

Vegg^{essentials} 101: Expanded Digital Edition

*making the **vegetable** a priority
for any eating style*



by Brandon Dombrowsky

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by Brandon Ryan Dombrowsky

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A VERY SPECIAL THANKS

Maria, Matto, and George

FOREWORD

When I was a child, I always fantasized what life would be like for me as an adult. At 10 years old, I already decided what kind of car I would drive--a Porsche. I knew I would have a sprawling home with plenty of space, in the center of whatever busy city in which I decided to reside. Because I was also going to be wealthy, I planned on having a staff with my own chef and personal trainer. Oh, and I only worked 6-hour days. From the purview of childhood, my life was going to be “made,” from start to finish.

As I grew into adulthood and matured into the reality of life, I learned quickly that some dreams are simply fantasy, and even a well lived life has its ups and downs.

Over a few time periods in my twenties, some of the downs I experienced left me financially insecure and in need of help. I was never one to be lazy, and always had a job, but there were times when the number of hours I needed were incongruent with the shifts scheduled for me. When I couldn’t make ends meet, I was essentially faced with triaging my bills, and was far from finding any space whatsoever in my budget for food. This led me to the local food stamp office, first when I lived in Washington state, and then again when I lived in Portland.

Each time I received this critical support, which lasted just a few months both times, I had arrived at the state offices with less than \$100-dollars in my bank account. At the time I was embarrassed, tried to look as inconspicuous as possible, and was in and out of there so fast you’d think I had just looted the place.

Time, though, has matured that discomfort at being “seen” in public asking for help, to being ever so grateful that that safety net was there for me when I needed it. You see, the hunger insecurity I faced at not knowing where my next meal would come from, or if I would even have enough food to last a few days, a week, did something for me: it gave me compassion for those in similar situations. I learned, on a deeper level,

to be grateful for what I have when I am fortunate, and to recognize the importance of giving back when I am able.

So many people in our society face worse hunger insecurity than I did on a daily basis. They wake up and go to bed hungry. Many of them are employed in low paying jobs, or are under employed to some degree, and they need you and I to join together and be an extension of a similar safety net.

Each of these individuals belong to a family and is an integral part of our community. Whether they stop into one of the local food banks supported by Northwest Harvest in Washington, or have a hot meal delivered by Meals on Wheels People in southwest Washington and Portland Metro, the services provided by these organizations help people make ends meet. People that may not be eligible for food stamps or other assistance programs.

It's because I know firsthand what it means to worry about feeding myself, along with the compassion and humility I gained from relying on public assistance when I was in a personal rough patch, that I choose to pay it forward now. That is why, during the initial launch of the expanded digital edition of Veggiesentials, I have donated all proceeds--less the cost of the digital download--to help fight hunger insecurity in my communities.

Please enjoy my recipes, share and make them your own, and find a way to give back--even in the smallest measure--to those around you.

I have heard that the great thing about giving is that it liberates the soul of the giver. I can attest to the truthfulness of that sentiment!

Brandon

VEGGIESSENTIALS' ORIGINS

Before my recipes found their way into this book, prior to layout and photoshoots, and through a lot of trial and error, my friend Cami had been calling me on a regular basis for recipes and cooking ideas. This was always flattering to me as she is an amazing cook herself.

Her calls were motivated by her observation of the continued positive results I gained by refocusing my diet on vegetables instead of meat, preparing these veggies along with a wide assortment of recommended “superfoods” flavorfully, and eating five nutritious and delicious meals a day. She had tasted many of my test recipes and knew they would be healthy additions to her own meal planning.

At the beginning, my phone rang often. Cami’s main objective was twofold: 1) incorporate five meals a day into her daily routine, and 2) eat better in general in a simplified, mindful way. Her biggest obstacle was scheduling, and with the limited time she had, I convinced her she could, in fact, enjoy a five meal day each week with about six hours of preparation. Needless to say, she took my challenge.

After giving my simple method a try, she promptly stated, “You need to write a book!” Cami quickly mastered the process and the routine of preparing healthy meals for every meal. Once she got in the habit of incorporating more veggies and preparing meals in bulk ahead of time, the prep work became simple and she was even able to reduce her overall time spent in the kitchen.

Cami’s results, along with positive feedback from friends that tested my cookbook concept, was exactly the inspiration I needed to commit my recipes to paper. Once the writing process was underway, the project took on a life of its own.

Veggiessentials 101 was designed for the chef to modify and prepare each dish according to individual preference. I have included handy notations for you to customize vegetarian, vegan, gluten-free, and non-dairy meals. Have it your way!

INTRODUCTION

I know that making good choices and more mindful decisions in the present makes me feel great about the possibilities for my future. Eating healthy usually leads to feeling better. Exercising more often leads to feeling more energetic. And doing better when you know better is a no brainer.

Knowing more about our food and doing more with the knowledge is what this cookbook is about. It is my way of taking responsibility for my health and fitness and cementing into my life the motto of “an ounce of prevention is worth a pound of cure.” That is, it makes more sense to choose options in our daily lives that prevent certain unpleasant conditions later in life. By training our minds to prefer a preventative approach we are reminded that in making a few small behavioral adjustments, we can improve our overall quality of life.

Now, you may be wondering how this adage applies to my cooking. Well, I’ll tell you! The recipes in this book did not happen accidentally. Every ingredient in each dish was deliberately chosen for its nutritional value and healthy attributes. Essentially, through the countless number of hours researching ingredients, and an even greater number of cooking experiments, this creative approach has really become a natural and enjoyable practice for me.

This time investment has led me to develop a simple recipe writing ratio of 15:30:10:10 that each serving roughly follows. This ratio is governed by the principle of using only the finest and highest quality ingredients and each serving is made up of roughly 15 grams of lean protein, 30 grams of complex carbs (with a fiber content higher than 10 grams), and 10 grams of good fat (mono, poly and healthy saturated fats). Further, my salads achieve this ratio when paired with a lean protein of choice prepared just the way you like.

This ratio is how I quantitatively describe these recipes. Qualitatively, these recipes are vegetable-centered, protein- and flavor-packed, and store well over time. (More on bulk

storage later.) By structuring my meals with this ratio and using the ingredients I have chosen, I inadvertently found I was eating a lot more fruit and vegetables. So instead of meat or protein being the staple of each of my meals, the vegetable became the central focus of my food planning. I also learned that by choosing my veggies before picking my protein, I made better choices about what I ate altogether.

Further, these recipes incorporate current research findings and are primarily comprised of 15-20 ingredients that have been identified as “super” or “powerhouse” foods by doctors and nutritionists over the last few decades (e.g. blueberries, almonds, broccoli, spinach, pumpkin, and more). And the best part is that the food is not only nutritious, it’s also delicious! I like to think that every bite is an “ounce” added to the “preventative” cure of my long-term health.

Sweet Mango Salsa pg 67



Essentially, I wrote this book as a simplified guide to streamline the process of eating well all of the time by including 10-15 of these superfoods daily in my diet. Personally, I like to eat five smaller meals a day. I find this gives me greater energy, mental focus, physical ability, and an overall feeling of wellbeing. My five meals are breakfast, snack one, lunch, snack two, and dinner. All of these meals follow my recipe ratio so that my daily caloric need is spread evenly throughout the day.

To achieve this end, I adapted a not-so-unique approach to preparing my meals. I copied the pros: restaurants. For decades, food purveyors have been successful because the food they serve comes to them prepared or ready to assemble, or their kitchen staff arrives many hours before the restaurant opens to prep individual menu ingredients. These methods ensure timely and efficient service for restaurant guests and help establishments maximize the turnover of tables (and profits), while delivering high quality food with little waste.

By doing much of the prep work in advance, restaurants make their job easier by streamlining the production process. In a small way, my recipes were built around bringing this practice to the home. Each menu item is written to make a larger portion than most people would eat in one sitting, with instructions for preserving leftovers for days to come. By building a couple of large, colorful, and delicious salads on a Sunday afternoon and employing smart storage methods, you can have meals all week. Having high quality meals at home that you've already spent time and money on means less fast food or take out. You will save money and feel better!

As you try out these recipes, keep in mind that this book is not about counting calories, numbers, or points (though I added nutrition content for the digital edition). Further, if pre-planning five meals a day or a weeks worth of food in advance is not for you, that's okay. A desire to add more fruits and veggies to your diet is all you need to make this book your own! The main idea is making small steps toward executing good

eating habits each and every day. Establishing healthy learned behaviors that support overall positive health is the objective.

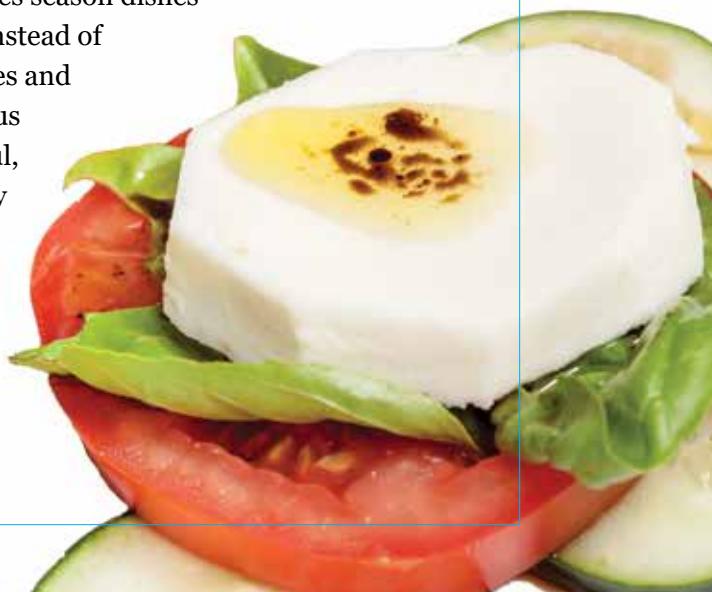
Add an “ounce” to your own “prevention” using this book as a guide to retrain and modify your actions. Next time you want pasta, pick up *Veggiessentials* and prepare the Pesto Penne Pasta (pg 83). If you want pizza, check out the Summernut Squash Pizzetta (pg 88). By choosing healthier alternatives to the food you love, you’re not denying yourself pleasure, you’re simply retraining your mind to enjoy better options.

Further, many of the recipes are about subtracting bad fats, additives, and preservatives, and replacing those items with more nutritious ingredients. For example, quiche with cheese and crust is delicious. However, that same quiche tastes just as good when you use egg whites or egg substitute, subtracting the excess saturated fat, and replacing it with a small amount of desired fat (e.g. low fat cheese, olive oil, etc.). Now you have a mini-quiche, or what I call “miche” (pg 42)!

Finally, use this book to get your *Everyday Essentials*, or those 15-20 super foods mentioned earlier. I think of these ingredients as the playing cards in a deck. Each recipe, every meal, is a reshuffling of the same deck of essential foods. There are many hands, but unlike poker, every combo is a winner. Almost all of my recipes season dishes

with veggies or fruit instead of excess fat and additives and thereby result in menus that are fresh, flavorful, and fibrous. And every time you win you add an “ounce of prevention” to your “pound of cure!”

Caprese Salad
pg 83



Part 1

Bright Ideas To Get You Started

Bare Essentials

Everyday Essentials

A Word About Protein

Getting Organized

BARE ESSENTIALS

Most of us have been camping at one point or another in our lives. Maybe we tried starting a campfire. I bet we also tried using a variety of approaches to get the blaze going. Perhaps a friend knew a trick to help the spark grow. No matter the tactic, the successful campfire inevitably required more than standing around wishing for toasted marshmallows.

The most important component of a successful outcome is the prep work. Whether building a giant bonfire or a small flame, the first step is to scout materials: large stones, dry driftwood or low tree branches, and a spark. Once the fire starts, the idea is to maintain a constant level of heat. To achieve this end, additional dense and complex fuel is added at a somewhat fixed ratio.

Less experienced campers may insist on adding gas, excess newspaper, other trash, or hay to the fire. It doesn't take long to discover that these quick burning fuel choices contribute little to a long-lasting blaze.

This campfire analogy is helpful to consider as these fast burning fuel choices are similar to the processed, simple carbohydrates that are so prevalent in the American diet. Most food manufacturers have us consuming low quality, fast burning energy instead of complex, lean and healthier foods. The problem is compounded by the low cost and convenience at which this simple energy is available and how relentlessly it is marketed to us.

The solution is to make high quality, healthy food readily available for home use through a few small efforts here and there. This will aid in the avoidance of simple energy altogether, and help us choose complex energy more often. The first step is to make sure your kitchen has the basics.

I have spent 15+ years reading health and fitness articles and research studies. In that time I have seen the same few dozen or so raw ingredients recommended by scientists time and again for their nutritional make-up, health benefits,

Berry Go Round

When it comes to fruit, some of the highest nutrition content can be found among berries. And though these little gems are packed with explosive flavor, most are relatively low in sugar. High in antioxidants, vitamins, and fiber, you never need to worry about indulging. Here's what is in a cup of berries:

Strawberries - Heart Health

- high in vitamin C, folic acid, manganese, and potassium
- high in antioxidants, especially polyphenols
- 3 grams fiber



Raspberries - Anti-Cancer

- high in vitamin C, B, folic acid, copper and iron
- one of the highest food sources of the antioxidant ellagic acid, which prevents cancer
- 8 grams of fiber

Blackberries - Brain Health

- high in vitamin C, K, manganese
- 8 grams fiber



Cherries - Anti-Inflammatory, Sleep Health

- high in vitamin C and A
- high melatonin, which aides in sleep health sleep
- lowers gout
- 2.5 grams

Blueberries - Heart, Brain, & Blood Health, Anti-Cancer

- high in vitamin C, B6, K, and potassium
- highest food source of antioxidant anthocyanin, found mostly in the skin
- 3.6 grams fiber



anti-aging properties, etc. The list on page 18 includes many of these items, and combined with the whole food ingredients in the next section, represent some of the healthiest complex carbs, proteins, and beneficial fats. These raw materials are what I use to build healthy recipes, and I think of them as necessary basic ingredients, or what I call the *Bare Essentials*.

In my opinion, this list is comprises the most important supplies for building healthy meals. If you are moving out on your own for the first time or are in need of a healthy lifestyle makeover, consider this chapter your shopping list for everything you need to get started. Further, all of the recipes in this cookbook use these dense complex fuel sources to get your “fire” started. Using these ingredients will help keep your “heat” (your metabolism) burning at a steady pace while you

Hash Mash-Up
with poached
egg pg 40



Go Nuts

People are afraid of fat. I am not one of them. I have been eating fat to stay thin for over a decade. But that's because I am mindful of the fat I choose to eat. And when it comes down to it, ounce for ounce, nuts have some of the healthiest and most beneficial fats available.

This is why I never, ever feel badly for pigging out on a bag of nuts. Try to find dry roasted or raw, and if you like them on the crunchier side, pop in the oven for 8 minutes in a preheated oven at 350 degrees. Salt after if you like. Baking them yourself will help reduce the unwanted fats used in most commercial roasting facilities. Here is what is in an ounce of nuts:

Pistaschio

- high in potassium, phosphorus, vitamin B6, Thiamin, copper and manganese
- 3 g fiber and 6 g protein
- fat breakdown: 1.6 g saturated, 6.8 g monosaturated, 3.9 g polyunsaturated



Cashew

- high in iron, magnesium, phosphorus, potassium, and zinc
- 1 g fiber and 5 g protein
- fat breakdown: 2.2 g saturated, 7 g monosaturated, 2.2 g polyunsaturated



Almond

- high in vitamin E, B2, manganese, magnesium, copper, phosphorous
- 3.5 g fiber and 6 g protein
- fat breakdown: 1.19 g saturated, 9 g monounsaturated, 3.4 g polyunsaturated



Walnut

- high in copper, manganese, molybdeum, biotin
- 1.9 grams fiber and 4.3 grams protein
- extremely high in omega-3 fats
- fat breakdown: 1.7 g saturated, 2.5 g monounsaturated, 13.2 g polyunsaturated

experience consistent blood sugar levels, curbed cravings, and begin to feel great about your body's nutritional balance.

Almost all of the recipes in this book use my Bare Essentials, along with whole food fruits and veggies, over and over--remember the deck of cards from the *Introduction*? In some cases, you will have to buy a new ingredient or two for the recipe or recipes you select, but for the most part, everything in this book is based on rearranging the following list, along with fresh fruit, veggies, and lean proteins. Basically you will be reshuffling the same deck of "ingredient" cards to build gorgeous and flavorful recipes.

The Well Appointed Pantry

Seasoning: sea salts, black and white pepper, crushed red pepper, Tabasco, Sriracha, dill, mustard seeds, basil, oregano, Italian seasoning blend, cinnamon, nutmeg, cayenne pepper, cocoa, chili powder, low sodium soy sauce, dijon or spicy mustard

Sweeteners: agave nectar, brown sugar, grade B maple syrup, honey, apple sauce, date paste

Frozen Berries: blueberries, raspberries, strawberries, cherries

Dried Fruit & Veggies*: tomato, cranberries, sour cherries, ginger, apples, apricots, blueberries, onion, garlic, chilies (passilla, chipotle, Thai, ancho, red chili, smoked jalapeño)

Oils: extra virgin olive, walnut, sesame, hazelnut, peanut, coco-

nut, macadamia, unsalted butter

Vinegars: red wine, apple cider, rice, balsamic, white

Seeds & Nuts: pumpkin, flax, sesame, sunflower, walnut, almonds, cashews, peanuts, macadamia

Proteins: chicken, turkey, fish, shell fish, lean pork and beef, eggs, soy, along with new veggie protein available

Misc.: fresh and dried citrus peel, olives, berry jam or jelly (strawberry, cherry, or blackberry), grated parmesan, your favorite tortillas, extra thick rolled oats, natural peanut butter, pumpkin puree, tomato paste, coconut milk and cream

* Some of these ingredients are the dried version of the fresh ingredients in the Everyday Essentials section.

Bell (Pepper) of the Ball

For me, bell peppers are the berry of fruit: easy to eat, sweet and delicious, and very low in sugar. They are equally comfortable in a raw salad or grilled veggie dish. Oh, and they are loaded with nutrition and flavor. I bet you didn't know they can be enjoyed without ranch!

Green

- vitamin C, A, K, B6
- highest of all peppers in the antioxidant luten due to its immaturity

Yellow

- vitamin C, B6, folate, potassium, copper, manganese
- Delicious stuffed and baked, or as a splash of color to a vegetable party tray!

Orange

- vitamin C, A, B6
- high in the antioxidants luten and zeaxanthin
- Thin sliced on a sandwich?!

Red

- vitamin C, B6, A, and folate
- high in the antioxidant capsanthin
- Grill until skin is black, peel, and enjoy enjoy in miche, salads, soups and stews.

The SunShine of Fruit

Packed full of vitamin C, and deliciously complementary to sweet or savory, it's no wonder these tiny globes are considered the fruit of many gods.

Lime

- vitamin C
- calcium, iron, potassium

Lemon

- vitamin C, B6, folate, potassium, Thiamin, Riboflavin, limonins, calcium, iron, copper

Orange

- vitamin C, A, Thiamin, folate, B5, B6
- calcium, potassium, magnesium, copper

Grapefruit

- vitamin C, A, Thiamin, folate, B5, B6
- potassium, calcium magnesium, copper, phosphorus

EVERYDAY ESSENTIALS

When we were kids our mothers and fathers told us to eat our vegetables, and we fought it. We put up our best defenses, faked our worst tummy aches, conjured reasons why we were too full to finish, and simply protested what our best mentors and teachers told us. Some parents were stricter about this veggie inclusion edict than others.

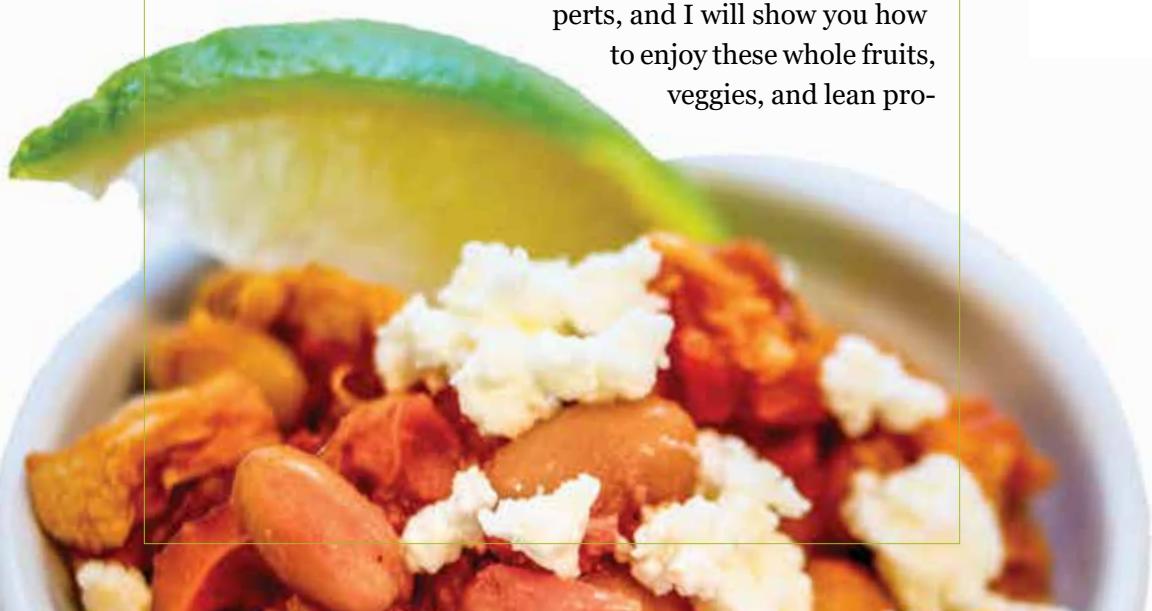
It's my belief that many of our protests were due to an undeveloped or underdeveloped palate. As we grew older our taste buds matured and we began to appreciate nontraditional foods as well as traditional foods prepared in new ways. We learned to enjoy a wider array of flavors than when we were younger, and we selected foods prepared using innovative methods. I once hated mushrooms and onions. Now I love them.

So let's put this adult penchant for flavor to good use and add an "ounce" to our "prevention" piggy bank in the effort!

Many leading nutritional experts have identified 15-20 foods that everyone should consume more frequently. In fact, these ingredients are regularly highlighted in fitness and light cooking magazines, as well as university studies on nutrition.

White Bean Chili
pg 48

These foods are ubiquitously considered "powerhouse" or "superfoods" by experts, and I will show you how to enjoy these whole fruits, veggies, and lean pro-



Coconut Joy

There are too many benefits to including coconut in your diet to list here. A beneficial saturated fat comprised of mostly medium chain triglycerides (MCT), coconut fat is quickly and easily absorbed and dispatched as energy by the liver.

