholesterol; 5.5 g protein; 24 g carbohydrate; 2.3 g sugar; 4.4 g fiber; 164 mg sodium; 57 mg calcium; 1.8 mg iron; 26 mg vitamin C; 351 mcg beta-carotene; 0.7 mg vitamin E

*Recipe from Healthy Eating for Life for Children by Amy Lanou, Ph.D.; recipe by Jennifer Raymond, M.S., R.D.*

## Pasta e Fagioli

Makes 5 2-cup servings

1/2 cup water or Vegetable Broth (see recipe)  
1 onion, chopped  
1 small bell pepper, seeded and diced  
1 carrot, sliced  
1 celery stalk, sliced  
2 cups sliced mushrooms (about 1/2 pound)  
1 15-ounce can chopped tomatoes  
1 15-ounce can kidney beans, drained  
1 teaspoon dried thyme  
1 teaspoon paprika  
1/2 teaspoon black pepper  
1 tablespoon reduced-sodium soy sauce  
4 ounces dry rigatoni or other pasta  
Heat water or broth in a large pot. Cook onion over high heat, stirring often, for 3 minutes.

Add bell pepper, carrot, and celery. Reduce heat to medium and cook for 5 minutes, stirring often.

Add mushrooms. Cover and cook 7 minutes, stirring occasionally.

Add tomatoes, beans, thyme, paprika, black pepper, and soy sauce. Cover and simmer 10 to 15 minutes.

Meanwhile, in a separate pot, cook pasta according to package directions until tender. Drain. Stir into vegetables just before serving.

Per 2-cup serving: 213 calories; 1.3 g fat; 0.2 g saturated fat; 5.3% calories from fat; 0 mg cholesterol; 10.5 g protein; 41.6 g total carbohydrates; 5.1 g sugar; 7.2 g fiber; 368 mg sodium; 70 mg calcium; 3.9 mg iron; 22 mg vitamin C; 1173 mcg beta-carotene; 1.1 mg vitamin E

*Recipe from Healthy Eating for Life to Prevent and Treat Diabetes by Patricia Bertron, R.D.; recipe by Jennifer Raymond, M.S., R.D.*

## Zucchini Corn Fritters

Makes 16 fritters

1 1/3 cups fortified soy- or rice milk  
1 tablespoon cider vinegar  
1 cup cornmeal  
1/4 cup unbleached flour  
1/2 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1 medium zucchini  
1 cup fresh, frozen, or canned corn  
vegetable oil spray  
Combine non-dairy milk and vinegar. Set aside.

In a mixing bowl, combine cornmeal, flour, baking powder, baking soda, and salt.

Chop or grate zucchini (you should have about 1 cup), then add to cornmeal mixture. Add non-dairy milk mixture and corn. Stir to mix.

Lightly spray a non-stick griddle or skillet with vegetable oil and heat until a drop of water dances on the surface. Pour on small amounts of batter and cook until edges are dry, about 2 minutes. Carefully turn with a spatula and cook second side until golden brown, about 1 minute. Serve immediately.

Per fritter: 60 calories; 0.6 g fat; 0.1 g saturated fat; 8.5% calories from fat; 0 mg cholesterol; 2 g protein  
12 g total carbohydrates; 1.2 g sugar; 1 g fiber; 141 mg sodium; 36 mg calcium; 0.8 mg iron; 0.9 mg vitamin C; 64 mcg beta-carotene; 0.3 mg vitamin E  
Recipe from Healthy Eating for Life to Prevent and Treat Diabetes by Patricia Bertron, R.D.; recipe by Jennifer Raymond, M.S., R.D.

## Barbeque-Style Baked Tofu

Makes 6 1/4-inch slices

The firm texture and delicious flavor of baked tofu makes it a perfect snack, sandwich filling, or stir-fry ingredient. Begin with very firm tofu—it should spring back when lightly pressed. If it fails this test, begin by pressing it as directed below. For the marinade, you can use 1/2 cup of your own favorite barbeque sauce, or follow the recipe.

