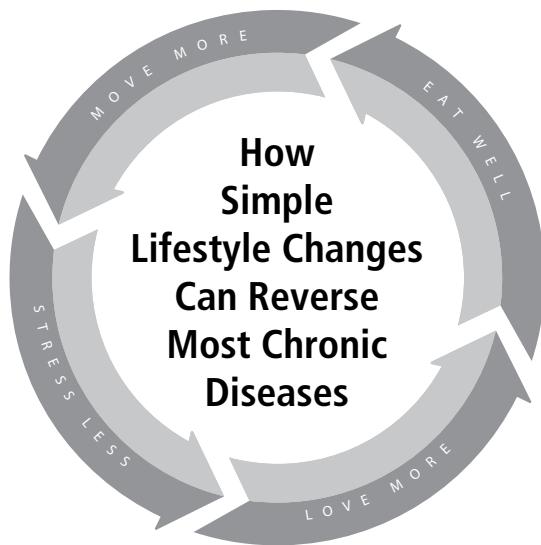


Undo It!



**Dean Ornish, M.D.,
and Anne Ornish**

RESISTANCE BAND PROGRAM: PROGRAM A



1. Chest Press

1. Fit the band around your back and under your armpits and hold the ends out in front of you.
2. Keep your knees soft (not locked) and your abdominals firm, and remain conscious of keeping an upright posture.
3. With your hands at chest level, press forward horizontally.
4. Pause the movement right before your elbows lock.
5. If you feel unsteady or just want a little more balance, stand with one foot forward.



2. Standing Row

1. Loop the band around a pole or something stable while holding the ends of the band.
2. Keep your arms horizontal at chest level and lead with your elbows as you pull the ends of the band back toward your chest.
3. When your hands are close to your chest, hold that position and then pinch your shoulder blades together.
4. Keep your knees soft (not locked) and your abdominals firm, and be conscious of keeping an upright posture.
5. Stand with one foot forward if you need more balance.



3. One-Arm Incline Press

1. Stand on one end of the band with your left foot while holding the other end in your left hand.
2. Keep a slight bend in your knees and an upright posture.
3. Begin with your elbow bent and tucked at your side.
4. Your hand should be at the level of your shoulder and palm facing forward.
5. There should be slight tension on the band in this starting position.
6. Press your hand up and toward the sky, reaching out slightly in front of your body until your arm is straight.
7. Maintain control of the movement as you lower your hand back to the starting position.
8. Repeat this exercise with the right arm.



4. Lat Pull-Down

1. Secure the middle of the band around something stable so that you can grasp both ends.
2. Place one foot forward and one back, keeping your knees soft (unlocked).
3. Bend forward at your waist until your torso is at about a 45-degree angle, keeping your head in line with your spine.
4. Extend your arms toward the anchor point of the band. Arms should start fully extended and parallel with the floor.
5. While in this starting position, move backward away from the anchor point to create slight tension in the band.
6. Pull your hands back toward your waist while bending at the elbows.
7. Allow your elbows to move alongside your torso, finishing slightly beside and behind your back.
8. Maintain control of the movement as you extend your hands toward the anchor point and to the starting position.



5. Side Lifts

1. Stand on the end of the band and hold the other end by your side. Be mindful of good, upright posture. Keep your knees soft.
2. Keeping your elbows soft, lift the band straight out from your body.
3. Bring your hand to shoulder height, hold the band there briefly, and then gently lower your hand back down to your side
4. If you need more balance, step forward with the foot that is not securing the end of the band.



6. Hammer Curl

1. Stand on one end of the band and hold the other end by your side to start. Keep your knees soft and be mindful of good, upright posture.
2. With your palm facing inward and your thumb up, curl your hand up toward your chin.
3. Try to keep your elbow still and initiate this movement all from your hand.
4. Keep your elbows soft at the start, not locked out.
5. After two or three reps on this side, switch the band to the other foot/hand and repeat.



7. Overhead Triceps Pull

1. Holding one end of the band in your right hand, toss the other end gently over your right shoulder and grasp it behind your back with your left hand.
2. Your left hand will act as an anchor; keep it as still and steady as you can.
3. Now imagine you are going to throw an object upward using your right arm. Extend your right arm up over your head, straightening it all the way if you can, while keeping your elbow as still as possible throughout the movement.
4. Do a few overhead triceps pulls using your right arm, and then switch your grip and do the same on the other side.
5. Keep your knees soft and be mindful of good, upright posture throughout this exercise.



8. Abdominal Crunch

1. Lie on your back and bend both your knees, keeping your feet flat on the floor. Your arms should be extended along your sides comfortably.
2. Find a spot on the ceiling and focus on it throughout this movement.
3. On a slow exhalation, reach your arms off the ground and toward your knees, pulling your chest toward your navel and lifting your shoulder blades off the ground just a few inches.
4. Slowly lower yourself back to the floor in a controlled, gentle movement.



9. Hip Lifts

1. Lie on your back and bend both your knees, keeping your feet flat on the floor. Your arms should be extended along your sides comfortably.
2. Lift your hips upward, squeezing your buttocks as you go, and try to make a straight line from knees to upper body.
3. Slowly lower yourself back to the floor in a controlled, gentle movement.



10. Leg Squats

1. Start standing with your feet shoulder width apart. Keep your eyes looking straight ahead (this will limit lower back stress).
2. With your arms out straight in front of you for balance, squat down, pushing your buttocks back as if you are sitting in a chair.
3. Try to keep your knees behind the line of your toes. If you notice that they are in front of your toes, you are putting undue stress on your knees.
4. Stand up straight again and repeat for a total of two to four times, as is comfortable.
5. If you are concerned about balance, keep an actual chair behind you and touch your buttocks lightly on the seat before standing up again.

RESISTANCE BAND PROGRAM: PROGRAM B



1. Chest Fly

1. Stand comfortably upright with good posture, keeping your knees soft.
2. Hold the ends of the band at shoulder height with the band under your armpits and stretched across your back. Keep your elbows slightly bent.
3. Use your chest muscles to bring your hands together in front of you. Don't stretch the band to a point where your elbows lock; keep them slightly bent.
4. Slowly release the tension on the band and bring your hands back down to where they began before starting the movement again.



2. Rear Shoulders

1. Stand with your knees soft and with one foot forward for balance.
2. Hold both ends of the band with your arms straight and at chest level, and with some resistance (no slack) on the band.
3. Now pull your arms out as though you are spreading your wings.
4. The tension in the band will tempt you to lean forward, but maintain your upright posture and keep your abdominals tight.
5. Visualize pinching your shoulder blades together as you spread your arms wide.
6. Slowly close your arms to the starting position.



3. Seated Overhead Press

1. With good, upright posture, sit on the band on a chair, holding the ends of the band in your hands, making fists that face away from your body.
2. Reach your hands upward and over your head, stretching the band to its limit at the top of the stretch.
3. Refrain from locking your elbows or arching your back at the top of the movement.
4. Slowly release the tension on the band and bring your hands back down to chest level before starting the movement again.



4. Standing Pull-Down

1. Secure the band to something stable and hold the band taut in front of you.
2. Keep your knees bent with one foot forward and the other back for balance.
3. Flex forward from your hips, keeping your head in line with your spine.
4. Keeping your arms extended straight—without locking your elbows—pull the band down toward your knees and then back, with your hands ending up by your hips.
5. Gently move your hands back to the start position.



5. Shoulder Shrug

1. Stand on the middle of the band with both feet, feet shoulder width apart. Hold the ends of the band near your hips.
2. Keep your knees soft while maintaining a comfortable upright posture.
3. Keeping your arms relaxed, lift your shoulders up toward your ears, exaggerating a shrug of your shoulders.
4. Release the shrug to go back to the starting position.



6. Front Deltoid Raise

1. Step on the end of the band with your right foot, holding the free end with your right hand.
2. Keep your knees and elbows soft and maintain a comfortable upright posture, with your palm facing backward.
3. Lift your right hand straight in front of you and in line with your body (not out to the side) so that your fisted hand is now facing the ground. Stop the movement when your fist is slightly above shoulder height.
4. Control the movement coming down. After two or three repetitions, switch sides.



7. Biceps Curl

1. Step on the end of the band with your right foot, holding the free end with your right hand.
2. Keep your knees and elbows soft, maintaining good upright posture, with your palm facing forward.
3. Keep your elbow "glued" to your side as you lift your fisted hand up, making a 90-degree angle from your body. Try to keep your elbow very still; this movement is for your biceps, not the elbow joint.



8. Triceps Kickback

1. Secure the band to something stable and step far enough back that there is tension in the band to start.
2. Stand with your feet shoulder width apart, and bend forward a little at both your knees and hips. Keep your back flat and look straight ahead.
3. Holding the band in one hand, extend it backward until your arm is straight and behind you. Keep your elbow as still as possible throughout the movement.
4. Then bring your arm back to the starting position.



9. Lunges

1. Stand with your feet shoulder width apart, keeping your knees soft, your abdominals firm, and your posture upright.
2. Take a large step forward with one foot, bending both knees as you sink your hips straight down toward the floor.
3. To limit the stress on your knees, aim to keep your knees “behind” the line of your toes. Also look straight ahead—this will keep your spine straight.
4. When you reach the limit of your range of motion, push through your heels and return to a standing position before lunging again.



10. Alternate Arm and Leg

1. Start on your hands and knees and look down at the floor.
2. Slowly straighten out one leg, keeping it at hip level and horizontal with the floor. Extend that leg as much as is comfortably possible.
3. Slowly bring your leg down in a controlled movement.
4. Maintain engaged abdominals during each leg lift.
5. For more of a challenge, extend one leg and then bring your opposite arm up and forward, again horizontal with the floor.

In summary, there is more scientific evidence than ever documenting that exercise has powerful effects on each mechanism (described in Chapter 2) that affects our health and well-being—and how quickly these benefits can occur. Do what you enjoy; if you like it, you'll do it. The more you move, the more you improve, yet a little more movement every day goes a long way. It enables you to live longer—and, even more important, to live better.



Neck Exercises

1. On your exhale, slowly lower your chin toward your chest.
2. Now inhale and slowly raise your head back to the center. Exhale and relax.
3. On your next exhale, slowly bring your right ear toward your right shoulder. (Try not to bring your shoulder up to your ear.)
4. Inhale and slowly raise your head back to the center. Exhale and relax.
5. Do the same on your left side.

Benefit: This exercise reduces tension and tightness in your neck and shoulders and it calms and quiets the nervous system. Use it anytime you need it!



Shoulder Rolls

1. Inhale slowly as you bring both of your shoulders forward and then raise them toward your ears.
2. Exhale as you gently roll them back and down. Do this two or three times.
3. Now rotate your shoulders in the opposite direction two or three times.
4. Shake your arms out, exhale, and relax.

Benefit: This exercise relaxes tension in your shoulders while improving shoulder flexibility and range of motion. It also counteracts the effects of poor posture.



Wrist Stretch 1

1. Extend your arms out in front of you with your elbows bent. There should be no strain in your upper back or shoulders. This can also be done with your hands down alongside your body.
2. Exhale and bend your wrists so that your hands and fingers point toward the floor.
3. Inhale as you bring your hands and fingers up toward the ceiling.
4. Continue this process a few times as you continue to breathe slowly and evenly.

Wrist Stretch 2

1. Extend your arms out in front of you with your elbows bent. There should be no strain in your upper back or shoulders.

This can also be done with your hands down alongside your body.

2. Breathe slowly and evenly as you rotate your wrists in a clockwise direction, gradually increasing the size of the circle you make.
3. Now move your wrists in a counterclockwise circle.
4. Shake your hands and arms, exhale, and relax.

Benefit: These two wrist exercises articulate your joints and thereby increase wrist flexibility. Because they also help with blood circulation, they may help relieve arthritic pain.



Ankle Stretch 1

1. Stretch out your legs, resting your feet on the floor.
2. As you exhale, point your toes away from your body.
3. As you inhale, bring them back toward your body.
4. Practice this movement three to five times with your own natural breath as the rhythm.



Ankle Stretch 2

1. Stretch out your legs, resting your feet on the floor.
2. Keeping your legs still, rotate your feet in a circle. Increase the size of the circle as you feel comfortable.
3. Rotate the feet in the opposite direction.

Benefit: Ankle stretches articulate the many joints in your feet. They help relieve stiffness and bring synovial fluid to the joints, which will allow for better balance and mobility when you're standing.



Toe Stretch

1. Alternately spread and squeeze your toes together several times.
2. Shake your legs, exhale, and relax.

Benefit: Toe stretches articulate the joints in your toes. Like ankle stretches, they help relieve stiffness and bring synovial fluid to the joints, which will allow for better balance and mobility when you're standing.



Cobra Pose

Seated in a chair:

1. Hold the sides of your chair with both hands.
2. As you exhale, gently round your spine and slowly lower your chin toward your chest.
3. On an inhale, lift your nose, chin, and chest toward the ceiling. Gently exhale, allowing your chest to expand as you roll your shoulders back and down (without straining).
4. Do this two or three times as you continue to breathe naturally and evenly.
5. Exhale and release when you are finished.

From the floor:

1. Lie facedown on the floor with your legs straight out and together.
2. Put your palms on the floor next to your chest, with your elbows in close to your body.
3. On your inhale, gently extend your head and shoulders in a forward and upward direction, feeling your chest expand as you do so. Try to feel yourself floating upward from your heart center instead of pushing yourself up with your hands.
4. Keep your breath flowing freely, fully, and evenly, pausing at the top of the movement only if you're comfortable. Exhale as you gently release yourself back down to the floor and relax.

Benefit: This pose helps tone the upper back, improves posture, expands the chest and lungs, and promotes flexibility in your spine and the cranial nerves. It may help relieve backache and shoulder and neck tension. If you're doing it on the floor, Cobra also stretches your abdominal muscles, tones abdominal organs, and circulates blood to your reproductive organs.



Half Locust

Using a chair:

1. Place both of your hands on the back of a chair for support.
2. Inhale as you extend your right leg behind you, tucking your toes under so that they point behind you as well. You should notice the activation of your leg and gluteal muscles.
3. If you would like a bit more of a stretch, raise your foot a couple of inches off the floor and hold the pose.
4. Pause where your leg feels comfortably extended for a couple of natural breath cycles. Release and repeat two or three times while maintaining a smooth and even breathing rhythm.
5. When you feel ready, bring your leg back into a standing position, switch legs, and repeat.
6. Exhale and relax.

From the floor:

1. Lie on your belly with your head either turned to the side, to allow one cheek to rest on the floor, or looking “down,” with your forehead resting on the floor.
2. Place your arms underneath your body, palms against your thighs. (You can also simply rest your arms alongside your body.)
3. Inhale as you slowly extend your right leg backward while raising it upward off the ground. Pause at the top of this pose for as long as is comfortable and then allow your exhale to slowly guide your leg back to the ground. Rest and relax for a couple of breath cycles.
4. Repeat with the left leg.
5. When you’re done with both legs, turn over and feel your natural breath while you relax for a few minutes there on your back.

Benefit: This pose helps tone the lower spine and buttocks area, and strengthens the lower back. When you do this on the floor, you also exercise your pelvis and abdomen and tone your abdominal organs. It also helps improve elimination.



Forward Stretch

Seated in a chair:

1. On your exhale, rest your hands on your thighs as you slide your upper body forward, hinging from your pelvis. Once you find your comfortable edge, pause there for a couple of full-body breath cycles.
2. You can either fold your arms on your lap, rest your forearms on your thighs, or slide your hands down your legs.
3. Allow your spine to remain supple and your head rest forward.
4. Inhale as you slowly slide back to resume your relaxed upright seated position. Exhale and relax.

From the floor:

1. Use a small pillow under your buttocks and one under the backs of your knees for support.
2. Rest the palms of your hands on your thighs,. Allow your inhale to support your tall spine.
3. On your exhale, slide your hands down your legs as you gently hinge forward from the pelvis.
4. Let your spine and neck relax and your head incline forward. Let your breath flow freely, fully, and naturally, feeling it relax you into the stretch.
5. Pause where you find your comfortable edge; refrain from pushing or straining.
6. When you are ready, inhale as you slowly come back up to an upright seated position. Exhale and relax.

Benefit: The forward stretch improves shoulder, hamstring, and hip flexibility. It also relaxes your back and neck muscles and improves elimination.



Spinal Twist

Seated in a chair:

1. Inhale as you sit up and gently extend your spine upward, creating more spaciousness between your vertebrae.
2. Cross your right leg over your left.
3. While holding the seat of the chair with your right hand, place your left hand on your right knee.
4. With your exhale, slowly begin to twist to the right while engaging your whole spine in the twist. Let your eyes gaze softly to the right as you twist, pausing at your comfortable edge.
5. On your inhale, gently unwind back to the center when you're ready. Rest your palms in your lap, exhale, and relax.
6. Repeat on the opposite side.

From the floor:

1. Extend your legs out in front of you.
2. Inhale as you sit up and gently extend your spine upward, creating more spaciousness between your vertebrae.
3. Cross your right leg over your left, placing your right foot flat on the floor somewhere between your left knee and ankle.
4. With your right hand on the floor to support you, hold your right knee with your left hand.
5. With your exhale, begin to twist to the right while engaging your whole spine in the twist. Let your eyes gaze softly to the right as you twist, pausing at your comfortable edge.
6. On your inhale, gently unwind back to your center. Rest your palms in your lap, exhale, and relax.
7. Repeat on the opposite side.

Floor variations:

- Place your foot on the inside of your extended leg instead of on the other side of it. Follow the remaining instructions for where to place your hands and when to twist.
- Sit cross-legged on the floor, instead of with your legs out in front of you. Place your right hand on your left knee and twist to the left. Repeat on the other side. This variation allows for more openness and less pressure in the abdomen.



Shoulder Stand

Using two chairs:

1. Place one chair against the wall to sit on and one in front of you. Sit in the chair that is against the wall, with one or two pillows behind your upper back and shoulders for support.
2. Rest your legs upon the chair in front of you.
3. Relax your hands in your lap, close your eyes, and let your chin "soften" and relax toward your chest.
4. Relax in this pose for a couple of minutes, resting your breath awareness at your heart—gently breathe as if your heart is breathing!
5. When you're ready, open your eyes and transition slowly.

From the floor:

1. Lie on the floor with a chair in front of you with your head supported by one or two pillows.
2. Place one leg on the seat of the chair so that your entire lower leg is supported on the chair seat, from the back of your knee to the heel of your foot.
3. Lift your hips up enough to slide one small pillow under your buttocks for support.
4. When you feel comfortable, place your second leg on the chair seat so that it, too, is supported knee to heel.
5. Close your eyes and simply rest your breath awareness at your heart. Imagine that it is your heart that is breathing, nourishing you deeply from the inside and out.
6. When you are ready, slowly open your eyes and gently transition off the ground. Watch for any dizziness or light-headedness.

Benefit: This posture is considered a restorative pose for the heart. Having your legs supported on a chair gives the veins to your legs a rest and allows the blood to flow with gravity back to your heart. The position also pools blood in your carotid arteries, which sends the message to your brain that the heart has enough blood and doesn't need to pump as hard. This, in turn, lowers your heart rate and blood pressure. This practice also brings blood, energy, and balance to the thyroid gland, drains the lymphatic system (which is not a pumped system), and rests the muscles of the lower back.



Fish Pose

Using two chairs:

1. Place one chair against the wall to sit on and one in front of you, resting your legs up on it.
2. Place a pillow lengthwise behind your back and head for support.
3. Your chest should be gently expanded and your shoulders and neck should be relaxed. Slightly lift your chin so that you are looking straight ahead.
4. Close your eyes and breathe slowly and smoothly. Imagine energy and blood flowing freely between your heart and your arms.

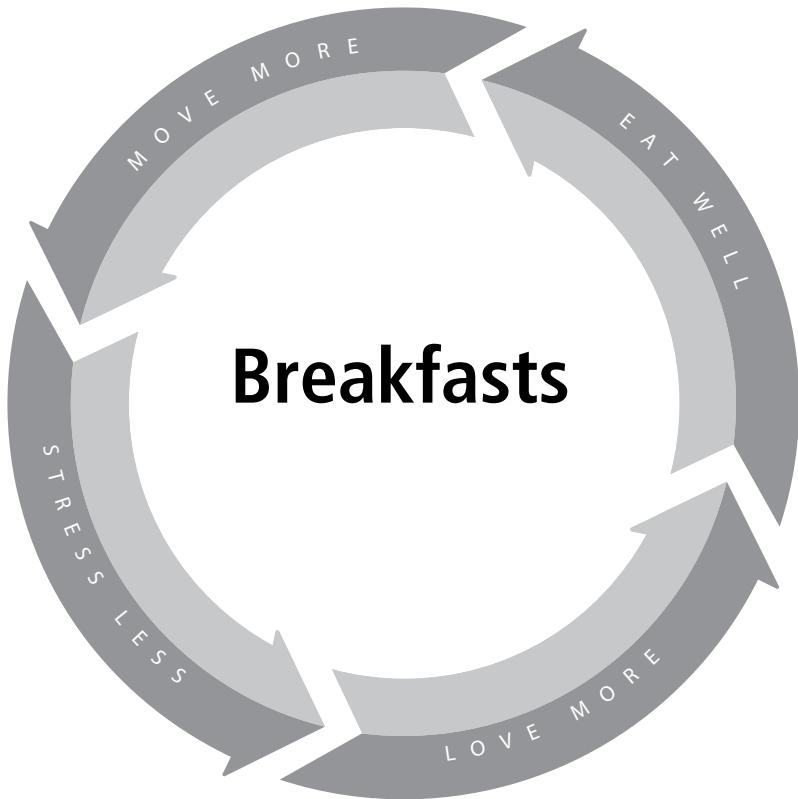
- When you are ready, slowly open your eyes and transition slowly.