These MCT's increase HDL (good) cholesterol, have been studied extensively for the benefits to brain health, and may be useful in treating Alzheimer's. Coconut is also said to aid weight loss and is good for hair and skin.

Enjoy shredded in cereals and trail mixes or substitute for vegetable oil or butter in baked goods. Use virgin coconut oil for a rich coconut flavor, refined for the fatty acid benefits without a strong coconut mouth feel.

Gift of the Gods

Chocolate is my everything and I can't remember a day having gone by where I didn't include this staple in my diet. Thankfully, it's high in antioxidants, may help improve blood pressure, reduces oxidative stress, and may even improve mood. I know I get a serious case of the happies just from looking at a chocolate bar.

Cocoa or Cacao

In a powder form, add to hot cereals, granolas, and baked goods (left)

Nibs

Crunchy and slightly bitter, add to salads or top ice cream (second from left)

Beans

Whole beans (directly below)

Butter

Combined with sugar and cocoa to make bars (butter not pictured; bar right)



teins on a regular basis with minimal time and processing.

Generally, I have been able to effectively make myself five meals a day (about 30/week) in about six hours. That is a total count for a week's worth of food, plus subsequent minimal per meal clean up. If you planned that many meals one by one your prep-time alone would easily triple that.

Before I lay out the simplicity of the system, let's go back to that deck of cards from earlier. Think of the numbered cards as the Bare Essentials detailed in the last section. They are important, but not as highly prized as the face cards. In this section, I introduce your jack, queen, king, and ace, or the fresh whole food fruits and vegetables, lean proteins, and beneficial fats in my recipes.

I like to call these ingredients my *Everyday Essentials*, and they are listed below. These are the same 15-20 "powerhouse" foods that, in a perfect world, one would regularly include in a daily diet. By shuffling and reshuffling these "cards" and including them each day, you heighten the value of your hand. Plus, my recipes are nutritious *and* delicious. That sounds like a royal flush to me!

Let me show you in Part 2 how to take the cards of *Bare Essentials* and shuffle them with the *Everyday Essentials*. This book contains 130 recipes, but the combinations could essentially be endless!

- ◊* berries
- ◊* raw nuts/seeds
- ◊* bell peppers
- ◊* hot peppers
- ◊* beneficial fats
- ◊* spinach
- ◊* broccoli
- ◊* cocoa
- ◊* coconut
- ◊* lean protein
- ◊* rolled oats
- ◊* complex grains
- ◊* tomato
- ◊* beans
- ◊* citrus fruits
- ◊* citrus zest
- ◊* pumpkin
- ◊* butternut squash



The Superior Vine

(sorry grapes)

With virtually an endless number of ways they are available, it is really easy to get tomatoes into your day. And trust me, you want to!

Tomatoes contain the four major carotenoids: luten, lycopene, alpha and beta-carotene. They are also full of super antioxidants vitamin E, A, and C. Eating tomatoes on the regular helps improve brain, heart, eye, and blood vessel health.

Further, just like grapes, there's power in the peel. Look for sources with the skin included. With the (mostly) whole food sources below, you will never run out of ways to incorporate tomatoes.

Raw

Dice up and add to green salads or omelets. Sandwiches tend to love sliced tomatoes.

Sauce

For when a pizza, simple pasta dish, or casserolle is in order.

Paste

Add to sauces or soups and stews for a hearty, robust, and rich tomato flavor.

Sun dried

Because they are dried, they have the concentrated flavor profile of paste, but can be diced, julianed, or chopped and added to almost any savory dish.

Canned

Use in place of diced in dishes that are cooked or served hot for fresh tomato taste during the off season.



A WORD ABOUT PROTEIN

In almost all cases, American cuisine's central focus in a meal is the meat. Animal protein permeates our popular holidays (Thanksgiving is about turkey, for example, while Christmas and Easter are about ham). Meat is usually the main course, and many people (guys especially) consider it the most satiating part of the meal.

What makes my approach to preparing menus significantly different than the typical diet is that I pick my vegetables first. Then I pick my protein. Most scientific studies on nutrition support this approach and put their money where their mouth is by backing it up with mountains of research findings.

As a result, I wrote most of my salad recipes first. I figured that because I have no problem eating my protein, I'd work overtime to make the veggies taste great.

All of the protein suggestions employ accenting and complementing flavors that allow the veggies to shine. Though this book has not been about counting calories, points, or numbers, I have provided a chart on the following page to guide portions. Unless noted otherwise, three to four ounces of protein per meal is plenty. Use this chart to help with dietary restrictions and weight management.

Summernut Squash
Pizzetta pg 88





Protein Analysis - 3 oz portion unless specified otherwise

	Cal	Fat	(s)Fat	(m)Fat	(p)Fat	Pro
Best						
clams (6 oz)	126	.08g	.01g	.01g	.08g	22g
salmon	155	6.9g	1.1g	2.3g	2.8g	22g
tilapia	108	2.1g	0.9g	0.9g	0.6g	21g
halibut	119	2.5g	0.4g	0.8g	0.8g	23g
trout	126	5.6g	1g	2.8g	1.3g	18g
tofu (10 oz)	200	12g	2g	3g	5g	20g
soy (tvp, 1/2 c)	160	0	0	0	0	24g
eggs (3)	213	15g	4.5g	5.7g	2.1g	18g
beans (1 c)	227	0.9g	0.2g	0.1g	0.4g	15g
lentils (1 c)	230	.08g	0.1g	0.1g	0.3g	18g
Better						
white chicken	138	3g	0.9g	0.9g	0.6g	27g
dark chicken	150	7.2g	2.1g	2.7g	1.8g	21g
white turkey	132	2.7g	0.9g	0.6g	0.6g	27g
dark turkey	152	6g	2.1g	1.5g	1.8g	24g
Good						
lean pork	122	3g	1g	1.1g	0.4g	22g
lean beef	180	9.5g	3.3g	4.4g	0.3g	22g
shrimp	84	0.9g	0.2g	0.2g	0.4g	18g

GETTING ORGANIZED

No matter your eating strategy you'll have to put in some time and energy. Do you hop in your car to go get take out? Or are you likely to write a list, plan meals, and head to the grocer? Do you eat three meals a day? Or six? No matter your style, you have to make some kind of effort to feed yourself. If anything, this book is about eating right for a majority of your meals while being efficient with each required step: meal selection, grocery shopping, preparation, storage, etc.

Personally, I love to cook but hate grocery shopping and cleaning. So I made an organized plan to minimize my workload and maximize the rainbow of flavors dancing across my palate while still eating five stellar small meals a day. I estimate roughly 30 meals a week with preparation time at about only six hours. This leaves flexibility for busy lives that include meals out, business meetings, skipped meals, etc.

To accomplish my food goals, let's consider our restauranteurs from earlier. A business model for efficiency and cost effectiveness is to prepare the raw ingredients separately



along an assembly line, including everything needed to create a variety of dishes, and to make individual meals to order. The kitchen does not get an order from a server and go chop the onion, slice the bread, and clean the meat each time an order is sent to the back of the house. That would take forever!

The preparation and subsequent meal planning outlined in this book is similar to that of an efficient restaurant. I generally plan my list for the week, grocery shop, return home and prep all of the individual ingredients, assemble delicious dishes, and smartly store them by either vacuum sealing or refrigerating in tightly covered containers.

I also chose some of my favorite but least healthy foods (mashed potatoes, pizza, and pasta salad to name a few) and rewrote the recipes to follow my recipe writing ratio and adapted them to be smartly stored. The result is that I always have nutritious meals on hand, and this minimizes my desire for take out and fast food. It also helps me make better choices about what I eat.

Six Hour Meal Prep

Now the question becomes, how does one plan to make 30 healthy meals for a week in six hours or less? (Full disclosure: your initial week may take longer, but you will discover how to make the process more efficient as time goes on.)

There are a couple of keys to six-hour meal prep, and keep in mind time increases incrementally, not exponentially, per each additional person. The first tip is proper food preservation, and I'll discuss two methods: refrigeration using storage-ware, and vacuum sealing and freezing. Another key is to make more than you need for a single meal. Creating a salad for four (or four meals total) might cost \$8 dollars and take 30 minutes to prepare. To make the same salad for eight will marginally increase the cost and time required. A little extra

onion, apple, or cut of protein will stretch that same salad further with virtually the same amount of prep and clean up time.

In any case, the first few steps for storing your food are the same whether you are using the storage-ware or vacuum sealing method. Storage-ware usually gives a shelf life of 4-6 days whereas vacuum sealing and freezing guarantees freshness for 10-12 months. To begin, plan your week using the format in the *Sample Week* section (pg 114) using the recipes of your choice in Part 2. For each person, choose two to three breakfast items, three to four salads, and two to three protein options. Prepare all of the individual recipe ingredients (e.g. Several of your salads may need onion and red peppers. Dice all of the necessary onion and pepper for all of your menu items and place individually in bowls). Simply follow the recipe directions to assemble and complete each separate dish. You can also precook your protein and store, though I would suggest prepping no more than 4 portions at a time.

Depending on your preferred storage method, the next step varies. When using the storage-ware method, combine the dry ingredients and tightly seal. Before plating your lunch and dinner, finish the salad per recipe instructions and pair with desired protein. As you might imagine, completing the salad with all of the wet ingredients too early tends to cause the veggies and cheese to become soggy. Therefore, garnish with dressing, cheeses, nuts, or salsas right before serving.

To vacuum seal, there are a few extra steps, but the food lasts longer, is preserved better, and lends itself to the accumulation of perfect leftovers. Because there is little air, the food is almost as fresh as the day it was sealed. To preserve wet recipes, prepare as directed including dressing or sauce, and fill a mold with a single portion (I use rectangular storage containers approximately the width of my vacuum bags). Freeze until firm. Remove from mold and stack on a plate, freeze for an additional 30 minutes if needed (you want the item to be firm and not wet to get a proper seal). Seal, label, and date.



Go Gaga for Greens

The thing I learned about greens is that they like me whether the feeling is mutual or not. In fact, this entire book came about by my making peace with the fact that I must include vegetables in my diet, especially of the green varietal.

But like many of the whole food ingredients in this book, there are many colors, shades, hues, and options available. So, I keep this in mind when selecting my greens: *the darker the eerie, the sweeter the truce*. That is, I have to endure either way to score that “ounce” of “prevention” I keep talking about. Why not flavor my strange fear and aversion away, so to speak, and make peace with greens? Enjoy these 3 often!

Broccoli

High in vitamins K, C, folate, potassium and fiber. Enjoy raw, steamed, sautéed, or sauced.

Spinach

Another power unto itself, this leafy green is loaded with carotenoids, vitamins C, K, B6, B9 and minerals calcium, iron, magnesium, and potassium. Enjoy raw, sautéed, or hidden and baked into something.

Kale

Nearly a world superpower it is that good for you, kale is high in vitamins A, C, K, and folate. With protein, fiber and omega-3 fats to boot, eat as much kale as you like! Enjoy baked crispy, sautéed, raw, or my new favorite: in my Broccoli Kale Slaw (pg 73)!



For dry recipes and salads, simply fill bags with veggies only, reserving dressing and garnish. Fill bag with a single portion and seal, label, and date. To serve, make sure food is thawed if frozen, and finish per recipe instructions. This is the time to add wetter ingredients (cheese, dressing, salsa) and anything you want to be crunchy (like nuts). Greater detail on how to smartly store your meals can be found in the *Storage By The Numbers* section on page 117.

Time Saving Kitchen Tools

Most of my readers would agree that preparing 30 healthy meals a week on a regular basis would be next to impossible. It doesn't only seem like a lot of work, it is--and I am not going to lie, the system requires forethought and planning. But as someone who has been doing this for well over a decade of my life, I can confidently say I learn a tip or trick to decreasing the amount of time and effort spent every time I prepare a week of meals.

Essentially, I wrote *Veggiessentials* because I have perfected the method to my madness and have enjoyed a mostly healthy diet for over 15 years as a result! Though I couldn't have done it without the support of my gadgets.

Let my trial and error be your success, and invest in high quality kitchen tools that save you tons of time.

Work it out faster

- food processor ↗ blender ↗ hand mixer
- citrus zester ↗ oil mister ↗ silicon spatulas
- reusable storage-ware ↗ wire mesh strainers
- silicone molds ↗ food sealer ↗ citrus press
- mini blender ↗ food scale ↗ ice cube trays
- jumbo cupcake trays

Part 2

NUTRITIOUS & DELICIOUS BEGIN HERE

Breakfast

Snacks

Dressings & Sauces

Salsas

Lunch & Dinner

Kid's Corner

Desserts

RECIPE ICON LEGEND AND FOOTNOTE GUIDE

Follow these helpful notations to plan meals according to your specific dietary needs. “Optionally accommodating” means that a recipe ingredient can be omitted or substituted to ensure that your meal is right for you. Want it non-dairy? Substitute the cheese. Gluten-free? Substitute appropriate soy sauce, bread, or tortillas. You will find the icons along with serving size under recipe title. Footnotes appear at each recipes’ end.



Vegetarian



Vegan



Optionally
accommodating



Gluten-free



Non-dairy

The following storage icon definitions can be found on page 117.



BREAKFAST

There are so many reasons that breakfast is the most important meal of the day. “Breaking the fast” will jump-start your metabolism and help you maintain better blood sugar throughout the day. Further, people who eat breakfast regularly are less likely to develop Type 2 diabetes. And, according to most health experts, breakfast eaters are more likely to maintain healthy and normal body weight.

To make breakfast interesting, I wrote recipes that taste great, are easy to prepare, and start each day on the right track.

Chocolate
Cherry Cashew
Super Powered
Oats



Super Powered Cereal

1 serving

1/3 c extra thick rolled oats
or brown rice, prepared
1/2 Tbs ground texturized
vegetable protein (tvp)
1/2 Tbs flax seed, milled
1 Tbs walnuts or almonds,
finely chopped
1 Tbs isolated vanilla protein
2-3 Tbs Cereal Topper below
(optional)

Prepare all ingredients as described. To serve, add topping variation along with 2/3 c hot water to oats, 2 Tbs water to rice. Microwave on high for 90 seconds, stir. Add 1 c of your favorite milk (optional).

gf - use certified gluten-free oats
pf - use preferred protein



Oregon Pearberry
Super Powered
Rice

Ginger
Apricot
Super Powered
Rice

Cereal Toppers

6 servings

Topper Directions

Toss ingredients together.
Store in tightly sealed container.



Topper Variations

Chocolate Cherry Cashew

1 c dried sour cherries, diced
3 oz high quality dark chocolate, ground or grated
2/3 c raw cashew baking pieces

nd - use preferred chocolate

Ginger Apricot

2 Tbs dried ginger, minced
8-10 dried apricots, diced small
1 Tbs white or black sesame seeds



Oregon Pearberry

1/2 c dried blueberries
1 c dried pears, diced
1/2 c raw hazelnuts, chopped

1 Tbs cinnamon

1/2 Tbs ginger powder

1/2 c maple syrup

1/2 c coconut, macadamia,
or walnut oil

3 Tbs brown sugar

1 Tbs vanilla

1 egg white

1 tsp sea salt

Zest of entire organic orange

Coconut Chocolate

2 c unsweetened shredded
coconut
6 oz high quality dark or
milk chocolate, grated

- use preferred chocolate

Apple Cranberry

1 c dried cranberries, diced
2 c dried apples, diced
2 dashes cinnamon

Preheat oven to 300 degrees.

Line 11in. x 17in. cookie

sheet with foil and spray

with cooking oil. Toss all dry ingredients together in large bowl. Combine syrup, oil, brown sugar, egg, vanilla, orange zest, and salt in a blender at high speed. Slowly add a third of the wet mix to dry mix and stir in, repeating until well coated. Spread out onto cookie sheet and pat down firmly. Bake for 30 minutes. Allow to cool enough so you can break oat sheet apart into preferred cluster size. Return to oven and bake another 15 minutes. Cool completely before storing.

Orange Zest Granola

4 c rolled oats
8 Tbs vanilla protein powder
(approximately 50g protein)
1/2 c walnuts, chopped
1/3 c shaved coconut
1/2 c pepitas
1/2 c flax seed, milled

- use certified gluten-free oats

- use preferred protein



Granola Variations

Chocolate Coconut

Use coconut oil

1/4 c cocoa powder

Omit ginger and orange peel

Pumpkin Spice

2 Tbs pumpkin spice

1/4 c pumpkin puree*

Toasted Sesame

3 Tbs sesame seeds

1 Tbs toasted sesame seed oil

Subsstitute honey for syrup

Orange Zest
Granola over
yogurt

Breakfast Wraps

8 servings

Wrap Directions

All of the wrap recipes use the same basic directions:

Prepare all ingredients as described. Whip egg whites or tofu and oil in large bowl. Toss wrap ingredients in another large bowl. Spray fry pan with cooking oil. Add eggs and cook until mostly set. Add veggies to pan and cook for 1-2 minutes. If using tofu, add wrap ingredients and tofu to pan at the same time.

To serve, spread 1 Tbs cream cheese across tortilla center. Add 1/2 c filling and wrap.



Wrap Variations

Denver

2 broccoli crowns, finely
chopped

1/2 white onion, diced

1/2 red bell pepper, diced

1/2 green bell pepper, diced

2/3 c ham, diced

12 egg whites

1 Tbs extra virgin olive oil

8 spinach tortillas

Cheddar Spread: cream
together 1/2 c shredded sharp
cheddar cheese, 4 oz cream
cheese, 1 tsp Franks Red Hot

- sub veggie ham

- sub 4 vegan eggs

- use preferred tortillas

- use preferred cheese



Spinach Pesto

1 cube frozen spinach, finely
chopped

6 Tbs Sun Dried Tomato
Pesto (pg 61)

12 sun dried tomato halves,
diced

2/3 c kalamata olives, diced

12 egg whites

1 Tbs extra virgin olive oil

8 sun dried tomato tortillas

Italian Cheese Spread:
cream together 4 oz c
ream cheese, 1/2 c Ital-
ian cheese blend

- prepare vegan option

- sub 4 vegan eggs

- use preferred tortillas

- use preferred cheese



Spinach Pesto
Breakfast
Wrap





Cheesy Bacon Breakfast Wrap

Cheesy Bacon

1 cube frozen spinach, finely chopped

1 c button mushrooms, sliced

1/2 red pepper, diced

1/2 sweet onion, diced

12 egg whites

1 Tbs extra virgin olive oil

8 tortillas

Swiss Cheese Spread : cream together 6 oz cream cheese,

1/4 c shredded swiss cheese, 4

Tbs real or veggie bacon bits

- sub 4 vegan eggs

- use preferred tortillas

- use preferred cheese



1/2 red pepper, diced

1/2 each: small green and yellow zucchini, cubed small

12 egg whites

1 Tbs extra virgin olive oil

1/2 c smoked salmon, flaked

8 tortillas

Dill Spread : cream together

6 oz cream cheese, 1/2 Tbs

dried dill, 1 Tbs lemon zest

- sub 4 vegan eggs

- omit salmon

- use preferred tortillas

- use preferred cheese



Sweet Maple

2 c Coconut Maple Squash

(pg 75)

1/3 c diced ham

12 egg whites

8 tortillas

Smoky Salmon Dill

1 cube frozen spinach, finely chopped

1/2 red onion, diced

Maple Cheddar Spread :
cream together 1/3 c sharp cheddar cheese, 4 oz cream cheese, 1 tsp maple sugar

 - sub veggie ham
 - sub 4 vegan eggs
 - use preferred tortillas
 - use preferred cheese



in a blender and blend well. Add to your selected Frittata Variation.

 - sub 4 vegan eggs
 - use plain soy creamer
 - use preferred cheese



*Note: for vegan option on Frittatas and Wraps, substitute vegan eggs and prepare per package directions.

For All Frittatas

    4 servings  

Frittata Directions

Preheat oven to 375. Prepare variation as directed and cool mix to room temperature. Lightly oil a small cast iron or oven safe fry pan. Spread variation evenly about pan. Add egg custard. Bake for 20 minutes and rotate pan. Reduce heat to 350 and bake another 20 minutes. Cool for 5 minutes before serving.

Egg Custard

    4 servings  

3 eggs 

3 egg yolks 

1/4 c cream 

1 oz cream cheese or goat chevre 

1/2 tsp sea salt

1/2 tsp fresh ground pepper

Combine all ingredients

Frittata Variation

Thinedict

8 oz asparagus, cubed 1 inch
1 medium shallot, sliced
2 Tbs capers, minced
1 Tbs lemon zest
1 tsp dried dill
5-8 medium fingerlings, pre-baked, cubed
4 oz smoked salmon, flaked 
Egg custard 

Sautee asparagus, shallots, capers, and lemon for 4-5 minutes, or until asparagus soften. Add dill before cooling. Follow Frittata Directions in the left column. Optional: drizzle with your favorite Hollandaise sauce.

 - sub veggie ham

 - prepare vegan option



Portobello Sausage

1 roasted red bell pepper, diced

4 sun dried tomatoes, diced
1 medium portebello, cubed small
2 Tbs diced green olives
1/4 c diced sweet onion
4 oz jack cheese, shredded
1 large sausage link, cooked and cubed
3 Tbs chives, diced
Egg custard (pg 38)

Sautee onion and mushroom for 3-4 minutes, or until mushrooms shrink down. Add peppers, tomoato, and olive and sautee for another minute. Cool. Follow Frittata Directions on opposite page.

 - use preferred cheese
 - prepare vegan option



Thinedict Frittata

Taco
2 Roma tomatoes, deseeded, diced
1/2 c onion, diced
1/4 c black olives, roughly choopped
1/2 green pepper, diced
4 oz prepared crumbled taco meat
4 oz cheddar, shredded
Egg custard (pg 38)

Sautee onion and pepper for 3-4 minutes. Add in tomato, olives and taco meat. Cool. Follow Frittata Directions on opposite page.

 - use preferred protein
 - use preferred cheese
 - prepare vegan option



Pesto Hash

4 servings

- 1 large yam, cubed small
- 1 large sweet potato, cubed small
- 1/2 red onion, diced
- 1/2 sweet onion, diced
- 1/2 cube frozen spinach, finely chopped
- 1/2 c dried cherries, diced
- 1 Tbs extra virgin olive oil
- 1/2 c Sun Dried Tomato Pesto (pg 61)
- 2 poached eggs* per person

Prepare all ingredients as described above. Toss potatoes in oil. Sauté on medium heat 5-7 minutes. Add onion and sauté another 5-7 minutes until potatoes are soft. Add dressing and remaining ingredients during last minute of cooking. Plate hash high adorned with 2 poached eggs or tofu per person served.

 - prepare vegan option

 - sub 2 vegan eggs

- 1/2 sweet onion, diced
- 1/2 c dried cranberries, diced
- 1 Tbs extra virgin olive oil
- 1/2 c Honey Dijon Dressing (pg 60)
- 2 poached eggs* per person

Prepare all ingredients as described above. Toss potatoes in oil. Sauté on medium heat 5-7 minutes. Add onion and sauté another 5-7 minutes until potatoes are soft. Add dressing and remaining ingredients during last minute of cooking. Plate hash high adorned with 2 poached eggs or tofu per person served.