1 pound firm fresh tofu  
1/4 cup ketchup  
1/4 cup apple juice concentrate

2 tablespoons cider vinegar  
1 tablespoon reduced-sodium soy sauce  
1 teaspoon onion powder  
1/2 teaspoon garlic powder  
1/4 teaspoon black pepper  
scant pinch cayenne pepper, or more to taste

Press tofu if necessary: Line a baking sheet with a clean dishtowel. Cut tofu into 6 equal-sized slices (each slice should be about 1/4-inch) and place on the dishtowel in a single layer. Cover with a second clean dishtowel and top with a cutting board. Place several heavy objects (canned food, books, etc.) on the cutting board. Let stand 30 minutes.

In the meantime, prepare barbeque sauce. Combine ketchup, apple juice concentrate, vinegar, soy sauce, onion and garlic powder, black pepper, and cayenne pepper in a small measuring cup or mixing bowl.

Remove tofu from the press and pat dry. Carefully arrange in a sandwich-sized zip-top bag, then add marinade. Seal the bag, then carefully massage it so that all the tofu slices are coated with marinade. Refrigerate 4 hours or more (overnight is ideal), turning the bag occasionally to keep all the slices coated.

Preheat oven to 375°F. Remove tofu from bag and place it in a glass baking dish. Drizzle with any remaining sauce and bake, uncovered, until dry and deep golden brown, about 35 minutes.

Per slice: 87 calories; 3.3 g fat; 0.7 g saturated fat; 33.6% calories from fat; 0 mg cholesterol; 6.7 g protein; 9.4 g carbohydrate; 6.9 g sugar; 0.9 g fiber; 212 mg sodium; 159 mg calcium; 1.5 mg iron; 2 mg vitamin C; 60 mcg beta-carotene; 0.2 mg vitamin E

*Recipe from Healthy Eating for Life for Children by Amy Lanou, Ph.D.; recipe by Jennifer Raymond, M.S., R.D.*

## Sweet and Sour Stir-Fry

Makes 8 servings

This colorful stir-fry is made with seitan, a high-protein, meat-like ingredient made from wheat. Look for it in the refrigerated section of your favorite natural food store.

1/3 cup ketchup  
1/3 cup cider vinegar  
1/3 cup brown sugar  
2 tablespoons cornstarch  
1 tablespoon diced canned chipotle peppers

1/4 teaspoon crushed red pepper  
1/2 cup water  
2 teaspoons toasted sesame oil  
1 8-ounce package seitan, cut into strips  
1 red bell pepper, seeded and thinly sliced  
1 medium zucchini, thinly sliced  
1 cup thinly sliced onion  
2 cups mushrooms  
2 cups snow peas  
8 cups cooked basmati or jasmine rice

Combine ketchup, vinegar, sugar, soy sauce, cornstarch, pepper flakes, and water in a small bowl. Stir to mix, then set aside.

In a large skillet or wok, heat oil and add onion. Cook over high heat, stirring often, until onion begins to soften, about 3 minutes. Add mushrooms and cook 3 minutes

Add seitan to mushrooms along with bell pepper, zucchini, and snow peas. Cook over medium-high heat, stirring constantly, until vegetables are just barely tender, about 3 minutes. Add reserved sauce mixture and cook, stirring constantly, until clear and thickened, about 2 minutes. Serve over cooked rice.

Per 1-cup stir-fry with 1 cup rice: 322 calories; 1.9 g fat; 0.3 g saturated fat; 5.4% calories from fat; 0 mg cholesterol; 11.9 g protein; 63.6 g carbohydrate; 14.4 g sugar; 2.1 g fiber; 255 mg sodium; 53 mg calcium; 3.3 mg iron; 35.5 mg vitamin C; 578 mcg beta-carotene; 0.5 mg vitamin E

*Recipe from Healthy Eating for Life for Women by Kristine Kieswer; recipe by Jennifer Raymond, M.S., R.D.*

## Chunky Ratatouille Sauce

Makes 6 servings

This sauce is delicious when served over pasta shells, brown rice, or your favorite grain.