From the floor:

- Sit on the floor and place one or two pillows on the floor behind you lengthwise.
- Now ease yourself down to lie on the pillows, using your forearms for support as you roll down, or by resting on your side and rolling onto the pillows. The pillows should support you from the base of your spine to mid-ear or higher. Your head should rest back a bit; adjust the pillow(s) if you need to.
- Let your arms relax by your sides, with palms facing up or down—whatever you find most comfortable.
- Close your eyes and breathe slowly and smoothly. Imagine energy and blood flowing freely between your heart and your arms.
- When you are ready, slowly open your eyes and transition slowly by putting your hands under the back of your head (to bring your head to a neutral position), and then bend your knees and roll to your side.

Variation: You can do this pose without pillows. Tuck your forearms under you to gently press and lift your chest while tilting your head back so that the back portion of the top of your head is on the floor. If you choose this variation, don't hold the pose more than several seconds at a time.

Benefit: This pose expands the chest and counteracts the effects of poor posture. It brings blood to the thyroid and parathyroid glands, stretches the muscles of the back, neck, and shoulders, and improves blood flow to the heart and lungs.



Blueberry Oatmeal

Feeling blue this morning? If you're spooning up this creamy, berry-filled, and fiber-rich hot oatmeal, that's good news. This flexible recipe can be made with any nondairy milk, such as soy, rice, or low-fat almond milk. Juicy blueberries are full of powerful antioxidants including anthocyanins, resveratrol, and flavonoids as well as vitamin C, but you can also try using other fruits, such as blackberries, diced apples, or bananas. For best texture, use old-fashioned rolled oats, not instant or quick-cooking oats.

Serves: 4

Serving Size: $\frac{1}{2}$ cup

Prep Time: N/A

Cook Time: 10–15 minutes

Ready Time: 10–15 minutes

1 cup unsweetened nondairy milk, plus more as needed

$\frac{1}{2}$ teaspoon ground cinnamon, plus more as needed

$\frac{1}{4}$ teaspoon powdered stevia (optional)

$\frac{1}{8}$ teaspoon fine sea salt

1 cup old-fashioned rolled oats

1 cup fresh or frozen blueberries

4 teaspoons flaxseed meal (optional)

1. In a small saucepan over medium heat, bring 1 cup water, milk, cinnamon, stevia if using, and salt to a boil.
2. Add oats. Reduce heat to medium-low and simmer, stirring frequently, until oats are cooked through and mixture has thickened to desired consistency, 10–15 minutes.
3. Stir in blueberries. Cook until blueberries have warmed through. If desired, add additional milk and/or stevia, as needed. Garnish each serving with a teaspoon of flaxseed meal and/or a sprinkle of cinnamon, as desired.

Nutrition Facts

Serving Size: ½ cup

Servings: 4

AMOUNT PER SERVING

Calories: 119

Calories from Fat: 27

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	3 g	5%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	83 mg	3%
Total Carbohydrate:	20 g	7%
Dietary Fiber:	4 g	16%
Sugars:	4 g	
Protein:	4 g	8%

GOOD SOURCE OF: fiber

Country Sweet Potatoes

Planning a hearty breakfast or brunch? Try serving Tofu Vegetable Scramble (page 254) alongside these satisfying home fries, made with orange sweet potatoes for extra vitamin A, potassium, and fiber. This recipe can also be made with Yukon Gold potatoes.

Serves: 8

Serving Size: $\frac{1}{2}$ cup

Prep Time: 10 minutes

Cook Time: 15 minutes

Ready Time: 25 minutes

1 $\frac{1}{4}$ pounds sweet potatoes

1 cup thinly sliced red onion

1 cup low-sodium vegetable broth, plus more if needed

2 teaspoons chopped fresh thyme or 1 teaspoon dried, divided

1 $\frac{1}{4}$ teaspoons chili powder, divided

$\frac{1}{2}$ teaspoon dried oregano

$\frac{1}{2}$ teaspoon garlic powder

$\frac{1}{4}$ teaspoon fine sea salt

$\frac{1}{8}$ teaspoon freshly ground pepper

8 lime wedges, for garnish (optional)

1. Peel sweet potatoes and chop into $\frac{1}{2}$ -inch chunks. You should have about $4\frac{1}{2}$ cups.
2. In a 12-inch heavy-bottomed skillet over high heat, combine the sweet potatoes, onions, vegetable broth, 1 teaspoon fresh thyme (or $\frac{1}{2}$ teaspoon dried), $\frac{3}{4}$ teaspoon chili powder, oregano, garlic powder, salt, and pepper. Bring to a boil.
3. Reduce heat to medium-high. Cook, stirring frequently, until potatoes are tender and liquid is mostly evaporated, about 10 minutes. If liquid evaporates before potatoes are tender, add additional vegetable broth as needed.
4. Stir in remaining 1 teaspoon fresh thyme (or $\frac{1}{2}$ teaspoon dried) and $\frac{1}{2}$ teaspoon chili powder. Taste for seasoning, adding more

salt and/or pepper as needed. Serve warm, with lime wedges if desired.

Nutrition Facts

Serving Size: ½ cup
Servings: 8

AMOUNT PER SERVING

Calories: 72
Calories from Fat: 0

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	0 g	0%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	142 mg	6%
Total Carbohydrate:	17 g	6%
Dietary Fiber:	3 g	12%
Sugars:	4 g	
Protein:	2 g	4%

EXCELLENT SOURCE OF: vitamin A

GOOD SOURCE OF: fiber, manganese

Tofu Vegetable Scramble

Get a healthy, satisfying start on the day with this flavorful tofu scramble, rich in vitamins, nutrients, and plant protein. We've suggested using extra-firm sprouted tofu made from soybeans that have been sprouted before being processed, as some people find it easier to digest. However, you can also use regular tofu, either firm or extra-firm.

Serves: 4

Serving Size: 1 cup

Prep Time: 10 minutes

Cook Time: 15 minutes

Ready Time: 25 minutes

2 cups extra-firm tofu, preferably sprouted (8 ounces)

2 teaspoons curry powder, divided (see Chef's Notes)

1 teaspoon garlic powder, divided

¼ teaspoon fine sea salt, divided

½ teaspoon freshly ground black pepper, divided

1 cup roughly chopped red bell pepper

1 cup roughly chopped onion

1 cup roughly chopped zucchini

1 cup small cherry tomatoes, quartered

¼ cup chopped fresh basil

4 basil sprigs, for garnish (optional)

Sriracha or other hot sauce for garnish (optional)

1. Using paper towels, pat tofu dry, pressing firmly on all sides to remove any excess liquid. Crumble the tofu into a bowl and press again with a fresh paper towel to release any remaining liquid.
2. Add 1 teaspoon curry powder, ½ teaspoon garlic powder, ⅛ teaspoon salt, and a pinch of black pepper to the tofu. Stir to combine flavors. Set aside.
3. In a 12-inch sauté pan over high heat, combine the red peppers, onions, zucchini, ¼ cup water, and remaining 1 teaspoon curry powder, ½ teaspoon garlic powder, ⅛ teaspoon salt, and black pepper. Bring mixture to a boil. Reduce heat to medium and cook,

- stirring frequently, until vegetables are tender and liquid has evaporated, about 10 minutes.
4. Stir in the cherry tomatoes. Cook until tomatoes have released some of their moisture, 2–3 minutes. Add the tofu and chopped basil and cook, stirring, until mixture is warmed through. Taste for seasoning, adding additional salt, black pepper, and/or curry powder as needed. Top with basil sprigs, if using, and serve warm, accompanied by hot sauce, if desired.

Chef's Notes

Curry powders, like any spice blend, can vary greatly in flavor—some are well-rounded and aromatic, others unpleasantly bitter. They can also lose their aroma and taste over time. Taste your curry powder before using to make sure you like it. It's also wise to buy a fresh jar every 6 to 8 months, and store it in a cool, dry place. Never store your spices directly over the stove.

Nutrition Facts

Serving Size: 1 cup
Servings: 4 servings

AMOUNT PER SERVING

Calories: 107
Calories from Fat: 36

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	4 g	6%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	165 mg	7%
Total Carbohydrate:	10 g	3%
Dietary Fiber:	4 g	16%
Sugars:	4 g	
Protein:	8 g	16%

EXCELLENT SOURCE OF: vitamin A, vitamin C, vitamin K

GOOD SOURCE OF: fiber, vitamin B₆, iron, manganese, molybdenum

Apple Spice Muffins

Full of warm spices and sweet apple, these wholesome muffins make a healthy start to the day. They can also serve as a delightful afternoon snack or dessert. Look for fruit spreads that are sweetened only with fruit juice or fruit juice concentrate, not sugar or corn syrup.

Serves: 12

Serving Size: 1 muffin

Prep Time: 15 minutes

Cook Time: 35 minutes

Ready Time: 50 minutes

2 tablespoons flaxseed meal

1½ cups whole-wheat flour or gluten-free flour

½ cup old-fashioned rolled oats

2 teaspoons cinnamon or pumpkin pie spice (see Chef's Notes)

¾ teaspoon baking powder

¾ teaspoon baking soda

¾ teaspoon fine sea salt

½ teaspoon powdered stevia

1¼ cups unsweetened applesauce

½ cup apricot fruit spread, fruit-juice-sweetened only

1 cup grated apple (about 1 apple)

2 teaspoons vanilla extract

½ cup raisins

1. In a small bowl, mix flaxseed meal with ¼ cup water. Set aside for 10 to 15 minutes. The flax will absorb the water and create a thick gel.
2. Preheat oven to 350°F. Line a nonstick muffin pan with paper liners or spray the pan lightly with cooking spray. If using spray, gently wipe with a paper towel to remove excess oil.
3. In a medium bowl, whisk together flour, rolled oats, cinnamon, baking powder, baking soda, salt, and stevia until well mixed.
4. In a large bowl, stir together the applesauce, apricot fruit spread, grated apple, flax mixture, and vanilla. Stir in half the dry ingredi-

- ents, then add the remaining half and stir gently until combined. Add raisins and stir lightly to mix.
5. Spoon $\frac{1}{3}$ cup batter into each muffin cup. Bake muffins until a toothpick inserted into the center of a muffin comes out clean, about 25 minutes. Be careful not to overbake.
 6. Remove muffins from the oven and let cool in the muffin pan for a few minutes. Remove muffins from the pan and let them cool on a cooling rack. These muffins are best served shortly after baking but will keep in a sealed container for several days.

Chef's Notes

We love the convenience of pumpkin pie spice, a warm, autumn-y blend of cinnamon, ginger, and cloves (and sometimes allspice, nutmeg, and/or mace, too) that's sold in the spice section of most supermarkets. It's great for adding a dash of sweet spice to apple, pear, and pumpkin desserts and baked goods. If you don't have it on hand, you can make your own using 1 teaspoon ground cinnamon, $\frac{1}{2}$ teaspoon ground ginger, $\frac{1}{4}$ teaspoon ground nutmeg, and $\frac{1}{8}$ teaspoon ground allspice.

Nutrition Facts

Serving Size: 1 muffin
Servings: 12

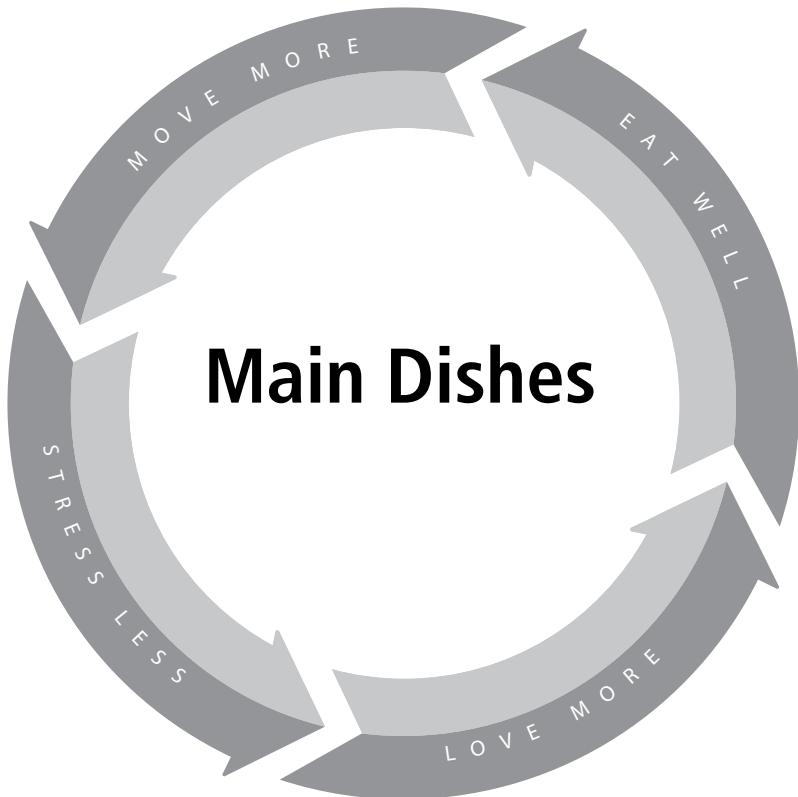
AMOUNT PER SERVING

Calories: 132
Calories from Fat: 9

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	1 g	2%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	248 mg	10%
Total Carbohydrate:	29 g	10%
Dietary Fiber:	3 g	12%
Sugars:	12 g	
Protein:	5 g	10%

EXCELLENT SOURCE OF: manganese

GOOD SOURCE OF: fiber, selenium



Spinach and Mushroom Lasagna

Love lasagna? This favorite Italian dish has been transformed into a heart-healthy Ornish classic, with whole-grain noodles layered with a vitamin-rich filling of spinach, mushrooms, and roasted garlic. This recipe makes enough to feed a crowd, so it's perfect for a big get-together or potluck—or just plenty of delicious leftovers! Every delicious bite is packed with phytochemicals and antioxidants that promote heart health.

Serves: 12

Serving Size: one 3 × 3-inch square

Prep Time: 1 hour

Cook Time: 1 hour

Ready Time: 2 hours

32 ounces frozen chopped spinach, thawed
16 ounces cremini or white button mushrooms
 $\frac{1}{4}$ teaspoon fine sea salt, divided
 $\frac{1}{4}$ teaspoon freshly ground black pepper
 $\frac{2}{3}$ cup Roasted Garlic puree (page 410)
24 ounces firm tofu, blotted dry and finely crumbled
 $\frac{1}{4}$ cup nutritional yeast
 $\frac{1}{2}$ cup firmly packed fresh basil leaves, finely chopped
1 tablespoon chopped fresh oregano or 1 teaspoon dried
 $\frac{1}{8}$ teaspoon cayenne (optional)
1 package (13.25 ounces) whole-wheat or brown rice lasagna noodles
(14 to 16 noodles)
2 jars (26 ounces) low-fat marinara sauce
 $\frac{1}{2}$ cup chopped flat-leaf parsley, for garnish (optional)

1. Preheat oven to 375°F. To make the filling, place thawed spinach in a colander in the sink or over a deep bowl. Using your hands, squeeze or press spinach vigorously to remove excess liquid. Continue to squeeze and press spinach until it is almost dry; excess liquid left in the spinach will make a soggy lasagna. Once drained, you should have about 3 cups spinach. Set aside.
2. Working in batches as necessary, place mushrooms in a food pro-

- cessor fitted with a metal blade. Pulse 6–8 times, until mushrooms are finely diced but not pureed. Place diced mushrooms in a bowl. Repeat with remaining mushrooms.
3. In a large sauté pan over medium heat, sauté diced mushrooms with $\frac{1}{8}$ teaspoon salt and black pepper, stirring occasionally, until the mushrooms release their liquid and liquid evaporates, 15–20 minutes.
 4. In a medium bowl, combine mushrooms, spinach, roasted garlic puree, tofu, nutritional yeast, basil, oregano, remaining $\frac{1}{8}$ teaspoon salt, and cayenne, if using. Season to taste with more basil, oregano, and/or cayenne as needed.
 5. In a large pot over high heat, bring 4 quarts of water to a boil. When water is boiling, add lasagna noodles one at a time, criss-crossing the layers of noodles so they don't stick.
 6. Turn off heat and let noodles soften in hot water for 6 minutes. (They will seem undercooked.) Drain. If you need to hold the noodles before assembly, return noodles to pot and cover with cold water; drain and pat dry thoroughly before using.
 7. To assemble the lasagna, spread 1 cup marinara sauce over the bottom of a $9\frac{1}{2} \times 13 \times 2$ -inch baking pan. Cover sauce with 3 to 4 noodles. Spread one-quarter (about 2 cups) of the spinach-tofu filling over the noodles.
 8. Repeat 3 times, using the same amounts of sauce, noodles, and filling each time. Top finished lasagna with 1 cup marinara sauce. (Any remaining marinara sauce can be spooned over the lasagna at serving time or reserved for another use.)
 9. Place lasagna on middle rack of the oven and bake, uncovered, for 40 minutes. Cover lasagna with foil and bake for an additional 20 minutes.
 10. Remove from oven and discard foil. Let lasagna rest for 10 minutes before serving. While lasagna is resting, heat remaining marinara sauce, if desired. Cut lasagna into squares with a serrated knife. Serve with extra warmed marinara sauce and garnish each serving with chopped parsley if desired.

Chef's Notes

Make sure to follow instructions for drying the tofu, spinach, and cooked noodles before adding them to the lasagna. Use clean tea towels or several

layers of paper towels to blot dry the tofu before crumbling. Make sure to blot dry the drained, soaked noodles before assembling the lasagna. And most importantly, squeeze out as much liquid as possible from the thawed frozen spinach before adding it to the filling. Taking care of each of these steps will prevent a soggy final result.

Nutrition Facts

Serving Size: one 3 x 3-in square
Servings: 12

AMOUNT PER SERVING

Calories: 275
Calories from Fat: 45

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	5 g	8%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	475 mg	20%
Total Carbohydrate:	41 g	14%
Dietary Fiber:	11 g	44%
Sugars:	7 g	
Protein:	19 g	38%

EXCELLENT SOURCE OF: fiber, vitamin A, vitamins B₁, B₂, B₃, B₆, B₁₂, iron, folate, calcium

GOOD SOURCE OF: potassium, vitamin C, magnesium

Indian Vegetable Curry

Tantalizing Indian spices bathe an abundance of health-promoting vegetables in this delicious one-pot dish. To get the most vibrant flavors in this dish, be sure to check your spices before starting. If they don't smell fragrant and bright, replace with fresh ones. Store spices in a closed drawer or pantry cupboard away from direct heat.

Serves: 6

Serving Size: 1½ cups

Prep Time: 10 minutes

Cook Time: 20–30 minutes

Ready Time: 40–50 minutes

2 teaspoons curry powder
1½ teaspoons ground cumin
1½ teaspoons ground coriander
1 teaspoon ground turmeric
¼ teaspoon ground cardamom
Pinch cayenne
1 can (28 ounces) crushed tomatoes
1½ cups unsweetened soy or almond milk
1 cup diced onion
1 tablespoon finely chopped ginger
2 teaspoons finely minced garlic
½ teaspoon fine sea salt
3 cups (1 pound) cubed sweet potato
16 ounces (3 cups) cauliflower florets
12 ounces green beans, cut into 1-inch lengths
1½ cups cooked or 1 can (15 ounces) chickpeas
Paprika, for garnish (optional)

1. In a large heavy-bottomed pot over medium heat, lightly toast the curry powder, cumin, coriander, turmeric, cardamom, and cayenne, stirring constantly, until they turn slightly darker in color and become aromatic, 1–2 minutes.
2. Add the tomatoes, almond or soy milk, ¾ cup water, onion, gin-

ger, garlic, and salt. Bring to a simmer and let cook, stirring occasionally, for 10 minutes.