 - prepare vegan option

 - sub 2 vegan eggs



Hash Mash-Up

4 servings

- 1 large yam, cubed small
- 1 large sweet potato, cubed small
- 1/2 red onion, diced

*Note: There are vegan egg products available that look and taste just like eggs. Use these products to substitute either scrambled or fried eggs in place of poached egg for a vegan hash sure to impress! Follow manufacturers preparation instructions.



Hash Mash-Up
with poached
egg



SNACK IT UP

I love to nibble throughout the day. By nature, I am a snackaholic. Sometimes I eat out of boredom, but mostly I am just hungry. And I don't like my middle-meals to be boring. The best midday munchies are tasty, filling, and full of veggies!

To be fully honest, though, my snacks aren't really snacks in the traditional sense at all. A handful of crackers, a few carrots and ranch, or a candy bar just does not satiate me. These recipes roughly contain the full caloric need of a single meal when employing my recipe ratio, and variety keeps the four options interesting. I have mini quiche (or "miche" as I call them), wraps, gourmet soups, and smoothies inspired by tantalizing desserts that, when customized, equal dozens of recipes chalk full of vegetables.

Each portion contains about 15 grams of lean protein, 30 grams of complex carbs, 10 grams fiber, and 10 grams of beneficial fat (mono, poly and healthy saturated fats).

MICHE

There is one thing about healthy eating that I am ashamed to admit: I hate spinach! I dislike it cooked or fresh. I pretend to love the green, but mostly I find its consumption relatively torturous. However, since spinach is a nutritional powerhouse, I find ways to appreciate it.

In an effort to not only eat spinach daily, but also enjoy the leafy green, I have created a menu item that I love to eat any time of day. I introduce the *miche*: a crustless egg white mini+quiche. There are also a few tasty miche recipes using squash and tomatoes you simply must try.

This dietary staple of mine is like a traditional high-fat quiche in that it has all the flavor, yet is virtually fat-free by comparison. It is also similar to a frittata as the egg batter is baked and there is no crust. In any case, the miche is a versatile food option and is fluffy, flavorful, and nutritious. Enjoy for snacks, breakfast, lunch or dinner. You honestly won't



even know that you are eating healthy with this little gem! If a Fig Newton is fruit and cake, think of a miche as a savory vegetable bake!

Every miche begins with the same egg binder combined with supplemental flavor variations, and each recipe utilizes the same basic preparation method and cook time. Therefore, the general directions are presented first, followed by the variations. Additional notes follow any recipe that might require further instruction.

For All Miche

8 servings

Miche Directions

Preheat oven to 400. Prepare Miche Variation as directed.

Lightly spray and flour 8 jumbo cupcake molds with cooking oil and fill $\frac{2}{3}$ full with variation. Add $\frac{1}{4}$ c egg binder to each mold. Bake for 20 minutes. Reduce heat to 350 and bake another 20

minutes. Turn off heat and allow miche to cool in the oven another 10-20 minutes with door closed or until fully set up.

Egg Binder

8 servings

12 egg whites*

4 egg yolks*

From top right clockwise:
Mediterranean, Turkey Herb,
Portobello Three Cheese,
Caramelized Apple Onion



1/3 c half and half
**4 oz cream cheese or goat
chevre**
1/2 tsp sea salt
1/2 tsp fresh ground pepper
1/2 tsp red pepper flakes

Combine all ingredients in a blender and blend on high for 30 seconds. Add to your selected Miche Variation.

vgn - sub 6 vegan eggs
nd - use plain soy creamer
nd - use preferred cheese

1/2 red onion, diced
1/2 white onion, diced
2 cloves garlic, minced
1 c button mushrooms, sliced
1 tsp salt, 1/2 tsp pepper
1/2 c turkey, diced
2/3 c feta

Egg Binder (pg 43) blended with 1/4 tsp each: oregano, basil, rosemary, lemon zest

vgn - sub veggie turkey
nd - use preferred cheese
vgn - prepare vegan option

1 **4**

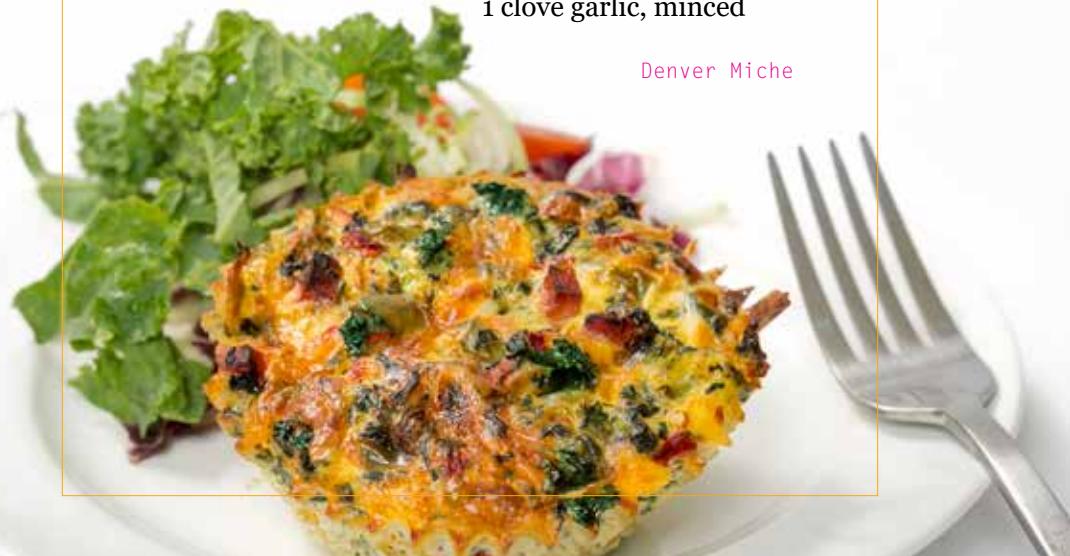
Denver

**1/2 cube frozen spinach, finely
chopped***
**2 broccoli crowns, finely
chopped**
1/2 c ham, diced
1/2 red pepper, diced
1/2 green pepper, diced
1/2 white onion, diced
1 clove garlic, minced

Denver Miche

Miche Variations

Turkey Herb & Spinach
**1 cube frozen spinach, finely
chopped***
1 red bell pepper, diced



1 tsp salt, $\frac{1}{2}$ tsp pepper
2/3 c sharp cheddar, shredded
Egg Binder (pg 43)

- sub veggie ham
 - use preferred cheese
 - prepare vegan option

blended with 1 tsp each:
dried dill, lemon zest

- sub veggie ham
 - use preferred cheese
 - prepare vegan option



Dill Smoked Salmon
1 cube frozen spinach, finely chopped*
1/2 c flaked smoked salmon
1 red pepper, diced
1 white onion, diced
1 small zucchini squash, cubed small
1 small yellow summer squash, cubed small
1 tsp salt, $\frac{1}{2}$ tsp pepper
1/2 c each: crumbled goat cheese; cheddar or jack cheese, shredded
Egg Binder (pg 43)



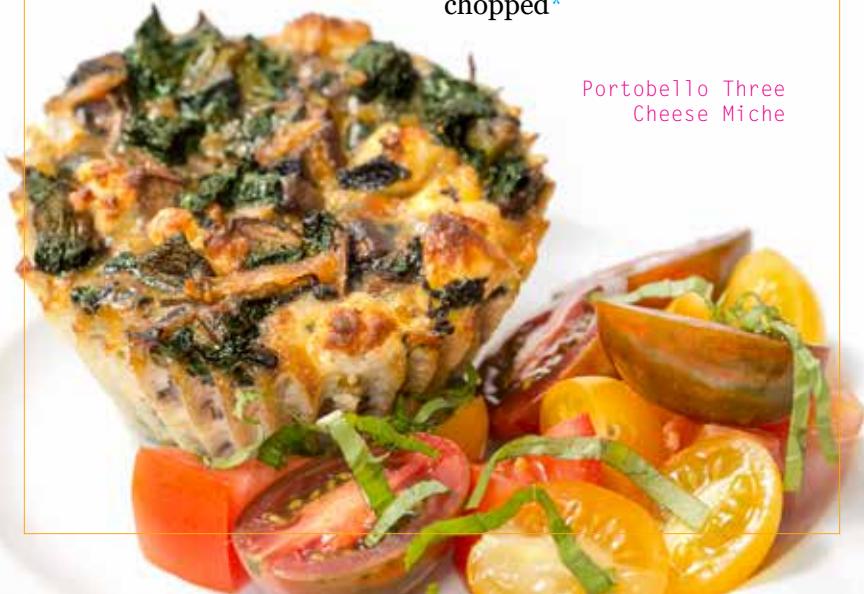
Portobello Three Cheese
1 cube frozen spinach, finely chopped*
1 white onion, diced
3 large portobello mushrooms, cubed small
1 tsp salt, $\frac{1}{2}$ tsp pepper
2 Tbs grated parmesan
1/2 c each: sharp cheddar, shredded; crumbled goat cheese
Egg Binder (pg 43)

- use preferred cheese
 - prepare vegan option



Pesto Italiano
1 cube frozen spinach, finely chopped*

Portobello Three Cheese Miche



1/3 c pepperoni, diced 
1 red bell pepper, diced
1 green bell pepper, diced
1/2 white or yellow onion, diced
1 tsp salt, **1/2** tsp pepper
1/2 c each: parmesan and mozzarella, shredded 
Egg Binder (pg 43)  blended with 2 Tbs Sun Dried Tomato Pesto (pg 61) 

 - sub veggie pepperoni
 - use preferred cheese
 - prepare vegan option

1/2 red onion, diced
8 sun dried tomato halves, diced
1 tsp salt, **1/2** tsp pepper
1/2 c each: crumbled feta and goat cheese 
Egg Binder (pg 43)  blended with **1/4** tsp each: basil, rosemary, marjoram, crushed red pepper; **1/2** tsp oregano, **1/2** tsp ground fennel

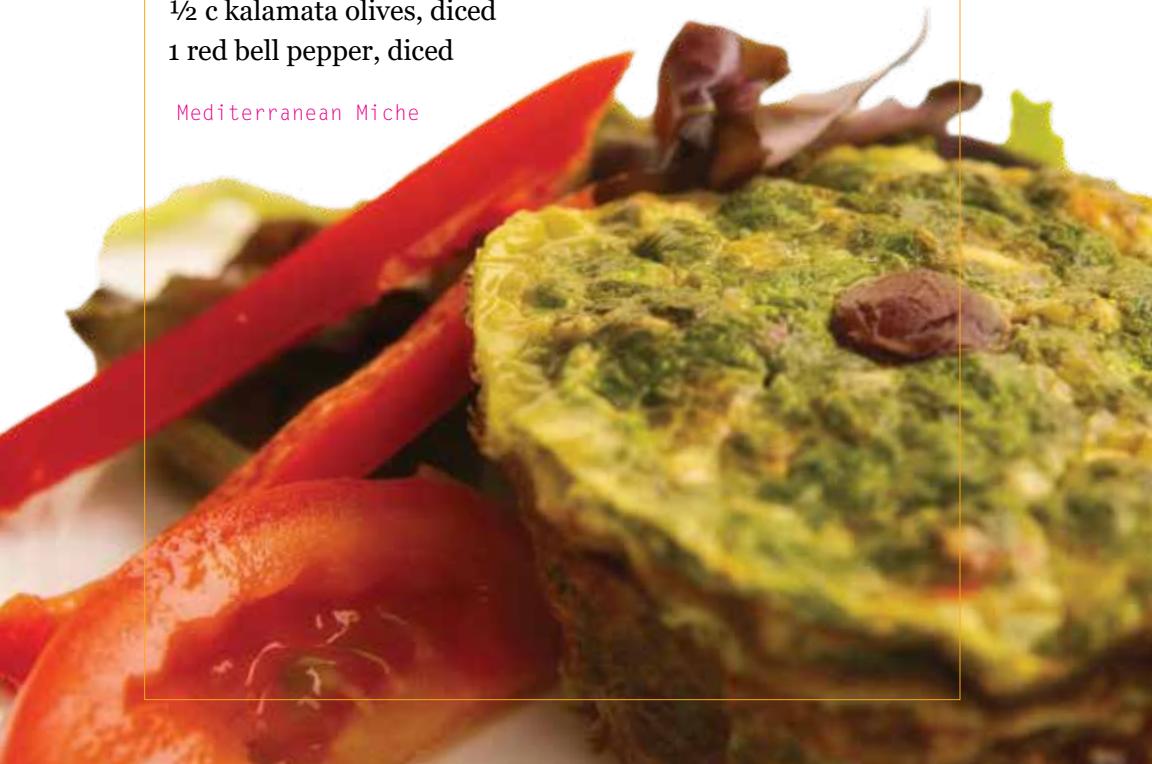
 - use preferred cheese
 - prepare vegan option



Mediterranean
1 cube frozen spinach, finely chopped*
1/2 c kalamata olives, diced
1 red bell pepper, diced

Mediterranean Miche

Pumpkin Canadian Bacon 
1/2 c Canadian Bacon, diced
1 medium yam or sweet potato, cubed small, pare-baked



1 red bell pepper, diced
1 white onion, diced
1 tsp salt, 1/2 tsp pepper
1/2 c each: swiss cheese,
shredded; crumbled goat
cheese 
Egg Binder (pg 43)  blended
with 2/3 c pumpkin puree*

 - sub veggie ham
 - use preferred cheese
 - prepare vegan option



Ham Butternut Squash
1/2 c Canadian bacon, cubed
small 
1 small butternut squash
deseeded, cubed small, pare-
baked
1 red bell pepper, diced
1/2 white onion, diced
1/2 c each: sharp cheddar,
shredded; crumbled goat
cheese 
Egg Binder (pg 43) 
blended with: 1-2 tsp Sri-
racha, 1 tsp brown sugar

 - sub veggie ham
 - use preferred cheese
 - prepare vegan option



Caramelized Apple Onion
8 oz dried apples, cubed
2 sweet onions, diced
1 c ham, diced 
1/2 tsp salt, 1/2 tsp pepper

1 Tbs extra virgin olive oil
2 Tbs agave nectar
2 tsp Sriracha
2/3 c dry white wine
1/2 c each: sharp cheddar,
shredded; crumbled goat
cheese 
Egg Binder (pg 43) 

Toss first 4 ingredients until
well coated in oil and saute
over medium heat for 6 min-
utes. Add agave and saute
another 2-3 minutes or until
well caramelized. Add wine to
deglaze pan, cover, and rest
5 minutes. Cool completely.
Stir in cheese and finish by
following cooking directions
on page 43.

 - sub veggie ham
 - use preferred cheese
 - prepare vegan option



*Note: Reduce excess
moisture by sandwich-
ing thawed and finely
diced spinach between
two double lined pap-
ertowels. Do the same
for the pumpkin puree
but sandwich measured
puree between 2 coffee
filters first. Press as
much excess moisture
out as possible for
best miche results.



Smoked Hen Soup

SOUPS & STEWS

One of my secrets to eating five meals a day on a regular basis is that I incorporate soups and stews into my diet. Not only are they full of flavor, nutrition, and fiber, they are also inexpensive. Every one of these recipes makes more portions per dollar invested than any other recipe in this book.

Once you taste some of the following soups and stews, you'll never want anything from a can again. Low in calories, high in protein, and full flavored! What's not to love?

White Bean Chili

10 servings

- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1 sweet onion, diced
- 1 jalapeño, deseeded, diced
- 1 4 oz can tomato paste
- 2 cloves garlic, minced
- 2 15 oz cans diced tomatoes
- 2 15 oz cans white beans, drained, rinsed

1 lb prepared protein, cubed
or shredded

- 2 Tbs extra virgin olive oil
- 2 tsp each: cumin, cayenne, chili powder
- 1 tsp oregano
- 1 c water
- 1 tsp sea salt

Prepare ingredients as described. Heat oil in a stock

pot and add peppers and onion. Sauté 5 minutes. Add remaining ingredients and bring to a boil, reduce heat and simmer 45 minutes.

(Recipe pictured on pg 15)

 - use preferred protein



Smoked Hen

 10 servings 

Part 1

- 2** Cornish game hen 
1 22 oz bottle Smoky Porter
3 c water
2 Tbs sea salt
3 celery stalks

Peels of carrot used in Part 2

Peels of onion used in Part 2

1 bay leaf

Part 2

- 1** Tbs extra virgin olive oil
3 celery stalks, diced
3 carrots, peeled, diced
1 onion washed with peel on, peeled, diced
2 Tbs bacon bits 
Protein from game hen, deboned and cubed 
1 15 oz can white beans, drained, rinsed
2 bay leaves

Prepare ingredients as described being sure to wash

vegetables well. Add ingredients in Part 1 to large stock pot. Cover, simmer on low for 2 hours. Cool, remove hen, strain and reserve broth. Skim off excess fat. Heat oil to medium in same stock pot. Sauté veggies and bacon for 5-7 minutes. Add protein, beans, and bay leaves. Sauté another minute. Add broth, cover and simmer on low for 45 minutes.

 - use preferred protein; 1 lb or

2 c cubed protein

 - sub veggie bacon bits



Mole Baked Beans

 10 servings 

- 1** sweet onion, diced
1 red bell pepper, diced
1 green bell pepper, diced
2 15 oz cans 3 bean blend, drained, rinsed
1 16 oz can black beans, drained, rinsed
1 4 oz can diced green chilies
1 8.75 oz can sweet corn, drained
3 Roma tomatoes, deseeded, drained, diced
1 c Savory Mole Sauce (pg 64) 
1/2 c vegetable broth
16 oz chicken, grilled, cubed 
1 lime, segmented

$\frac{1}{2}$ tsp lime zest
Salt and pepper to taste

Prepare ingredients as described and add to a large stock pot and simmer on low for 45 minutes.

- prepare gluten-free option
 - use preferred protein



Coconut Mushroom

10 servings

1 white onion, diced
2 cloves garlic, minced
1 16 oz can coconut milk
2 c button mushrooms, quartered
2 portobello mushrooms, cubed small
1 leek, sliced
2 c vegetable broth
16 oz chicken, cubed small

2 Tbs extra virgin olive oil
1 $\frac{1}{2}$ c brown rice, prepared
1 tsp Sriracha
 $\frac{1}{2}$ lime, juiced
 $\frac{1}{2}$ tsp lime zest
1 tsp sea salt
 $\frac{1}{2}$ tsp fresh ground pepper

Prepare ingredients as directed. Heat 1 Tbs oil to medium in large stock pot and sauté protein until slightly browned. Remove from pan. Heat remaining oil in same stock pot to medium. Add all veggies and sauté for 6-8 minutes. Add remaining ingredients. Cover and simmer on low heat for 45 minutes.

- use preferred protein



Mole Baked Beans



Split Pea

10 servings

- 3 c green split peas, rinsed
- 1 sweet onion, diced
- 2 carrots, diced
- 3 celery stalks, diced
- 4 c vegetable broth
- 2 c water
- 1 c ham, diced
- 2 Tbs bacon bits
- 1 tsp sea salt
- 1 Tbs bacon fat
- 1/2 tsp fresh ground pepper
- 1/2 tsp red pepper flakes
- 1 Tbs minced fresh parsley
- 1 bay leaf

Prepare ingredients as directed. Heat 1 Tbs fat to medium in a large stock pot. Sauté onion, carrot, celery in oil in large stock pot for 5-7 minutes. Add remaining ingredients and simmer on low for 45 minutes, or until peas are soft. Remove half of soup and puree covered. Return to pan.

ents and simmer on low for 45 minutes, or until peas are soft. Remove half of soup and puree covered. Return to pan.

vg - sub veggie ham

vg - sub veggie bacon bits

vg - sub extra virgin olive oil



Coconut Pumpkin Curry

10 servings

- 1 15 oz can pumpkin puree
- 1 14 oz can coconut milk
- 1 sweet onion, diced
- 1 red bell pepper, diced
- 1 leek, sliced
- 2 c vegetable broth
- 2 Tbs extra virgin olive oil
- 16 oz chicken, cubed
- 1 1/2 c brown rice, prepared

Prepare ingredients as directed. Heat 1 Tbs oil to medium in a large stock pot. Add

Split Pea
Soup



protein and lightly brown. Remove from pan. Heat remaining oil in same pan to medium and sauté veggies for 5-7 minutes. Add remaining ingredients and stir until pumpkin puree is well blended. Cover and simmer on low for 45 minutes, stirring often.

opt - use preferred protein



Red Pepper Portobello
2 c lentils, rinsed and drained
2 large portobello mushrooms, cubed small
1 sweet onion, diced
2 roasted red bell peppers, diced
1 c vegetable broth
3 c sausage cooking water
2 Tbs extra virgin olive oil
2 Tbs tomato paste
4 sausage links, sliced
1 tsp pepper
1 tsp salt

Prepare ingredients as directed. Bring 4 c water to a boil. Add sausage, remove from heat and allow to sit for 10 minutes. Remove sausage and cool until they can be handled. Reserve 3 cups of cooking water. Heat 1 Tbs oil to medium in a large stock pot. Add sausage and lightly brown. Remove from pan. Add remaining oil, onion, and mushrooms and sauté 4-5 minutes, or until mushrooms shrink and onions begin to look translucent. Add stock, reserved liquid, and remaining ingredients to pan, stirring well. Cover and simmer on low for at least 45 minutes.

opt - use preferred protein



Red Pepper
Portobello
Soup



WRAPS

One thing I love more than anything when I am on the go and in need of a quick meal is a wrap. I have loved them ever since I can remember, with fond memories of enjoying thousands of Taco Bell's bean and cheese burritos as a kid--hold the onion!

As I have gotten older, those same fast food wraps have lost most of their appeal, yet my love for a hearty tortilla filled with my favorite ingredients has not waivered. The solution was to create healthy wraps of my own. Also, the breakfast wraps (pg 35) make great snacks!

For All Wraps

8 servings

Wrap Directions

Prepare all ingredients as described. Toss together wrap filling ingredients. Lay tortilla on a flat surface and apply spread or sauce across center. Add about $\frac{2}{3}$ c filling and wrap. If ingredients are hot when prepared, enjoy. If cold, microwave completed wrap on high for 60-90 seconds.