1 large eggplant, cut into 1-inch chunks  
2 small onions, chopped  
2 celery stalks, chopped  
6 garlic cloves, minced  
1/2 cup red wine, divided  
1/4–1/2 cup water, divided  
8 ounces cremini mushrooms  
1 teaspoon Italian seasonings  
1/2 teaspoon dried thyme  
1/2 teaspoon black pepper, or more to taste  
1 15-ounce can fire-roasted tomatoes

Soak eggplant chunks in salted water for 10 minutes. Drain, rinse, and drain again. Braise onion, celery, and garlic in 1/4 cup wine. When vegetables are soft, add eggplant and 1/4 cup water. Simmer, stirring occasionally, until eggplant is soft, about 8 to 10 minutes. Add more water if necessary to keep mixture from drying out. Add mushrooms, Italian seasonings, thyme, black pepper, remaining 1/4 cup wine, and tomatoes. Simmer for 5 minutes.

Per serving (1/6 of recipe): 88 calories; 0.6 g fat; 0.1 g saturated fat; 5.7% calories from fat; 0 mg cholesterol; 2.7 g protein; 17.6 g total carbohydrates; 7.4 g sugar; 4.6 g fiber; 106 mg sodium; 52 mg calcium; 1.9 mg iron; 11.7 mg vitamin C; 124 mcg beta-carotene; 1 mg vitamin E

*Recipe from Amy Joy Lanou, Ph.D.*

## Simple Marinara Sauce

Makes about 2 cups

Serve this basic sauce with pasta or polenta, and top it with grilled or steamed vegetables.

1/2 cup red wine or water  
1 small onion, chopped  
2 garlic cloves, crushed  
1 15-ounce can crushed or ground tomatoes  
2 teaspoons mixed Italian seasonings  
1 tablespoon apple juice concentrate  
1/4 teaspoon black pepper

Heat wine or water in a large pot, then add onion and garlic and cook until soft, about 5 minutes. Add tomatoes, Italian seasonings, apple juice concentrate, and black pepper. Cover and simmer 15 minutes.

Per 1/2-cup serving: 61 calories; 0.2 g fat; 0 g saturated fat; 3.5% calories from fat; 0 mg cholesterol; 1.3 g protein; 9.1 g carbohydrate; 4.9 g sugar; 1.5 g fiber; 139 mg sodium; 52 mg calcium; 1.6 mg iron; 11.2 mg vitamin C; 95 mcg beta-carotene; 0.9 mg vitamin E

*Recipe from Turn Off the Fat Genes by Neal D. Barnard, M.D.; recipe by Jennifer Raymond, M.S., R.D.*

## “That’s-a Delicious!” Pasta Primavera Sauce

Makes 6 servings

This sauce is delicious when served over whole-wheat or white pasta or brown rice. Add a sprinkle of nutritional yeast flakes if a cheese-like taste is desired.

1/4 cup water  
1 16-ounce bag frozen bell peppers, or 1 16-ounce bag frozen spinach  
1 small zucchini, chopped  
8 mushrooms, sliced  
1 tablespoon dried oregano  
6 fresh basil leaves, chopped, or 1 tablespoon dried basil (optional)  
1 25-ounce jar fat-free pasta sauce  
1 25-ounce can garbanzo or white beans (optional)

Bring water to a boil in large skillet. Add bell peppers or spinach, zucchini, and mushrooms and cook over medium-high heat until tender. Stir in oregano, basil (if using), pasta sauce, and beans (if using). Simmer over low heat for 5 minutes.