3. While the curry sauce is simmering, place steamer basket in a saucepan and add water to just below bottom of steamer basket. Over high heat, bring water to a boil. Add sweet potato chunks to steamer. Cover and steam until sweet potatoes are just tender, 6–7 minutes.
4. Working in batches in a blender or food processor, puree half the sweet potatoes (about 1½ cups) with tomato mixture until creamy. Return pureed sweet potato and tomato mixture to the pot as well as the remaining sweet potatoes.
5. Return vegetable steamer to the saucepan, adding more water if necessary. Over high heat, bring water to a boil. Add cauliflower and green beans to the steamer. Cover and steam until both cauliflower and green beans are tender, about 5 minutes.
6. Add cauliflower and green beans to tomato mixture, followed by chickpeas. Stir to coat with tomato mixture. Bring back to a gentle simmer, cooking just until chickpeas are heated through. Taste for seasoning, adding more salt as necessary. Garnish with a sprinkle of paprika, if desired.

Nutrition Facts

Serving Size: 1½ cups

Servings: 6

AMOUNT PER SERVING

Calories: 260

Calories from Fat: 25

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	3 g	4%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	520 mg	23%
Total Carbohydrate:	48 g	17%
Dietary Fiber:	12 g	43%
Sugars:	14 g	
Protein:	13 g	25%

EXCELLENT SOURCE OF: fiber, vitamin A, vitamin B₆, vitamin C, potassium, iron, calcium, copper

GOOD SOURCE OF: vitamin E, vitamins B₁, B₂, B₃, folate, magnesium, phosphorus

Tuscan Marinara with White Beans and Spinach

This meatless Mediterranean-inspired pasta dish is hearty and soul-satisfying. The marinara sauce is enhanced by meaty mushrooms, heady garlic, protein-rich cannellini beans, and chlorophyll-laden spinach. It's a perfect marriage of flavorful ingredients, and it's as easy as one-two-three.

Serves: 4

Serving Size: 1 cup pasta, $\frac{3}{4}$ cup sauce with beans

Prep Time: 15 minutes

Cook Time: 30 minutes

Ready Time: 45 minutes

3 cups sliced cremini mushrooms (8 ounces)

1 tablespoon minced garlic

1 jar (24 ounces) low-sodium marinara sauce (3 cups)

1½ cans (22.5 ounces) no-salt-added cannellini beans, rinsed and drained (2 cups)

16 ounces uncooked whole-grain penne

4 cups fresh spinach (4 ounces)

2 tablespoons chopped fresh basil

1. In a large skillet, add mushrooms and garlic over high heat. Cook, stirring frequently, until mushrooms are tender and all liquid has been absorbed, about 15 minutes.
2. Put a large pot filled with water over medium-high heat.
3. Add marinara sauce and beans to the mushrooms. Reduce heat to low and let simmer for 10–15 minutes, allowing flavors to meld.
4. Cook the pasta until al dente, still a little firm to the bite. Drain pasta.
5. Fold spinach and fresh basil into marinara sauce and serve alongside the cooked penne. Garnish with extra basil if desired.

Chef's Notes

Prep ahead: The marinara sauce can be made a day in advance. If making in advance, stir in the spinach and basil just before serving.

Nutrition Facts

Serving Size: 1 cup pasta, ¾ cup sauce with beans
Servings: 4

AMOUNT PER SERVING

Calories: 250
Calories from Fat: 18

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	2 g	3%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	350 mg	15%
Total Carbohydrate:	71 g	24%
Dietary Fiber:	12 g	48%
Sugars:	0 g	
Protein:	18 g	36%

EXCELLENT SOURCE OF: fiber, vitamin A, vitamin C, vitamin K, thiamine, riboflavin, niacin, folate, iron, magnesium, phosphorus, zinc

GOOD SOURCE OF: pantothenic acid, calcium, potassium, selenium

Asian Stir-fry

This gorgeous dish features a rainbow of vegetable colors: green beans and zucchini, red bell peppers, and purple eggplant. As we learn more about antioxidants and phytochemicals—the disease-fighting compounds found in plants—we’re discovering that many of them also happen to be the very pigments that give fruits and vegetables their vibrant colors. To maximize health benefits, we need to eat as many different colors of veggies as we can every day, in order to absorb all these different compounds. This stir-fry makes eating a rainbow of vegetables both simple and delicious.

Serves: 6

Serving Size: 1 cup stir-fry over generous $\frac{2}{3}$ cup rice

Prep Time: 30 minutes

Cook Time: 25 minutes

Ready Time: 55 minutes

1½ cups uncooked long-grain brown rice

18 ounces extra-firm tofu (preferably sprouted), drained, patted dry,
and diced

½ cup hoisin sauce

1 tablespoon unseasoned rice vinegar

1 tablespoon chili garlic sauce

1½ teaspoons lime juice

1½ cups chopped onion

1 tablespoon minced garlic

1 tablespoon finely chopped ginger

4 ounces long beans or green beans, cut into 2-inch lengths

1½ cups diced zucchini

1½ cups diced eggplant, preferably Asian (see Chef’s Notes)

1½ cups diced red bell pepper

¼ cup chopped basil or Thai basil

1. Prepare rice according to package instructions. (One and a half cups uncooked rice will yield about 5 cups cooked.) Keep warm.
2. Line a baking sheet with paper towels and spread out diced tofu.

Press down on tofu periodically with more paper towels to help release any extra moisture.

3. To make stir-fry sauce, in a medium bowl, whisk together hoisin, $\frac{1}{3}$ cup plus 2 tablespoons water, rice vinegar, chili garlic sauce, and lime juice. Set aside.
4. In a wok or large sauté pan, combine onions, garlic, and ginger with $\frac{1}{2}$ cup water. Bring to a boil over high heat. Reduce heat to a simmer and cook until onions are tender and liquid has evaporated, 8–10 minutes. Add $\frac{1}{2}$ cup water and long beans. Raise heat to high and cook for 3 minutes. Add zucchini, eggplant, and bell pepper. Cook for 5 minutes, stirring frequently, until vegetables are tender and liquid has evaporated. Add a little more water if necessary.
5. While veggies are cooking, add tofu to stir-fry sauce and gently stir to coat. Add tofu and sauce to vegetables. Stir until incorporated and cook until tofu is warmed through, about 3 minutes. Remove from heat. Fold in basil. Season to taste with more chili garlic sauce, if desired. Serve hot over cooked brown rice.

Chef's Notes

We love sprouted tofu! For some recipes, its more dense and firm texture is a benefit. Sprouting, a common procedure with legumes and grains, gives foods more bang for their nutritional buck by making the nutrients more available to us. Sprouted tofu offers a higher protein content and nutritional value, plus it's easier to digest. We recommend it for this dish because it releases less water, so it works very well in a stir-fry. If not available, use an extra-firm tofu. If packaged in water, first drain out all the water, then press the excess water from the tofu. There are several ways to press the excess water from tofu. A quick and simple way is to place tofu on a plate lined with paper or a kitchen towel, then place another towel on top of the tofu. Place a plate or cutting board on top of the tofu and weigh it down with the heavy weight of a few cans or a book or carefully press on it. Be careful not to press too hard and crumble the tofu.

Asian eggplant (sometimes called Chinese or Japanese eggplant) has thinner skin and fewer seeds (and therefore less bitterness) than a tradi-

tional globe eggplant. Overall, the Asian eggplant has a more delicate flavor than the globe eggplant. We prefer the Asian variety for this dish, but globe eggplant makes a fine substitute and lends more of an eggplant flavor. A slender Italian eggplant is another good choice.

Nutrition Facts

Serving Size: 1 cup stir-fry over generous $\frac{2}{3}$ cup rice
Servings: 6

AMOUNT PER SERVING

Calories: 320
Calories from Fat: 63

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	7 g	11%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	290 mg	12%
Total Carbohydrate:	55 g	18%
Dietary Fiber:	6 g	24%
Sugars:	9 g	
Protein:	13 g	26%

EXCELLENT SOURCE OF: fiber, vitamin A, vitamin C,
vitamin K, calcium

GOOD SOURCE OF: vitamin B₆, folate, iron, manganese,
molybdenum

Smoky Bean Tacos

Black beans, pinto beans, and corn come together in this taco filling with a sauce of tomatoes, poblano peppers, and smoky chipotle peppers simmered with oregano and cumin. This dish offers lots of fiber, plant-based protein, and heart-healthy vitamins.

Serves: 6

Serving Size: 2 tacos

Prep Time: 10 minutes

Cook Time: 20 minutes

Ready Time: 30 minutes

1 can (28 ounces) no-salt-added, diced fire-roasted tomatoes
1 cup diced onion
1 cup diced seeded poblano pepper (2 medium, about 8 ounces)
1 tablespoon minced garlic
1 tablespoon fresh oregano or 1 teaspoon dried
1 teaspoon ground cumin
1½ teaspoons chopped canned chipotles in adobo sauce
½ teaspoon fine sea salt
1 can (15 ounces) no-salt-added black beans, rinsed and drained
(1½ cups)
1 can (15 ounces) no-salt-added pinto beans, rinsed and drained
(1½ cups)
2 cups corn kernels, fresh or frozen
12 corn tortillas, 6½-inch diameter
½ cup chopped cilantro
3 cups chopped romaine lettuce
6 cilantro sprigs, for garnish (optional)

1. In a medium skillet over medium heat, combine tomatoes, onions, poblano pepper, garlic, oregano, cumin, chopped chipotle, and salt. Cook, stirring occasionally, until onions are softened and flavors have begun to meld, about 10 minutes.
2. Stir in beans and corn. Bring to a simmer and let cook, stirring occasionally, for 10 minutes.

- While beans are cooking, warm tortillas, either in the oven or on the stovetop. To warm in the oven, preheat oven to 375°F. Wrap corn tortillas in aluminum foil and place in the oven. Heat until tortillas are warmed through, about 10 minutes. Alternatively, turn a stovetop gas burner to high. Using tongs, place one tortilla directly over the flame. Let tortilla cook for 2–3 seconds, then turn with tongs. Repeat, turning the tortilla every 2–3 seconds, until warmed through and browned along the edges. Repeat with remaining tortillas.
- Just before serving, stir chopped cilantro into corn and bean mixture. Taste for seasoning and add additional salt and chopped chipotle as needed.
- To serve, spread $\frac{1}{2}$ cup romaine lettuce on each warm tortilla, followed by $\frac{1}{2}$ cup bean filling. Garnish with cilantro sprigs.

Chef's Notes

You can add (or swap out the beans for) veggie crumbles (suggested brand: Yves Garden Veggie Crumbles) to create a meaty-style taco. This is a great vegan option for those who crave a classic ground beef taco, but without the fat, cholesterol, and animal protein. All the flavor and rich texture, yet packed with heart-healthy benefits.

Nutrition Facts		
AMOUNT PER SERVING		
Serving Size: 2 tacos		
Servings: 6		
Calories: 329		
Calories from Fat: 18		
AMOUNT PER SERVING		% DAILY VALUE
Total Fat:	2.5 g	3%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	535 mg	22%
Total Carbohydrate:	65 g	22%
Dietary Fiber:	14 g	56%
Sugars:	9 g	
Protein:	13 g	26%
EXCELLENT SOURCE OF: fiber, vitamin A, vitamin C, iron		
GOOD SOURCE OF: potassium, calcium, magnesium, phosphorus, zinc		

Fast and Sloppy Joes

Could a soy-based meat alternative do justice to this hot and messy American classic? We discovered that even the pickiest kids could enjoy this heart-healthy version. It captures the taste and texture of the original, minus the fat and cholesterol. These sandwiches can be served closed or open-faced on whole-grain buns, whole-grain English muffins, even sliced whole-grain sandwich bread. Just don't forget the forks—and be sure to pass around plenty of napkins. A sturdy gluten-free bun or bread will work, too.

Serves: 6

Serving Size: 1 sandwich

Prep Time: 5 minutes

Cook Time: 10 minutes

Ready Time: 15 minutes

1 package (12 ounces) vegetarian ground-meat alternative (suggested brands: Yves Veggie Ground or Lightlife Smart Ground)
1 can (15 ounces) pinto beans, rinsed and drained (1½ cups)
½ cup prepared barbecue sauce (see Chef's Notes)
⅓ cup tomato paste
½ cup chopped scallions, divided
2 teaspoons apple cider vinegar
½ teaspoon smoked paprika
¼ teaspoon freshly ground black pepper
6 whole-grain buns

1. In a medium saucepan over medium heat, combine ground meat alternative, pinto beans, and barbecue sauce. In a small bowl, whisk together tomato paste and water until smooth. Add tomato paste to bean mixture along with ¼ cup scallions, vinegar, smoked paprika, and pepper.
2. Reduce heat to low and cook, stirring occasionally, until mixture is warm and flavors have melded, 5–7 minutes. While filling is cooking, toast buns.
3. To serve as a closed sandwich, spoon ½ cup filling onto bottom

half of bun. Top with a sprinkle of scallions, if using. Cover with top half of bun. To serve open-faced, spoon $\frac{1}{4}$ cup filling over each half of bun.

Chef's Notes

Prepared barbecue sauces can vary widely in the amount of sugar and fat they can contain. Be sure to check the nutritional information on the label, and look for a barbecue sauce with less than 5 grams of sugar and less than 3 grams of fat per serving, without hydrogenated fats or highly saturated fats such as coconut oil. Ideally, choose brands that do not include high-fructose corn syrup, preservatives, or artificial colors. One example is Annie's Organic BBQ Sauce, which contains 4 grams of sugar and 1 gram of fat per serving.

Nutrition Facts

Serving Size: 1 sandwich
Servings: 6

AMOUNT PER SERVING

Calories: 255
Calories from Fat: 18

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	2 g	3%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	638 mg	27%
Total Carbohydrate:	45 g	15%
Dietary Fiber:	11 g	44%
Sugars:	8 g	
Protein:	19 g	38%

EXCELLENT SOURCE OF: fiber, vitamins B₁, B₂, B₃, B₆, B₁₂, iron, zinc

GOOD SOURCE OF: potassium, calcium

Mushroom Stroganoff

Studded with chunks of flavorful cremini mushrooms, this creamy vegan pasta dish makes a perfect fall or winter entrée. Cannellini beans add protein, while fresh thyme, dry sherry, and paprika add flavor. An inexpensive, domestic dry sherry works fine for this recipe. Avoid any product labeled “sherry cooking wine,” as it is heavily salted to make it unpalatable for drinking.

Serves: 4

Serving Size: 1½ cups

Prep Time: 10 minutes

Cook Time: 40 minutes

Ready Time: 50 minutes

2 cups coarsely chopped onion

8 ounces cremini mushrooms, quartered

½ cup dry sherry

2 tablespoons Bragg Liquid Aminos or reduced-sodium tamari

2 tablespoons fresh lemon juice

1 tablespoon chopped fresh thyme or 1 teaspoon dried

2 teaspoons paprika

1 teaspoon freshly ground pepper

3 cups unsweetened soy milk

2 teaspoons sweet rice flour, arrowroot, or cornstarch

1 can (15 ounces) no-salt-added cannellini beans, rinsed and drained
(1½ cups)

8 ounces whole-grain or gluten-free penne or fettuccini

2 tablespoons minced chives or flat-leaf parsley, for garnish (optional)

1. In a large heavy-bottomed sauté pan over medium-high heat, bring onions, mushrooms, sherry, liquid aminos or tamari, lemon juice, thyme, paprika, and pepper to a boil. Reduce heat to medium and cook, stirring frequently, until the liquid has reduced, 15–20 minutes.
2. Stir in soy milk and cook, stirring occasionally, for 5 minutes.
3. In a small bowl, whisk the sweet rice flour, arrowroot, or corn-

starch with 1 tablespoon water until smooth. Add to mushroom mixture. Simmer until the mixture thickens, 2–3 minutes. Stir in cannellini beans. Remove from heat and set aside for flavors to meld.

4. In a large pot over high heat, bring about 4 quarts of water to a boil. Add pasta and cook, stirring occasionally to prevent sticking, according to package directions. While pasta is cooking, gently reheat mushroom sauce, if necessary.
5. Drain pasta. Toss pasta with mushroom sauce. Garnish with chives or parsley, if desired.

Chef's Notes

Sweet rice flour, made from finely ground glutinous or “sticky” rice, adds thickness and body to sauces and soups. Check the label before purchasing, as sweet rice flour is not the same as regular rice flour. (“Sweet rice” refers to the type of rice; it does not contain added sugar.) Look for it in the Asian products, gluten-free, or specialty flours section of your supermarket. We’ve had good results using Koda Farms’ Mochiko Blue Star brand as well as Bob’s Red Mill Sweet Rice Flour. Arrowroot or cornstarch can be substituted if you can’t find sweet rice flour.

Nutrition Facts

Serving Size: 1½ cups
Servings: 4

AMOUNT PER SERVING

Calories: 321
Calories from Fat: 45

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	5 g	8%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	441 mg	18%
Total Carbohydrate:	49 g	16%
Dietary Fiber:	9 g	36%
Sugars:	7 g	
Protein:	16 g	32%

EXCELLENT SOURCE OF: fiber, vitamin A, magnesium

GOOD SOURCE OF: vitamin C, B vitamins, potassium, iron

Pasta Carbonara

Skip the high fat while you enjoy the satisfying flavors of this Ornish Kitchen pasta dish. Hearty whole-grain penne is bathed in a creamy sauce with a kick of smoke and spice and plenty of bright, sweet green peas and fresh broccoli (or substitute asparagus tips for the broccoli). It's easy to make your own oil-free roasted garlic puree, but you can also look for prepared roasted garlic puree in specialty grocery stores.

Serves: 4

Serving Size: 1 1/4 cups

Prep Time: 10 minutes

Cook Time: 20 minutes

Ready Time: 30 minutes

6 ounces uncooked whole-grain or gluten-free penne (2 cups)

½ cup frozen baby peas

2 cups broccoli florets (5 ounces)

¼ cup dried tomatoes (not oil-packed)

2 cups unsweetened low-fat soy milk

¼ cup Roasted Garlic puree (page 410)

2 tablespoons white miso

1½ tablespoons nutritional yeast

1½ teaspoons finely chopped fresh oregano or ½ teaspoon dried

1 teaspoon chopped canned chipotles in adobo sauce

1 teaspoon paprika

2 teaspoons arrowroot, cornstarch, or sweet rice flour

Fine sea salt to taste

Freshly ground pepper to taste

1. Fill a large saucepan two-thirds full of water. Bring to boil over high heat. Cook pasta according to package directions. One minute before pasta is ready, add peas. Drain pasta and peas in a colander and set aside.
2. While pasta is cooking, place a vegetable steamer basket in a saucepan and add water to just below bottom of steamer basket. Over high heat, bring water to a boil. Add broccoli. Cover and

- steam until broccoli is just tender but still bright green, 4 to 5 minutes. Remove basket from steamer and set aside.
3. In a small bowl, cover dried tomatoes with hot water. Let stand until tomatoes are softened, about 5 minutes. Drain. Slice tomatoes into strips.
 4. In a medium heavy-bottomed saucepan over medium heat, whisk together soy milk, roasted garlic, miso, nutritional yeast, oregano, chipotles, and paprika. Add drained tomato and bring mixture to a simmer. Cook, whisking frequently, until mixture starts to thicken, 4–5 minutes.
 5. In a small bowl, whisk arrowroot, cornstarch, or sweet rice flour with 1 tablespoon water to make a smooth paste. Whisk paste into sauce and cook until mixture thickens, 1–2 minutes.
 6. Just before serving, stir pasta, peas, and broccoli into sauce. Cook, stirring, until mixture is heated through. Taste for seasoning, adding salt and/or pepper as needed. Serve immediately.

Chef's Notes

Miso is a thick, tangy paste typically made from fermented soybeans.

White miso, also called shiro or sweet miso, is fermented for a shorter time than yellow or red miso. It is mild in flavor and less salty. If you are reducing your soy intake, look for miso made from chickpeas.

Nutrition Facts		
Serving Size: 1¼ cups		
Servings: 4		
AMOUNT PER SERVING		
Calories: 293		
Calories from Fat: 36		
AMOUNT PER SERVING % DAILY VALUE		
Total Fat:	4 g	6%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	479 mg	20%
Total Carbohydrate:	51 g	17%
Dietary Fiber:	11 g	44%
Sugars:	6 g	
Protein:	16 g	32%
EXCELLENT SOURCE OF: fiber, vitamin A, thiamin, riboflavin, niacin, vitamins B ₆ , B ₁₂ , vitamin C, folate, iron		
GOOD SOURCE OF: potassium		

Lavash Veggie Wrap

Lavash is a thin, rectangular Middle Eastern flatbread that's perfect for rolling into sandwich wraps. Choose whole-grain lavash or use a large whole-grain tortilla for the wrap. For variety, substitute other vegetable combinations for the cucumber, red bell pepper, and romaine lettuce called for here. Try grated carrots, baby spinach, baby kale, sliced tomatoes, and/or sprouts. A base of hummus adds protein and fiber without added fat; it can be made 2–3 days in advance.