Wrap Variations

Slaw-ber on This

Toss

3 c Broccoli Kale

Slaw (pg 73)

1/2 dried sour cherries, chopped

1 c ham, cubed
small

Wrap

8 tortillas

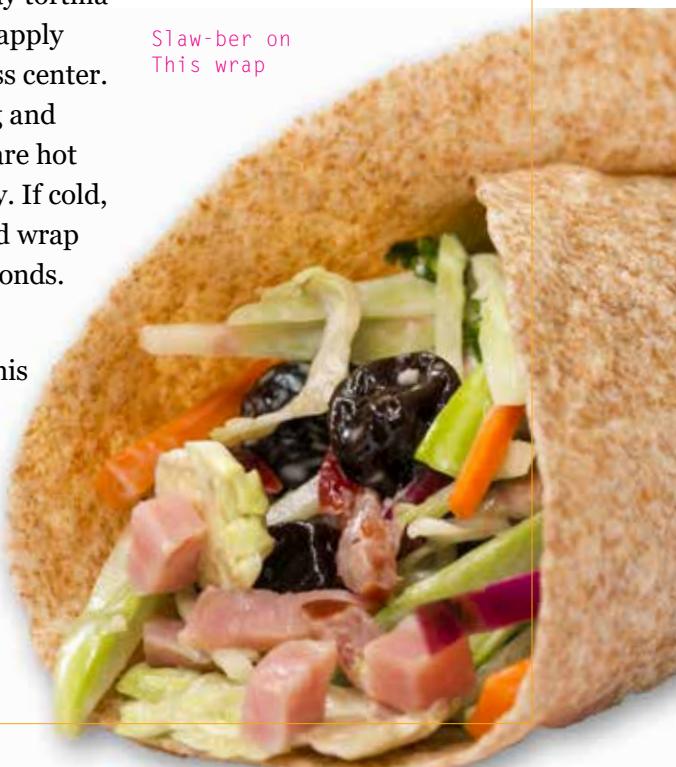
vgn - prepare vegan option

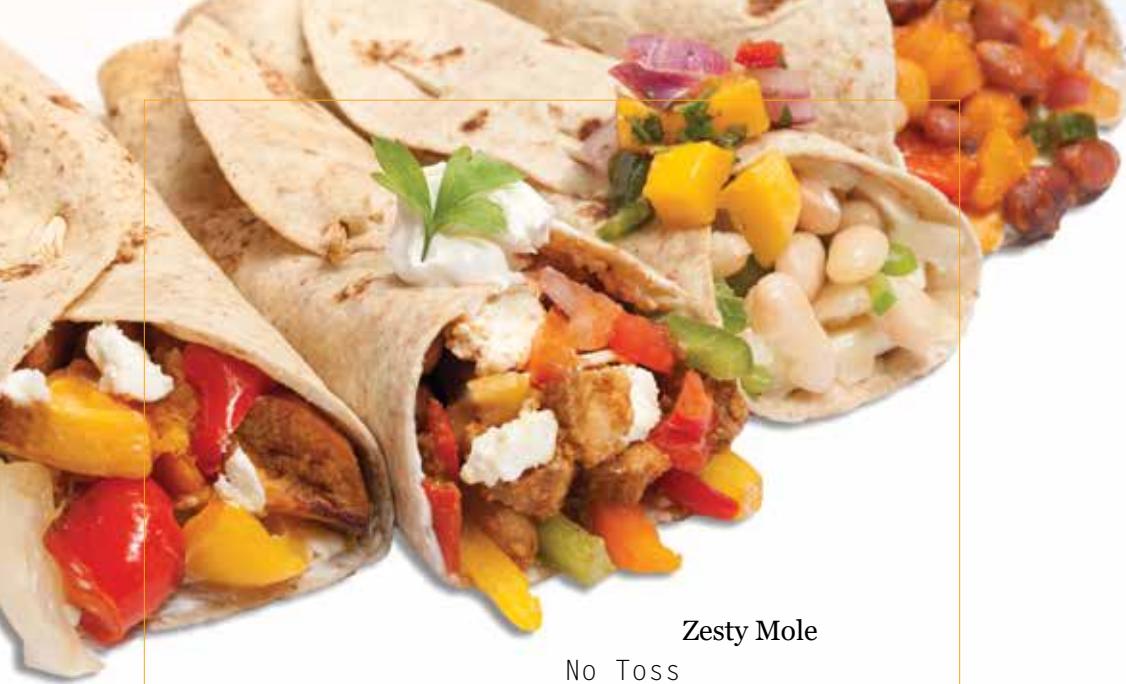
opt - use preferred protein

trt - use preferred tortillas



Slaw-ber on
This wrap





Left to right:
Maple Coconut Roast,
Spicy Mole, White Bean
Chili, Tangy Chipotle Beans

Tangy Chipotle Beans Toss

2 15 oz can 3 bean blend,
rinsed, drained
1/2 white onion, diced
1/4 c ham, finely diced
8.75 oz can sweet corn,
rinsed, drained
2/3 c Tangy Apricot Chipotle
Sauce (pg 66)
8 oz chicken, grilled, cubed
small
Wrap
8 tortillas

- sub veggie ham
 - use preferred protein
 - use preferred tortillas

Zesty Mole

No Toss

4 c Mole Baked Beans (pg 64)
Spread & Wrap
Blue Cheese Spread : cream
together 4 oz cream cheese
and 1/3 c blue cheese
8 sun dried tomato tortillas

- prepare vegan option

- use preferred cheese

- use preferred tortillas



White Bean Chili

No Toss

4 c White Bean Chili (pg 48)
Spread & Wrap
Swiss Cheese Spread :
cream together 1/2 c cream
cheese and 1/2 c swiss cheese
8 sun dried tomato tortillas

- prepare vegan option

- use preferred cheese

- use preferred tortillas



Spicy Almond Peanut
Toss
3 c Cabbage Salad (pg 85)
1 c Almond Peanut Sauce (pg 62) 
16 oz chicken, grilled, cubed small 
1 lime, juiced
4 Tbs toasted peanuts
Wrap
8 spinach tortillas 

 - prepare gluten-free option
 - use preferred protein
 - use preferred tortillas

  1 4

2 Tbs Coconut Maple Dressing (pg 61) 
1 c Canadian Bacon, diced 
1/4 c dried cranberries, diced
Spread & Wrap
Maple Spread  : cream together 1 Tbs grade B maple syrup, 1 tsp Sriracha, 6 oz cream cheese
8 rye tortillas 

 - prepare vegan option

 - prepare vegan option

 - sub veggie ham

 - use preferred cheese

 - use preferred tortillas

  1 4

Maple Coconut Roast

Toss
3 c Coconut Maple Squash (pg 75) 

Open Slaw-ber on This wrap



SMOOTHIES & SHAKES

Eating healthy is a lot of work and I sometimes find it difficult to make the time to prepare five meals a day. I don't know about you, but who has time to make that work out regularly?

With having to create so many meals each week, I happily decided to take a shortcut: smoothies and shakes! Try my Pumpkin Pie Shake for a comforting frozen delight packed with nutrition, and it tastes just like pie! Use your preferred protein and yogurt to make the recipe your own. (Generally, 1 scoop of protein powder = 4 Tbs = 20 grams protein. Check nutrition label for specifics.)

For All Smoothies

1 serving

2 Tbs coconut cream

3 large ice cubes

Smoothie Directions

Add all ingredients to a blender with 1 cup cold milk or water. Blend on high until smooth and creamy. More liquid for a thinner smoothie, less for thicker.

Peanut Butter & Chocolate

1 scoop chocolate protein

2 Tbs peanut butter

1-2 tsp light chocolate syrup

6 large ice cubes

Coconut Joy

3 Tbs chocolate protein

1 Tbs vanilla protein

2 Tbs coconut cream

1-2 tsp light chocolate syrup

6 large ice cubes

Smoothie Variations

Powerhouse Berry

1 scoop vanilla protein

1/2 tsp ground flax seed

1 c frozen blueberries

1 Tbs tart cherry concentrate

3 large ice cubes

Mango Rassi

1 scoop vanilla protein

2 Tbs plain or vanilla yogurt

1 Tbs honey

6 raspberries

6 large ice cubes

dash of cardamom

Strawberry Banana Coconut

1 scoop vanilla protein

1/2 banana, cubed

1/2 c fresh or frozen strawberries

For All Shakes

6 serving

Shake Directions

Puree ingredients in Part 1 or mix well (as is the case with the Pumpkin Pie Shake). Pour into ice cube trays. Freeze. To prepare, add ingredients in Part 2 to a blender. Blend on high until smooth and creamy. More liquid for thinner shake, less for thicker. Part 1 of each recipe makes 4-6 portions. 

Shake Variations

Port Cherry Chocolate

Part 1

3 c fresh or frozen cherries

1 Tbs agave nectar

1/4 c port

Part 2

3 Tbs chocolate protein

1 Tbs vanilla

protein

1-2 tsp light chocolate syrup

6 frozen fruit cubes

1 c water or milk

Pumpkin Pie

Part 1

1 16 oz can pumpkin
puree

1 c organic apple
sauce

1 tsp pumpkin pie spice

1 tsp pure vanilla extract

1 Tbs orange zest

Part 2

1 scoop vanilla protein

6 frozen fruit cubes

1 c water or milk

Pumpkin Pie
Shake





Blood Orange Julia

Part 1

- 6 blood oranges, segmented
- 2 naval oranges, segmented
- 1 grapefruit, segmented
- 2 Tbs agave nectar
- 1 tsp pure vanilla extract

Part 2

- 1/2 c preferred vanilla yogurt
- 1 scoop vanilla protein
- 4 frozen fruit cubes
- 1 c water or milk

1 scoop vanilla

protein

4 frozen fruit cubes

1 c water or milk

Pomp-It Up Shake

Pomp-It Up

Part 1

- 2 Tbs pomegranate concentrate
- 1/2 c pomegranate arils

1 c blueberries

1 c strawberries

2 Tbs honey

Part 2

- 1/2 c preferred vanilla yogurt



DRESS IT UP WITH (MY) LOVE

A trick I use to maximize the amount of nutrients I pack into a single day is loading veggies into my dressings and salsas. Both are minimally processed, comprised mainly of vegetables and beneficial fats, and go well with my main dish recipes. Appropriately pair one of these with the right salad or protein and get a knock out flavor combo sure to impress even the biggest veggie skeptic! When you sneak in the vegetables, you maximize flavor!

DRESSINGS & SAUCES

A well-crafted sauce can make a meal memorable. Long after the side dish or entrée is consumed, the flavor imparted by a delicious sauce can linger on the tongue for hours. Every one of the following dressings are used in my recipes to enhance color, flavor, and texture.

Further, as is the theme of this book, I have taken many flavor combinations that I love and developed healthier versions using ingredients from the *Bare Essentials* and *Everyday Essentials* sections. These flavor combos dress up proteins, wraps, and salads throughout the book.

The best part is that many of these sauces and salsas are simple and easy to prepare. Those that are more preparation intensive make enough to use this week and next. They also add significant flavor to any dish while leaving out harmful fats, preservatives, and sugars - and are exceptionally versatile.

For All Dressings



Dressing Directions

Whisk ingredients in a medium saucepan and bring to a boil. Reduce heat and simmer uncovered on low for 2-3 minutes, or until sugars

dissolve. Cool completely.

Store using the  icons unless noted otherwise.

Dressing Variations

Lemon Chili Dressing
3 Tbs extra virgin olive oil
2 Tbs pinot grigio
1 tsp lemon zest

1 lemon, juiced
2 tsp red pepper flakes
1/2 tsp sea salt
1/2 tsp fresh ground pepper
1 clove garlic, minced
2 Tbs agave nectar

Brown Sugar Dressing
3 Tbs soy sauce
2 Tbs walnut or extra virgin olive oil
2 Tbs packed brown sugar
2 cloves garlic, minced
1/2 tsp fresh ground pepper
1/2 lemon, juiced
1/2 tsp lemon zest
1/2 tsp red pepper flakes, crushed

- use preferred soy sauce

Honey Dijon Dressing
2 Tbs honey
2 Tbs grain mustard
2 Tbs extra virgin olive oil
2 Tbs water
4 Tbs cider vinegar
1/2 tsp fresh ground pepper
1/2 tsp sea salt

- sub agave nectar

Pineapple Ginger Dressing
3 Tbs soy sauce
2 Tbs sesame oil
1 Tbs packed brown sugar

2 cloves garlic, minced
1/2 tsp fresh ground pepper
2 tsp Sriracha
1 lemon, juiced
4 Tbs pineapple juice
1 Tbs ginger, minced

- use preferred soy sauce

Red Wine Dressing
1/2 c red wine vinegar
1/4 c extra virgin olive oil
1/2 tsp sea salt
1/2 tsp fresh ground pepper
1 Tbs agave nectar
(Whisk well but do not heat.)

Coconut Maple Dressing
6 Tbs grade B maple syrup
3 Tbs coconut oil
1 1/2 Tbs grated parmesan
1 tsp Sriracha
1/4 tsp sea salt

Prepare by following dressing directions on page 59 reserving cheese. Add cheese after dressing cools to room temperature.

- omit cheese

Balsamic Dressing
1/2 c balsamic vinegar
1/4 c extra virgin olive oil



2 Tbs water

1 Tbs strawberry jam

1 Tbs brown sugar, packed

3-8 dashes Frank's Red Hot

1/2 tsp fresh ground pepper

1/2 tsp sea salt

For All Sauces

▢▢▢▢ Varied ▢▢▢▢

Sauce Directions

Each recipe has individual directions. Store using the icons that follow each recipe.

Sauce Variations

Sun Dried Tomato Pesto

1/3 c raw walnuts, minced

4 oz fresh basil, minced

8 sun dried tomato halves, minced
1/2 c finely grated parmesan 
2 cloves garlic, minced
1 lemon, juiced
1/2 tsp lemon zest
2-3 Tbs extra virgin olive oil
1/2 tsp sea salt
1/2 tsp fresh ground pepper

Prepare ingredients as described. Combine everything in a large bowl except oil and lemon juice. Stir well. Add 2 Tbs oil and lemon juice. Add more oil, 1 tsp at a time, until desired consistency is reached.

 - omit cheese

2/3 c coconut milk
3 Tbs rice vinegar
1 Tbs extra virgin olive oil
1/2 c shallots, minced
2 Tbs soy sauce 
2 Tbs brown sugar, packed
1-2 red or Thai chillies, deseeded
2 cloves garlic, minced
1/2 c water
1/2 each: lemon, lime juiced
1/2 tsp each: lemon, lime zest
1/2 tsp sea salt
1/2 tsp fresh ground pepper

Prepare ingredients as described. Heat oil over medium in a large stock pot and add shallots, garlic, and chili. Sauté for

Almond Peanut Sauce
1/2 c natural peanut butter
1/4 c natural almond butter



4-5 minutes. Add remaining ingredients and stir until well blended. Simmer on low heat, without boiling, for 6-8 minutes, covered. Remove chilies for a less spicy sauce; for hotter, leave in. Cool completely and puree.

 - use preferred soy sauce

Orange Coconut Curry Sauce

Part 1

2 oranges, segmented
2 tsp orange zest
1 14 oz can coconut milk
1/2 c orange juice concentrate
1 c water

Part 2

1 large onion, diced
1 Tbs coconut or extra virgin olive oil
1 tsp yellow curry
1 tsp sea salt
1/2 tsp white pepper
1 tsp red pepper flakes
3 Tbs agave nectar

Prepare ingredients as described. Heat oil in large stock pot over medium and add onion. Sauté for 4-5 minutes. Add curry, salt, and peppers. Sauté another 2-3 minutes. Cool completely.

Add onion and all ingredients in Part 1 to a blender. Blend on high until smooth. Add back to pan and simmer over low heat, uncovered, for 30-40 minutes, or until reduced by 30%. Stir often.

Roasted Tomatillo Sauce

Part 1

20 tomatillos peeled, de-stemmed, washed, halved
1 large sweet onion, cubed
1-2 green jalapeños, de-stemmed, diced with seeds
1 poblano chili, destemmed, deseeded, cubed
2-4 cloves garlic, peeled
1 tsp sea salt
2 Tbs extra virgin olive oil

Part 2

1 each: lemon, lime, juiced
1 tsp each: lemon, lime zest
2 Tbs fresh cilantro
2 Tbs agave nectar
2 c dry white wine

Prepare ingredients as described. Preheat oven to 400. Toss all ingredients from Part 1 in large bowl, evenly coating with oil. Bake 15 minutes, drain excess liquid and reserve, bake another 10 minutes. Cool. Place roasted

veggies, remaining ingredients, and reserved liquid to a blender. Blend well. Add to stock pot and simmer on low heat covered for 30 minutes.

2 c water
1 tsp sea salt
2 Tbs cocoa powder
6 oz semisweet chocolate 
(72% or higher)
1/4 c agave nectar

Savory Mole Sauce

Part 1

4 large dried pasilla chilies, destemmed, deseeded, diced
3 dried red chilies, de-stemmed, deseeded, diced
2 dried negro chilies, de-stemmed, deseeded, diced
1 large dried ancho chili, de-stemmed, deseeded, diced
1 large sweet onion, cubed
3 cloves garlic, chopped
8 sun dried tomato halves, chopped
1 Tbs raw sesame seeds
1/2 c raw almonds, chopped
1/4 c raw walnuts, chopped
2 Tbs corn meal
1/2 c raisins or dates
1/4 tsp each: ground cloves, cinnamon, coriander, chili powder, cumin
2 tsp sea salt
1 tsp fresh ground pepper
1 lime, segmented
1 tsp each: lemon, lime zest
3 c water
Part 2
3 Tbs walnut oil

Prepare ingredients as described. Add chilies, sun dried tomatoes and water to a large bowl with 1 c water. Allow to rehydrate for 30 minutes. Add remaining ingredients in Part 1 to a large bowl and stir until evenly mixed. Process in a food processor, 3-4 cups at a time, along with remaining wather, 1/2-1 c at a time, scraping sides often, until finely processed. In a large stock pot, heat walnut oil from Part 2 over medium heat and add processed mix. Sauté, stirring constantly, for 10 minutes--be careful to avoid bubble splatters as they are very hot. Add remaining ingredients from Part 2 and simmer over low heat for 1 hour, stirring well every 10 minutes. Cool completely. Reprocess 3-4 c at a time in food processor until smooth.

 - use preferred chocolate

Summernut Squash Sauce

1 4-6 lb pumpkin or butter-nut squash, deseeded, cubed small
1 red pepper, cubed
1 sweet onion, cubed
2 c pinot grigio
1 tsp sea salt
1-3 tsp Sriracha
2 Tbs extra virgin olive oil
4 oz cream cheese or goat chevre

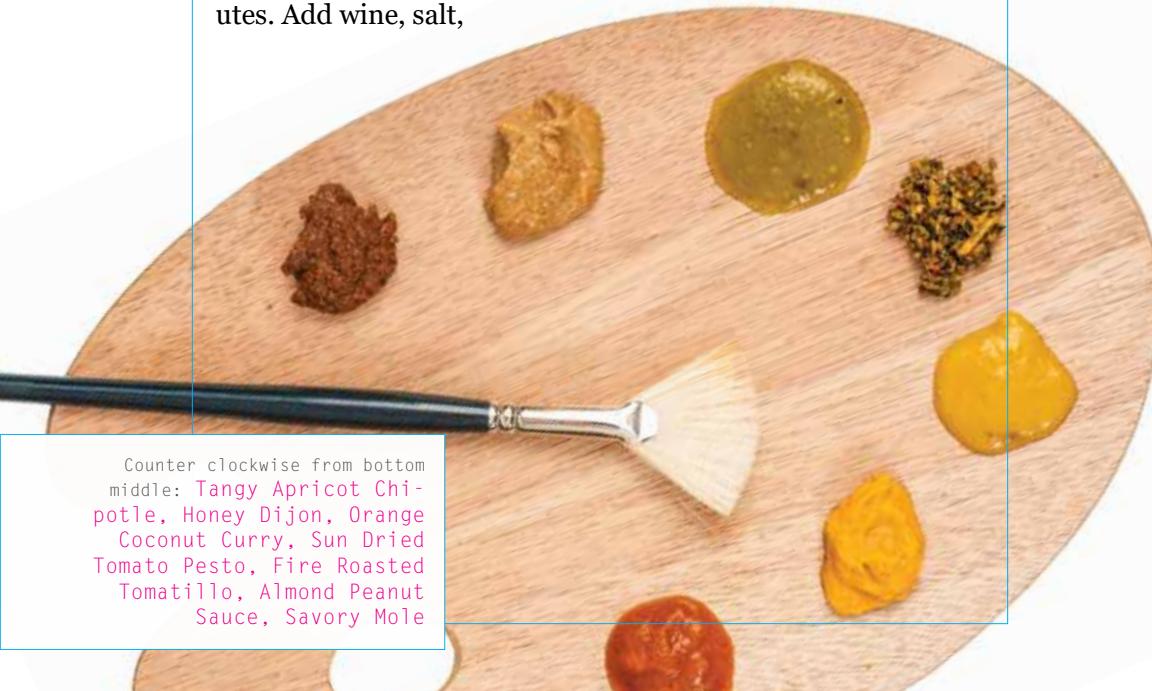
Prepare ingredients as described. Heat 1 Tbs oil over medium-low in large frying pan. Add squash and sauté covered for 10 minutes. Add remaining oil, red pepper and onion. Sauté another 7-9 minutes. Add wine, salt,

pepper, and Sriracha. Cover and simmer for another 20 minutes. Add cooled squash mix to food processor or blender, along with cheese, and puree.

nd - use preferred cream cheese

Savory Red Sauce

12 Anaheim or Guajillo chilies, destemmed, deseeded, diced
8 sun dried tomato halves, diced
1 white onion, diced
1 Tbs extra virgin olive oil
1 tsp cumin
1 tsp sea salt
3 c water
1 Tbs agave nectar



Prepare ingredients as described. Heat oil over medium heat. Add onion and sauté 5 min. Add sun dried tomatoes and spices. Sauté another 2 min. Add water and remaining ingredients. Simmer over low heat 30 minutes covered. Cool and puree.

Grilled Apricot Chipotle Sauce
1 large sweet onion, chopped
3 garlic cloves, minced
4 apricots, halved, depitted
2 dried chipotle peppers, de-stemmed, deseeded, diced
1 Tbs extra virgin olive oil
2 14.5 oz can diced tomatoes, drained
1/2 c ketchup
1/4 c cider vinegar
1 tsp agave nectar
1 tsp mustard
1 tsp sea salt
1/2 tsp freshly ground pepper
1 c water

Note: To grill apricots, apply to oiled hot grill flesh side down. Grill 1-2 minutes, turn, grill reverse 1-2 minutes.

Prepare ingredients as described. Heat olive oil over medium heat. Add onion and chipotle and sauté for 5 minutes. Add garlic and sauté another 2 minutes. Cube and

add apricot along with remaining ingredients. Simmer on low, covered, for 30 minutes. Cool completely. Puree.

Cilantro Lime Cream Sauce
1 large ripe avocado
1 Tbs cilantro
1 lime, zested, juiced
2 Tbs white vinegar
1/2 c sour cream 
1/4 c mayo 

Mash avocado into a puree. Whip in remaining ingredients. Chill 1 hour before serving.