Per serving (1/6 of recipe): 62 calories; 0.3 g fat; 0.1 g saturated fat; 4.6% calories from fat; 0 mg cholesterol; 1.7 g protein; 14.9 g carbohydrate; 10.4 g sugar; 2.7 g fiber; 375 mg sodium; 30 mg calcium; 1.1 mg iron; 66.8 mg vitamin C; 447 mcg beta-carotene; 0.6 mg vitamin E

*Recipe by Caroline Trapp, APRN, BC-ADM, CDE, Diabetes Nurse Practitioner*

## Spanish Bulgur

Makes 8 3/4-cup servings

Bulgur makes a quick and delicious Spanish pilaf. Serve it with chili or refried beans.

2 cups dry bulgur  
3 1/2 cups boiling water  
2 garlic cloves, minced  
2 teaspoons olive oil  
4–6 teaspoons chili powder  
1 teaspoon ground cumin  
1/2 teaspoon salt

Place bulgur in a large bowl and pour boiling water over it. Cover the bowl and let stand 20 minutes, until the bulgur is tender. Drain off any excess water. In a large skillet, sauté garlic in oil for a few seconds over medium heat. Do not let it brown. With the pan still on the heat, stir in soaked bulgur, and add chili powder, cumin, and salt. Turn with a spatula to mix in the spices and continue cooking until the mixture is very hot. Serve immediately.

Per 3/4-cup serving: 136 calories; 1.9 g fat; 0.3 g saturated fat; 12.3% calories from fat; 0 mg cholesterol; 4.6 g protein; 27.6 g carbohydrate; 0.4 g sugar; 6.9 g fiber; 169 mg sodium; 22 mg

calcium; 1.2 mg iron; 1.1 mg vitamin C; 191 mcg beta-carotene; 0.6 mg vitamin E

*Recipe from Eat Right, Live Longer by Neal D. Barnard, M.D.; recipe by Jennifer Raymond, M.S., R.D.*

## Red Beans and Rice

Makes about 6 servings

1 cup dry red beans  
5–6 cups water  
2 teaspoons olive oil  
1 large onion, chopped  
3 garlic cloves, minced (1 tablespoon)  
1 red bell pepper, seeded and chopped  
2 1/2 cups vegetable broth  
2 bay leaves  
2 teaspoons dried oregano  
1 teaspoon dried sage  
1 teaspoon dried thyme  
1/2 teaspoon crushed red pepper  
2 teaspoons cider vinegar  
1/2–1 teaspoon salt  
1/2 teaspoon liquid smoke (optional)  
6 cups cooked brown rice for serving  
Rinse beans and soak overnight in 5 to 6 cups of water. Drain and rinse.

Heat oil in a large pot then add onion and garlic. Cook over high heat, stirring frequently, until onion is soft, about 5 minutes.

Stir in bell pepper, vegetable broth, bay leaves, oregano, sage, thyme, and red pepper flakes. Add soaked, drained beans. Cover and simmer, stirring occasionally, until beans are tender, about 1 hour. Remove bay leaves.

Stir in vinegar, salt, and liquid smoke, if using. Serve over steamed brown rice.

Per serving (1 cup beans and 1 cup rice): 347 calories; 3.8 g fat; 0.7 g saturated fat; 9.8% calories from fat; 0 mg cholesterol; 12.1 g protein; 67 g total carbohydrates; 4.9 g sugar; 12 g fiber; 625 mg sodium; 67 mg calcium; 3 mg iron; 35.8 mg vitamin C; 723 mcg beta-carotene; 0.8 mg vitamin E

*Recipe from Healthy Eating for Life to Prevent and Treat Cancer by Vesanto Melina, M.S., R.D.; recipe by Jennifer Raymond, M.S., R.D.*

## Tamale Pie

Makes 9 1-cup servings

Simple chili beans topped with polenta make a delicious golden-crust pie.