Serves: 4

Serving Size: 1 wrap

Prep Time: 30 minutes

Cook Time: N/A

Ready Time: 30 minutes

1 large cucumber

1 large red bell pepper

4 sheets whole-wheat lavash

2 cups Hummus (page 412)

2 cups chopped romaine lettuce

4 teaspoons capers, chopped

¼ cup chopped red onion

1. Peel and seed the cucumber. Cut into 16 strips, each about 4 inches long and $\frac{1}{2}$ inch wide. Slice red pepper in half and remove stem, seeds, and ribs. Slice into 16 strips, each about $\frac{1}{2}$ inch wide.
2. Lay out a sheet of lavash on a clean work surface with the short edge facing you. Spread a thin layer of hummus (about $\frac{1}{2}$ cup) over the lavash, leaving a $\frac{1}{2}$ -inch margin around all four edges.
3. Distribute 4 pieces of the cucumbers horizontally along the lower third of the lavash. Stack 4 of the red pepper strips on top of the cucumbers. Finally, stack $\frac{1}{2}$ cup romaine on top of the red peppers. Sprinkle 1 teaspoon capers and 1 tablespoon red onion over the hummus on the remaining two-thirds of the lavash.
4. Starting at the short end closest to you, roll the lavash into a tight

- cylinder. Set aside, seam side down. Repeat process with remaining lavash sheets and remaining vegetables.
5. Slice $\frac{1}{4}$ inch off the ends of each lavash and discard. Then slice each lavash roll into about five $1\frac{1}{2}$ -inch rounds and serve. These can be made 1–2 hours in advance.

Nutrition Facts

Serving Size: 1 wrap
Servings: 4

AMOUNT PER SERVING

Calories: 308
Calories from Fat: 27

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	3 g	5%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	477 mg	20%
Total Carbohydrate:	58 g	19%
Dietary Fiber:	11 g	44%
Sugars:	5 g	
Protein:	14 g	28%

EXCELLENT SOURCE OF: fiber, vitamin A, vitamin C, vitamin K, copper

GOOD SOURCE OF: iron, calcium, iodine, magnesium, phosphorus, potassium, zinc

Hearty Three-Bean Veggie Stew

This easy, hearty meatless stew makes a perfect warm-up on a cold winter's day, thanks to a medley of protein-rich beans, tasty veggies, and Italian herbs. Pair it with a warm slice of whole-grain bread and a tossed salad, or spoon it over a serving of polenta or quinoa. Like many bean dishes, this stew is even better if made a day ahead so the flavors have a chance to meld. Let stew cool after cooking, transfer to a covered container, and refrigerate for up to 3 days. Reheat just before serving.

Serves: 6

Serving Size: 1¼ cups

Prep Time: 10 minutes

Cook Time: 30 minutes

Ready Time: 40 minutes

2 cups coarsely chopped onion

2 cups coarsely chopped red bell pepper

2 cups coarsely chopped zucchini

1 tablespoon finely minced garlic

1 tablespoon finely chopped fresh thyme or 1½ teaspoons dried

2 teaspoons finely chopped fresh marjoram or oregano or 1 teaspoon dried

½ teaspoon fine sea salt

¼ teaspoon freshly ground black pepper

3½ cups low-sodium vegetable juice

1 can (15 ounces) no-salt-added red kidney beans, rinsed and drained
(1½ cups)

1 can (15 ounces) no-salt-added cannellini, rinsed and drained
(1½ cups)

1 can (15 ounces) no-salt-added black beans, rinsed and drained
(1½ cups)

2 teaspoons lemon zest

2 tablespoons lemon juice

1 tablespoon pure maple syrup

¼ teaspoon crushed red pepper flakes (optional)

3 cups chopped destemmed kale

1. In a large heavy-bottomed pot over medium heat, sauté onions, red pepper, zucchini, $\frac{1}{4}$ cup water, garlic, thyme, marjoram or oregano, salt, and black pepper, stirring frequently, until onions are translucent and vegetables have softened, about 10 minutes.
2. Add vegetable juice, kidney beans, cannellini beans, black beans, lemon zest, lemon juice, maple syrup, and red pepper flakes, if using. Bring to a simmer and let cook, stirring frequently, for 15 minutes.
3. Fold in kale and cook another 3–4 minutes. If you want a souppier consistency, add a little more vegetable juice. Taste for seasoning, adding additional black pepper, red pepper flakes, and/or herbs as needed.

Nutrition Facts

Serving Size: 1 $\frac{1}{4}$ cups
 Servings: 6

AMOUNT PER SERVING

Calories: 250
 Calories from Fat: 18

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	2 g	3%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	536 mg	22%
Total Carbohydrate:	47 g	16%
Dietary Fiber:	13 g	52%
Sugars:	13 g	
Protein:	13 g	26%

EXCELLENT SOURCE OF: fiber, vitamin A, vitamin B₆,
 vitamin C, potassium, iron, phosphorus, magnesium

GOOD SOURCE OF: folate, calcium, zinc

Tempeh Enchiladas

Tempeh's delicious, dense texture makes it a perfect replacement for meat in these Mexican-style enchiladas. You can also make them with cooked pinto beans or your favorite vegetarian ground meat alternative, or use the filling in tacos or tostadas. For a quick and easy option, use a healthy pre-made enchilada sauce without added oils or prepare in advance this delicious Red Enchilada Sauce (page 414) using flavorful, mild dried chili peppers.

Serves: 4

Serving Size: 2 enchiladas

Prep Time: 30 minutes

Cook Time: 1 hour

Ready Time: 1 hour 30 minutes

2 cups chopped seeded fresh pasilla or poblano peppers (4 peppers)

1½ cups chopped onion

2 teaspoons chopped fresh oregano or 1 teaspoon dried

¾ teaspoon ground cumin

¼ teaspoon fine sea salt, divided

8 ounces tempeh, diced

1 cup corn kernels, fresh or frozen

3½ cups Red Enchilada Sauce (page 414)

½ cup chopped cilantro, divided

8 corn tortillas, 6½-inch diameter

1 lime, cut in wedges, for garnish

1. Preheat oven to 350°F. To make the filling, combine fresh peppers, onions, oregano, cumin, ⅛ teaspoon salt, and ¼ cup water in a large saucepan over medium heat. Bring to a simmer and cook, stirring occasionally, until onions are soft and translucent, 7–10 minutes.
2. Add tempeh, corn, remaining ⅛ teaspoon salt, and 1 cup enchilada sauce. Simmer, stirring frequently, for 5 minutes. Remove from heat and stir in ½ cup cilantro.
3. Wrap tortillas in aluminum foil. Place in oven until tortillas are

- heated through, about 10 minutes. (Or, to heat in microwave, place tortillas between 2 damp paper towels. Microwave on high until warmed, about 1 minute.)
- To assemble the enchiladas, spread 1 cup enchilada sauce over the bottom of a 15 × 10 × 2-inch baking pan. Dip each tortilla in the remaining enchilada sauce, letting any extra run back into the saucepan. Place tortilla on a plate. Spoon ½ cup filling down the center of the tortilla. Roll up the sides of the tortilla over the filling. Flip over and place filled tortilla, seam side down, in the prepared baking pan. Repeat with remaining tortillas.
 - Spoon 1 cup enchilada sauce over the enchiladas. (Recipe can be prepared to this point up to 8 hours ahead. Cover pan and refrigerate until needed.) Bake enchiladas until golden brown around the edges, about 20 minutes. Reheat remaining enchilada sauce. Garnish each serving with 2 tablespoons enchilada sauce, remaining chopped cilantro, and a lime wedge.

Chef's Notes

Pasilla and poblano peppers are dark green, medium-sized, mildly spicy chili peppers. They have a flattened conical shape and pointed ends.

Nutrition Facts

Serving Size: 2 enchiladas
Servings: 4

AMOUNT PER SERVING

Calories: 356
Calories from Fat: 54

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	6 g	9%
Saturated Fat:	1 g	5%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	331 mg	14%
Total Carbohydrate:	56 g	19%
Dietary Fiber:	16 g	64%
Sugars:	15 g	
Protein:	21 g	42%

EXCELLENT SOURCE OF: fiber, vitamin A, vitamin B₆,
vitamin C

GOOD SOURCE OF: folate, iron, calcium, potassium

BBQ Tempeh Sandwich

Looking for a versatile meat-free option that's low in fat but high in fiber and plant protein? Try our barbecue-sauced "TLT" made with tempeh, lettuce, and tomato. Tempeh, made from fermented, cultured whole soybeans, has a mild, versatile flavor and a firm texture. Some brands of barbecue sauce can be surprisingly high in sugar and/or fat. Look for a brand with 5 grams or less of sugar and 3 grams or less of fat per serving. To top these sandwiches, whip up a batch of oil-free Vegan Mayo (page 400).

Serves: 4

Serving Size: 1 sandwich

Prep Time: 30 minutes

Cook Time: 45 minutes

Ready Time: 1 hour 15 minutes

For barbecued tempeh:

½ cup prepared barbecue sauce (less than 5 g sugar and 3 g fat per serving)

1 tablespoon apple cider vinegar, preferably raw, organic, and unfiltered

⅛ teaspoon chipotle powder or 2 dashes hot sauce

12 ounces tempeh

For sandwiches:

8 whole-grain sandwich thins

4 slices tomato

4 thin slices red onion

4 romaine lettuce leaves

8–12 fresh basil leaves

2 teaspoons Vegan Mayo (page 400)

1. In a 9 × 13-inch Pyrex glass baking pan, combine the barbecue sauce, ½ cup water, vinegar, and chipotle powder or hot sauce.
2. Slice the tempeh in half horizontally to a ¼-inch thickness. Add the sliced tempeh to the baking pan, turning to coat both sides.

- Marinate the tempeh for at least 15 minutes and up to 8 hours. (If marinating for more than 1 hour, cover with plastic wrap and refrigerate.)
3. Preheat oven to 350°F. Line a baking sheet with parchment paper. Transfer the tempeh to the baking sheet, reserving the extra marinade. Bake for 20 minutes.
 4. Turn tempeh over, basting with reserved marinade. Bake for an additional 15–25 minutes, until edges are lightly brown and barbecue sauce looks glazed. (The cooking time can vary based on different brands of tempeh and barbecue sauce, so check frequently to prevent burning.)
 5. Remove the tempeh from the oven. Divide tempeh into four portions, slicing to match the size of the sandwich thins. Arrange tempeh on 4 sandwich thins. Top with tomato, onion, lettuce, and basil leaves. Drizzle with remaining marinade, if desired. Spread $\frac{1}{2}$ teaspoon Vegan Mayo on each of the remaining sandwich thins. Top tempeh with mayo-spread sandwich thins.

Chef's Notes

Barbecue sauces can vary widely in the amount of sugar and fat they can contain. Be sure to check the nutritional information on the label, and look for a barbecue sauce with less than 5 grams of sugar and less than 3 grams of fat per serving with no hydrogenated fats or highly saturated fats such as coconut oil. Ideally, choose brands that avoid high-fructose corn syrup, preservatives, and/or artificial coloring. One suggested brand is Annie's Organic BBQ Sauce, which has 4 grams of sugar and 1 gram of fat per serving.

Nutrition Facts

Serving Size: 1 sandwich
Servings: 4

AMOUNT PER SERVING

Calories: 333

Calories from Fat: 81

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	9 g	14%
Saturated Fat:	1 g	5%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	417 mg	17%
Total Carbohydrate:	43 g	14%
Dietary Fiber:	15 g	60%
Sugars:	8 g	
Protein:	23 g	46%

EXCELLENT SOURCE OF: fiber, vitamin A, vitamin C,
vitamin K, folate, iron

GOOD SOURCE OF: potassium, calcium

Tex-Mex Tortilla Pie

We've updated this layered Tex-Mex family favorite with a filling of poblano peppers and black beans instead of the typical ground beef. For an extra boost of flavor, try a drizzle of Smoky Chipotle Sauce (page 406) on top.

Serves: 8

Serving Size: 1 wedge

Prep Time: 30 minutes

Cook Time: 30 minutes

Ready Time: 1 hour

Nonstick cooking spray

2 cups chopped onion

2 cups finely chopped seeded poblano peppers (4 peppers; 1 pound)

1 tablespoon minced garlic

1½ teaspoons ground cumin, divided

2 teaspoons chopped fresh oregano or 1 teaspoon dried, divided

1 can (14.5 ounces) no-salt-added diced fire-roasted tomatoes

1 can (15 ounces) no-salt-added black beans, rinsed and drained
(1½ cups)

1 cup corn kernels, fresh or frozen

1 teaspoon chopped canned chipotles in adobo sauce, plus more to taste (see Chef's Notes)

½ cup finely chopped cilantro, plus more for garnish

1 tablespoon lime juice

5 whole-wheat tortillas, 10-inch diameter

1 jar (24 ounces) low-fat, low-sodium marinara sauce (2½ cups)

1. Preheat oven to 375°F. Line a baking sheet with parchment paper and spray lightly with cooking spray.
2. In a large, 12-inch heavy-bottomed sauté pan, combine onions, peppers, garlic, ¾ teaspoon cumin, 1 teaspoon fresh oregano (or ½ teaspoon dried), and ½ cup water. Bring to a boil over high heat. Reduce heat to medium and simmer, stirring occasionally, until

onions are translucent and water has evaporated, about 10 minutes.

3. Add tomatoes (including juice), black beans, corn, and chipotles. Cook, stirring frequently, until liquids evaporate, about 10 minutes. Remove from heat and allow to cool slightly.
4. Stir in the remaining $\frac{3}{4}$ teaspoon cumin and remaining 1 teaspoon fresh oregano (or $\frac{1}{4}$ teaspoon dried). Add cilantro and lime juice. Taste for seasoning. Using a large spoon or a potato masher, mash the mixture roughly so it will stick together and be easier to spread.
5. Measure out 1 cup marinara sauce and place in a small bowl. To assemble pie, place one tortilla in the center of the prepared baking sheet. Using the marinara sauce in the bowl, spread 3 tablespoons sauce evenly over the tortilla. (Use a pastry brush if you have one.) Spread 1 cup bean mixture evenly over the tortilla, making sure to spread it out to the edges.
6. Top with a second tortilla. Spread with 3 more tablespoons marinara and 1 cup filling. Repeat with 2 more tortillas, sauce, and beans for a total of 4 layers.
7. Top with remaining tortilla. Spread remaining marinara sauce in the bowl over the top of the tortilla. Bake until golden brown on top and warmed through, 15–20 minutes.
8. While tortilla pie is baking, heat remaining $1\frac{1}{2}$ cups marinara sauce in a small saucepan until warm.
9. When pie is ready, pick up both sides of the parchment paper and transfer pie, still on parchment, to a cutting board. Cut into 8 wedges. Serve each portion topped with 2–3 tablespoons warm marinara sauce. Garnish with cilantro.

Chef's Notes

Canned chipotles in adobo sauce are a great (and inexpensive) staple to have in your pantry, useful for boosting heat and flavor in many Mexican- and Southwestern-inspired dishes. When jalapeño peppers are smoked and dried, they become chipotles, with a medium spiciness and a pleasant smokiness. Adobo sauce is a smooth, piquant mixture of dried chili peppers, herbs, and vinegar. Look for canned chipotles in adobo in the Latin American/Hispanic foods section of your supermarket; we like the widely

available Embasa brand. For ease of use, puree the contents of a small (7 ounces) can in the blender. Transfer the puree to a small, closed container. Refrigerate and use as needed. Marinara sauces can be surprisingly high in fat and/or sodium, so check labels carefully before buying. Choose one with 3 grams or less of fat and 140 milligrams or less of sodium per serving.

Nutrition Facts

Serving Size: 1 wedge
Servings: 8

AMOUNT PER SERVING

Calories: 250
Calories from Fat: 36

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	4 g	6%
Saturated Fat:	1 g	5%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	609 mg	25%
Total Carbohydrate:	44 g	15%
Dietary Fiber:	18 g	72%
Sugars:	8 g	
Protein:	10 g	20%

EXCELLENT SOURCE OF: fiber, vitamin C

GOOD SOURCE OF: vitamin A, iron

Tempeh Chili Verde

Black beans and roasted tempeh add healthy plant protein to this tangy Mexican-style stew of peppers, tomatillos, and corn. Serve over brown rice or quinoa, or scoop it up with a warm corn tortilla.

Serves: 4

Serving Size: 1 cup

Prep Time: 35 minutes

Cook Time: 25 minutes

Ready Time: 1 hour

8 ounces tempeh, diced

3 poblano peppers (12 ounces) (see Chef's Notes)

12 ounces tomatillos, husks removed and roughly chopped

2 cups roughly chopped onion

1 tablespoon minced garlic

¼ teaspoon fine sea salt, divided

½ cup chopped cilantro, plus more for garnish

1½ tablespoons fresh lime juice, plus more as needed

1 teaspoon pure maple syrup

½ teaspoon ground cumin

1 teaspoon finely chopped jalapeño pepper (optional)

1 cup corn kernels, fresh or frozen

1 can (15 ounces) no-salt-added black beans, rinsed and drained

(1½ cups)

2⅓ cups cooked brown rice or quinoa for serving (optional)

1. Preheat oven to 400°F. Line a baking sheet with parchment paper. Spread diced tempeh over prepared baking sheet and bake until golden brown, about 20 minutes.
2. To roast the poblano peppers, char the peppers directly over a gas flame or under a broiler until blackened on all sides. If charring the peppers over a gas flame, use high heat and rotate frequently using tongs, for 4–5 minutes. If using broiler, arrange peppers on a broiler pan and broil about 2 inches from heat, turning occasionally with tongs, for 20–30 minutes. Transfer charred peppers

- to a bowl, cover with a plate, and let steam for 10 minutes. Remove skins and seeds from peppers. Chop peppers and set aside.
3. In a medium heavy-bottomed saucepan over medium heat, combine the tomatillos, onions, garlic, $\frac{1}{2}$ cup water, and $\frac{1}{8}$ teaspoon salt. Cook until tomatillos are soft and onions are translucent, 10–15 minutes. Let cool slightly.
 4. Transfer two-thirds of the tomatillo mixture (about $1\frac{1}{2}$ cups) to a blender. Add roasted poblano peppers, cilantro, lime juice, maple syrup, cumin, $\frac{1}{2}$ cup water, and remaining $\frac{1}{8}$ teaspoon salt. Blend on high speed until smooth. Taste for seasoning; add chopped jalapeño to taste if you want a spicier sauce.
 5. Pour the puree back into the saucepan with the remaining unblended tomatillo mixture. Stir in the baked tempeh, corn, and black beans. Over low heat, bring to a simmer and let cook for 10 minutes. If mixture seems too thick, add more water.
 6. Taste for seasoning and add more lime juice if needed. Divide into bowls, spooning each serving over $\frac{2}{3}$ cup cooked rice or quinoa, if desired. Garnish with cilantro.

Chef's Notes

Although poblano peppers are typically described as only mildly hot, some poblanos can, in fact, be quite spicy. If you want to reduce a pepper's heat, remove the seeds and interior ribs of the pepper before cooking it. You can also taste a small bite of each pepper to gauge its heat before using. Poblano peppers typically weigh about 4 ounces per pepper.

Nutrition Facts

Serving Size: 1 cup
Servings: 4

AMOUNT PER SERVING

Calories: 340
Calories from Fat: 63

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	7 g	9%
Saturated Fat:	1 g	5%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	180 mg	8%
Total Carbohydrate:	51 g	19%
Dietary Fiber:	10 g	36%
Sugars:	12 g	
Protein:	21 g	42%

EXCELLENT SOURCE OF: fiber, vitamin C, potassium, iron, magnesium

GOOD SOURCE OF: vitamin A, thiamin, riboflavin, vitamin B₆, calcium, phosphorus

Grilled Portobello Mushroom Burgers

Summer's here and it's time to fire up the grill for these satisfying portobello mushroom burgers, topped with grilled onions and peppers and a lively, vibrant green Basil Mayo (page 402). Made from silken tofu, this mayonnaise makes a great sandwich spread or vegetable dip. It's best used within a day of being made.