 - use preferred sour cream
 - sub vegan mayo

Avocado stuffed with Black Bean Falafel and drizzled with Savory Red Sauce and Cilantro Lime Cream Sauce



SALSAS

Salsa, one of my favorite condiments, can add exceptional flavor dimensions to any dish. It can be used to ramp up wraps, quesadillas, or adorn a perfectly poach sea bass fillet. Heap a spoonful above a grilled chicken breast or baked tofu slice to enhance the beauty and spice of any presentation.

For best results, prepare salsa at least one hour before serving to allow the salt and acid to co-mingle. For a mild salsa, remove pepper seeds and discard. For a hotter salsa, stir in the seeds. All recipes are gluten-free and vegan.

Salsa Directions

All salsa recipes utilize the same basic directions. Additional notes will be added to any recipe requiring further instruction. Prepare ingredients as described and combine in a large bowl. Stir until mixed. Chill in air tight container at least 1 hour before serving. Store using the

 icons unless noted otherwise.

Salsa Variations

Sweet Mango

2 large mangoes, peeled,
cubed small
1 red onion, diced

From top left clockwise: Pineapple
Kiwi, Zesty Guacamole, Blazing
Habanero, Mojito Melon, Sweet
Mango, Red Chili
Peach



$\frac{1}{2}$ green pepper, diced	$1\frac{1}{2}$ green jalapeños, deseeded, diced
2 Tbs fresh minced cilantro	$\frac{1}{4}$ tsp sea salt
2 Tbs white vinegar	1 clove garlic, minced
1 lime, juiced	1 tsp agave nectar
1 tsp lime zest	2 Tbs white vinegar
1 tsp sea salt	
1 tsp agave nectar	
$1\frac{1}{2}$ green jalapeños, deseeded, diced	Blazing Habanero
	3 naval oranges, segmented
	1 tsp orange zest
	2 habanero*, deseeded, de-stemmed, minced
	1 sweet onion, diced
	2 Tbs fresh minced cilantro
	1 lime, juiced
	$\frac{1}{2}$ tsp lime zest
	8 sun dried tomato halves, finely diced
	1 tsp sea salt
	2 cloves garlic, minced
	2 tsp agave nectar
	2 Tbs white vinegar
	* Wear gloves while preparing habenero.
	Pineapple Kiwi
	3 kiwis, skinned, diced
	2 6 oz cans crushed pineapple, drained
	2 red jalapeños, destemmed, deseeded, diced
	2 cloves garlic, minced
	1 sweet onion, diced
	2 Tbs fresh cilantro, minced
	Blood Orange
	3 blood oranges, segmented
	$\frac{1}{2}$ red pepper, diced
	$\frac{1}{4}$ each: red and sweet onion, diced
	2 Tbs fresh minced cilantro

1 tsp sea salt
1 Tbs white pepper
1/2 tsp cayenne pepper
1 lime, juiced
1/2 tsp lime zest
2 Tbs white vinegar

Mojito Melon
1/2 honeydew melon, deseeded, cubed small
2 limes, segmented
1 large shallot, diced
1 Tbs fresh minced mint
1-2 green jalapeños, deseeded, destemmed, diced
1 Tbs agave nectar
2 Tbs white vinegar
1 tsp sea salt

Zesty Guacamole
3 large avocados, cubed
1 large shallot, diced
3 cloves garlic, minced
1 red and green jalapeño, deseeded, destemmed, diced
2 sun dried tomatoes halves, finely minced
1 lime, juiced
1/2 tsp lime zest
1 Tbs lemon juice
1 tsp sea salt
1/2 tsp white pepper
2 Tbs fresh minced cilantro
2 tsp white vinegar

Prepare ingredients as described. Combine in a

Mojito Melon Salsa



large bowl reserving half of avocado. Mash together until well mixed. Stir in remaining avocado cubes.

Grilled Corn

4 corn cobs, grilled, kernels removed from cob
1-2 dried chipotles, diced
1 sweet onion, diced
1 red pepper, diced
1 lime, juiced
1/4 tsp lime zest
1/2 tsp sea salt
1/2 tsp freshly ground pepper
2 Tbs apple cider vinegar
1 Tbs agave nectar
1 tsp mustard seeds

Black Bean Corn

6-8 Roma tomatoes, deseeded and diced
1/2 sweet onion, diced
1 jalapeño, deseeded and diced
1 8.75 oz cansweet corn, drained
2 cloves garlic, minced
2 Tbs fresh minced cilantro
1 Tbs lime juice
1/2 Tbs lemon juice
1/4 tsp lemon zest
1/2 tsp sea salt
2/3 c prepared black beans, rinsed
2 Tbs white vinegar
1 Tbs agave nectar

Grilled Corn Salsa



LUNCH & DINNER

For most of us, lunch and dinner are an integral part of everyday. Though people on the go sometimes find it difficult to make the time to ensure each and every one of their meals healthy. Often fast is more feasible than creating a dish that is fresh and nutritious. I know that when I make the choice for a quick bite to eat it is not because I am lazy, but because I have thirteen things to do in a day with only enough time for six.

So I wrote and created recipes for the hectic lifestyle. They are tasty, colorful, and most importantly, delicious! However, the best part of all, is that most of my tasty creations can be made ahead of time, like on a Sunday afternoon, and nibbled-on throughout the week. Each recipe includes helpful icons, footnotes (legend on pg 32), and storage instructions to help you plan meals according to the needs of your schedule and diet.

Broccoli Bliss with grilled chicken



SALADS

Broccoli Bliss

6 servings

3 broccoli crowns, cut into florets

8 sun dried tomato halves, diced

1/4 c raw walnuts, chopped

1/4 red onion, diced

2 Tbs bacon bits

1/4 c dried cherries, chopped

1/3 c Balsamic Dressing (pg 60)

1/4 c goat cheese crumbles

Prepare ingredients as described. Toss veggies, cherries, and bacon in a large bowl. Follow preservation

method now, or continue to prepare by dressing and garnishing with cheese and nuts. (Pictured on previous page).

ygb - sub veggie bacon bits

nd - use preferred cheese



Broccoli Sesame Bliss

6 servings

3 broccoli crowns, cut into florets

1/2 white onion, cubed

1 red bell pepper, cubed

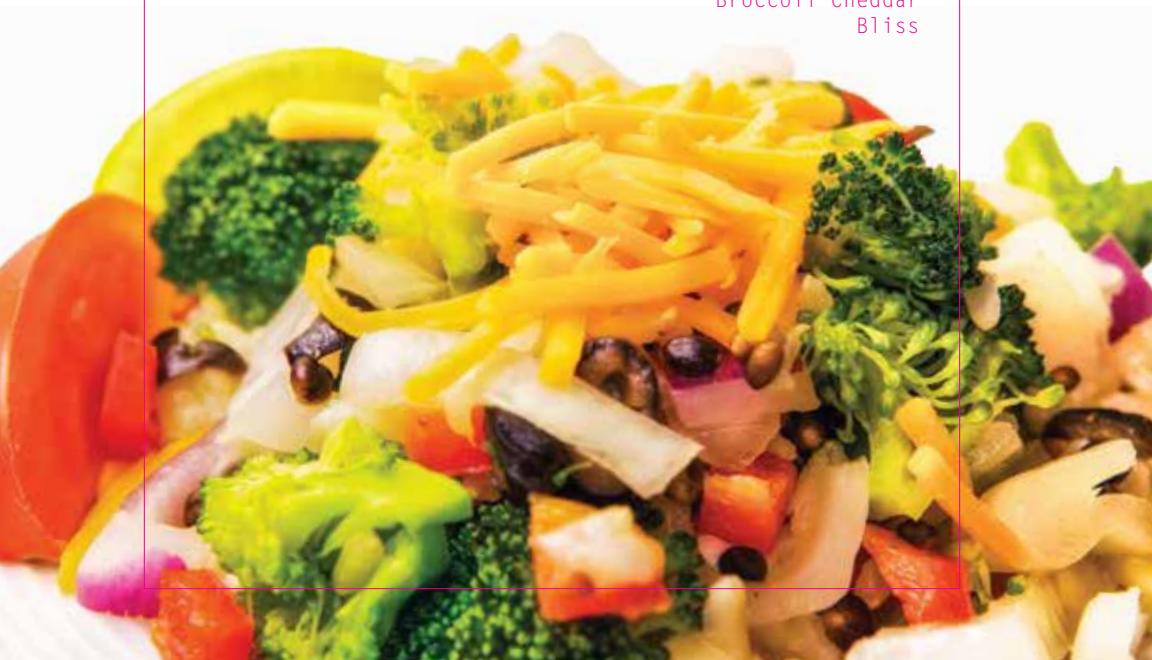
1 orange bell pepper, cubed

2 c sugar snap peas

1/2 c cashew pieces

1/2 c Pineapple Ginger Dressing (pg 60)

Broccoli Cheddar Bliss



1 Tbs toasted sesame seeds
1 c brown rice, prepared

Prepare ingredients as described. Toss veggies and rice together. Follow preservation method now, or continue to prepare. To serve cold, dress before serving and garnish with sesame seeds and cashews. To serve hot, heat 1 Tbs oil over medium high. Sauté veggies for 6-8 minutes or until desired tenderness is reached. Add dressing during last minute of cooking. Garnish with sesame seeds.

gl - prepare gluten-free option



Broccoli Cheddar Bliss

6 servings

3 broccoli crowns, cut into florets
1/2 red pepper, diced
1 green pepper, diced
1/2 red onion, diced
1/2 sweet onion, diced
1/2 c smoky cheddar, shredded
2 Roma tomatoes, deseeded, diced
1 c brown rice, prepared
2/3 c Savory Mole Sauce (pg 64)

Prepare ingredients as described. Toss veggies and rice in large bowl. Follow preservation method now, or continue to prepare. To serve, heat large skillet to medium high. Spray with cooking oil and sauté veggies for 6-8 minutes or until desired tenderness is reached. Add mole during last minute of cooking. Garnish with cheese.

nd - use preferred cheese
vg - prepare vegan option



Broccoli Kale Slaw

6 servings

3 c broccoli stems, thinly julienned
2 c green kale, thinly julienned
1 c purple cabbage, julienned
1 yellow carrot, thinly julienned
1/2 mayo
1-2 Tbs agave
1 Tbs lemon juice
1 tsp lemon zest
1 Tbs apple cider vinegar
1/2 tsp fresh ground pepper
1/4 tsp sea salt, or to taste

Prepare ingredients as described. Toss veggies and set aside. In a small bowl, whip



Broccoli Kale Slaw

together mayo, lemon, agave, vinegar, salt and pepper. Poor over veggies and toss well.

- sub vegan mayo



4 oz goat chevre or cream cheese

2-4 Tbs instant potatoes, reserved

Yashed Potatoes

2 large sweet potatoes, cubed
1 medium butternut squash, peeled, deseeded, cubed
1 red bell pepper, cubed
1 sweet onion, diced
2 Tbs extra virgin olive oil
1 tsp sea salt
1/2 tsp fresh ground pepper
1-2 tsp Sriracha
1 Tbs agave nectar
3-4 Tbs half & half

Prepare ingredients as described. Preheat oven to 375. Toss potatoes and squash in 1 Tbs oil. Bake 30 minutes. Stir in bell pepper, onion, salt and pepper. Bake 20-25 minutes or until potatoes and squash are soft. Combine with remaining ingredients in a food processor. Process until well blended, scraping sides often. Scrape into a large bowl. Stir in instant potatoes, 1 Tbs at a time, until desired thickness is reached. Follow preserva-

tion method now, or continue to prepare by preheating oven to 400. Bake for 25 minutes. Alternatively, microwave on high for 2-3 minutes.

 - sub plain soy creamer
 - use preferred cream cheese



Coconut Maple Squash

 6 servings 

- 1 medium butternut squash, peeled, deseeded, cubed
- 1 large sweet potato, cubed
- 1 16 oz bag baby carrots, halved lengthwise
- 1 sweet onion, cubed

Coconut Maple Squash

2 red peppers, cubed
3 Tbs walnuts, diced
3 Tbs Coconut Maple Dressing (pg 60) 

Prepare ingredients as described. Preheat oven to 375. Toss squash, potato and carrots in half of dressing. Bake for 25 minutes. Stir in onion, pepper, and remaining dressing. Cool and follow preservation method now, or continue to prepare by baking another 25-35 minutes. Garnish with walnuts and cheese crumbles (optional).

 - prepare vegan option



Portobello Yashers

 8 servings 

- 2 c Roasted Mushroom Melody, cooled (recipe follows)
- 2 large sweet potatoes, pre-baked, cubed
- 1/2 c each: goat chevre; sharp cheddar, shredded 
- 3-4 Tbs half & half 
- 1 Tbs unsalted butter 
- 1 tsp sea salt
- 1/2 tsp fresh ground pepper
- 2-4 Tbs instant potatoes, reserved





Prepare ingredients as described. Combine ingredients in a food processor. Process until well blended scraping the sides often. Add instant potatoes, 1 Tbs at a time, until desired thickness is reached. Follow preservation method now, or continue to prepare by preheating oven to 400. Bake for 25 minutes. Alternatively, microwave on high for 2-3 minutes.

- nd - use preferred cheese
- nd - sub plain soy creamer
- nd - use non-dairy butter



Roasted Mushroom Medley

6 servings

4 large portobello mushrooms, cubed

Pumpkin Yashers with Chipotle Bake

1 large sweet potato, pare-baked, cubed
1 white onion, cubed
2 poblano peppers, deseeded, destemmed, cubed
10 button mushrooms, quartered
2 Tbs walnut oil
1 tsp sea salt
1/2 tsp fresh ground pepper
1/2 tsp red pepper flakes

Prepare ingredients as described. Toss veggies together. Follow preservation method now, or continue to prepare by preheating oven to 375. Toss veggies in oil, salt,

and pepper and bake on a cookie sheet for 25-35 minutes.



Pumpkin Yashers

8 servings

- 1 16 oz can pumpkin puree
- 2 large sweet potatoes, pre-baked, cubed
- 1 orange pepper, cubed
- 1 white onion, diced
- 2 Tbs walnut oil
- 1 tsp sea salt
- 1/2 tsp fresh ground pepper
- 1-2 tsp Sriracha
- 1 Tbs grade B maple syrup
- 3-4 Tbs half & half
- 4 oz goat cheese
- 1/4 c raw walnuts, chopped
- 2-4 Tbs instant potatoes, reserved

Prepare all ingredients as described. Heat oil over medium in a large skillet. Sauté pepper and onion about 7 minutes. Add syrup and Sriracha. Saute another 2 minutes or until sugar begins to caramelize. Combine pumpkin, sweet potato, cheese, and grilled veggies in a food processor. Pulse a few times and add remaining ingredients. Process until well

blended, scraping sides often. Add instant potatoes, 1 Tbs at a time, until desired thickness is reached. Follow preservation method now, or continue to prepare by preheating oven to 400. Bake for 25 minutes. Alternatively, microwave on high for 2-3 minutes.

nd - sub plain soy creamer
nd - use preferred cream cheese



Chipotle Bake

6 servings

- 2 large sweet potatoes, pre-baked, cubed
- 1 orange pepper, cubed
- 1 red pepper, cubed
- 1 white onion, cubed
- 2 dried chipotle chilies, destemmed, deseeded, diced
- 2 Tbs extra virgin olive oil
- 1 tsp sea salt
- 1/2 tsp fresh ground pepper

Prepare ingredients as described. Toss veggies together. Follow preservation method now or continue to prepare by preheating oven to 375. Toss mix with oil, salt, and pepper. Bake on a cookie sheet for 25-35 minutes.



Chickpea Salad

8 servings

- 2 15 oz cans garbanzo beans, drained, rinsed
- 1/2 red pepper, diced
- 1/2 green pepper, diced
- 1/4 red onion, diced
- 1 tsp lemon zest
- 6 sun dried tomatoes, diced
- 1 3.8 oz can sliced olives, drained
- 1/2 tsp sea salt
- 1/4 tsp fresh ground pepper
- 1/4 c Lemon Chili Dressing (pg 59)

Prepare ingredients as described. Toss everything but dressing in large bowl. Follow preservation method now, or continue to prepare by tossing in dressing and chilling 1 hour before serving.

1 4

Three Bean Corn

8 servings

- 2 15 oz cans 3 bean blend, drained, rinsed
- 1/4 red onion, diced
- 1 red pepper, diced
- 1 c Grilled Corn Salsa (pg 70)
- 1 Tbs bacon bits
- 1 red pepper, diced
- 3 sun dried tomatoes, diced
- Salt and pepper to taste

Chickpea
Salad

1/2 c Lemon Chili Dressing
(pg 59)

Prepare ingredients as described. Toss everything except dressing in a large bowl. Follow preservation method now, or continue to prepare by applying dressing and chilling at least 1 hour before serving.

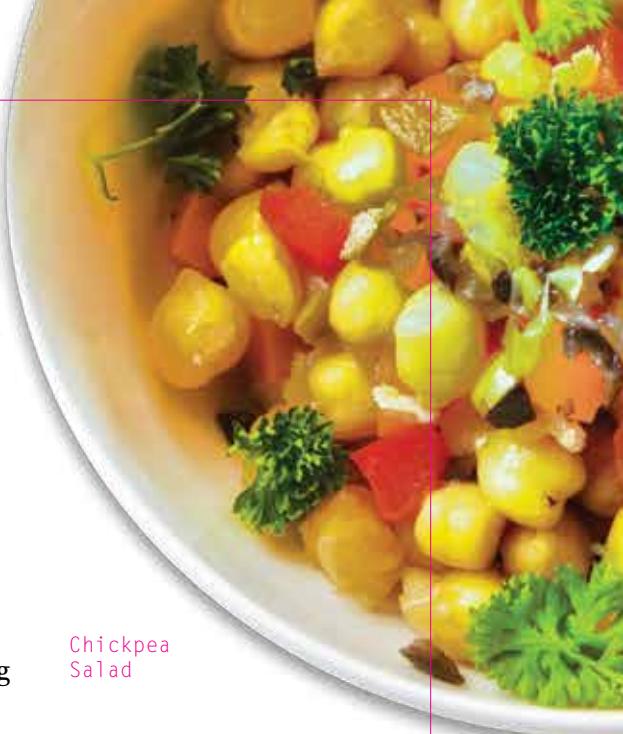
veggie - sub veggie bacon bits

1 5

Black Refried Beans

8 servings

- 2 15 oz cans black beans, drained, rinsed
- 1 large onion, diced
- 2 cloves garlic, diced





1-2 green jalapeño, de-stemmed, deseeded, diced
1 c veggie broth
1 tsp red pepper flakes
1 tsp cumin
1 tsp sea salt
1 tsp fresh ground pepper
2 Tbs fresh minced cilantro
1 lime, juiced
1 tsp lime zest
2 Tbs agave nectar
1 Tbs extra virgin olive oil
1 Tbs extra virgin olive oil, reserved

Prepare ingredients as described. Add 1 Tbs oil to stock pot and sauté onion 3 minutes on medium. Add minced garlic. Sauté for

another minute. Add salt and spices and sauté another 3 minutes. Combine remaining ingredients along with spiced onions and food process until smooth, adding first half of broth then more as needed until beans are moist but not soupy. Heat reserved oil in same stock pot over medium heat. When oil is hot, add processed beans. "Fry" beans 8-10 minutes, stirring often with a wooden spoon. Follow preservation method now, or continue to prepare by plating, garnishing with cheese, guacamole, and salsa.



Roasted Tomatoes

6 servings

8 Roma tomatoes, quartered, deseeded
1 orange pepper, cubed
1 green pepper, cubed
1/2 white onion, cubed
2 Tbs extra virgin olive oil
2 cloves garlic, diced
1/2 tsp sea salt
1/4-1/2 tsp red pepper flakes
1/4 tsp fresh ground pepper

Preheat oven to 400. Prepare ingredients as described and combine in a large bowl and

toss until evenly coated with oil. Bake for 10 minutes. Drain excess fluid, and bake another 10 minutes. Garnish with parmesan or goat cheese crumbles (optional). 

Skewered Baked Bells

 6 servings 

- 1 each: red, orange, green bell peppers, cubed
- 1 red or white onion, cubed
- 10 button mushrooms, sliced

Black Refried Beans with Zesty Guacamole and Roasted Tomatoes 

1/2 in. thick
3 Tbs dressing of choice
(starting on pg 59)
1 lb lean protein, cubed

Prepare ingredients as described. Preheat oven to 400. Toss all veggies with dressing and skewer. Do the same with protein (if using chicken, place on separate skewers from veggies). Bake 10-12 minutes. Brush with dressing again. Bake another 3-5 minutes.



Hummus

6 servings

- 1 15 oz can garbanzo beans, rinsed, drained
- 1 lemon, juiced
- 1 tsp lemon zest
- 4 Tbs raw tahini
- 2-3 cloves garlic
- 2-4 Tbs extra virgin olive oil
- 1 Tbs toasted sesame oil
- 1 tsp sea salt
- 1/2 tsp fresh ground pepper

Hummus Variation (optional)

Prepare ingredients as described. Add beans to a food

processor and pulse a few times to break up. Add lemon juice, half oil, tahini, and garlic. Process 3 minutes. Add sesame oil, salt, and pepper. Process 1 minute. Optionally, process in additional olive oil, 1 Tbs at a time, until desired thickness is reached.



Hummus Variations

Chipotle

- 2-3 dried chipotle peppers, deseeded, destemmed, diced

Skewered Baked Bell with lean beef



1 c hot water
Dash of sea salt

Combine ingredients in small bowl and allow to rehydrate for 5 minutes, drain. Add to hummus while processing.



Sun Dried Tomato
3 sun dried tomato halves,
diced
1 c hot water
Dash of sea salt

Clockwise from top: Greek
Salad, Caprese Salad,
and Hummus

Combine ingredients in small bowl and allow to rehydrate for 5 minutes, drain. Add to hummus while processing.



Tapenade

5-10 kalamata olives, finely diced
1/2 Tbs capers, finely diced
1 Tbs olive oil

Combine olives and capers in small bowl. Top prepared hummus with olive mix and drizzle with oil.



Roasted Red Pepper

1/3 c roasted red pepper, diced

Add to hummus while processing.  

1/4 c green pepper, diced
1-2 Tbs fresh or 1 tsp dried oregano
1/2 c feta, crumbled 
3-4 Tbs Red Wine Dressing (pg 60)

Caprese Salad

 6 servings 

2 large tomatoes cut into slices of desired thickness
3 Tbs basil, chiffonade cut
1 tsp sea salt
3 Tbs Balsamic Dressing (pg 60)
4-6 oz mozzarella discs

Prepare all ingredients as described. Place 2-3 tomato slices per plate. Place 1 mozzarella disc on top of each tomato. Sprinkle with salt and basil ribbons. Drizzle with dressing prior to serving. 

Prepare ingredients as described. Toss in a large bowl with dressing and allow to chill 1 hour before serving. Garnish with feta.