5 1/2 cups water, divided  
1 cup polenta  
1 teaspoon salt  
1 large yellow onion, chopped  
3 large garlic cloves, minced  
1 red or green bell pepper, seeded and diced  
1 12-ounce package vegetarian ground beef substitute  
1 tablespoon chili powder  
1 teaspoon ground cumin  
1 28-ounce can crushed tomatoes  
1 15-ounce can vegetarian chili beans, undrained

Measure 5 cups of water into a large pot, then whisk in polenta and salt. Simmer over medium-low heat, stirring often, until very thick, about 25 minutes. Set aside.

Heat remaining 1/2 cup of water in a large skillet or pot and add onion, garlic, and bell pepper. Cook until soft, about 5 minutes, stirring occasionally.

Add vegetarian ground beef substitute, chili powder, and cumin. Cook over medium heat, stirring often, 3 minutes. Add a bit more water if needed to prevent sticking.

Stir in tomatoes and chili beans and their liquid. Cover and simmer 10 minutes.

Preheat oven to 350°F.

Transfer mixture to a 9"×13" baking dish. Spread cooked polenta evenly over top. Bake for 20 minutes.

Per serving (1/12 of recipe): 120 calories; 1.5 g fat; 0.2 g saturated fat; 10.8% calories from fat; 0 mg cholesterol; 8.1 g protein; 19.6 g carbohydrate; 3.7 g sugar; 2.7 g fiber; 588 mg sodium; 52 mg calcium; 2.6 mg iron; 23.9 mg vitamin C; 367 mcg beta-carotene; 1 mg vitamin E

*Recipe from Healthy Eating for Life for Children by Amy Lanou, Ph.D.; recipe by Jennifer Raymond, M.S., R.D.*

## Easy Stir-Fry

Makes 4 servings

Serve this stir-fry over couscous, brown rice, or your favorite whole grain.

- 1 15-ounce can of your favorite beans, or 1 package vegetarian chicken substitute
- 1 16-ounce bag frozen stir-fry vegetables
- 1/4 cup low-fat stir-fry sauce

Heat beans in a large skillet or wok. If using vegetarian chicken substitute, cook according to package directions. Mix in vegetables and sauce.

Per serving (1/4 of recipe): 163 calories; 1.4 g fat; 0.2 g saturated fat; 7.8% calories from fat; 0 mg cholesterol; 10.6 g protein; 29.2 g total carbohydrates; 2.8 g sugar; 7.5 g fiber; 1406 mg sodium; 96 mg calcium; 4.1 mg iron; 42.2 mg vitamin C; 543 mcg beta-carotene; 1.7 mg vitamin E

*Recipe from Brie Turner-McGrievy, M.S., R.D.*

## Buckwheat Pasta with Seitan

Makes 6 servings

Seitan is a high-protein wheat product with a meaty taste and texture. Look for seitan in health food stores or the Asian food section of many supermarkets.

- 1 medium onion, chopped
- 2 tablespoons oil
- 3 cups sliced mushrooms
- 8 ounces seitan, sliced
- 2 tablespoons flour
- 1 1/2 cups cold water
- 2 teaspoons soy sauce
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 12 ounces dry soba noodles
- 1 teaspoon salt

Sauté onion in a large skillet with oil until transparent, then add mushrooms. Cover and continue cooking until mushrooms are brown, then stir in seitan.

In a small bowl, whisk flour and water together until smooth, then add to the skillet along with soy sauce, garlic, and black pepper. Cook, uncovered, over medium-low heat until thickened.

Cook soba according to package directions, adding salt to the cooking water. Top with seitan mixture and serve.