Serves: 4

Serving Size: 1 burger

Prep Time: 30 minutes

Cook Time: 20 minutes

Ready Time: 50 minutes

¼ cup balsamic vinegar

1 tablespoon plus 1 teaspoon Bragg Liquid Aminos (see Chef's Notes)

1 teaspoon fresh rosemary

½ teaspoon minced garlic

⅛ teaspoon freshly ground black pepper

4 portobello mushrooms (4 ounces each), stems removed

4 slices red onion, ½ inch thick

2 red bell peppers, quartered

4 whole-grain buns, sliced

4 tablespoons Basil Mayo (page 402)

4 lettuce leaves

1. Prepare the grill at medium-high heat or preheat oven to 400°F. Line a baking sheet with parchment paper.
2. To make the marinade, in a small bowl whisk together vinegar, liquid aminos, 1 tablespoon water, rosemary, garlic, and black pepper.
3. Wipe the mushroom caps with a damp paper towel. Place mushrooms, red onion slices, and bell peppers on prepared baking sheet. Brush the marinade on both sides of the vegetables.
4. If using the grill, grill the mushrooms, onions, and peppers until tender and lightly browned, 10–15 minutes. Turn and baste with marinade after 5–7 minutes. Remove the vegetables from the grill

and baste again with remaining marinade. (Alternatively, bake the vegetables in the oven for 10 minutes, baste, and continue baking for another 10 minutes, until tender and golden brown. Remove from the oven and baste again with remaining marinade.)

5. Slice red peppers into strips. Separate onion slices into rings.
6. Toast buns until golden brown. To assemble, place the bottom half of each bun on a plate. Spread 1 tablespoon Basil Mayo over the bun. (Save remaining mayonnaise for another use.) Top with a mushroom, red pepper slices, onion rings, and a lettuce leaf. Cover with the top of the bun. Serve immediately.

Chef's Notes

Bragg Liquid Aminos can be substituted with low-sodium tamari or soy sauce.

Nutrition Facts

Serving Size: 1 burger
Servings: 4

AMOUNT PER SERVING

Calories: 270
Calories from Fat: 36

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	4 g	6%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	470 mg	20%
Total Carbohydrate:	51 g	17%
Dietary Fiber:	13 g	52%
Sugars:	15 g	
Protein:	14 g	28%

EXCELLENT SOURCE OF: vitamin A, vitamin C, vitamin K, selenium, copper, iron

GOOD SOURCE OF: vitamin B₆, thiamin, manganese, potassium, phosphorus, folate, riboflavin, pantothenic acid, calcium

Moroccan Vegetable Stew

This autumn vegetable stew shines with the glowing hues and fragrant aromas of a Moroccan bazaar. It's full of powerful cell-protecting anti-oxidants and health-promoting ingredients such as inflammation-fighting turmeric, heart-healthy squash, and protein-packed chickpeas. Golden raisins add a touch of natural sweetness. Accompany the stew with high-protein quinoa. If you can find it, black quinoa makes an especially dramatic backdrop for these vivid colors, but any type of quinoa will do.

Serves: 6

Serving Size: 1½ cups stew, ¼ cup cooked quinoa

Prep Time: 20 minutes

Cook Time: 50 minutes

Ready Time: 1 hour 10 minutes

2 cups diced onion

2 teaspoons minced garlic

1½ teaspoons finely chopped ginger

2 teaspoons ground coriander, divided

1 cinnamon stick, about 3 inches long

½ teaspoon turmeric

¼ teaspoon fine sea salt

3½ cups low-sodium vegetable broth

3 cups butternut squash, peeled and cubed (12 ounces)

1 can (14.5 ounces) no-salt-added diced fire-roasted tomatoes

8 ounces green beans, cut into 1-inch lengths

1½ cups cooked or 1 can (15 ounces) chickpeas, no salt added, rinsed and drained

½ cup firmly packed golden raisins

Zest of 1 lemon

½ cup coarsely chopped cilantro

1½ cups warm cooked quinoa

1. In a large saucepan over medium heat, combine onions, garlic, ginger, 1½ teaspoons coriander, cinnamon stick, turmeric, and

- salt with $\frac{1}{2}$ cup vegetable broth. Sauté, stirring frequently, until onions are softened and translucent, 7–10 minutes.
2. Add remaining 3 cups vegetable broth, squash, and tomatoes. Raise heat to high and bring to a boil. Reduce heat to medium and simmer for about 30 minutes, until squash is just barely cooked through.
 3. Add green beans, chickpeas, raisins, and lemon zest. Cook for 7–10 minutes, until green beans are tender. Stir in remaining $\frac{1}{2}$ teaspoon coriander.
 4. Just before serving, stir in cilantro. Serve warm, over quinoa.

Nutrition Facts

Serving Size: $1\frac{1}{2}$ cups stew, $\frac{1}{4}$ cup cooked quinoa
Servings: 6

AMOUNT PER SERVING

Calories: 259
Calories from Fat: 18

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	2 g	3%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	344 mg	14%
Total Carbohydrate:	51 g	17%
Dietary Fiber:	8 g	32%
Sugars:	18 g	
Protein:	9 g	18%

EXCELLENT SOURCE OF: fiber, vitamin A, vitamin C, iron, phosphorus, magnesium, copper

GOOD SOURCE OF: riboflavin, folate, potassium, calcium, zinc

Greek Tabbouleh Pita Pocket

Roasted eggplant puree and quinoa-based tabbouleh salad are tucked together in a whole-grain pita pocket to make this satisfying meatless meal. Perfect for lunch or dinner, this combination of crunchy fresh vegetables and high-protein whole grains is rich in fiber, phytochemicals, and vitamin C. For additional plant protein, add a spoonful of Hummus (page 412) to each pita pocket.

Serves: 6

Serving Size: 1 pita pocket

Prep Time: 20 minutes

Cook Time: 40 minutes

Ready Time: 1 hour

2 medium eggplants, sliced into $\frac{1}{2}$ -inch-thick rounds

1 teaspoon minced garlic

$\frac{3}{4}$ teaspoon ground cumin

$\frac{3}{4}$ teaspoon fine sea salt, divided

$\frac{1}{8}$ teaspoon plus $\frac{1}{2}$ teaspoon freshly ground pepper, divided

1 cup quinoa

2 cups cherry tomatoes, quartered

2 cucumbers, peeled, seeded, and finely chopped (2 cups)

$\frac{1}{2}$ cup thinly sliced scallions

$\frac{1}{2}$ cup coarsely chopped mint

3 tablespoons fresh lemon juice

3 whole-grain pita breads, 7-inch diameter

1. Preheat oven to 350°F. Line two baking sheets with parchment paper.
2. To roast the eggplant, arrange eggplant slices on prepared baking sheets. Bake until soft, 20–25 minutes.
3. Transfer eggplant slices to a food processor fitted with a metal blade. Add garlic, cumin, $\frac{1}{4}$ teaspoon salt, and $\frac{1}{8}$ teaspoon pepper. Process until chunky-smooth, stopping to scrape down bowl with a rubber spatula as needed. Set aside.
4. Prepare quinoa according to package directions. Once cooked, transfer quinoa to a medium bowl to cool. (Spread quinoa up the sides of the bowl; this will speed the cooling process and keep it from getting too moist.)

- When quinoa has cooled to room temperature, add tomatoes, cucumber, scallions, mint, lemon juice, remaining $\frac{1}{2}$ teaspoon salt, and $\frac{1}{2}$ teaspoon pepper. Toss to combine. Taste for seasoning and add more lemon juice, salt, and/or pepper as needed.
- To prepare the pita pockets, cut pita breads in half to create two pockets. Wrap pockets in foil. Place in a 350°F oven for 15 minutes, until soft and warmed through.
- Remove pita pockets from foil. Spread $\frac{1}{3}$ cup eggplant mixture inside each pita pocket. Spoon in 1 cup tabbouleh.

Chef's Notes

Pita breads come in various sizes. For this recipe, we suggest looking for pita breads about 7 inches in diameter. If you can only find smaller pita breads, you may want to serve two pita pockets instead of one. It's helpful to have an extra pita bread or two on hand when making this recipe, as sometimes it's tricky to open the "pockets" without tearing the breads. If you have leftover pita scraps, make pita chips. Preheat oven to 350°F. Cut pita scraps into triangles, arrange on a baking sheet, and bake until crisp, about 8 minutes. If you have any leftover eggplant puree, serve it alongside the pita chips.

Nutrition Facts

Serving Size: 1 pita pocket
Servings: 6

AMOUNT PER SERVING

Calories: 257
Calories from Fat: 27

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	3 g	5%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	468 mg	20%
Total Carbohydrate:	50 g	17%
Dietary Fiber:	10 g	40%
Sugars:	7 g	
Protein:	11 g	22%

EXCELLENT SOURCE OF: fiber, vitamin A, vitamin C, folate, potassium, phosphorus, magnesium, copper

GOOD SOURCE OF: vitamins B₁, B₂, B₃, B₆, iron, zinc

Swiss Chard and Sweet Potato Burrito

Got a burrito craving? Satisfy it with this hearty, colorful recipe full of high-fiber, nutrient-rich greens, beans, red bell peppers, and sweet potatoes. This tasty mixture also works well as a filling for soft tacos. If you'd like a spicier kick, add some chipotles in adobo sauce, or a few dashes of your favorite hot sauce.

Serves: 4

Serving Size: 1 burrito

Prep Time: 20 minutes

Cook Time: 30 minutes

Ready Time: 50 minutes

4 whole-grain tortillas, 10-inch diameter

1 sweet potato, peeled and chopped into $\frac{1}{2}$ -inch pieces (2 cups)

1 cup chopped red onion

1 cup chopped red bell pepper

1 $\frac{1}{4}$ cups low-sodium vegetable broth, plus more if needed

1 $\frac{1}{2}$ teaspoons ground cumin, divided

1 $\frac{1}{2}$ teaspoons ground coriander, divided

1 teaspoon chili powder, divided

$\frac{1}{8}$ teaspoon fine sea salt

freshly ground pepper

3 cups roughly chopped Swiss chard

1 can (15 ounces) no-salt-added white beans, rinsed and drained
(1 $\frac{1}{2}$ cups)

$\frac{1}{2}$ cup chopped cilantro

1 tablespoon fresh lime juice

1. Preheat oven to 400°F. Wrap tortillas in foil and set aside.
2. In a medium, 12-inch sauté pan over medium heat, combine sweet potato, red onions, red peppers, vegetable broth, $\frac{3}{4}$ teaspoon cumin, $\frac{3}{4}$ teaspoon coriander, $\frac{1}{2}$ teaspoon chili powder, salt, and pepper. Cook over medium heat, stirring frequently, until sweet potatoes are cooked through, onions are soft, and liquid has evaporated, 12–15 minutes. If liquid evaporates be-

- fore sweet potatoes are soft, add additional vegetable broth as needed.
3. Stir in the Swiss chard, adding more broth if mixture seems dry. Cook until chard has wilted and broth has evaporated, about 1 minute. Remove from heat.
 4. Fold in beans, cilantro, and lime juice. Add remaining $\frac{3}{4}$ teaspoon cumin, $\frac{3}{4}$ teaspoon coriander, and $\frac{1}{2}$ teaspoon chili powder. Mix well and taste for seasoning, adding more salt or pepper as needed.
 5. Place foil-wrapped tortillas in the preheated oven and heat until tortillas are flexible and warmed through, 5–7 minutes. Reheat vegetable mixture if needed while tortillas are warming.
 6. Unwrap tortillas. On a dry work surface, lay out a tortilla and fill the bottom third of the tortilla with approximately 1 cup vegetable mixture. Fold outside edges inward and roll up from the bottom, away from you, to form a tight cylinder. Repeat with remaining tortillas and vegetables.
 7. Place burritos seam side down. Cut each burrito in half and serve.

Chef's Notes

There are two other ways to warm tortillas: over a gas flame or in a non-stick skillet. To use a gas flame, turn a stovetop burner to high and place tortilla directly over the flame. Let tortilla cook for 2–3 seconds, then turn, using tongs. Repeat, turning the tortilla every 2–3 seconds, until warmed through and browned along the edges. To use a skillet, place one tortilla at a time in a large nonstick skillet over medium-high heat. Heat until warmed through on both sides, 20–30 seconds per side, turning with tongs as needed.

Nutrition Facts

Serving Size: 1 burrito

Servings: 4

AMOUNT PER SERVING

Calories: 278

Calories from Fat: 36

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	4 g	6%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	678 mg	28%
Total Carbohydrate:	58 g	19%
Dietary Fiber:	22 g	88%
Sugars:	8 g	
Protein:	15 g	30%

EXCELLENT SOURCE OF: fiber, vitamin A, vitamin B₁,

vitamin C, vitamin K, iron, magnesium, manganese

GOOD SOURCE OF: vitamins B₂, B₆, calcium, molybdenum,

phosphorus, potassium, zinc

Hawaiian-Style Chili

Move over, Texas and Cincinnati. The Hawaiian take on America's favorite stew brings pineapple and Maui onion into the mix for an unforgettable sweet counterpoint to the chili's heat. Already packed with lots of fiber from the pineapple and plant protein from the kidney beans, island-style chili gets an additional healthy twist in the Ornish test kitchen, when we replace the greasy ground beef and bacon with heart-protective veggie crumbles. With so many delicious flavors mingling in one bowl, you'll never miss the meat! Don't just take our word for it. Invite some carnivorous friends over to share and see if they detect the swap.

Serves: 6

Serving Size: 1¼ cups chili over ½ cup rice

Prep Time: 30 minutes

Cook Time: 15 minutes

Ready Time: 45 minutes

4 cups brown rice

2 cups roughly chopped sweet Maui or Vidalia onion

1½ cups chopped red bell pepper

1½ tablespoons chili powder, divided

1 can (14.5 ounces) no-salt-added diced fire-roasted tomatoes

2½ cups veggie crumbles or cubed tempeh

1 can (15 ounces) no-salt-added kidney beans (1½ cups)

1 can (15 ounces) low-sodium tomato sauce

2 cups finely chopped pineapple

¾ teaspoon dried oregano

¼ teaspoon fine sea salt

Hot sauce or crushed red pepper flakes, for garnish (optional)

½ cup chopped cilantro and/or scallions (optional)

1. Prepare brown rice according to package directions. Set aside 4 cups cooked rice for this recipe, and save the rest for another use. (One and a half cups uncooked rice will yield about 4 cups cooked.)

2. In a large heavy-bottomed sauté pan, combine onions, bell peppers, $\frac{1}{2}$ tablespoon chili powder, and $\frac{1}{2}$ cup water. Place over high heat and bring mixture to a boil. Reduce heat to a simmer and cook until onions are tender and liquid has evaporated, 8–10 minutes.
3. Add tomatoes with juice, veggie crumbles or tempeh, kidney beans with their liquid (or an additional $\frac{1}{2}$ cup water if using home-cooked beans), tomato sauce, chopped pineapple, remaining 1 tablespoon chili powder, oregano, and salt. Bring to a boil, then reduce heat to medium-low and simmer, uncovered, until flavors meld, about 5 minutes. Remove from heat and fold in $\frac{1}{4}$ cup cilantro and/or scallions just before serving, reserving the rest for garnish.
4. Serve chili warm over cooked rice with a dash of hot sauce or a pinch of red pepper flakes (if using) and 2 teaspoons cilantro and/or scallions per serving if desired.

Chef's Notes

Veggie crumbles, also known as veggie ground, are the vegetarian cook's secret weapon for replicating meaty dishes in a healthier way. We use Yves Veggie Cuisine Meatless Ground in the test kitchen, but lots of brands are available, so experiment and find your favorite. Tempeh is a great whole-food swap for veggie ground crumbles. Tempeh is a fermented form of soy with a similar meaty texture, packed with health-promoting prebiotic and probiotic compounds.

For the tastiest chili bowl, make sure your dried spices are up to date, ideally not more than 6 months old. If you can't recall how long your chili powder or dried oregano has been hanging around in your cupboard, pick up a fresh bottle. You'll be surprised at the difference it makes!

This chili does great when reheated, so it's perfect for do-ahead entertaining. You can even freeze it.

Nutrition Facts

Serving Size: 1½ cups chili over ½ cup rice
Servings: 6

AMOUNT PER SERVING

Calories: 270
Calories from Fat: 18

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	2 g	3%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	410 mg	17%
Total Carbohydrate:	50 g	17%
Dietary Fiber:	11 g	44%
Sugars:	15 g	
Protein:	19 g	38%

EXCELLENT SOURCE OF: fiber, vitamin A, thiamin,
vitamin C, iron

GOOD SOURCE OF: vitamin B₁₂, manganese, vitamin K,
calcium, magnesium, phosphorus, potassium

Veggie Lentil Loaf

Deliciously rich in fiber, thanks to a blend of brown rice, lentils, and vegetables, this easy meatless dish is a versatile comfort-food staple. The Smoky Chipotle Sauce (page 406) gives it a delectable smoky-sweet glaze on top.

Serves: 6

Serving Size: 1½-inch slice

Prep Time: 1 hour

Cook Time: 1 hour

Ready Time: 2 hours

Smoky Chipotle Sauce (page 406)

1 cup uncooked short-grain brown rice

1 cup uncooked green lentils

8 ounces frozen spinach, thawed

1½ cups diced onion

1½ cups grated carrot

1 tablespoon minced garlic

2 tablespoons Bragg Liquid Aminos, divided

1 tablespoon fresh thyme or 1½ teaspoons dried thyme, divided

1 teaspoon dried oregano

½ teaspoon freshly ground pepper, divided

1. Prepare chipotle sauce and refrigerate until ready to use.
2. Preheat oven to 375°F. Prepare rice and lentils according to package instructions. (The rice and lentils can be prepared up to 2 days ahead of time and refrigerated until needed.)
3. Place thawed spinach in a colander in the sink or over a deep bowl. Using your hands, squeeze or press spinach vigorously to remove excess liquid. Continue to squeeze and press spinach until it is almost dry; excess liquid left in the spinach will make a soggy loaf. Once drained, you should have about ¾ cup spinach. Set aside.
4. In a large sauté pan over medium-low heat, sauté the onions, carrots, garlic, 1 tablespoon liquid aminos, 1½ teaspoons of the fresh thyme, oregano, ¼ teaspoon pepper, and ½ cup water. Stirring frequently, sauté until onions are translucent, 7–10 minutes.

- In a large bowl, combine the cooked rice and the lentils with the onion mixture. Add the remaining 1 tablespoon liquid aminos, 1½ teaspoons fresh thyme, and ¼ teaspoon pepper. Mix well.
- Spoon half of the rice mixture (about 3½ cups) into a food processor. Pulse until a thick paste forms, scraping down the bowl with a spatula. The mixture will be fairly dry. Mix the paste into the remaining lentil mixture. Add the spinach and stir well to combine.
- Line a baking sheet with parchment paper. Form lentil mixture into a tightly packed loaf 2 inches high and 9 inches long. Cut into six 1½-inch slices, leaving about an inch of space between portions so heat and air can circulate. Bake for about 30 minutes, or until slices are lightly brown and crisp on all sides. Remove from oven and spread a heaping tablespoon of chipotle sauce evenly on top of each slice. Let cook for an additional 10 minutes. Remove from oven. Let rest 10 minutes before serving. Serve with chipotle sauce on the side, if desired.

Nutrition Facts

Serving Size: one 1½-inch slice
Servings: 6

AMOUNT PER SERVING

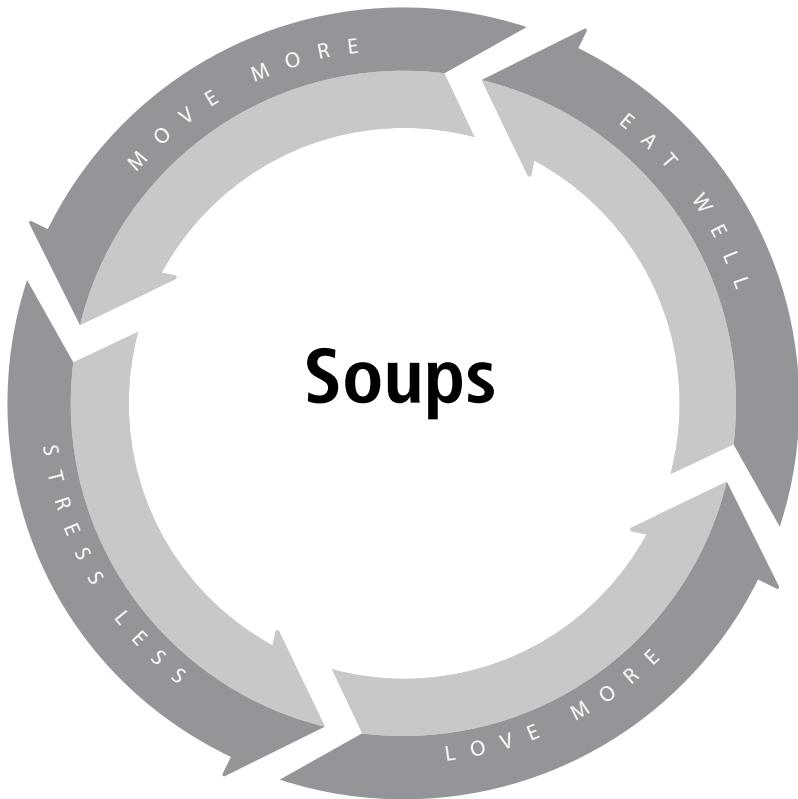
Calories: 290
Calories from Fat: 9

AMOUNT PER SERVING % DAILY VALUE

Total Fat:	1 g	2%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	390 mg	16%
Total Carbohydrate:	55 g	18%
Dietary Fiber:	8 g	32%
Sugars:	5 g	
Protein:	14 g	28%

EXCELLENT SOURCE OF: fiber, vitamin A, vitamin K, iron, folate,

GOOD SOURCE OF: vitamin C, thiamin, potassium, calcium, magnesium, phosphorus, manganese



White Bean and Winter Greens Soup

Warm up on a chilly autumn or winter night with this nourishing soup. Creamy, protein-rich white beans and leafy dark greens are simmered in a nutrient-packed vegetable broth accented with garlic, onions, miso, and thyme. You can also make this recipe with rutabagas instead of sweet potatoes. Rutabagas look like jumbo-sized turnips, with a waxy, creamy skin shading to purple and pale yellow flesh. They have a mild, sweetly earthy flavor that lends itself well to soups.