 - omit cheese



Greek Salad

  6 servings  

2 medium cucumbers, quartered, sliced, deseeded
3 roma tomatoes, deseeded, diced
10 kalamata olives, quartered lengthwise
1/4 c red onion, diced
1/2 c red pepper, diced

Pesto Penne Pasta

  8 servings  

1/2 cube frozen spinach, finely chopped
1/4 c walnuts, chopped
4 c penne pasta, prepared 
6 Tbs Sun Dried Tomato Pesto (pg 61) 
1 Tbs olive oil
2 oz grated parmesan cheese 
1 red pepper, diced
1/2 red onion, diced
1 tsp sea salt
1/2 tsp pepper
2 Tbs extra virgin olive oil

Prepare ingredients as described. Toss veggies, walnuts, pasta, oil, and pesto in a large bowl. Fol-



low preservation method now, or continue to prepare by dressing. Serve chilled. To serve hot preheat oven to 350. Sprinkle with cheese and drizzle with 1-2 Tbs additional oil. Bake 25 minutes.

gt - use preferred pasta
vgn - prepare vegan option
nd - use preferred cheese



Summernut Squash Pasta

8 servings

8 sun dried tomato halves, chopped
1 red pepper, cubed
1/2 white onion, cubed
2 Tbs bacon bits
1 Tbs walnut or extra virgin olive oil

Pesto Penne Pasta with grilled chicken

1/2 tsp sea salt
4 c fusilla pasta, prepared
1 c Summernut Squash Sauce (pg 65)
1/2 c crumbled goat cheese
1/2 c cashew pieces

Prepare ingredients as described. Heat oil over medium high and add pepper, onion, tomatoes, salt, and bacon. Sauté 5 minutes. Cool. Toss veggies and remaining ingredients in a large bowl. Follow preservation method now, or continue to prepare by dressing and preheating oven to 350. Bake



for 25 minutes. May also be served cold once baked.

- vg - sub veggie bacon
- gf - use preferred pasta
- vg - prepare vegan option
- gp - use preferred protein



Cabbage Salad

6 servings

- 1 medium head of cabbage, shredded (red or green)
- 1/2 red onion, sliced thinly
- 1/2 red pepper, diced
- 3 Tbs Almond Peanut Sauce (pg 62) or Pineapple Ginger Dressing (pg 60)
- 1/4 c sunflower seeds
- 1 Tbs toasted sesame seeds

Summernut Squash Pasta

Prepare ingredients as described. Toss veggies in a large bowl. Follow preservation method now, or continue to prepare. To serve cold dress and garnish with seeds. To serve hot, heat 1 Tbs olive oil over medium. Sauté veggies for 3-4 minutes adding dressing and seeds before serving.

- gf - prepare gluten-free option



Orange Coco Curry Rice

8 servings

- 1 red bell pepper, cubed

- 1 white onion, cubed
- 2 broccoli crowns, cut into florets
- 1 Tbs coconut oil
- 1 tsp sea salt
- 1-3 tsp crushed red pepper
- 2 c brown rice, prepared
- 1/2 c Orange Coconut Curry Sauce (pg 63)
- 1/2 c raw cashew pieces
- 1/2 c green onion, chopped

Prepare ingredients as described. Toss veggies, rice, cashews, and spices. Follow preservation method now, or continue to prepare. Heat oil over medium. Sauté mix for 5-6 minutes. Add sauce and stir well. Garnish with green onion. Serve hot or cold.



Cranberry Fried Rice

 8 servings 

- 1 white onion, diced
- 1 orange pepper, diced
- 1/3 c dried cranberries, diced
- 1/2 c raw walnuts, chopped
- 1 Tbs walnut oil
- 1 tsp sea salt
- 1 tsp fresh ground pepper
- 2 c brown rice, prepared
- 1 tsp agave nectar
- 2 eggs, lightly scrambled 

Prepare ingredients as described. Toss veggies, walnuts, cranberries, rice, and spices. Follow preservation method now, or continue to prepare by heating oil over

Orange Coco
Curry Rice



medium. Sauté mix for 4 minutes, adding agave during last minute. Scoot rice to side, spray bare part of pan with cooking oil, add egg and allow to heat until almost fully set. Stir everything over the top of scrambled egg mixing evenly into rice.

vegan - sub 2 vegan eggs



Cream Sherry Brussels

6 servings

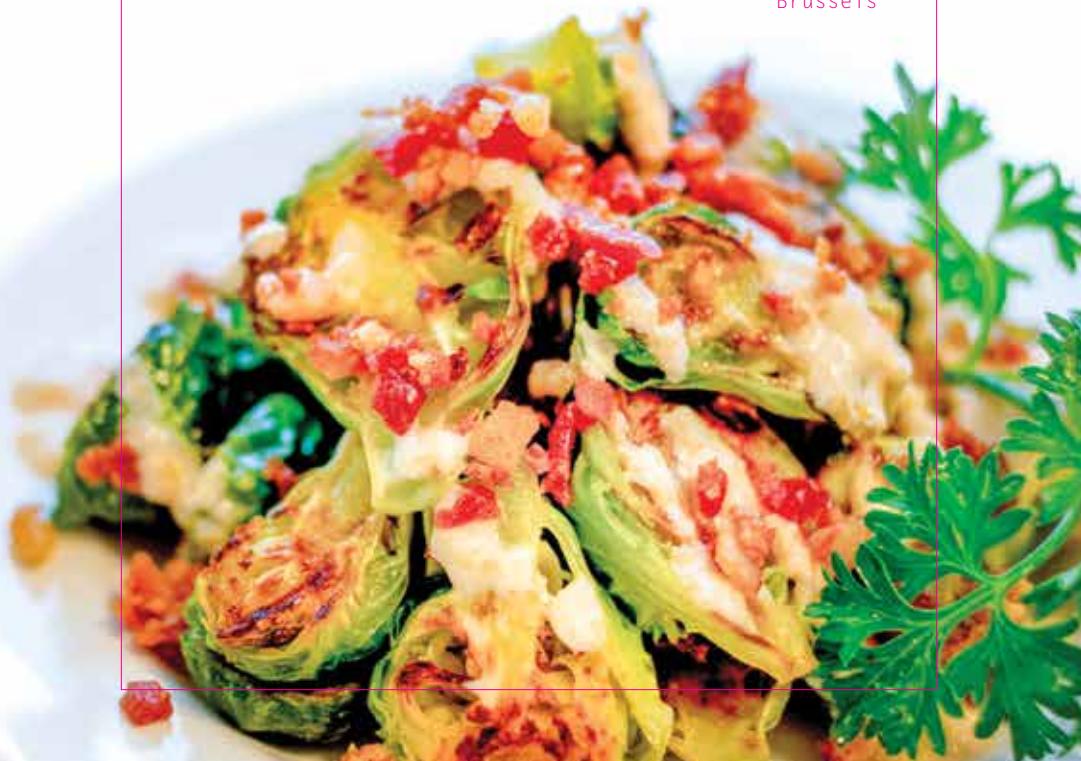
2 lbs Brussels sprouts, trimmed, cut in half lengthwise

1 sweet onion diced

1/2 c half and half
1/3 c bacon bits
1 c Cream Sherry
1 tsp salt
1/2 tsp white pepper
1 Tbs brown sugar
1 Tbs bacon fat

Prepare ingredients as described. Preheat oven to 425. Toss Brussels in fat and sprinkle with half of salt. Place cut side down on a foil lined cookie sheet and bake for 20-25 minutes. While sprouts bake, spray fry pan with oil and sauté onion over medium

Cream Sherry
Brussels





high for 5-7 minutes. Add 3 Tbs of bacon, cream, sherry, and brown sugar. Simmer on low, reducing by half. Toss baked Brussels in cream sauce. Plate high and garnish with remaining bacon.

- sub plain soy creamer
 - sub veggie bacon bits
 - sub olive oil



Summernut Squash Pizzetta

8 servings

1 prepared pizza dough
1 long skinny sweet potato
1 red bell pepper, julienned
2 shallots, thinly sliced
1/2 c each: goat cheese crumbles; mozzarella, shredded
1/2 c raw cashew pieces

Summernut Squash Pizzetta

6 sun dried tomatoes, diced
3 Tbs bacon bits
1 c Summernut Squash Sauce
(pg 65)

Preheat oven to 400. Bake sweet potato for 25 minutes, or until soft but not mushy. Cool. Prepare other ingredients as described. Roll out dough on an 11in x 17in oiled cookie sheet. Spread sauce evenly over dough. Sprinkle with mozzarella. Cut potato into disc like medallions about 1/4 inch thick. Place on pizza above cheese. Sprinkle remaining ingredients evenly. Bake for 15-20 minutes, or

until crust is golden brown and cheese is melty. Cool 2 minutes before cutting.

- gf - use preferred dough
- cd - use preferred cheese
- vg - sub veggie bacon
- vgn - prepare vegan option



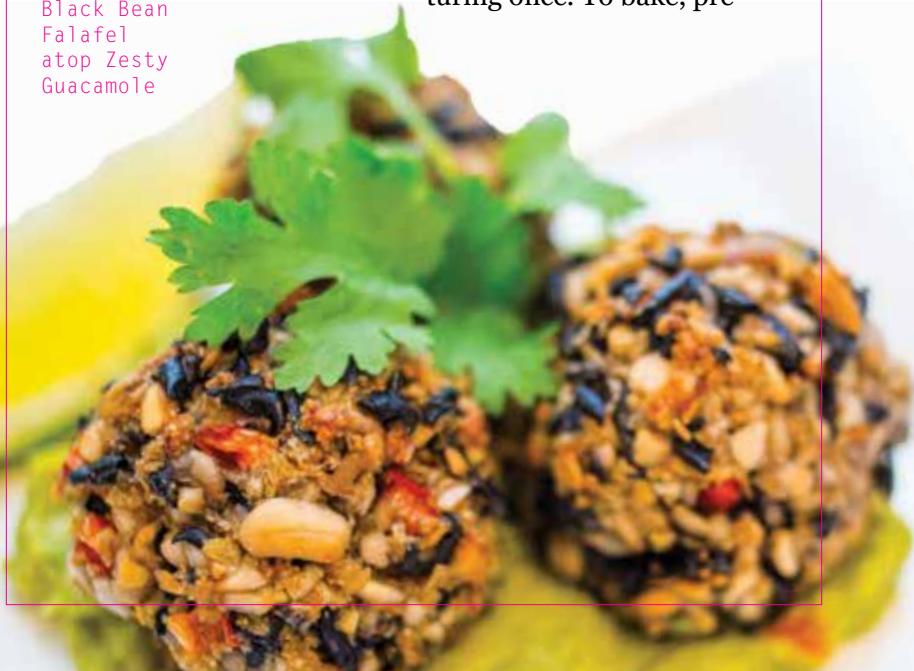
Black Bean Falafel

6 servings

- 3 c dry black beans
- 2 onions, diced
- 1 whole roasted garlic
- 2 Tbs cilantro, finely chopped
- 1/2 Tbs cumin
- 1 jalapeno, diced
- 1 lime, zested, juiced
- 1 tsp salt
- 2 eggs, slightly beaten
- 6-8 tsp flour

Black Bean
Falafel
atop Zesty
Guacamole

Place black beans in a bowl and add enough water to cover plus 1 inch. Soak overnight. Drain and rinse. Prepare other ingredients as described. Add beans to a food processor and process a few seconds at a time, until diced up well, but not smooth. Turn out beans into a large bowl. Mix in everything, only using half of flour. Add remaining flour, 1 Tbs at a time, until you can form a ball that holds together. Shape mix into balls and allow to rest in the refrigerator for 30 minutes before cooking. For best results fry 3-4 minutes in enough oil to cover balls, turning once. To bake, pre-



heat oven to 375. Place on greased cookie sheet and lightly mist bean balls with cooking spray. Bake for 12-15 minutes or until browned.

 - use 2 vegan eggs
 - use gluten-free flour



Cranberry Spinach Salad

  4 servings  

1/4 c dried cranberries, finely chopped
1/2 red onion, thinly sliced
2 Tbs bacon bits 
1/2 c toasted walnut pieces
4 c baby spinach
1/4 c Honey Dijon Dressing (pg 60) 

Prepare ingredients as described. Toss all ingredients in a large bowl. Serve cold.

 - sub veggie bacon bits
 - prepare vegan option



Strawberry Arugula Salad

  4 servings  

1 cup quinoa
1 1/2 cup coconut milk
1 bag washed baby arugula
1/2 c slivered almonds
1/2 cup feta 
2 cups strawberries, sliced
2 shallots, sliced

1 tsp agave nectar
4-5 Tbs Lemon Chili Dressing (pg 59)

Prepare ingredients as described. Rinse quinoa and simmer in coconut milk until liquid is absorbed, about 15-20 minutes. Fluff with a fork, cool. Heat oil over medium and saute shallots for 5 minutes. Add agave, saute another 2 minutes, cool completely. Toss ingredients and serve.

 - use preferred cheese



Tomato Avocado Beet

Part 1

3 small beets, peeled and sliced 1/4 inch thick
1 serving Balsamic Dressing (pg 60)
1 Tbs tart cherry or strawberry jam
1 Tbs salt

1/4 c balsamic vinegar

1/4 c water

Part 2

3 large heirloom tomatoes of various color, cubed large
2 large avocados, cubed large
2 Tbs extra virgin olive oil
1/2 tsp lemon juice
1/2 tsp + a few dashes sea salt



1/2 tsp white pepper
1/3 c sweet basil, chiffonade cut
1/2 c toasted hazlenuts, diced large
1/2 c goat chevre

Prepare ingredients as described. Preheat oven to 300. Lay beets flat on a parchment lined cookie sheet and mist lightly with cooking spray. Bake for 40 minutes, or until beets are soft, not smushy. To a saucepan, add remaining ingredients from part one. Bring to a boil and remove from heat. Once beets are cool enough, julienne and

Tomato Avocado Beet Salad

add to a Mazon jar. Pour brining liquid over beets and cover. Soak for at least 4 hours, preferably overnight, in the fridge. Drain and lay beets out on a paper towel, drying excess liquid. Next, add cubed tomatoes to a collander. Sprinkle with 2 dashes salt and allow to sweat for 10 minutes. Toss tomatoes, avocado, olive oil, lemon juice, salt and white pepper. Lay salad mixture over criss-crossed beets, adorn with basil ribbons, nuts, and cheese.

- use preferred cheese

6

PAIRING YOUR PROTEIN

In the *Introduction* (pg 9) I provided the reasoning for my recipe ratio of 15:30:10:10. This is where that ratio comes together by pairing the salads with protein. To dress up the protein in a way that allows it to complement the flavor notes in the salad and offer a variety of options, use the sauces and salsas as marinades and marinate ahead of time.

Approximate Cook Times for Protein

3-4 oz portion	Bake	Broil	Grill	Sear
shrimp	8-10	2-3/side	1-2/side	1-2/side
salmon	10-12	3-4/side	5-7/side	3-5/side
talapia	10-12	3-4/side	5-7/side	4-5/side
halibut	10-12	3-4/side	5-7/side	4-5/side
trout	10-12	3-4/side	5-7/side	4-5/side
ahi	6-12	⌚	⌚	⌚
eggs	✖	✖	✖	⌚
tofu	12-14	4-5/side	5-6/side	4-5/side
white poultry	12-14	4-5/side	5-6/side	✖
dark poultry	12-14	4-5/side	5-6/side	✖
lean pork	12-14	4-5/side	6-7/side	✖
lean beef	✖	⌚	⌚	⌚

✖ - check recipe directions ✖ - not recommended ⌚ - cook to order ✎ - per side
time in minutes : bake temp is 350 : grill and sear temp is medium high heat

Cooking Terminology Defined

bake ~ cooking with dry heat in an enclosed space

boil ~ heating with hot water by submerging in liquid

braise ~ searing in oil and finishing in a closed container, often immersed in liquid

broil ~ cooking using overhead, direct dry heat

grill ~ cooking over an open heat source, often using charcoal or gas

sear ~ heating oil over a medium high to high heat and adding protein and cooking briefly on each side before serving rare/medium (like fish) or baking (like turkey)

SAMPLE MENU

Here are a handful of ways to pair your salads with your proteins. Marinade, brush or rub with dressing and allow flavors to mingle for at least 30 minutes. Let sit two to four hours if you can. Cook using the chart on page 92.

Salad

Protein Seasoning

Broccoli Bliss

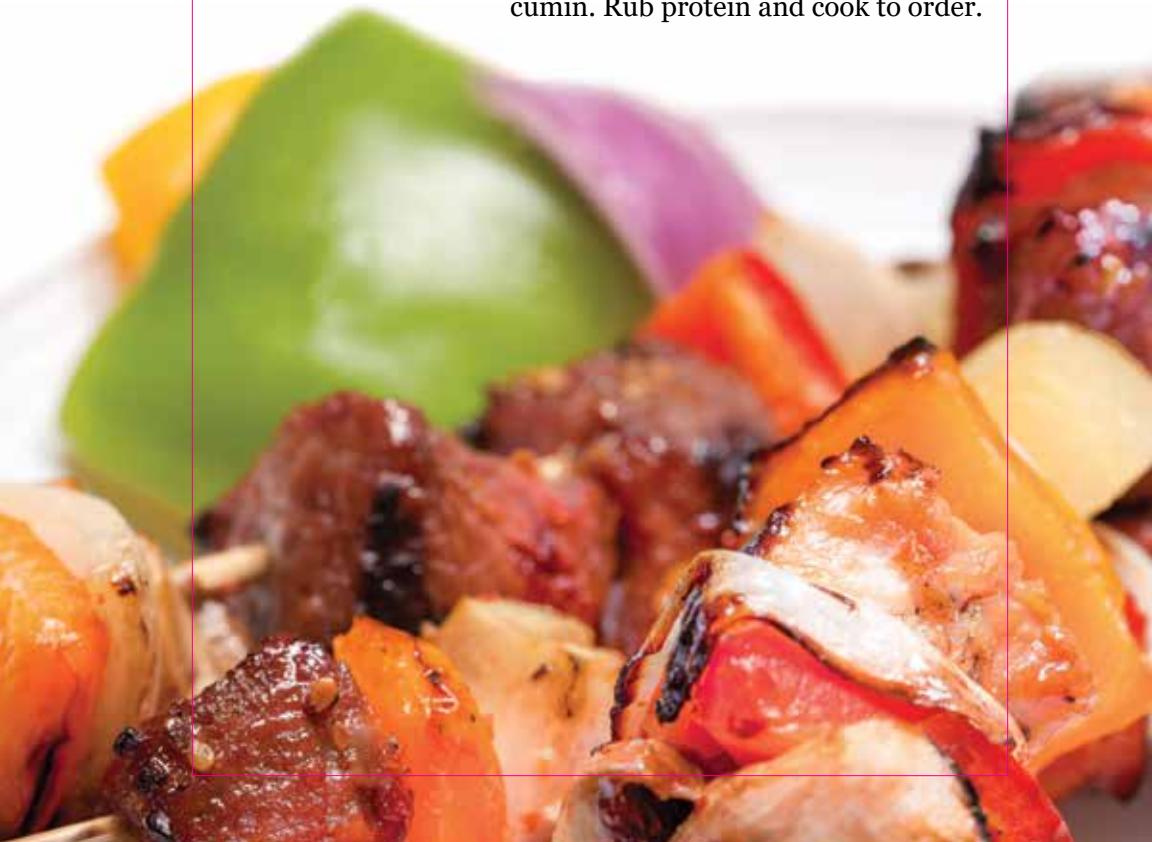
Marinate in Lemon Chili Dressing (pg 59) or rub in Sun Dried Tomato Pesto (pg 61) and cook to order..

Pumpkin Yashers
w/ Chipotle Bake

Marinate in Brown Sugar Dressing (pg 60) or Savory Red Sauce (pg 65) and cook to order..

Chickpea Salad

Mix together 1/2 tsp each: sea salt, black pepper, crushed red pepper, cumin. Rub protein and cook to order.



Salad

**Black Refried Beans
w/Roasted Tomatoes**

Protein Seasoning

Marinate in Savory Red Sauce (pg 65)
or Roasted Tomatillo Sauce (pg 63)
and cook to order..

**Greek Salad
w/Hummus**

Marinate in Lemon Chili Dressing (pg
59) or rub in Sun Dried Tomato Pesto
(pg 61) and cook to order.

Pesto Penne Pasta

Marinate in Balsamic Dressing (pg
60) or rub in Sun Dried Tomato Pesto
(pg 61) and cook to order..

**Summernut Squash
Pasta**

Mix together 1/2 tsp sea salt, 1/4 pep-
per, dash of crushed red pepper and
smoked paprika. Rub protein and
cook to order.

Black Bean Falafel

Marinate in Savory Mole Sauce (pg
64) or Cilantro Lime Cream Sauce (pg
66) and cook to order.

Cranberry Fried Rice

Marinate in Brown Sugar Dress-
ing (pg 60) or Lemon Chili Dressing
Sauce (pg 59) and cook to order.



Salad

Strawberry Arugula Salad

Protein Seasoning

Bread protein in 1/2 tsp sea salt, 1/4 pepper, and 1 Tbs coconut flour. Add 1 Tbs oil to small pan and fry to order.

Brocoli Kale Slaw

Marinate in Brown Sugar Dressing (pg 60) or Lemon Chili Dressing Sauce (pg 59) and cook to order.

Three Bean Corn

Mix together 1/2 tsp sea salt, 1/4 pepper, dash of crushed red pepper and smoked paprika. Rub protein and cook to order.

Cabbage Salad

Cut protein into tenderloins. Wrap in plastic and hammer into 1/2 inch strips. Skewer. Salt, pepper, and grill. Drizzle in Almond Peanut sauce (pg 62).

Tomato Avocado Beet

Fill large pot with stock and heat to almost boiling. Add spring of rosemary, 3 basil stems with leaves, and two stems of oregano. Poach protein 3-5 minutes, or until temp is right for cut.



KID'S CORNER

I imagine most parent's concern for their children's diet is whether or not they're getting enough nutrition. This can be an uphill battle as food production giants have bigger budgets for their annual advertising than most make in a lifetime. These companies spend so much time, effort, and research on tempting customers young and old. As adults, however, we have a more educated filter for temptation. Kids on the other hand are vulnerable. They operate their young lives on appeal and perception alone.

This can make the job of ensuring they get the nutrition they need feel like a never-ending struggle. So I'm offering an array of recipes that are inherently nutritious and delicious while appealing to kids and adults alike. The food has been tested by my friends' kids, and two of my biggest critics: my nieces Anna and Kayla.

These recipes may not look like the fancy packaged meals kids have grown accustomed to, but if Anna and Kayla taught me anything about cooking for kids, it is that if you can create a recipe that looks attractive, something like what they see on TV, they will at least be willing to try the food.