Per serving (1/6 of recipe): 288 calories; 5.7 g fat; 0.9 g saturated fat; 17.9% calories from fat; 0 mg cholesterol; 17.1 g protein; 45.9 g total carbohydrates; 1.6 g sugar; 5.1 g fiber; 504 mg sodium; 45 mg calcium; 2.8 mg iron; 1.8 mg vitamin C; 4 mcg beta-carotene; 0.7 mg vitamin E

*Recipe from Food for Life by Neal Barnard, M.D.;  
recipe by Jennifer Raymond, M.S., R.D.*

## Sure-Fire Roasted Vegetables

Makes about 5 1-cup servings

Serve these vegetables as a side dish, over couscous or brown rice, or wrapped up in a tortilla with salsa.

- vegetable oil spray
- 1 cup chopped broccoli
- 1 cup chopped onions
- 1–3 garlic cloves, chopped
- 1 cup chopped bell peppers
- 1 cup chopped zucchini or yellow squash
- 1 cup chopped eggplant
- Italian, Mexican, or Indian Seasoning Mix (see recipes below)
- 1 15-ounce can garbanzo beans or black beans, drained and rinsed

Preheat oven to 400°F.

Spray jelly roll pan with vegetable oil spray. Combine broccoli, onions, garlic, bell peppers, zucchini or yellow squash, and eggplant in a bowl. Add your choice of Seasoning Mix. Toss vegetables to coat. Place vegetables in pan in a single layer.

Roast 10 minutes. Take pan out of oven and spray tops of vegetables with vegetable oil spray. Turn veggies and cook for another 5 to 10 minutes or until vegetables are tender.

Add beans and serve.

## Italian Seasoning Mix:

- 2 teaspoons dried basil
- 1 teaspoon dried oregano
- 2 teaspoons dried rosemary
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup chopped fresh parsley



## Mexican Seasoning Mix:

2 teaspoons ground cumin  
1 teaspoon dried basil  
1 teaspoon dried rosemary  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1/4 cup chopped fresh cilantro

## Indian Seasoning Mix:

1 teaspoon curry powder  
1 teaspoon garam masala  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1/4 cup chopped fresh cilantro

Per 1-cup serving (with Italian Seasoning Mix): 133 calories; 1.8 g fat; 0.2 g saturated fat; 12.2% calories from fat; 0 mg cholesterol; 6.8 g protein; 24.7 g carbohydrate; 3.8 g sugar; 6 g fiber; 206 mg sodium; 67 mg calcium; 2.7 mg iron; 36.3 mg vitamin C; 458 mcg beta-carotene; 0.8 mg vitamin E

*Recipe by Brie Turner-McGrievy, M.S. R.D.*

# DESSERTS

## Baked Apples

Makes 4 apples

These baked apples contain no added sugar or fat, yet are delicious and satisfying. Cook them the night before for a quick breakfast treat.

4 large tart apples  
3–5 pitted dates, chopped  
1 teaspoon cinnamon  
Preheat oven to 350°F.

Wash apples, then remove cores to within 1/4 inch of the bottoms. Combine dates and cinnamon, then distribute equally into the centers of the apples. Place in a baking dish filled with 1/4 inch of hot water and bake until apples are soft, 40 to 60 minutes. Serve warm or cold.

Per apple: 129 calories; 0.4 g fat; 0.1 g saturated fat; 2.8% calories from fat; 0 mg cholesterol; 0.7 g protein; 34.4 g carbohydrate; 26 g sugar; 5.9 g fiber; 2 mg sodium; 22 mg calcium; 0.5 mg iron; 9.9 mg vitamin C; 58 mcg beta-carotene; 0.5 mg vitamin E

*Recipe from Eat Right, Live Longer by Neal D. Barnard, M.D.; recipe by Jennifer Raymond, M.S., R.D.*

## Summer Fruit Compote

Makes 4 1/2-cup servings

2 cups sliced fresh peaches (peeled, if desired)  
2 cups hulled fresh strawberries  
1/2 cup white grape juice concentrate or apple juice concentrate

Combine all ingredients in a large saucepan. Bring to a simmer and cook for about 5 minutes, or until fruit just becomes soft. Serve warm or cold.