Serves: 6

Serving Size: 1 cup

Prep Time: 10 minutes

Cook Time: 30 minutes

Ready Time: 40 minutes

1½ cups coarsely chopped onion

2 teaspoons minced garlic

4 cups low-sodium vegetable broth, divided

3 cups cooked or 2 cans (15 ounces each) no-salt-added cannellini or navy beans, rinsed and drained

2 cups peeled and coarsely chopped sweet potatoes

3 tablespoons sweet white miso

2 teaspoons chopped fresh thyme, divided

¼ teaspoon fine sea salt

¼ teaspoon freshly ground pepper

2 cups destemmed chopped kale or chard (1.5 ounces)

Crushed red pepper flakes (optional)

1. In a medium saucepan over medium heat, combine onions, garlic, and ½ cup broth. Cook, stirring frequently, until onions are softened and transparent, about 10 minutes.
2. Add the remaining 3½ cups broth, beans, sweet potatoes, miso, 1½ teaspoons of the thyme, salt, and pepper. Bring to a simmer and cook until sweet potatoes are tender and flavors have melded, 10–15 minutes.
3. Add kale and remaining ½ teaspoon thyme. Simmer until kale is

tender, 3–4 minutes. Taste for seasoning, adding more miso or pepper as needed. Sprinkle with red pepper flakes before serving, if desired.

Chef's Notes

This soup is best made 1–2 days in advance, allowing flavors to mingle and develop together; cover and refrigerate until needed.

Nutrition Facts		
AMOUNT PER SERVING		
AMOUNT PER SERVING % DAILY VALUE		
Total Fat:	1 g	2%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	508 mg	21%
Total Carbohydrate:	36 g	12%
Dietary Fiber:	9 g	36%
Sugars:	7 g	
Protein:	9 g	18%
EXCELLENT SOURCE OF: fiber, vitamin A, thiamin, vitamin C, magnesium		
GOOD SOURCE OF: riboflavin, potassium, iron, phosphorus, zinc, copper		

Thai Coconut Soup

This light, sophisticated soup is similar to a Thai tom yum goong—tart and tangy with fresh lime juice, spicy with serrano pepper, and full of heart-healthy winter squash, zucchini, and mushrooms. Kabocha squash is a drum-shaped winter squash, green or orange-skinned, with a dense orange flesh. Look for it in well-stocked produce stores, farmers' markets, or online; butternut squash makes a good substitute.

Serves: 4

Serving Size: 2½ cups

Prep Time: 10 minutes

Cook Time: 15 minutes

Ready Time: 25 minutes

4 ounces soba (Japanese buckwheat noodles)

6 cups pure coconut water

½ cup thinly sliced shallots

2 kaffir lime leaves or ¾ teaspoon lime zest

¼ cup fresh lime juice

1 tablespoon plus 1 teaspoon Bragg Liquid Aminos or reduced-sodium tamari

2 tablespoons minced lemongrass

1 tablespoon finely chopped ginger

1 teaspoon finely chopped, seeded red serrano pepper, plus more if desired

1 teaspoon minced garlic, optional

4 cups unpeeled kabocha or peeled butternut squash, seeded and chopped (1¼ pounds)

1 cup thinly sliced shiitake or white button mushroom caps

1 small zucchini, halved and sliced into half-moons (1 cup)

¼ cup thinly sliced fresh basil, for garnish

1. Cook soba noodles according to package directions. Drain and set aside.
2. In a medium heavy-bottomed pot over medium heat, combine coconut water, shallots, kaffir lime leaves or lime zest, lime juice,

- liquid aminos or tamari, lemongrass, ginger, 1 teaspoon minced serrano pepper, and garlic, if using. Bring to a gentle simmer.
3. Add the squash and simmer for 6–8 minutes, until tender. Add mushrooms and zucchini. Simmer for another 5 minutes, until vegetables are tender.
 4. Taste for seasoning, adding additional lime juice or minced serrano pepper if desired. Add cooked soba noodles. Divide soup among 4 bowls and garnish with basil.

Chef's Notes

If you are new to kabocha squash, also known as Japanese pumpkin, it is versatile and has a wonderful sweet chestnut-like taste. One of the trickiest parts about this large squash is cutting it. Be careful! Use a large, heavy knife and, using a steady hand with significant pressure, cut unpeeled squash in half. Remove seeds, then quarter and chop into smaller pieces. Butternut squash makes a fine substitute if you can't locate kabocha squash.

Lemongrass is a stalky plant with a lemony essence. Look for firm stalks; the lower stalk should be pale yellow, almost white, while upper stalks are green. To prepare, remove the root end as well as the tough outer leaves, leaving just the whiter and more tender part. Bruise the lower ends by bending several times, or pounding with a mallet (or rolling pin, or small saucepan), and finely chop.

Shortcut: If you are not in the mood to battle lemongrass, or you can't find it, look for prepared lemongrass paste in a tube in the produce section at most grocery stores.

Nutrition Facts

Serving Size: 2½ cups
Servings: 4

AMOUNT PER SERVING

Calories: 270
Calories from Fat: 9

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	1 g	1%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	510 mg	22%
Total Carbohydrate:	54 g	18%
Dietary Fiber:	3g	16%
Sugars:	25 g	
Protein:	9 g	19%

EXCELLENT SOURCE OF: vitamin A, vitamin C

GOOD SOURCE OF: fiber, vitamin B₆, calcium

Indian Lentil Soup

Tomatoes and red lentils give this soup a glowing sunset hue. This recipe is inspired by dhal (also spelled dal or daal), a staple of Indian cuisine. A fragrant, gently spiced puree made from a variety of lentils and dried peas, dhal is typically served alongside rice and vegetables to make a simple yet filling meal. If you can't find red lentils, substitute orange or yellow lentils.

Serves: 5

Serving Size: 1 cup

Prep Time: 15 minutes

Cook Time: 45 minutes

Ready Time: 1 hour

1 teaspoon whole cumin seeds
2 cups coarsely chopped onion
1½ cups red lentils
1 cup seeded and diced Roma (plum) tomatoes
1 tablespoon finely chopped ginger
2 teaspoons minced garlic
¼ teaspoon fine sea salt
¾ teaspoon turmeric
¾ teaspoon ground coriander
⅛ teaspoon cayenne
¼ cup plus 1 tablespoon chopped cilantro, divided

1. In a medium heavy-bottomed saucepan over medium heat, toast the cumin seeds, shaking the pan frequently, until they smell lightly toasted and fragrant, 2–3 minutes.
2. Add 4 cups water, onions, lentils, tomatoes, ginger, garlic, salt, turmeric, coriander, and cayenne. Stir over high heat until mixture is combined. Bring to a boil.
3. Reduce heat to low, partially cover, and simmer, stirring frequently, until lentils are soft, about 35 minutes.
4. Just before serving, stir in ¼ cup cilantro. Season to taste with more cayenne and salt, if needed. Garnish with remaining cilantro.

Nutrition Facts

Serving Size: 1 cup
Servings: 5

AMOUNT PER SERVING

Calories: 221
Calories from Fat: 18

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	2 g	3%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	139 mg	6%
Total Carbohydrate:	38 g	13%
Dietary Fiber:	9 g	36%
Sugars:	5 g	
Protein:	14 g	28%

EXCELLENT SOURCE OF: fiber, vitamin C, iron

GOOD SOURCE OF: vitamin B₆, potassium

Miso Soup with Soba

This soothing, nourishing soup, full of nutrient-rich sea vegetables, tofu cubes, and whole-grain buckwheat noodles, is a perfect pick-me-up at any time of day. In fact, since it's high in protein and easily digestible, miso soup is a popular breakfast item in Japan. Look for dried wakame (pronounced *wah-KA-may*) or arame (*AH-rah-may*)—two types of seaweed prized for their high fiber, nutrient, and mineral content, as well as their sweet, mild flavor—in specialty grocery or natural foods stores. Most sea vegetables are soaked before using.

Serves: 8

Serving Size: 1 cup

Prep Time: 10 minutes

Cook Time: 15 minutes

Ready Time: 25 minutes

4 pieces (1 × 6 inches) dry wakame or arame sea vegetable (½ ounce)

½ cup white (shiro) miso paste

2 tablespoons finely chopped ginger

2 teaspoons reduced-sodium tamari

8 ounces shiitake mushrooms, stems removed, thinly sliced

2 ounces soba (Japanese buckwheat noodles)

1 cup cubed soft to medium-firm tofu

½ cup thinly sliced scallions

1. Place wakame or arame in a medium bowl. Fill with warm water to cover by 1 inch. Let soak for 15 minutes. Drain. Chop roughly and set aside.
2. In a small bowl, stir miso with ½ cup water to loosen.
3. In a medium saucepan over medium heat, combine miso mixture, 6 cups water, ginger, tamari, and shiitakes. Bring to a gentle simmer. Reduce heat if needed and simmer for 10 minutes.
4. Add soba noodles and cook according to package directions.
5. When soba noodles are done, add tofu, wakame or arame, and scallions. Taste for seasoning and add more tamari if needed. Serve hot.

Chef's Notes

Miso is a thick, tangy paste typically made from fermented soybeans. White miso, also called shiro or sweet miso, is fermented for a shorter time than yellow or red miso. It is mild in flavor and less salty. For a soy alternative, look for miso made from chickpeas at some natural foods stores.

Nutrition Facts

Serving Size: 1 cup
Servings: 8

AMOUNT PER SERVING

Calories: 88
Calories from Fat: 9

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	1 g	2%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	767 mg	32%
Total Carbohydrate:	15 g	5%
Dietary Fiber:	4 g	16%
Sugars:	4 g	
Protein:	7 g	14%

EXCELLENT SOURCE OF: iodine

GOOD SOURCE OF: fiber, iron

Quick Lentil Chili

Red lentils make a fast and easy chili, perfect for warming up after a day of frosty winter sports. This simple one-pot meal is excellent for holiday crowds or for a no-fuss dinner with family and friends. (It's even better the next day.) Butternut squash is easy to find, but we also like green- or orange-skinned kabocha squash, which has a rich, chestnutty flavor that makes it worth searching out. A dollop of Smoky Chipotle Sauce (page 406) makes a wonderful topping.

Serves: 6

Serving Size: 1 cup

Prep Time: 15 minutes

Cook Time: 55 minutes

Ready Time: 1 hour 10 minutes

1½ cups coarsely chopped onion

1½ cups diced red bell pepper

4 cups low-sodium vegetable broth, divided

1 tablespoon minced jalapeño

1 tablespoon minced garlic

¼ teaspoon fine sea salt

¼ teaspoon freshly ground black pepper

4 cups peeled and cubed butternut squash (1¼ pounds)

1 cup red lentils

1 tablespoon fresh lime juice, plus more to taste

2 teaspoons chili powder

2 teaspoons ground cumin

1 teaspoon smoked paprika

1 teaspoon dried oregano

½ cup chopped cilantro, divided (optional)

6 small corn or whole-wheat tortillas (optional)

1. In a large heavy-bottomed pot over medium heat, combine onions, red pepper, ½ cup broth, jalapeño, garlic, salt, and black pepper. Cook, stirring frequently, until liquid is evaporated and onions are translucent, about 10 minutes.

2. Add remaining 3½ cups broth, squash, lentils, lime juice, chili powder, cumin, smoked paprika, and oregano. Bring to a boil.
3. Reduce heat, cover, and simmer for 15 minutes, stirring occasionally. Remove lid and cook, stirring frequently, for an additional 15–20 minutes, until lentils are thoroughly cooked and squash is tender but still holds its shape. If mixture seems too thick, add a little water as needed. Chili is done when most of the liquid has been absorbed.
4. Stir in ¼ cup cilantro, if using. Taste for seasoning and add more lime juice and/or spices as needed.
5. Divide into 6 bowls. Garnish each bowl with a sprinkle of the remaining cilantro, if desired. Serve each bowl with a warmed corn or whole-wheat tortilla, if desired.

Nutrition Facts

Serving Size: 1 cup

Servings: 6

AMOUNT PER SERVING

Calories: 196

Calories from Fat: 9

AMOUNT PER SERVING % DAILY VALUE

Total Fat:	1 g	2%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	235 mg	10%
Total Carbohydrate:	35 g	12%
Dietary Fiber:	8 g	32%
Sugars:	7 g	
Protein:	11 g	22%

EXCELLENT SOURCE OF: fiber, vitamin A, vitamin C

GOOD SOURCE OF: potassium, iron

Butternut Squash Soup with Corn and Green Chiles

This deep orange, nutrient-rich soup is at its best in the autumn, when you can find freshly harvested butternut and other similar hard-skinned winter squashes at local farmers' markets. If your squash isn't sweet enough, add a dash of maple syrup to balance out the lime juice and spices. Like a little heat? Serve with your favorite hot sauce.

Serves: 8

Serving Size: 1 cup

Prep Time: 15 minutes

Cook Time: 15 minutes

Ready Time: 30 minutes

5 cups peeled, cubed butternut squash (1½ pounds)

2 cups chopped onion

1½ teaspoons ground cumin, divided

1 teaspoon ground coriander, divided

1 teaspoon chili powder, divided

½ teaspoon fine sea salt, divided

2 cups fresh or frozen corn kernels

1 can (7 ounces) diced green chiles, drained

1 cup unsweetened soy milk

¼ cup chopped cilantro, plus cilantro sprigs for garnish

1 tablespoon fresh lime juice

1. In a large heavy-bottomed pot, combine the butternut squash, onions, ¾ teaspoon cumin, ½ teaspoon coriander, ½ teaspoon chili powder, ¼ teaspoon salt, and 4 cups water. Bring to a boil over high heat.
2. Reduce heat to medium. Simmer until squash is tender, about 10 minutes. Add corn, green chiles, soy milk, the remaining ¾ teaspoon cumin, ½ teaspoon coriander, ½ teaspoon chili powder, and ½ teaspoon salt. Simmer until corn has cooked and flavors have melded, about 5 minutes.

3. Remove from heat and let cool slightly. Measure out half the soup (about 4 cups) and place in a blender. Blend until smooth.
4. Stir the pureed mixture back into the remaining soup in the pot. Add cilantro and lime juice and stir to combine. Season to taste with more salt and lime juice, if desired. Reheat if necessary. Serve hot, garnished with cilantro sprigs.

Nutrition Facts

Serving Size: 1 cup
Servings: 8

AMOUNT PER SERVING

Calories: 107

Calories from Fat: 9

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	1 g	2%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	236 mg	10%
Total Carbohydrate:	25 g	8%
Dietary Fiber:	4 g	16%
Sugars:	5 g	
Protein:	3 g	6%

EXCELLENT SOURCE OF: vitamin A, vitamin C

GOOD SOURCE OF: fiber, folate, calcium, magnesium, manganese, phosphorus, potassium

Curried Yellow Split Pea Soup

This filling, nourishing soup is high in both protein and fiber, thanks to a blend of dried yellow split peas and lots of kale and vegetables. Like many bean soups, this keeps well in the refrigerator and gets even tastier a day or two after it's made.

Serves: 9

Serving Size: 1 cup

Prep Time: 15 minutes

Cook Time: 60–75 minutes

Ready Time: 1 hour 15 minutes–1 hour 30 minutes

1½ tablespoons curry powder

1½ tablespoons ground coriander

1½ tablespoons cumin seeds

¾ teaspoon fine sea salt

½ teaspoon freshly ground pepper

1½ tablespoons minced garlic

1½ cups roughly chopped carrot

2 cups roughly chopped onion

¾ cup dried yellow split peas

1 can (14.5 ounces) no-salt-added diced fire-roasted tomatoes

3 cups finely chopped destemmed kale

1½ tablespoons pure maple syrup

1½ tablespoons lemon juice

Pinch cayenne or dash of hot sauce (optional)

1. In a small bowl, mix curry powder and ground coriander. Set aside.
2. In a large pot over medium-low heat, toast the cumin seeds until fragrant, 1½–2 minutes. To prevent burning, stir frequently or shake the pan to keep the seeds moving.
3. Add curry mixture. Stirring constantly, toast in the pan until aromatic, about 30 seconds. Remove from heat and immediately pour spices into a small, shallow bowl to cool. When spices are cool, add salt and pepper, stir to mix, and set aside.

- In the same pan over high heat, combine garlic, carrots, onions, and $\frac{3}{4}$ cup water. Stir in one-third of the toasted spice mixture. Bring to a boil. Reduce heat to medium and simmer until onions are tender and translucent and liquid has evaporated, 8–10 minutes.
- Add 6 cups water, split peas, and another one-third of the spice mixture. Simmer, stirring occasionally, until peas are soft, 45–60 minutes (see Chef's Notes).
- Add tomatoes, kale, remaining spice mixture, maple syrup, and lemon juice and stir until incorporated. Raise heat to high and bring mixture back to a boil. Reduce heat to medium and simmer until kale is tender, about 5 minutes. Taste for seasoning, adding more salt, pepper, lemon juice and/or maple syrup as desired. Like a spicy soup? Add a pinch of cayenne or a dash of hot sauce.

Chef's Notes

The cooking time of split peas will vary depending on their age and dryness. Some will be tender in 45 minutes or less, and some may take over an hour. We typically cook them until they are soft and tender but still keep their shape. However, if you want a thicker, less brothy soup, you can keep cooking them until they break down more fully.

Nutrition Facts

Serving Size: 1 cup
Servings: 9

AMOUNT PER SERVING

Calories: 119
Calories from Fat: 9

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	1 g	2%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	334 mg	14%
Total Carbohydrate:	22 g	7%
Dietary Fiber:	7 g	28%
Sugars:	7 g	
Protein:	5 g	10%

EXCELLENT SOURCE OF: fiber, vitamin A, vitamin C, vitamin K

GOOD SOURCE OF: manganese

Traditional Split Pea Soup

After a brisk hike on a winter day, nourish both body and spirit with this warm and savory vegetable soup. It keeps well and even tastes better a day or two after it's made. Sherry vinegar, which has a deep complexity with a hint of natural sweetness, really makes the flavors pop, so it's worth adding to your pantry. If you're used to the smokiness of ham in pea soup, try adding a small amount of natural liquid smoke flavor for a pleasant tinge of smokiness without the fat. If using dried herbs, crumble them between your fingertips to release their aromas before adding.

Serves: 6

Serving Size: 1½ cups

Prep Time: 15 minutes

Cook Time: 45 minutes

Ready Time: 1 hour

1½ cups split peas, green or yellow
2 cups coarsely chopped red-skinned potatoes
2 cups coarsely chopped onion
1 cup coarsely chopped carrot
1 cup coarsely chopped celery
2 tablespoons minced garlic
1 tablespoon chopped fresh rosemary or 1 teaspoon dried
1 tablespoon chopped fresh thyme or 1 teaspoon dried
1 tablespoon sherry vinegar
½ teaspoon natural liquid smoke flavoring (optional)
1 teaspoon fine sea salt
¼ teaspoon freshly ground pepper

1. In a large heavy-bottomed pot over high heat, combine all ingredients. Add 7 cups water and bring to a boil.
2. Reduce heat to medium and simmer, stirring occasionally, until peas are very soft and vegetables are tender, 35–45 minutes. Taste for seasoning, adding additional vinegar, salt, and/or pepper as needed.