This reminds me of when I introduced my Squashy Mac'n Cheese and Summernut Squash Pizzetta to my two favorite girls when they were 6 and 8 years old. While I was preparing our dinner I heard comments like "Ewwwww, Uncle Buddy, that mac n' cheese looks nothing like the box," or, "Yuck, Uncle Buddy, I HATE squash and sweet potatoes."

The funny thing, and here is where I call this a win for their parents: both Anna and Kayla had seconds of both the mac and pizza. My effort to trick them into eating healthy was a complete success!

Now there are limitations on kids' palates, and the main hurdle is color and texture. Being an experienced flavor artist, I have written a bunch of recipes dedicated to younger, less experienced or less developed taste buds that may reject



overly-spicy foods. These recipes are loaded with vitamins, fiber, and nutrition. Though your kids might fight you initially, you will win them over in the end. Trust me, if my nieces and friends' kids dug these dishes, yours will too!

Finally, the best approach is to model behavior you wish to see in your kids. If you choose to eat well and explain why you do, your kids will pick up the behavior over time. Also, adding a touch of preparation personalization goes a long way. Add your kids' favorite ingredient to a dish, or make a version of salsa with hot peppers, and a version without. You will soon notice their newfound love for veggies!

BREAKFAST

Painted Oats

1 serving

1/4 c extra thick rolled oats
1/4 tsp milled flax seed
1/2 Tbs vanilla protein
1/2 tsp almond flour
Dash of sea salt
2-3 Tbs Fruit Painter

Mix dry ingredients. Stir in
1/2 c hot water to oats mix.
Microwave on high for 90

Painter Oats

seconds. Top with favorite Fruit Painter. Add 1/2 c preferred milk (optional).

gf - use certified gluten free oats

opf - use preferred protein



Fruit Painter Directions
Add ingredients to a saucepan. Bring to boil and reduce heat to low for 5 minutes, uncovered. Puree, strain any seeds, cool, and store in a squeeze bottle.



Fruit Painter Variations

Raspberry Peach

1/2 c Agave Simple Syrup (pg 109)

1 c fresh or frozen raspberries

1 peach, pitted, cubed small

1/2 tsp lemon zest

Blueberry Pear

1/2 c Agave Simple Syrup (pg 109)

1 c fresh or frozen blueberries

1/2 15 oz can pears, drained, cubed

1/2 tsp lime zest

Cherry Apricot

1/2 c Agave Simple Syrup (pg 109)

1 c cherries, pitted

1 6 oz can apricots, drained, cubed

1/2 tsp orange zest

Add ingredients except oil and bread to a blender.

Blend for 60 seconds until fluffy. Add oil to skillet and heat to medium. Batter bread in egg and add to hot pan. Cook 3 minutes per side. Top with apple butter or grade B maple syrup.

 - sub plain soy creamer

 - use preferred bread



Coconut French Toast

 4 servings 

4 egg whites, 1 egg

1 Tbs half and half

1/4 tsp each: orange, lime, lemon, zest

1 tsp agave nectar

1/3 c shredded coconut

1 Tbs coconut oil

1 tsp pure vanilla extract

4-6 slices bread

Pumpkin French Toast

 4 servings 

2 Tbs pumpkin puree

4 egg whites, 1 egg

1 Tbs half and half

1/2 tsp pure vanilla extract

1/2 tsp orange zest

1/4 tsp pumpkin pie spice

2 tsp walnut oil

4-6 slices bread

Add ingredients except oil, coconut, and bread to a blender. Blend for 60 seconds until fluffy. Add oil to medium skillet and heat to medium. Batter bread in egg and coat with coconut that has been sprinkled over a plate for dipping. Add battered bread to hot pan. Cook



3 minutes per side. Paint plate with Fruit Painter Variation on previous page.

 - sub plain soy creamer
 - use preferred bread



Breakfast Quesadilla

 2 servings 

3 egg whites, 1 egg
1/4 cube frozen spinach, finely chopped
1 tsp half and half 
Dash of salt and pepper
1/4 c each: jack and smoky cheddar cheese, shredded 
2 sun dried tomato tortillas 
2-4 Tbs salsa, drained
(salsa recipes start on pg 67)

Breakfast Quesadilla

Whip together eggs, half and half, salt, pepper, and spinach. Cook over medium high in large fry pan sprayed with cooking oil until set. Toss with remaining ingredients and place half egg mixture evenly across each half of tortilla. Sprinkle with cheese and fold. Heat over medium in large skillet 1-2 minutes on both sides or until lightly browned and cheese is melted. Serve with Zesty Guacamole (pg 69, optional).

 - sub plain soy creamer
 - use preferred cheese
 - use preferred tortillas



LUNCH & DINNER

Tacos

6 servings

- 8 oz protein, grilled with taco seasoning, cubed
- 1/4 c each: jack and cheddar cheese, shredded
- 6 tortillas
- 1 tomato, diced
- 2 c shredded lettuce
- Salsa and guacamole

Layer ingredients over tortilla beginning with protein. Garnish with salsa and guacamole.

opt - use preferred protein
nd - use preferred cheese
gf - use preferred tortillas

6

Chicken Tacos with Mango Salsa



Bean & Cheese Burrito

6 servings

- 3 c Black Refried Beans (pg 79)
- 2/3 c Savory Red Sauce (pg 65)
- 1/4 c each: jack and cheddar cheese, shredded, mixed
- 1/4 c onion, diced, rinsed
- 6 tortillas

Heat beans in a saucepan until hot. Spread 1/2 c beans over middle of tortilla. Drizzle with sauce and sprinkle with cheese and onion. Wrap.

nd - use preferred cheese
gf - use preferred tortillas

1 4

Mango Quesadilla

2 servings

- 1 c Sweet Mango Salsa (pg 67)
- 1 c white beans, rinsed
- 1/4 c each: shredded jack and cheddar cheese, mixed
- 1 tsp coconut or extra virgin olive oil
- 4 tortillas
- 1-2 Tbs Zesty Guacamole (pg 69)

Prepare ingredients as described. Toss together beans, salsa, and cheese. Place 1/2 c mixture evenly across half

of each tortilla. Spray medium skillet with cooking oil and heat to medium. Fold and place in pan and heat 1-2 minutes on both sides or until lightly browned and cheese is melted. Serve with guacamole.

nd - use preferred cheese
gt - use preferred tortillas

Pesto Quesadilla

2 servings
4 oz protein, grilled, cubed
4 tortillas
1/2 c shredded mozzarella
Pesto Spread : cream together 4 oz. cream cheese or goat chevre and 1/4 c Sun Dried Tomato Pesto (pg 61)
1/4 c each: 2 of the following - tomato, diced; olive, sliced; mushroom, sliced; spinach, chopped; onion, diced; red bell peppers, diced

Prepare ingredients as described. Toss veggies and cheese. Spread 1 Tbs Pesto Spread over 1/2 each tortilla and add 1/2 c mix. Fold in half. Spray medium skillet with cooking oil, heat pan to medium, and place

folded tortilla in pan. Heat for 2 minutes on both sides or until lightly browned and cheese is melted.

opf - use preferred protein
gt - use preferred tortillas
nd - use preferred cheese
ygn - prepare gluten-free option



Squashy Mac n' Cheese

6 servings

16 oz macaroni noodles, prepared
1 c Summernut Squash Sauce (pg 65)
1/2 c heavy cream
1/2 c each: sharp cheddar and swiss cheese, shredded
3 Tbs unsalted butter
2 Tbs flour
3/4 c protein, cubed and grilled

Prepare ingredients as described. Preheat oven to 375. Melt butter in saucepan, add flour and stir together toasting mixture (roux) on medium for 1 minute. Add cream and squash. Toss together with remaining ingredients. Spray oven safe bowl with cooking spray and add mix. Bake for 25 minutes, stir. Sprinkle



with bread crumbs and bake another 5-10 minutes.

- gl - use preferred pasta
- vga - prepare vegan option
- nd - sub plain soy creamer
- nd - use preferred cheese
- nd - sub olive oil
- gf - sub gluten-free flour
- opt - use preferred protein

1 5

beans, and drizzle with sauce. Top with cheese. Complete by baking for 8-10 minutes and cool for 2 minutes. Add lettuce, tomato, olive, and salsa.

- gf - use preferred bread rounds
- nd - use preferred cheese

1 4

Squash Pizza

2 servings

Use the ingredients and directions for Summernut Squash Pizzetta on page 88. To make an individual kid sized portion, preheat oven to 350. Top 2 thinwich rounds, or preferred bread option, and bake for 8-10 minutes.

Taco Pizza

2 servings

2 Whole Wheat Thinwiches
1 c Black Refried Beans (pg 61)
1/2 c Savory Red Sauce (pg 65)
1/2 c shredded jack cheese
1/2 c shredded lettuce
1 tomato, diced
1/4 c sliced olives
Salsa and/or guacamole

Prepare ingredients as described. Preheat oven to 375. Separate bread, spoon on

Protein Noodle Soup

10 servings

2 carrots, diced
3 celery stalks, diced
1/2 white onion, diced
1 Tbs olive oil
4 c veggie broth
16 oz protein, grilled, cubed
1 tsp sea salt
1/2 tsp fresh ground pepper
1 bay leaf
1 c pasta noodles, prepared

Prepare ingredients as described. Heat oil over medium heat in large stock pot. Add veggies, salt, and pepper and sauté 7 minutes, stirring regularly. Add broth and bay leaf. Simmer 5 minutes. Add protein and simmer, covered, another 30 min. Add pasta and serve.

- opt - use preferred protein
- gf - use preferred pasta

1 5

Smoky Bean Soup

10 servings

- 5 15 oz cans great northern beans, drained, rinsed
- 2 Tbs bacon bits
- 2 carrots, diced
- 2 celery stalks, diced
- 1 sweet onion, diced
- 1 Tbs walnut or extra virgin olive oil
- 1 tsp dried thyme
- 2 cloves garlic, minced
- 1/4 c Savory Red Sauce (pg 65, optional)
- 4 Tbs ketchup
- 2 c veggie broth

1 c water

1 tsp liquid smoke

Salt and pepper to taste

Prepare ingredients as described. Heat oil in large stock pot over medium and add veggies. Sauté 3 minutes and add thyme, salt, and pepper. Sauté another 3-6 minutes. Add remaining ingredients. Simmer on low for 45 minutes, covered. Puree 1/2 mix and return to pan.

veggie bacon bits



Smoky Bean
Soup



SNACKS

Miche

You will find your kids enjoying a variety of the Miches from the Snack section (pg 43). However, you may need to adapt for a smaller portion. You know how much your kids will eat, so fill molds with their appetites in mind.

Trail Mix

Half the amount of adult sized trail mix portion found in the Desserts section (pg 103). While nutritious, these are high in calories and fat, so don't over do it.

Smoothies

Adult smoothie found in the Snack section (pg 56) with 1-4 Tbs protein, depending on child's size, weight, and nutritional needs. Exclude Port Cherry Chocolate!

Frozen Fruit Bars

6 servings

1 c Fruit Painters flavor variation (pg 98)
2 c plain yogurt
1 tsp agave nectar

Whip together all ingredients and add 1/2 c to each mold. Freeze 2 hours and add sticks. Freeze 4 more hours.

 - use preferred yogurt



Strawberry Frozen Fruit Bars



DESSERTS & LIBATIONS

There is no question about it, most of us love dessert. Unfortunately though, a lot of times our favorite sweet treats do not love us back. They deliver a quick sugar buzz followed by an energy crash. To avoid this (and to prevent hyper children), my mom would always tell us kids to eat a piece of fruit if we wanted sweets. Now I am telling you the same thing!

However, there is no reason you can't have your cake and eat it too--so to speak. I have jazzed up some of my favorite fruit combos for healthier dessert options, and even use date paste as a replacement for all or most of the sugar. These recipes are also optionally vegan and gluten-free. And if you want decadent, try my appropriately constructed trail mix that offers a sweet and savory--and in some cases, spicy treat!

Best
Banana
Bread



Best Banana Bread

Dry :

3/4 c flour 

1/2 tsp baking soda

1/4 tsp baking powder

1/4 tsp fine sea salt

1/2 tsp cinnamon

1/2 tsp ground ginger

Wet :

2 very ripe bananas

1 large egg* 

1/3 c date paste

1 Tbs brown sugar

1 Tbs vanilla

1/4 c coconut, macadamia, almond, or walnut oil

1 c inclusions (below)

Inclusion Variations

Add to bread batter: fresh blueberries, chocolate chips , unsweetened shredded coconut, or finely diced walnuts

Preheat oven to 350. Butter and flour an 8 inch loaf pan. Line with parchment. Sift together dry ingredients in large bowl. In a food processor type device, add bananas, egg, date paste, brown sugar, and oil. Process until well blended. Add to dry ingredients and stir in well. Fold in inclusions. Pour batter into prepared loaf pan. Bake for 45-50

minutes or until pick inserted in center comes out clean.

 - use gluten-free flour

 - sub 1 vegan egg

 - use preferred chocolate



*Note: for vegan option on all miche, substitute vegan eggs and prepare per package directions.

Trail Mix

Trail Mix Directions

Prepare ingredients as described. Toss everything together. Enjoy!  

Trail Mix Variations

Oregon Pearberry

1 c each: hazelnuts, walnut pieces, almonds

3/4 c dried blueberries

1 c dried pears, cubed

2/3 c white chocolate chips 

 - use preferred chocolate

Very Berry Chocolate

1/3 c each, dried: cranberries, blueberries, cherries

2/3 c each: almonds, pumpkin or sunflower seeds, walnuts

1/2 c mini chocolate chips 

 - use preferred chocolate



Oregon PearBerry Trail Mix

Spicy Nuts & Sour Cherries

Part 1

$\frac{2}{3}$ c brown sugar

1 c whole walnuts

1-2 tsp cayenne pepper

Preheat oven to 350. Heat sugar in a medium saucepan until just melted. Add

walnuts, coating completely. Spread out on foil lined cookie sheet. Bake 7 minutes. Cool on wax paper, separating nuts. After cooled, break apart if needed.

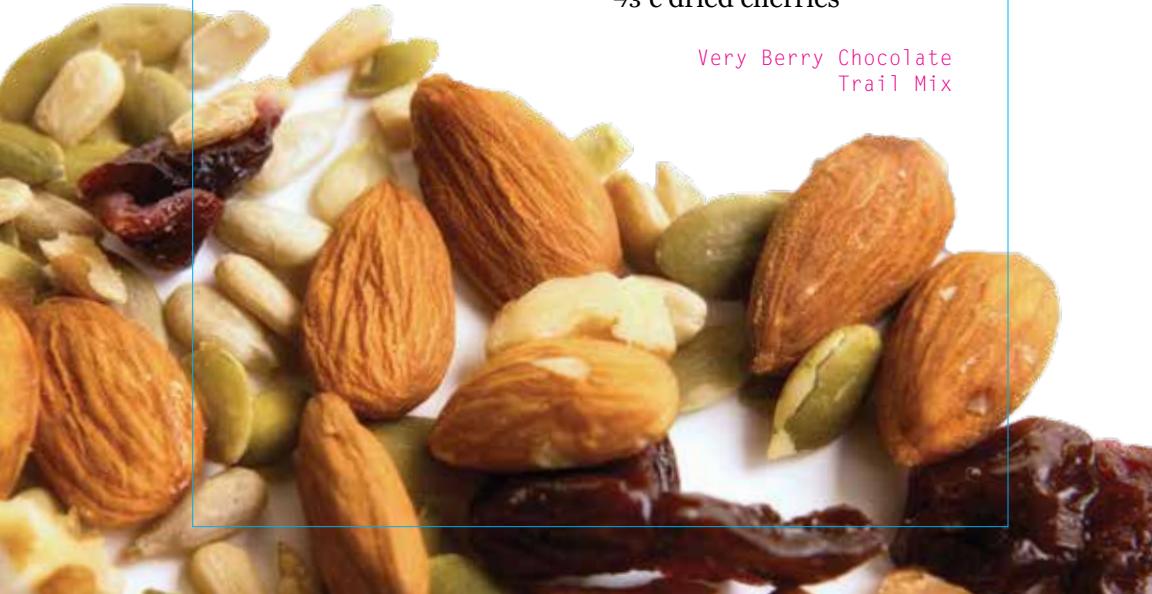
Part 2

1 c cashews

$\frac{1}{2}$ c pumpkin or sunflower seeds

$\frac{2}{3}$ c dried cherries

Very Berry Chocolate Trail Mix



Sorbet

Sorbet Directions

Choose variation and combine ingredients in food processor. Process until completely smooth. Freeze for 4 hours, or until firm. Food process again to break up water crystals. Freeze. Process once again before serving to give your sorbet a whipped and creamy texture.



Sorbet Variations

Strawberry Rhubarb
2 c fresh or frozen strawberries
2 c fresh rhubarb*
1/2-2/3 c Agave Simple Syrup (pg 109)
2 Tbs lemon juice
1 tsp lemon zest
1/4 tsp cinnamon

Orange
stuffed with
Strawberry
Rhubarb
Sorbet

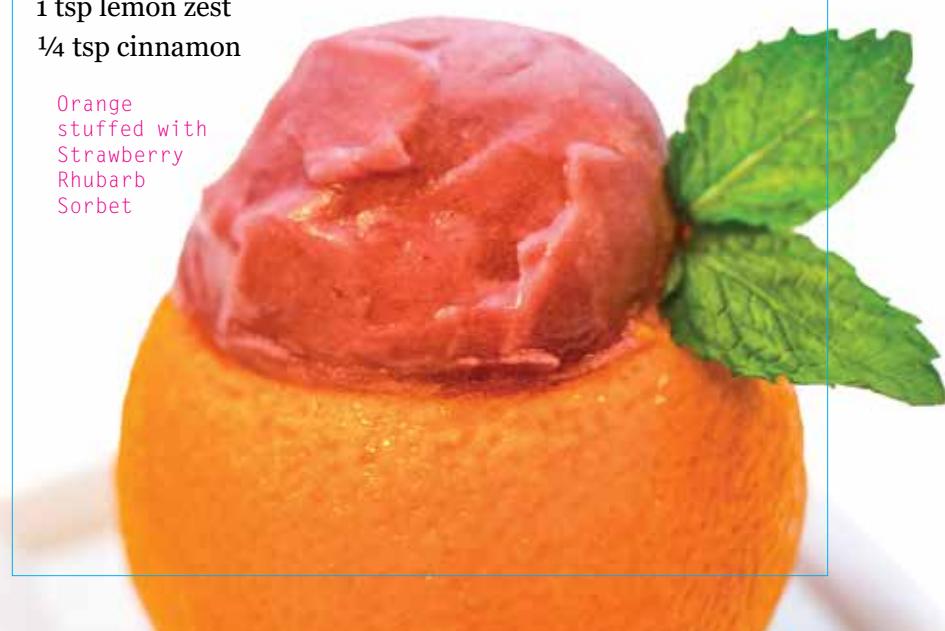
Bing Cherry Granny Smith

2 Granny S mith apples*, peeled, cored
2 c fresh or frozen cherries, pitted
1/2 c Agave Simple Syrup (pg 109)
2 Tbs lemon juice
1 tsp lemon zest
1/4 tsp cinnamon

*Soften apples, and rhubarb by baking at 375 for 10-12 minutes until soft. Cool completely before adding to recipe.

Blueberry Pear

1 16 oz can pears, drained
2 c frozen or fresh blueberries
1/2 c Agave Simple Syrup (pg 109)
2 Tbs lemon juice
1 tsp lemon zest
1/4 tsp cinnamon



Peach Raspberry	Agave Simple Syrup
1 16 oz can peaches, drained,	1 c water
2 c frozen or fresh raspberries*	2/3 c organic raw agave nectar
1/2 c Agave Simple Syrup (right)	Add water and agave to saucepans over medium heat.
2 Tbs lemon juice	Stir until syrup is fully dis-
1/4 tsp cinnamon	solved. Cool before use.

*Strain for seeds if desired.

COOKIES & ICE CREAM

In the first edition of this book, I had not yet figured out how to make my favorite dessert--cookies--healthy. Since publication, I have written 48 cookie recipes with up to four levels of micronutrition, and I am perfecting them via my blog, www.AskCookie.com.

A **Level 1** cookie replaces at least 60% of the recipe's sugar content with date paste. A **Level 2** cookie uses date paste, and reduces butter with the replacement of calorically superior fat. **Level 3** cookies include date paste, healthy fat, and fruit. Finally, a **Level 4** cookie builds on all of this by reducing the amount of flour with replacement of fiber.

A cookie cookbook, with 10 ice cream recipes also sweetened with date paste, is forthcoming. Until then, I present a standout cookie from each level.

All of these cookies can be made gluten-free by substituting gluten-free flour. To make the cookies vegan, use vegan egg replacement and prepare per package directions. Replace butter with refined coconut oil or margarine.

Finally, for fresh cookies any time, scoop dough and freeze. Bake off using same cooking instructions.

LEVEL 1 - less sugar	1/3 c white sugar
Date Paste Chocolate Chip	1/3 c packed brown sugar
1/2 c + 6 Tbs butter ¹	2 eggs ²
3/4 c date paste (or 170 grams)	2 tsp vanilla extract

2 c flour
1 tsp sea salt
1 tsp baking soda
2 c mini chocolate chips

Preheat oven to 325. Sift together flour, salt, and soda; set aside. Cream together butter, paste, sugars and vanilla. Scrape down sides of bowl and beat in eggs, one at a time. Beat in flour mixture until well blended. Scrape down sides of bowl and blend well. Blend in chocolate chips. Using a 2-inch cookie scoop, place about 2 inches apart on baking sheet. Bake for 12-14 minutes. Yield: 54 cookies

- use preferred butter
 - sub 2 vegan eggs
 - sub gluten-free flour
 - use preferred chocolate



LEVEL 2 + better fat

Coconut Mookie

1/2 c butter
1/3 c virgin coconut oil
3/4 c date paste (or 170 grams)
1/3 c white sugar
1/3 c packed brown sugar
2 eggs
1 tsp vanilla extract
1 tsp coconut extract
2 c flour

1 tsp sea salt
1 tsp baking soda
4 Tbs instant espresso
1 c mini chocolate chips
1 c mini white chocolate chips

Preheat oven to 325. Sift together flour, salt, and soda; set aside. Cream together butter, paste, sugars and extracts. Scrape down sides of bowl and beat in eggs, one at a time. Beat in coconut oil and coffee. Beat in flour mixture until well blended. Scrape down sides of bowl and blend well. Blend in chips. Using a 2-inch cookie scoop, place about 2 inches apart on baking sheet. Bake for 12-14 minutes. Yield 54 cookies.