Per 1/2-cup serving: 121 calories; 0.5 g fat; 0.1 g saturated fat; 4% calories from fat; 0 mg cholesterol; 1.5 g protein; 29.6 g total carbohydrates; 26.3 g sugar; 2.8 g fiber; 3 mg sodium; 21 mg calcium; 0.6 mg iron; 77.9 mg vitamin C; 149 mcg beta-carotene; 0.8 mg vitamin E

*Recipe from Foods That Fight Pain by Neal Barnard, M.D.; recipe by Jennifer Raymond, M.S., R.D.*

## Strawberry Applesauce

Makes 4 1/2-cup servings

Serve this applesauce hot or cold.  
2 cups peeled, cored, and coarsely chopped apples  
2 cups hulled fresh or frozen strawberries  
1/2 cup frozen apple juice concentrate

Combine all ingredients in a medium saucepan. Bring to a simmer, then cover and cook over very low heat for about 25 minutes, or until apples are tender when pierced with a fork. Mash slightly or purée in a food processor, if desired.

Per 1/2-cup serving: 111 calories; 0.4 g fat; 0.1 g saturated fat; 3.5% calories from fat; 0 mg cholesterol; 0.8 g protein; 27.9 g carbohydrate; 21.8 g sugar; 2.4 g fiber; 10 mg sodium; 22 mg calcium; 0.7 mg iron; 45.6 mg vitamin C; 16 mcg beta-carotene; 0.3 mg vitamin E

*Recipe from Foods That Fight Pain by Neal Barnard, M.D.; recipe by Jennifer Raymond, M.S., R.D.*

## Peach Smoothie

Makes 3 to 4 1-cup servings

This smoothie is reminiscent of fresh peach ice cream. You can freeze your own peaches when they are in season or purchase frozen peaches at your supermarket.

2 fresh peaches, sliced and frozen  
1–2 cups fortified vanilla soy- or rice milk  
2 tablespoons apple juice concentrate

Combine all ingredients in a blender and process until smooth, 2 to 3 minutes. Serve immediately.

Per 1-cup serving: 97 calories; 1.5 g fat; 0.2 g saturated fat; 14.3% calories from fat; 0 mg cholesterol; 3.6 g protein; 18.4 g carbohydrate; 12.6 g sugar; 1.9 g fiber; 50 mg sodium; 106 mg calcium; 1.1 mg iron; 4.8 mg vitamin C; 107 mcg beta-carotene; 1.6 mg vitamin E

*Recipe from Healthy Eating for Life for Women by Kristine Kieswer; recipe by Jennifer Raymond, M.S., R.D.*

## Strawberry Smoothie

Makes about 2 1-cup servings

You can buy frozen strawberries or freeze your own in an airtight container. To freeze bananas, peel them and break into inch-long pieces. Pack loosely in an airtight container and freeze. Bananas will keep in the freezer for about two months; strawberries will keep for six months.

1 cup frozen strawberries  
1 cup frozen banana chunks  
1/2–1 cup unsweetened apple juice

Place all ingredients in a blender and process on high speed until smooth, 2 to 3 minutes, stopping blender occasionally to move unblended fruit to the center with a spatula. Serve immediately.

Per 1-cup serving: 135 calories; 0.4 g fat; 0.1 g saturated fat; 2.9% calories from fat; 0 mg cholesterol; 1.3 g protein; 34.5 g carbohydrate; 20.3 g sugar; 4.3 g fiber; 5 mg sodium; 26 mg calcium; 1.3 mg iron; 52.6 mg vitamin C; 49 mcg beta-carotene; 0.4 mg vitamin E

*Recipe from Healthy Eating for Life for Children by Amy Lanou, Ph.D.; recipe by Jennifer Raymond, M.S., R.D.*

## Chocolate Banana Smoothie

Makes about 2 1-cup servings

2 cups frozen banana chunks  
1/2 cup chocolate soy- or rice milk  
2 tablespoons maple syrup

Combine all ingredients in a blender and blend until smooth, adding a bit more soymilk if necessary.