Nutrition Facts

Serving Size: 1 1/4 cups

Servings: 6

AMOUNT PER SERVING

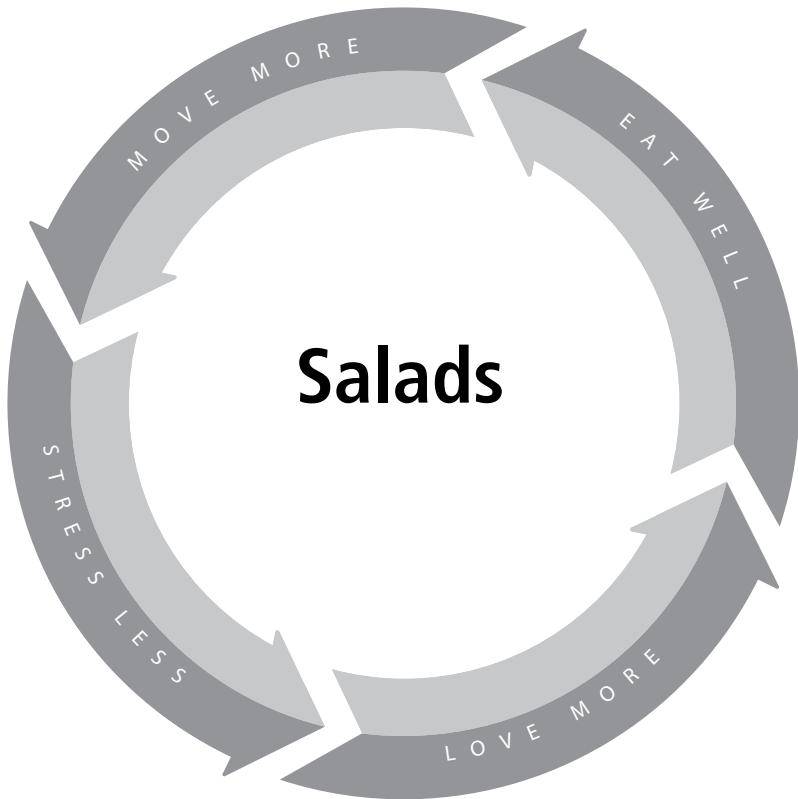
Calories: 266

Calories from Fat: 9

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	1 g	2%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	463 mg	19%
Total Carbohydrate:	48 g	16%
Dietary Fiber:	15 g	60%
Sugars:	8 g	
Protein:	14 g	28%

EXCELLENT SOURCE OF: fiber, vitamin A, vitamin C, folate, potassium, phosphorus, magnesium

GOOD SOURCE OF: vitamins B₂, B₃, B₆, zinc



Caesar Salad

The swagger of this healthy Caesar salad comes from its deliciously tangy dressing. Here, nutrient-rich silken tofu replaces the typical eggs and oil, while nutritional yeast stands in for Parmesan cheese. Garlic, lemon juice, horseradish, capers, and mustard punch up the flavors. This outstanding dressing also makes a delicious party dip or spread. Be creative with the greens: romaine lettuce is classic, but many chefs are now replacing it with nutrient-packed kale or other dark leafy greens.

Serves: 8

Serving Size: 1 cup

Prep Time: 15 minutes

Cook Time: 20 minutes

Ready Time: 35 minutes

6 ounce silken tofu, drained

2 tablespoons fresh lemon juice

1 tablespoon red wine vinegar

1 tablespoon capers, rinsed and drained (optional)

1½ teaspoon Worcestershire sauce

1 teaspoon minced garlic

2 tablespoons nutritional yeast

1 teaspoon dry mustard

½ teaspoon onion powder

¼ teaspoon fine sea salt

½ teaspoon freshly ground pepper

4 slices whole-grain bread or 1½ cups packaged fat-free croutons

8 ounces romaine, torn or roughly chopped

2 carrots, peeled and thinly sliced

½ cup thinly sliced radishes

1. To make the dressing, in a blender, combine tofu, 2 tablespoons water, lemon juice, red wine vinegar, capers if using, Worcestershire sauce, garlic, nutritional yeast, dry mustard, onion powder, salt, and pepper. Blend on high speed for about 10 seconds, until

- mixture is smooth. (Dressing can be prepared several days in advance and refrigerated until needed.)
- If making croutons, preheat oven to 250°F. Line a rimmed baking sheet with parchment paper. Trim crusts from bread slices. Cut bread into 1-inch cubes (or preferred crouton size). Spread on prepared baking sheet. Bake until crisp throughout, 15–20 minutes. Let cool.
 - In a large bowl, combine romaine lettuce, carrots, radishes, and croutons, if using. Add half of the dressing. Toss and taste for seasoning. Add additional dressing as needed. Serve immediately.

Chef's Notes

This rich-tasting, creamy Caesar dressing will keep in the refrigerator for at least a week. Besides tasting great on salads, it also makes a wonderful dip for vegetable crudités. Try making a veggie snack tray with carrot slices, red bell pepper wedges, and jicama sticks. Worcestershire sauce typically contains a small amount of anchovy. If you are exclusively plant-based, look for vegan Worcestershire sauce in natural foods stores.

For a kale Caesar, substitute kale for half or all of the romaine lettuce. Massage kale leaves well with dressing.

Nutrition Facts

Serving Size: 1 cup
Servings: 8

AMOUNT PER SERVING

Calories: 88
Calories from Fat: 18

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	2 g	3%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	255 mg	11%
Total Carbohydrate:	14 g	5%
Dietary Fiber:	3 g	12%
Sugars:	6 g	
Protein:	6 g	12%

EXCELLENT SOURCE OF: vitamin A, vitamins B₁, B₂, B₃, B₆, vitamin C

GOOD SOURCE OF: fiber, vitamin B₁₂, folate, iron

Citrus Confetti Salad

This crunchy salad is bursting with brilliant colors and summery flavors. With a mix of sweet cherry tomatoes, crisp red bell peppers, sweet oranges, and crunchy jicama in a tangy orange-mustard dressing, it's abundant in health-promoting nutrients and cardioprotective antioxidants. If clementines or tangerines are not in season, feel free to substitute navel oranges, peeled and sliced into segments.

Serves: 4

Serving Size: 2 cups

Prep Time: 20 minutes

Cook Time: N/A

Ready Time: 20 minutes

3 tablespoons frozen orange juice concentrate, thawed
1 tablespoon fresh lime juice
1½ tablespoons finely chopped shallots
1½ teaspoons Dijon mustard
¼ teaspoon fine sea salt
¼ teaspoon freshly ground black pepper
¼ teaspoon ground cumin
¼ cup thinly sliced red onion
4 ounces jicama, peeled and cut into matchsticks (1 cup)
1 cup clementine or tangerine segments, or one can (15 ounces) mandarin orange segments, drained
½ cup cherry tomatoes, halved or quartered
¼ cup finely diced red bell pepper
8 ounces romaine lettuce, torn into bite-sized pieces (2 small heads)
¼ cup coarsely chopped cilantro

1. To make dressing, in a medium bowl, whisk together orange juice concentrate, lime juice, shallots, mustard, salt, black pepper, and cumin. Set aside to let flavors blend.
2. Place onion slices in a small bowl and cover with cold water. Let stand for 10 minutes. (Soaking takes some of the “bite” out of raw onion.) Drain and pat dry.

3. In a large salad bowl, toss jicama, orange segments, cherry tomatoes, red onions, red bell peppers, romaine lettuce, and cilantro together.
4. Add three-quarters of the dressing. Toss gently until vegetables are lightly coated. Taste for seasoning. Add additional dressing as needed. Serve immediately.

Chef's Notes

Jicama (pronounced *HICK-ah-ma*) is the round, tuberous root of a Mexican vine. It has a papery, pale brown skin that is always removed before eating. Inside, the flesh is white, crisp, and juicy, with a mild, earthy flavor and slight sweetness. Typically eaten raw, it is high in fiber and contains both potassium and vitamin C. In Mexico, sticks of peeled jicama are sprinkled with lime juice and chili pepper and served as a popular snack.

Nutrition Facts		
AMOUNT PER SERVING		
Serving Size: 2 cups		
Servings: 4		
Calories: 86		
Calories from Fat: 0		
AMOUNT PER SERVING % DAILY VALUE		
Total Fat:	0 g	0%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	212 mg	9%
Total Carbohydrate:	21 g	7%
Dietary Fiber:	4 g	16%
Sugars:	14 g	
Protein:	3 g	6%
EXCELLENT SOURCE OF: vitamin A, vitamin C		
GOOD SOURCE OF: fiber		

Wild Rice and Quinoa Waldorf Salad

Rich in fiber and packed with vitamins C and B, protective antioxidants, and health-promoting phytochemicals, this filling main-dish salad is inspired by the classic Waldorf salad. We've skipped the high-fat mayonnaise dressing for a tangy citrus vinaigrette and added a hearty blend of wild rice and protein-rich quinoa to a mixture of sweet apples, celery, and greens. Try garnishing with fresh pomegranate seeds when they're in season.

Serves: 6

Serving Size: 1 cup

Prep Time: 15 minutes

Cook Time: 45 minutes

Ready Time: 1 hour

$\frac{1}{2}$ cup wild rice

$\frac{3}{4}$ teaspoon fine sea salt, divided

$\frac{1}{2}$ cup white quinoa

2 tablespoons apple cider vinegar

2 tablespoons fresh lemon juice

1 $\frac{1}{2}$ teaspoons pure maple syrup

1 teaspoon whole-grain mustard

$\frac{1}{8}$ teaspoon freshly ground pepper

2 cups thinly sliced apple

$\frac{2}{3}$ cup diced celery

$\frac{1}{4}$ cup dried currants

$\frac{1}{4}$ cup thinly sliced scallions

2 cups baby spinach, baby kale, or baby arugula

1. In a small heavy-bottomed saucepan, cook wild rice according to package directions, adding $\frac{1}{4}$ teaspoon salt.
2. In a separate small heavy-bottomed saucepan, cook quinoa according to package directions, adding $\frac{1}{4}$ teaspoon salt.
3. In a small bowl, whisk together vinegar, lemon juice, maple syrup, mustard, the remaining $\frac{1}{4}$ teaspoon salt, and pepper. Set aside.
4. When wild rice and quinoa are cooked, combine the grains in a

- large bowl and let cool to room temperature. (Spread the grains out along the sides of the bowl; they will cool faster when spread out this way, rather than heaped in a central pile.)
5. When grains are cool, add apples, celery, currants, scallions, and spinach, kale, or arugula. Add dressing and toss to coat.

Nutrition Facts		
Serving Size: 1 cup Servings: 6		
AMOUNT PER SERVING		
Calories: 150 Calories from Fat: 9		
AMOUNT PER SERVING % DAILY VALUE		
Total Fat:	1 g	2%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	320 mg	13%
Total Carbohydrate:	32 g	11%
Dietary Fiber:	3 g	12%
Sugars:	10 g	
Protein:	5 g	10%
GOOD SOURCE OF: fiber, folate, iron, phosphorus, magnesium		

Kale and Brussels Sprout Salad

This power-packed salad is a beautiful and delicious mix of the top heart-healthy ingredients including kale, brussels sprouts, red cabbage, carrots, and edamame, all held together with a simple citrus zest. A bowl of this colorful salad is also abundant in fiber. It makes the perfect addition to any meal or is satisfying enough to enjoy on its own.

Serves: 4

Serving Size: 1 cup

Prep Time: 15 minutes

Cook Time: N/A

Ready Time: 15 minutes

8 ounces brussels sprouts

3 cups chopped destemmed curly kale

3 cups shredded red cabbage

1 cup julienned or shredded carrots

1 teaspoon lemon zest

1 tablespoon lemon juice

¼ teaspoon fine sea salt or to taste (optional)

¼ cup cooked edamame

1. Pull any yellow outer leaves off the brussels sprouts. Slice brussels sprouts thinly.
2. Mix all the ingredients except edamame in a large bowl mix; massage the salad well to infuse all the flavors.
3. Mix in the edamame when you are ready to serve.

Chef's Notes

This salad holds well for a couple of days covered in refrigerator.

Nutrition Facts

Serving Size: 1 cup

Servings: 4

AMOUNT PER SERVING

Calories: 80

Calories from Fat: 9

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	1 g	2%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	210 mg	9%
Total Carbohydrate:	15 g	5%
Dietary Fiber:	5 g	20%
Sugars:	6 g	
Protein:	5 g	10%

EXCELLENT SOURCE OF: vitamin A, folate, vitamin K,
vitamin C

GOOD SOURCE OF: fiber, iron

Mediterranean Salad with Pita Crisps

Tired of the same old green salads? Wake up your lunchtime with this delicious alternative. We've taken our inspiration from a popular eastern Mediterranean salad known as fattoush, which mixes raw vegetables like cucumbers, lettuce, and tomatoes with pieces of toasted pita bread. Two special ingredients, pomegranate molasses and sumac, jazz up the crunch with tantalizingly bright, tangy, fruity flavors. Little Gem, a miniature version of romaine lettuce, offers great sweetness and crunch; you can also use baby romaine or hearts of romaine.

Serves: 4

Serving Size: 2 cups

Prep Time: 15 minutes

Cook Time: 15 minutes

Ready Time: 30 minutes

1 whole-wheat pita bread, split horizontally

2 teaspoons ground sumac

2 tablespoons fresh lemon juice

2 tablespoons pomegranate molasses

½ teaspoon fine sea salt

½ teaspoon freshly ground pepper

¼ cup thinly sliced red onion

½ teaspoon minced garlic

5 cups roughly chopped or torn baby romaine, hearts of romaine, or

Little Gem lettuce

2 cups cherry tomatoes, halved

1 English or hothouse cucumber, peeled, seeded, and diced (1½ cups)

1 cup flat-leaf parsley leaves

½ cup fresh mint leaves

1. Preheat oven to 325°F. Line a small baking pan with parchment paper or use a nonstick baking pan. Place split pita rounds on pan. Bake until dry and crisp, about 15 minutes. Remove from oven and let cool. Break pita into bite-sized pieces.
2. In a small bowl, cover sumac with 1 tablespoon hot water. Let

- steep for 5 minutes. Whisk in lemon juice, pomegranate molasses, salt, and pepper. Add onions and garlic. Set aside for 5 minutes to let onion soften and mellow.
- In a large bowl, toss together romaine lettuce, cherry tomatoes, cucumber, parsley, and mint. Add pita pieces, soaked onions, and half the dressing. Toss and taste for seasoning, adding additional salt and/or remaining dressing, as needed.

Chef's Notes

Made from fresh pomegranate juice cooked down to a thick, tangy syrup, pomegranate molasses is a versatile condiment with a tart, fruity flavor. Look for it in shops specializing in Middle Eastern foods, in a well-stocked supermarket, or online at kalustyans.com. To make homemade pomegranate molasses, simmer $\frac{1}{2}$ cup unsweetened pomegranate juice in a small saucepan over medium heat until reduced to $1\frac{1}{2}$ tablespoons, 10–15 minutes. Watch carefully so it doesn't burn. Remove from heat and stir in $1\frac{1}{2}$ teaspoons pure maple syrup. Sumac, made from the dried berries of the sumac bush, is a crumbly reddish-purple powder with a bright, lemony taste. Look for it in shops specializing in Middle Eastern foods, in a well-stocked supermarket, or online at kalustyans.com. If you can't find sumac, substitute 1 teaspoon each ground cumin and coriander and omit the hot water.

Nutrition Facts

Serving Size: 2 cups

Servings: 4

AMOUNT PER SERVING

Calories: 122

Calories from Fat: 9

AMOUNT PER SERVING % DAILY VALUE

Total Fat:	1 g	2%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	286 mg	12%
Total Carbohydrate:	21 g	7%
Dietary Fiber:	4 g	16%
Sugars:	7 g	
Protein:	9 g	18%

EXCELLENT SOURCE OF: vitamin A, vitamin C

GOOD SOURCE OF: fiber, folate, potassium, calcium, iron

Spinach, Apple, and Fennel Salad

Want to brighten up your fall and winter meals? This crisp, refreshing salad will do the trick. Fresh fennel bulbs have a crunchy, celery-like texture and a light, clean licorice flavor. To prepare, remove any tough stalks from the top of the bulb. Cut bulb into quarters lengthwise. Using a sharp knife, cut out the triangular core in the center of each quarter and discard. Thinly slice each quarter lengthwise.

Serves: 4

Serving Size: 2 cups

Prep Time: 10–15 minutes

Cook Time: N/A

Ready Time: 10–15 minutes

4 tablespoons apple cider vinegar, preferably raw, unfiltered, and organic

½ teaspoon orange zest

1 tablespoon fresh orange juice

1½ teaspoons pure maple syrup

1 teaspoon whole-grain mustard

½ teaspoon ground fennel seeds

½ teaspoon curry powder

¼ teaspoon fine sea salt

¼ teaspoon freshly ground pepper

8 cups baby spinach

2 apples, such as Braeburn, Honeycrisp, or Pink Lady, cored and thinly sliced

1 medium fennel bulb, cored and thinly sliced (2 cups)

½ cup dry-roasted soy nuts (see Chef's Notes)

¼ cup chopped scallions

1. To make the vinaigrette, in a small bowl whisk together vinegar, orange zest, orange juice, maple syrup, mustard, ground fennel seeds, curry powder, salt, and pepper. Set aside.
2. In a large bowl, toss the spinach with the apples, fennel, soy nuts, and scallions. Season lightly with additional salt and pepper, if

desired. Toss with three-quarters of the vinaigrette. Taste for seasoning. Add remaining vinaigrette as necessary. Serve immediately.

Chef's Notes

Dry-roasted soybeans, known as soy nuts, are a crunchy high-protein snack packed with essential amino acids. They can take the place of nuts or croutons in any salad.

Nutrition Facts		
AMOUNT PER SERVING		
Serving Size: 2 cups		
Servings: 4		
AMOUNT PER SERVING % DAILY VALUE		
Total Fat:	2 g	3%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	317 mg	13%
Total Carbohydrate:	23 g	8%
Dietary Fiber:	6 g	24%
Sugars:	10 g	
Protein:	5 g	10%
EXCELLENT SOURCE OF: fiber, vitamin A, vitamin C		
GOOD SOURCE OF: iron		

Coleslaw

No, this isn't your grammy's coleslaw—it's still yummy, but a whole lot healthier. We've slashed the fat and enhanced the nutrition by using deliciously creamy vegan mayo. A must-have at your next summer's day picnic!

Serves: 6

Serving Size: 1 cup

Prep Time: 30 minutes

Cook Time: N/A

Ready Time: 30 minutes

$\frac{1}{2}$ cup Vegan Mayo (page 400)

2 tablespoons champagne vinegar (see Chef's Notes)

$1\frac{1}{2}$ tablespoons pure maple syrup

1 teaspoon freshly squeezed lemon juice

1 teaspoon celery seed

6 cups shredded cabbage (preferably a mix of green and purple)

1 medium to large carrot, peeled and shredded

$\frac{1}{3}$ cup chopped scallions

$\frac{1}{4}$ teaspoon fine sea salt

$\frac{1}{4}$ teaspoon freshly ground black pepper

1. Combine mayo with vinegar, maple syrup, lemon juice, and celery seed in a large bowl. Add the cabbage, carrot, and scallions. Season with salt and pepper. Mix well and serve at once, or chill before serving.

Chef's Notes

The coleslaw can made 1 day in advance and refrigerated.

If you don't have champagne vinegar on hand, apple cider vinegar would make a fine substitute.

Nutrition Facts

Serving Size: 1 cup

Servings: 6

AMOUNT PER SERVING

Calories: 58

Calories from Fat: 9

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	1 g	2%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	159 mg	7%
Total Carbohydrate:	11 g	4%
Dietary Fiber:	3 g	12%
Sugars:	7 g	
Protein:	3 g	6%

EXCELLENT SOURCE OF: vitamin A, vitamin C, vitamin K

GOOD SOURCE OF: fiber, manganese

Arugula Salad with Beets and Oranges

Deep jewel-colored beets, brilliant oranges, dark green arugula, and an optional pearly dusting of snowy white feta makes this elegant salad a stunning addition to any holiday table. Not only does this salad make a beautiful presentation, it offers an outstanding package of health-promoting nutrients that are rich in antioxidants and essential vitamins and minerals.

Serves: 4

Serving Size: 1 cup

Prep Time: 15 minutes

Cook Time: 1 hour

Ready Time: 1 hour 15 minutes

12 ounces beets (about 1½ medium beets, greens removed)

1 tablespoon sherry vinegar

1 tablespoon frozen orange juice concentrate, thawed

½ teaspoon Dijon mustard

Pinch fine sea salt

Pinch freshly ground black pepper

3 tablespoons thinly sliced red onion

4 cups baby arugula

¾ cup navel orange segments (about 2 oranges), or one can

(15 ounces) mandarin orange segments, drained

1. Preheat oven to 400°F. Wash beets and wrap individually with aluminum foil. Cook until beets are tender when pierced with a fork, 50–60 minutes. Remove from the oven. Unwrap and allow beets to cool.
2. While beets are roasting, make the vinaigrette. In a small bowl, whisk together vinegar, orange juice concentrate, 1 tablespoon water, mustard, salt, and pepper. Add the red onions and let marinate for 10 minutes.
3. Once beets are cool enough to handle, peel and roughly chop.
4. Place the arugula in a large bowl. Add the beets and the orange segments. Lift red onions from the vinaigrette and sprinkle them

on the salad. Toss with half of the vinaigrette. Taste for seasoning, and add remaining vinaigrette and/or pepper to taste.