- use preferred butter
 - sub 2 vegan eggs
 - sub gluten-free flour
 - use preferred chocolate



LEVEL 3 + fruit

White Peach Macadamia

1/2 c butter
1/3 c refined coconut oil
3/4 c date paste (or 170 grams)
2/3 c white sugar
2 eggs
1 tsp vanilla extract
1 tsp peach extract

2 c Tbs flour
1 tsp sea salt
1 tsp baking soda
1 1/2 c mini white chocolate chips
2/3 c dried white peaches, finely chopped
1 c macadamia nut pieces

Preheat oven to 325. Sift together flour, salt, and soda; set aside. Cream together butter, paste, sugars and extracts. Scrape down sides of bowl and beat in eggs, one at a time. Beat in coconut oil. Beat in flour mixture until well blended. Scrape down sides of bowl and blend well. Blend in chips. Using a 2-inch cookie scoop, place about 2 inches apart on bak-

Date Paste Chocolate Chip (left) and Coconut Joy (right)

ing sheet. Bake for 12-14 minutes. Yield: 54 cookies.

nd - use preferred butter
vgn - sub 2 vegan eggs
gf - sub gluten-free flour
ch - use preferred chocolate



LEVEL 4 + fiber

Coconut Joy

1/2 c butter
1/3 c virgin coconut oil
3/4 c date paste (or 170 grams)
1/3 c packed brown sugar
1/3 c white sugar
2 eggs
1 tsp vanilla extract
1 tsp coconut extract
3/4 c flour
1 tsp sea salt
1 tsp baking soda
3 c rolled oats
1 c shredded unsweetened coconut



1 c mini white chocolate chips 
1 c mini chocolate chips 

Preheat oven to 325. Sift together flour, salt, and soda; set aside. Cream together butter, sugar and extracts. Scrape down sides of bowl and beat in eggs, one at a time. Beat in walnut oil and lemon. Beat in flour mixture until well blended. Scrape down sides of bowl and blend well. Blend in oats and chips. Using a 2-inch cookie scoop, place about 2 inches apart on baking sheet. Bake for 14-16 minutes. Yield: 64 cookies.

 - use preferred butter
 - sub 2 vegan eggs
 - sub gluten-free flour
 - use gluten-free oats
 - use preferred chocolate



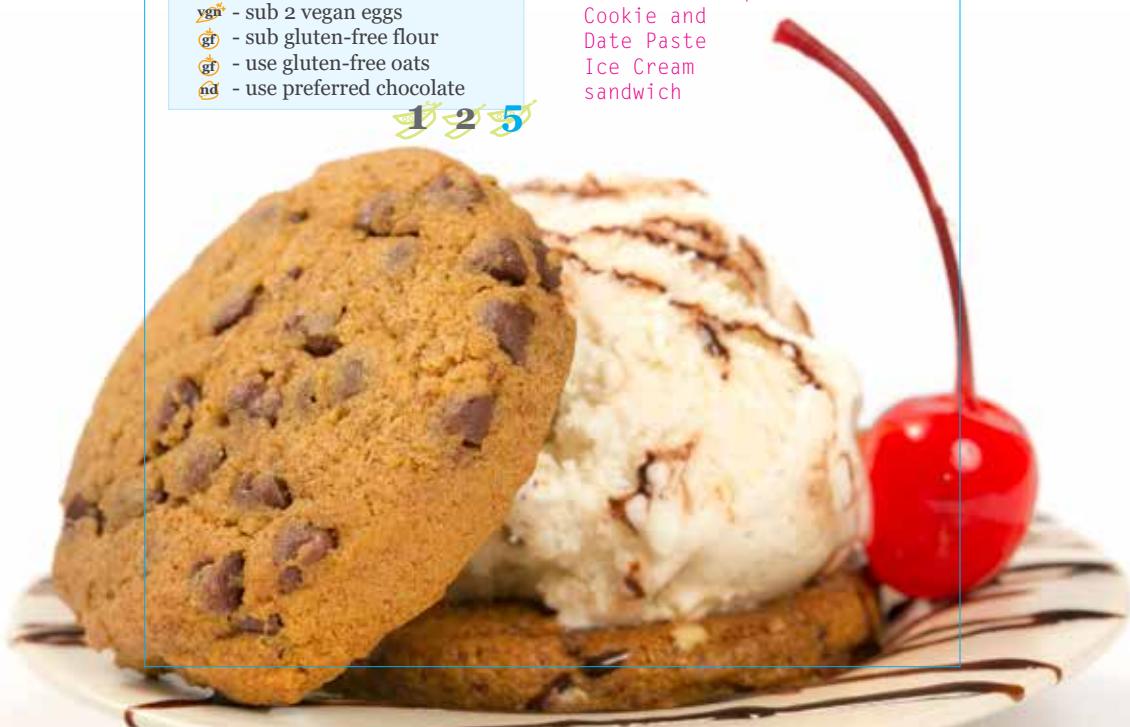
Date Paste Ice Cream
1 c coconut milk
1 c milk 
1 c cream 
3/4 c date paste (or 170 grams)
1 Tbs brown sugar
1 Tbs vanilla

Using completely chilled ingredients, add everything to a blender base. Blend well. Add to ice cream churn and churn for 15-20 minutes. Pour into airtight container and freeze.

 - sub dairy-free milk
 - sub dairy-free milk
(Also add 1/4 tsp xanthan gum).



Date Paste
Chocolate Chip
Cookie and
Date Paste
Ice Cream
sandwich



Part 3

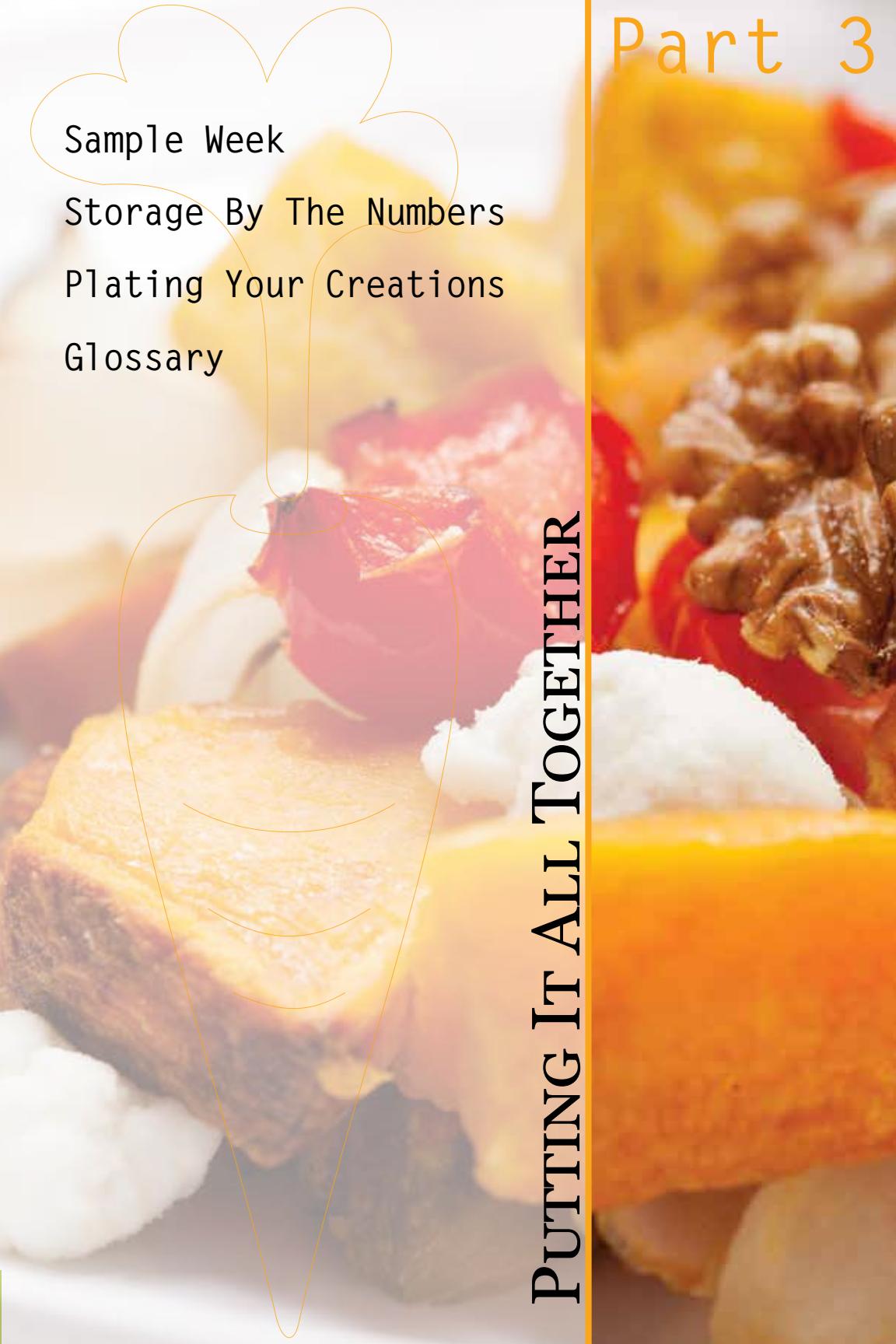
PUTTING IT ALL TOGETHER

Sample Week

Storage By The Numbers

Plating Your Creations

Glossary



SAMPLE WEEK

The process of putting together a week of healthy meals is not as difficult as it may sound and becomes easier with practice. The best course of action is to choose two to three breakfast items, three to four snack items, four side options, and three proteins per person. For a multi-person household, multiply numbers above. I have provided a sample week and a shopping list for one. Provided you have my recommended *Bare Essentials* at home, you will only need to buy whole food fruits, veggies, and lean protein.

This sample week gives you an almost full dose of your *Everyday Essentials!* Further, by preparing each recipe in excess and storing it according to the *Storage By The Numbers* directions (next section, pg 117), over time you'll accumulate a wider variety of menu items for you and your family to enjoy tucked away fresh in your freezer.

Sample Menu

Prepare each according to recipe directions and smartly store. You will end up creating more meals than you will need. This will ensure perfectly prepared and preserved left overs!

Breakfast:

Oregon Pearberry and Mixed Berry Super Powered Cereal (starting on pg 33)
Denver Breakfast Wrap (pg 36)

Black Refried Beans (pg 79)

Pesto Penne Pasta (pg 83)

Yashed Potatoes (pg 74) with
Coconut Maple Squash (pg 75)

Protein: fish, chicken, tofu

Snacks:

Mediterranean Miche (pg 47)
Maple Coconut Roast Wrap (pg 55)
Mole Baked Beans (pg 49)

Total meals created: 48

Meals enjoyed: 31

Leftover meals: 17

Sides:

Broccoli Bliss (pg 72)

Look at your week. Yum! Pair salads with 3-4 oz protein of choice.

meal	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	oats	bfast wrap	shake	oats	miche w/fruit	bfast wrap	brunch out
Snack 1	miche	mole beans	miche	wrap	mole beans	trail mix	shake
Lunch	Broccoli Bliss	lunch out	black beans	pesto pasta	lunch out	Yashed Potatoes	pesto pasta
Snack 2	wrap	miche	shake	mole beans	wrap	shake	wrap
Dinner	black beans	Yashed Potatoes	pesto pasta	Broccoli Bliss	dinner out	miche w/fruit	black beans



Shopping List

Fruits & Veggies

- ◊* dried blueberries
- ◊* dried cranberries
- ◊* dried cherries
- ◊* broccoli crowns
- ◊* white onion
- ◊* red onion
- ◊* green pepper
- ◊* red pepper
- ◊* sun dried tomato
- ◊* kalamata olives
- ◊* lemon
- ◊* basil
- ◊* jalapeño
- ◊* spinach
- ◊* yams
- ◊* squash
- ◊* can diced tomato
- ◊* can corn

Grains & Nuts

- ◊* walnuts
- ◊* hazelnuts
- ◊* flax seed
- ◊* oats
- ◊* tvp*
- ◊* tortillas

Protein

- ◊* eggs
- ◊* chicken
- ◊* fish
- ◊* tofu
- ◊* Ham or turkey
- ◊* black beans
- ◊* other beans
- ◊* preferred cheese
- ◊* preferred cheese
- ◊* bacon bits

*texturized vegetable protein



STORAGE BY THE NUMBERS

It is important to smartly store food no matter your eating style. Proper preservation ensures your food lasts and is fresh to eat when mealtime comes around. It also reduces waste and saves you money over time.

Almost all of the recipes in this cookbook were written with storage and longevity in mind. Therefore, I not only use the pantry and refrigerator, but also the freezer. These recipes can be preserved in tightly sealed containers and/or vacuum sealed bags. The latter is one of the best methods for eating pre-made frozen meals that taste as fresh as the day they were prepared. In your kitchen a vacuum sealer will be worth its weight in gold. Remember to always label and date your items.

Following most of the recipes in Part 2 are numbers imposed over icons. These icons signify the recommended variety of ways to store the food. Use this index as a tool to maximize your food budget while minimizing waste.

refrigerate/freeze - Prepare all ingredients as described. Follow recipe directions for dish assembly reserving the dressing and garnish. When indicated, pause preparation and place food in plastic storage container or freezer bag and tightly seal. Dress and garnish dish prior to serving. For salsas, sauces, and dressings, store food in a Mason type jar for best results. Thaw all parts before preparing and serving.



dry storage - Prepare all ingredients as described. Follow recipe directions for dish assembly, reserving any liquid. Place in a storage container and tightly seal. Complete per recipe instructions prior to serving. This method works well for oats and breakfast toppers, as well as trail mix.



dry seal - Prepare all ingredients as described. Follow recipe directions for dish assembly, reserving any liquid. Place in vacuum seal bag and seal, allowing a small amount of air to remain in bag. When ready to enjoy, complete per recipe instructions. This method also works well for oats and breakfast toppers (e.g. add one serving dry Super Powered Cereal and one serving dry Breakfast Toppers to the same bag), as well as trail mix.





dry seal and freeze - Prepare all ingredients as described. Follow recipe directions for dish assembly reserving dressing and garnish. Place one recipe serving in plastic vacuum seal bag and seal. Freeze. Thaw from frozen before completing dish per recipe instructions. Also great for sealing and freezing completed wraps, pizza, miche, and French Toast--though don't crush your food!



wet freeze and seal - Prepare all ingredients as described. Follow recipe directions for dish assembly. Place one serving in jumbo cupcake or rectangular storage ware and freeze until solid. Remove from mold (if you have trouble, run mold upside down under water, making sure to secure food from dropping into a dirty sink). Freeze another 30 minutes or so to ensure the product will not be wet when inserted into bag. Vacuum seal and keep frozen until ready to serve. Prepare by boiling a pot of water. Add food bag. Boil 5 minutes. Allow to remain in water another 5 minutes.



not recommended for prolonged storage - The ingredients in this dish break down easily once cut and prepared and should be fresh when served. To avoid soggy food, do not store for long - in most cases 24-36 hours max. When making salads using fresh greens, always dress right before serving as leaves wilt very quickly.

PLATING YOUR CREATIONS

By now you have a fridge and freezer full of great meal options and a pantry of ready-to-eat superfoods. The final step is preparing your items at the time of meal in a way that is convenient and accessible.

As mentioned before, I highly recommend preparing your protein to order; however, if you have cooked your protein in advance or have leftovers, simply heat separately from the salad. Be sure not to over cook previously cooked protein. It tends to become very tough.

In general, there are six basic ways to enjoy all of your new dishes. If you elect to vacuum seal and freeze, be sure to properly thaw out before reheating (this can be done by moving your frozen vacuum sealed food to the refrigerator the night before you plan to enjoy it). Use these methods as a guide, but also use common sense. For example, putting a vacuum-sealed bag in the microwave and heating on high without cutting a slit into the bag is not a good idea. Duh!

cold salads

Open bag and pour or scoop desired refrigerated portion into bowl, toss with dressing, garnish.

add water

Pour bag's content into a microwave safe bowl and add water. Heat per recipe directions or for 90-120 seconds (until water is absorbed).

blend

Add recipe ingredients to a blender and blend on high until smooth and creamy.

microwave

Pour food into microwave safe cooking dish and microwave on high for 90-120 seconds or until food is hot.

boil

Bring water to a rapid boil. Leave food in vacuum bag and submerge for 5-10 minutes - 5 minutes for thawed; 10 or more if frozen. If water fills the bag or there is a leak, this is a sign of an improper seal. Discard food.

baking

Place ingredients in an oven safe dish and cook at temperature for the time specified in recipe directions.



GLOSSARY

Blend - mixing multiple ingredients together evenly using a fork, hand mixer, or blender

Cream together - the smearing together of cheeses and spices using the back of a large wooden or metal spoon

Chiffonade - generally stacking herbs or leaves, rolling tightly, and cutting into thin ribbons

Cubed - cutting food into small cubes larger than when chopping; cubed small is about $\frac{1}{2}$ in, cubed medium $\frac{3}{4}$ in, cubed large 1 in

Destemmed/deseeded - the process of removing the stem and seeds

Diced - cutting food into very small similarly sized pieces, smaller than when finely chopping

Grated - rubbing cheese or vegetables against a serrated surface and reducing in size to small thread like particles

Ground/milled - crushed or chopped into small sand or dust sized pieces

Julienned - cutting into long, thin strips

Marinate - the process of soaking or submerging for 1-2 hours in a dressing or sauce

Pare-baked - partially baked and finished by cooking another way; e.g. cubing and then heating with other ingredients

Pre-baked - fully baked prior to processing and adding to a dish

Puree - blending at a super high speed until completely smooth

Quartered - two perpendicular cuts; e.g. quartered mushrooms, usually lengthwise

Rehydrate - allowing moisture back into dried foods

Rub - smearing with a wet ingredient like pesto, or evenly

sprinkling dry seasoning over protein and lightly massaging into flesh

Sauté - frying quickly in a small amount of oil or fat

Sliced - parallel cutting into thin pieces of roughly equal size

Segmented - cutting around the inside perimeter of a citrus fruit, just below the fruit's pith, exposing the flesh and then

cutting with a sharp paring knife along the dividing membrane removing skinless wedge of pulp

Tossed - mixing ingredients together gently using an upward or shaking motion; e.g. to toss a salad

Toasted - lightly browning using dry heat

Avocado stuffed with Black Bean Falafel and drizzled with Savory Red Sauce and Cilantro Lime Cream Sauce



ACKNOWLEDGEMENTS

In the first print edition of Veggiessentials in 2015, I barely knew what I was doing. I had worked in print advertising for newspaper and for a yellow page directory, so I did know a little bit about design and layout. What I didn't know was how much I still needed to learn in terms of typesetting, photo placement, writing cohesive recipe directions, managing a visual design team, and keeping both myself and everyone working with me on a strict set of deadlines.

I am nothing, though, if not a fast learner, and I equipped myself with the tools necessary to shore up my knowledge in any of the subject areas I was lacking. As a result, the first edition of Veggiessentials is one I am truly proud of, with the 2-3 dozen mistakes and all!

As I was preparing the expanded digital edition I was excited to be able to take the project to the next level. I upgraded and polished recipes, directions, and ingredients lists. I added more content and more value to my readers.

And I didn't do any of it alone. As I did before, I want to sincerely thank with all of my heart my dear friend Cami for inspiring me, kicking me when I needed it, and eating more of my recipe prototypes than anyone else. From the beginning, way back in 2009, Cami was one of my biggest supporters on this project.

I also need to recognize my female role models growing up. Their kitchens were my earliest classrooms and training grounds for creating beautiful and delicious food. Without their patience and willingness to pass along what they knew about cooking, and the many hours they assisted me with learning new skills, I may have not found a hobby that stirs and excites me.

I also want to thank everyone who participated in the food tastings and to those who offered thoughtful feedback. Thank you, too, to those of you who pointed out my mistakes! I truly loved that! You know who you are.

Further, this edition would not have even left my hard drive if it weren't for my photographer and creative consultant. In early July off 2018 when I hatched the plan to release a digital version as a benefit for a local food need-based organization, I knew our message would travel a lot further if my team also volunteered their services. So I pitched the idea to George and Matto about joining me, for free, in building a coalition of givers as a means of inspiring others to give, too. They agreed, along with my dear friend Maria, to join my initiative! Not just because they wanted to support me, but because believed in the idea of paying the kindness received in our lives forward.

Finally, thanks to all of you for buying this edition through your donation. Expanding and finishing this project a second time has been a labor of love, and my greatest desire was to inspire you to not only eat better, but to be embolden you with a like approach to giving back.

I hope you discover a newfound love for all things veggies!

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REFERENCES

Photos

Matt O'Brien: cover main, 1, 10, 12, 13, 16, 31, 32, 33 (both), 37, 39, 41, 43, 44, 45, 48, 50, 52, 53, 54, 55, 65, 67, 70, 74, 75, 80, 81, 82, 85, 91, 93, 95, 97, 103, 107 (top), 111, 112, 113, 116, 121,

Steve Balo: 20, 24, 35, 51, 57, 66, 69, 87, 88, 89, 103, 108, 123, 127

Scott James: 26 (all), 36, 46, 71, 72, 76, 78, 84, 86, 94 (both), 107 (bottom)

Stock: 15, 17, 19 (both), 21 (both), 23, 25, 29, 58 (both), 61, 62, 99, 100, 104

Content

Nutrition values and calorie information for pages 15, 17, 19, 21, 23, 25, and 29 found online, verified through multiple sources, and can be independently verified.

ABOUT THE AUTHOR

In his first book, Brandon draws on his experience in home cooking and the years he spent working in the restaurant and catering worlds to build a cookbook focused on veggies. As a kid he loved cooking and often was the family chef for dinners and special events.

As a young adult he loved surprising his grandmother with the fresh baked cookies she so enjoyed. He would often drive from Portland to Sublimity to deliver them and make her a special meal as well. She absolutely loved split pea soup and the recipe on page 39 is dedicated to a grandma he adored.

Brandon studied cultural anthropology at Western Washington University. He later attended Portland State University, working towards degrees in advertising management and graphic design. For over 8 years he has worked in the restaurant

industry, serving customers, managing small teams, and taking notes on effective (and ineffective) food preparation systems. He lives and works in Seattle, Wash. where he enjoys the great outdoors, most physical activities, and his greatest joy: planning, preparing, and savouring beautiful and healthy food with his dearest of friends, his chosen family.





Bringing more vegetables into your diet is not as difficult as you may think. First time author Brandon Dombrowsky has perfected a method not only to incorporate more veggies into your diet, but also to make them taste great.

Imagine setting aside a few hours one day to prepare healthy meals that last all week. Now, dare to dream that those recipes contain tantalizing flavor combinations that dance wildly on the tongue -- and leave you asking for more. Do you like pizza? Try Brandon's Summernut Squash Pizzetta. Quiche? His Mediterranean Miche is sure to please. In the mood for decadent? Brussels Sprouts swimming in a creme sherry cream sauce, and topped with veggie or traditional bacon bits, will keep you coming back for more. Whatever your flavor or dietary preference, *Veggiessentials 101* has an array of recipes that will appeal to vegetable enthusiasts and vegetable naysayers alike.