Per 1-cup serving: 227 calories; 1.7 g fat; 0.4 g saturated fat; 6.6% calories from fat; 0 mg cholesterol; 4 g protein; 53.8 g carbohydrate; 33.4 g sugar; 4.8 g fiber; 32 mg sodium; 121 mg calcium; 1.4 mg iron; 13.3 mg vitamin C; 40 mcg beta-carotene; 1 mg vitamin E

*Recipe from Turn Off the Fat Genes by Neal D. Barnard, M.D.; recipe by Jennifer Raymond M.S., R.D.*

## Gingered Melon

Makes 6 servings

1 large cantaloupe  
1/2 teaspoon ground ginger  
1 tablespoon chopped crystallized ginger

Cut melon in half and seed, then cut each half into chunks. Sprinkle ground and crystallized ginger over the melon chunks and stir. Chill and serve.

Per serving (1/6 of recipe): 54 calories; 0.3 g fat; 0.1 g saturated fat; 4.6% calories from fat; 0 mg cholesterol; 1.2 g protein; 13.1 g carbohydrate; 12.4 g sugar; 1.3 g fiber; 22 mg sodium; 13 mg calcium; 0.3 mg iron; 49.9 mg vitamin C; 2741 mcg beta-carotene; 0.1 mg vitamin E

*Recipe from The Survivor's Handbook, The Cancer Project*

## “Un” Apple Pie

Makes 4 servings

4 Granny Smith apples  
2 tablespoons lemon juice  
1 teaspoon canola oil  
1/4 cup apple cider  
2 tablespoons maple syrup  
1/4 teaspoon lemon zest  
1/4 teaspoon vanilla extract  
1/4 teaspoon cinnamon  
1/4 teaspoon ground cloves

Slice apples and toss with lemon juice in a large bowl. In a large skillet, heat oil. Add apples and sauté for 2 minutes. Reduce the heat to low, cover, and simmer for 5 to 8 minutes. Using a slotted spoon, remove apples from the skillet to a serving dish.

Add cider, syrup, lemon zest, vanilla, cinnamon, and cloves to the skillet. Cook over medium-high heat until syrupy. Spoon over the apples.

Per serving (1/4 of recipe): 119 calories; 1.5 g fat; 0.1 g saturated fat; 11.1% calories from fat; 0 mg cholesterol; 0.4 g protein; 28.3 g carbohydrate; 22.1 g sugar; 3.5 g fiber; 5 mg sodium; 20 mg calcium; 0.4 mg iron; 8.5 mg vitamin C; 38 mcg beta-carotene; 0.5 mg vitamin E

*Recipe from A Pinch of Thyme nutrition services by chef Robyn Webb*

## Chocolate Pudding

Makes 4 1/2-cup servings

This delicious old-fashioned chocolate pudding is sure to be a favorite.

2 cups fortified soy- or rice milk  
3 tablespoons cocoa powder  
5 tablespoons cornstarch  
1/2 cup sugar  
1 teaspoon vanilla extract

Combine all ingredients in a saucepan. Whisk until smooth. Cook over medium heat, stirring constantly, until pudding is very thick. Pour into individual serving dishes and chill.

Per 1/2-cup serving: 214 calories; 2.6 g fat; 0.6 g saturated fat; 10.8% calories from fat; 0 mg cholesterol; 5.1 g protein; 45 g carbohydrate; 28.4 g sugar; 2.8 g fiber; 72 mg sodium; 156 mg calcium; 1.8 mg iron; 0.4 mg vitamin C; 1 mcg beta-carotene; 1.7 mg vitamin E

*Recipe from Healthy Eating for Life for Children by Amy Lanou, Ph.D.; recipe by Jennifer Raymond, M.S., R.D.*