5. Divide among 4 serving plates.

Nutrition Facts

Serving Size: 1 cup
Servings: 4

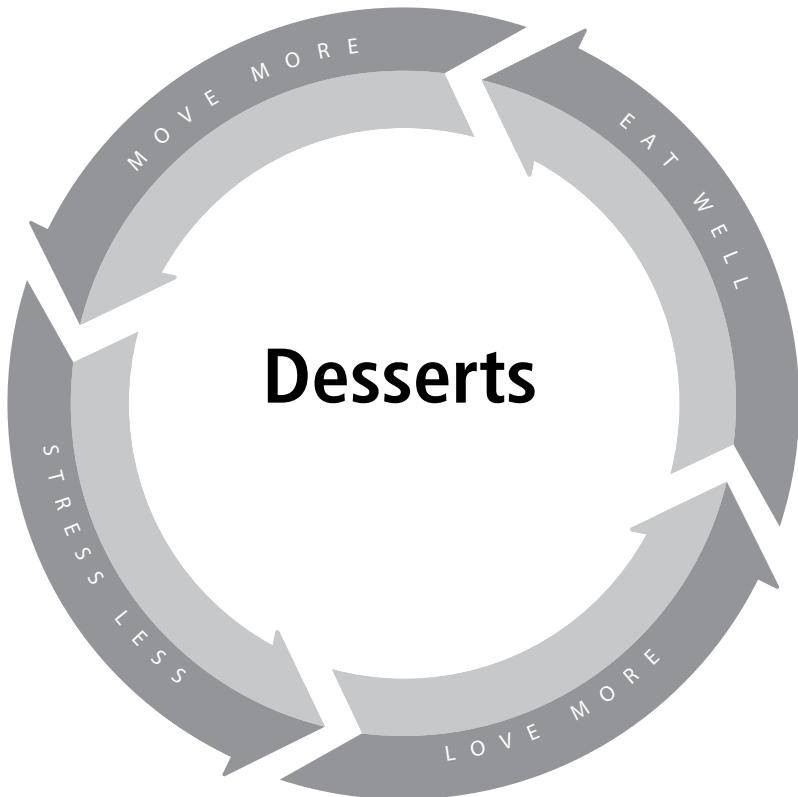
AMOUNT PER SERVING

Calories: 77
Calories from Fat: 0

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	.25 g	0%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	90.5 mg	4%
Total Carbohydrate:	16.5 g	5%
Dietary Fiber:	3 g	12%
Sugars:	13 g	
Protein:	2 g	4%

EXCELLENT SOURCE OF: fiber, vitamin A, vitamin C

GOOD SOURCE OF: calcium, iron



Chocolate Pudding

The secret ingredient in this deliciously easy and practically instant chocolate pudding? Silken tofu. Once blended together with cocoa powder, maple syrup, vanilla, and naturally sweet stevia, this custard-textured form of tofu is transformed into an intensely chocolaty dessert that's full of valuable phytonutrients, flavonoids, and natural plant protein. Make sure you use unsweetened cocoa powder, not prepared cocoa mix. The pudding can be kept in the refrigerator for up to 3 days.

Serves: 6

Serving Size: $\frac{1}{3}$ cup

Prep Time: 5 minutes

Cook Time: N/A

Ready Time: 5 minutes

16 ounces firm silken tofu (2 cups)

$\frac{3}{4}$ cup unsweetened cocoa powder

$\frac{1}{4}$ cup pure maple syrup

1 tablespoon vanilla extract

1½ teaspoons powdered stevia

Pinch fine sea salt

1 cup raspberries or chopped strawberries, for garnish (optional)

1. In a food processor fitted with a metal blade, combine tofu, cocoa powder, maple syrup, $\frac{1}{4}$ cup water, vanilla, stevia, and salt. Process until mixture is smooth and creamy, stopping as necessary to scrape down the bowl with a rubber spatula. Taste and adjust seasoning as needed with more maple syrup and/or vanilla. Adjust consistency with a little more water as needed.
2. Divide pudding mixture among 6 small serving dishes. Refrigerate until chilled, about least 30 minutes. Top each portion with berries, if using.

Chef's Notes

Widely used for vegan desserts, silken tofu has a delicate, custardy texture that's very different from regular tofu. Different brands of silken tofu can

vary greatly in flavor and texture. We've had best results using Morinaga's Mori-Nu firm silken tofu. Look for it in aseptic (non-refrigerated) packages in the Asian foods section of your grocery store. You can also order it directly from Morinaga or other online retailers.

Nutrition Facts

Serving Size: $\frac{1}{3}$ cup

Servings: 6

AMOUNT PER SERVING

Calories: 108

Calories from Fat: 27

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	3 g	5%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	54 mg	2%
Total Carbohydrate:	17 g	6%
Dietary Fiber:	4 g	16%
Sugars:	9 g	
Protein:	7 g	14%

GOOD SOURCE OF: riboflavin, fiber, manganese

Chocolate Raspberry Cupcakes

These dense, fudgy cupcakes are a chocolate lover's dream, with no added sugar and no added fat. Fresh raspberries add sophistication, making them a perfect special-occasion dessert. Whole-wheat pastry flour is milled more finely and made from lower-protein wheat, so it's more delicate and better for baking muffins, cakes, cookies, and quick breads while still offering all the benefits of a whole grain. These are best served the day they're made.

Serves: 12

Serving Size: 1 cupcake

Prep Time: 20 minutes

Cook Time: 15 minutes

Ready Time: 35 minutes

Nonstick cooking spray

1 cup pitted Medjool dates (6 ounces; 8–10 dates)

1 cup whole-wheat pastry flour

½ cup unsweetened cocoa powder

1 teaspoon baking powder

½ teaspoon baking soda

¼ teaspoon fine sea salt

1 cup unsweetened almond milk

¼ cup pure maple syrup

2 teaspoons vanilla extract

1 teaspoon apple cider vinegar

1 cup fresh raspberries (4 ounces)

1. Preheat oven to 350°F. Lightly spray a 12-cup muffin pan with nonstick cooking spray, or line muffin cups with paper liners and lightly spray liners.
2. Place dates in a small bowl. Cover with ¾ cup hot water. Cover bowl and let sit until dates are soft, 10–15 minutes.
3. In a food processor fitted with a metal blade, process softened dates and any remaining soaking liquid until smooth. Set aside.

- In a large bowl, whisk together flour, cocoa powder, baking powder, baking soda, and salt.
- In a medium bowl, whisk together date puree, almond milk, maple syrup, vanilla, and vinegar.
- Stir wet ingredients into dry ingredients, mixing gently just until smooth. Fold in raspberries.
- Spoon $\frac{1}{4}$ cup batter into each muffin cup. Bake until a toothpick inserted in the center of a cupcake comes out clean, 10–15 minutes. Place muffin pan on a rack and let cupcakes cool in the pan for 10 minutes, until cupcakes pull away slightly from the edges of the muffin cups. Remove cupcakes from pan. Serve warm or let cool to room temperature.

Nutrition Facts

Serving Size: 1 cupcake
Servings: 12

AMOUNT PER SERVING

Calories: 108
Calories from Fat: 9

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	1 g	2%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	164 mg	7%
Total Carbohydrate:	27 g	9%
Dietary Fiber:	4 g	16%
Sugars:	17 g	
Protein:	2 g	4%

GOOD SOURCE OF: fiber

Cinnamon Oatmeal Bites

These simple-to-make little bites use the natural sweetness of dates instead of refined sugar and are packed with health-promoting ingredients such as oatmeal, cinnamon, and quinoa. Great for a healthy sweet snack and even breakfast.

Serves: 15

Serving Size: 1 bite

Prep: 30 minutes

Cook: 5 minutes

Ready: 35 minutes

3 tablespoons cooked quinoa

$\frac{2}{3}$ cup firmly packed pitted Medjool dates (about 4 ounces) (see Chef's Notes)

1½ teaspoons vanilla extract

1 teaspoon ground cinnamon

$\frac{1}{4}$ teaspoon ground nutmeg

$\frac{1}{8}$ teaspoon fine sea salt

1 cup rolled oats

1. Rinse the quinoa and drain thoroughly. Place in a small heavy sauté pan over medium-high heat and toast, stirring frequently, until all moisture has evaporated and the quinoa is golden brown, 3–5 minutes. Transfer to a shallow bowl to cool.
2. Place the dates, 1 tablespoon water, vanilla, cinnamon, nutmeg, and salt in a food processor. Process until a paste forms. Using a rubber spatula, scrape down the sides of the bowl. Add the oats and process until a ball forms. If the mixture seems dry, add 1 more tablespoon water and process again.
3. Transfer to a bowl. If the mixture is sticky, chill well before rolling into balls. Using 1 tablespoon mixture for each ball, roll between the palms of your hands. After shaping, roll each ball in the toasted quinoa. Serve at room temperature.

Chef's Notes

For best results, use soft, moist dates. If the dates are not pliable, place in a small bowl, add hot water to cover, and soak for 15 minutes. Drain and pat dry before proceeding with the recipe.

Freshly grated nutmeg has an especially vibrant flavor, though of course you can use pre-ground nutmeg. If you have a whole nutmeg, use a Microplane or special nutmeg grater.

Prep ahead: These bites can be made up to 3 days in advance and refrigerated in an airtight container.

Nutrition Facts

Serving Size: 1 bite
Servings: 15

AMOUNT PER SERVING

Calories: 80
Calories from Fat: 0

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	0 g	0%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	25 mg	1%
Total Carbohydrate:	17 g	6%
Dietary Fiber:	2 g	8%
Sugars:	10 g	
Protein:	5 g	10%

Carrot Cupcakes

These cupcakes offer all the spicy-sweet pleasure of carrot cake, with no added fat and plenty of whole-grain fiber and plant-based nutrition. Like most nonfat baked goods, these are best enjoyed the day they are made.

Serves: 12

Serving Size: 1 cupcake

Prep Time: 30 minutes

Cook Time: 30–35 minutes

Ready Time: 1 hour 5 minutes

Nonstick cooking spray

2½ cups whole-wheat pastry flour

½ cup packed brown sugar

2 teaspoons baking powder

1 teaspoon powdered stevia

1½ teaspoons ground cinnamon

¾ teaspoon fine sea salt

¼ teaspoon ground nutmeg

⅛ teaspoon ground cloves

1 tablespoon flaxseed meal

1½ cups grated carrot (about 3 medium)

¾ cup unsweetened almond milk

½ cup unsweetened applesauce

2 teaspoons vanilla extract

1. Preheat oven to 375°F. Lightly spray a muffin pan with nonstick cooking spray, or line cups with paper liners and lightly spray liners.
2. In a large bowl, mix together flour, brown sugar, baking powder, stevia, cinnamon, salt, nutmeg, and cloves.
3. In a medium bowl, mix flaxseed meal with 1 tablespoon water. Let sit until water is absorbed, 1–2 minutes. Add carrots, almond milk, applesauce, and 2 teaspoons vanilla extract.
4. Stir the carrot mixture into the flour mixture. Mix well.

5. Spoon $\frac{1}{4}$ cup batter into each muffin cup. Bake for 30 to 35 minutes, until a toothpick inserted in the center comes out clean. Remove from oven and let cool on a rack. Place muffin pan on a rack and let cupcakes cool in the pan for 10 minutes, until cupcakes pull away slightly from the edges of the muffin cups. Remove cupcakes from pan and let cool completely on a rack.

Nutrition Facts

Serving Size: 1 cupcake
Servings: 12

AMOUNT PER SERVING

Calories: 70

Calories from Fat: 0

AMOUNT PER SERVING % DAILY VALUE

Total Fat:	0 g	0%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	210 mg	9%
Total Carbohydrate:	17 g	6%
Dietary Fiber:	3 g	11%
Sugars:	8 g	
Protein:	1 g	2%

EXCELLENT SOURCE OF: vitamin A

Apple Crisp

Bring the taste of autumn into your kitchen! This delectable apple crisp is rich in fiber and flavor but low in added sugar and fat. For best results, use a mixture of sweet, mellow apples, like Golden Delicious, McIntosh, Gala, Pink Lady, or Honeycrisp. A handful of dark or golden raisins in the filling can add an additional boost of fiber, iron, and natural sweetness.

Serves: 8

Serving Size: $\frac{1}{3}$ cup

Prep Time: 15 minutes

Cook Time: 60 minutes

Ready Time: 1 hour 15 minutes

6 apples, peeled, cored, and chopped into $\frac{3}{4}$ -inch pieces (6 cups)

$\frac{3}{4}$ cup unsweetened apple juice or fresh apple cider

2 teaspoons lemon juice

2 teaspoons vanilla extract

2 teaspoons ground cinnamon

2 teaspoons arrowroot or cornstarch

$\frac{1}{4}$ teaspoon ground nutmeg

Pinch plus $\frac{1}{4}$ teaspoon fine sea salt

1 cup old-fashioned rolled oats

$\frac{1}{4}$ cup whole-wheat flour or gluten-free flour

3 tablespoons coconut sugar or turbinado (raw) sugar (see Chef's Notes)

Notes)

2 tablespoons pure maple syrup

1. Preheat oven to 350°F. In a large bowl, combine apples, apple juice, lemon juice, vanilla, cinnamon, arrowroot or cornstarch, nutmeg, and a pinch of salt. Stir until apples are well coated. Spread apple mixture evenly in an 8 × 8-inch glass baking dish.
2. In a medium bowl, combine oats, flour, sugar, maple syrup, and the remaining $\frac{1}{4}$ teaspoon salt. Mix until syrup is fully incorporated; mixture will be dry.
3. Spread oat mixture evenly over apples. Cover baking dish with

aluminum foil. Bake for 45 minutes. Remove foil and continue to bake for another 10–15 minutes, until apples are tender and topping is lightly browned. Serve warm or at room temperature.

Chef's Notes

Coconut sugar (also called coconut palm sugar), a longtime staple in Southeast Asian kitchens, is derived from the sap of the cut flower buds of the coconut palm. Look for it in natural foods stores or among the “alternative sugars” in your supermarket’s baking aisle. If you can’t find coconut sugar, substitute a fine-grain turbinado (raw) sugar.

Nutrition Facts

Serving Size: $\frac{1}{3}$ cup
Servings: 8

AMOUNT PER SERVING

Calories: 161
Calories from Fat: 9

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	1 g	2%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	75 mg	3%
Total Carbohydrate:	35 g	12%
Dietary Fiber:	4 g	16%
Sugars:	19 g	
Protein:	2 g	4%

GOOD SOURCE OF: fiber

Cocoa Truffles

Chocolate lovers, rejoice! Finally, a moist, fudgy, delicious truffle that's good for you, too. Sweet, nutrient-dense Medjool dates take the place of sugar here, while unsweetened cocoa powder is rich in flavonoids (anti-oxidant compounds that help ward off inflammation and lower blood pressure) as well as in health-boosting minerals like iron and zinc. These can be made 2–3 days in advance and stored in the refrigerator until needed.

Serves: 16

Serving Size: 1 truffle

Prep Time: 15 minutes

Cook Time: N/A

Ready Time: 15 minutes

1 cup firmly packed pitted Medjool dates (6 ounces; 8–10 dates)

(see Chef's Notes)

$\frac{1}{2}$ cup unsweetened cocoa powder, plus $\frac{1}{4}$ cup for rolling (optional)

1½ teaspoons vanilla extract

$\frac{1}{4}$ teaspoon fine sea salt

1. Place dates in a food processor fitted with a metal blade. Pulse dates several times to make a paste. Add $\frac{1}{2}$ cup cocoa powder, 2 tablespoons warm water, vanilla, and salt. Pulse until mixture is smooth and forms a ball. (If mixture needs a little more moisture to come together, add 1–2 more teaspoons of water.)
2. Remove chocolate mixture from processor and transfer to a bowl.
3. Using 1 tablespoon truffle mixture for each ball, shape balls between the palms of your hands. Place truffles on a plate. (If mixture seems sticky, refrigerate until well chilled before rolling.)
4. To coat (optional), put $\frac{1}{4}$ cup cocoa powder in a shallow bowl. Roll each ball in cocoa powder after shaping and return to plate. Cover and refrigerate until serving.

Chef's Notes

For best results, use soft, moist dates for this recipe. If you can only find firm, dry ones, soak them in hot water to cover for 15 minutes. Drain and pat dry before proceeding with the recipe.

Variations

For Mexican Truffles, add ½ teaspoon ground cinnamon and, optionally, ¼ teaspoon cayenne with the cocoa powder in step 1.

For flavor variations, add a few drops of peppermint or coconut extract to the date mixture before rolling into balls.

Nutrition Facts

Serving Size: 1 truffle
Servings: 16

AMOUNT PER SERVING

Calories: 40
Calories from Fat: 0

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	0 g	0%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	35 mg	2%
Total Carbohydrate:	11 g	4%
Dietary Fiber:	3 g	11%
Sugars:	4 g	
Protein:	1 g	2%

Raspberry Thumbprint Cookies

This flexible recipe packs a lot of fiber and nutrition into a tasty, wholesome, bite-sized package. Because they contain no eggs, these cookies can be enjoyed raw, making them a fun kitchen project for all ages. However, if you like a crunchier texture, you can also bake them. Baked or raw, these cookies freeze very well. To use, thaw frozen cookies and store in the refrigerator for up to 3 days.

Serves: 20

Serving Size: 1 cookie

Prep Time: 20 minutes

Cook Time: 20 minutes

Ready Time: 40 minutes

1 cup firmly packed pitted Medjool dates (6 ounces; 8–10 dates)

$\frac{1}{4}$ cup flaxseed meal

1½ cups crispy rice cereal, preferably brown rice

1¼ cups old-fashioned rolled oats

1½ teaspoons vanilla extract

1 teaspoon ground cinnamon

$\frac{1}{4}$ teaspoon almond extract

$\frac{1}{8}$ teaspoon fine sea salt

$\frac{3}{4}$ cup frozen raspberries (3 ounces), measured while frozen

$\frac{1}{4}$ teaspoon almond extract

1. To make the cookies, place dates and flaxseed meal in a small bowl. Cover with $\frac{1}{2}$ cup boiling water. Cover bowl and set aside until dates are soft and hydrated and liquid has thickened, 10–15 minutes.
2. Using a food processor fitted with a metal blade, pulse rice cereal and oats for 3 seconds. Repeat two or three times, until mixture is coarsely ground. Transfer mixture to a small bowl and set aside.
3. Place the date mixture into the food processor. Add vanilla, cinnamon, almond extract, and salt. Puree until smooth, stopping to scrape down the sides with a rubber spatula as needed. Measure

- out $\frac{1}{4}$ cup date puree and set aside for use in the raspberry filling.
4. Pour oat and rice mixture onto the remaining date puree in the food processor. Pulse together until mixture is smooth and date puree is thoroughly incorporated. Taste and season with additional vanilla, cinnamon, almond extract, or salt if necessary. Mixture should be firm enough to roll into a ball. If it seems too wet, add a little more crushed rice cereal; if too dry, add a small amount of water.
 5. To make the filling, thaw raspberries until they are soft enough to mash. In a medium bowl, whisk together the thawed raspberries, reserved $\frac{1}{4}$ cup date puree, and almond extract. Mixture should look like a bright red jam.
 6. Line a baking sheet with parchment paper. To make raw cookies, roll dough into balls, using a rounded tablespoon of cookie dough for each ball. Arrange balls on prepared baking sheet. Make a 1-inch indentation in the center of each ball by pressing down with your thumb. Spoon 1 teaspoon raspberry filling into each cookie. Cover and chill in the refrigerator for at least 1 hour before serving.
 7. To make baked cookies, follow the above instructions, but do not chill. Preheat oven to 350°F. Bake filled cookies for 20 minutes.

Nutrition Facts

Serving Size: 1 cookie
Servings: 20

AMOUNT PER SERVING

Calories: 69
Calories from Fat: 9

	AMOUNT PER SERVING	DAILY VALUE
Total Fat:	1 g	2%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	27 mg	1%
Total Carbohydrate:	15 g	5%
Dietary Fiber:	2 g	8%
Sugars:	7 g	
Protein:	2 g	4%

Pumpkin Pie

There's plenty to be thankful for in this classic holiday dessert, now updated with lots of health-promoting ingredients, less sugar, and no saturated fat or cholesterol. A slice of this robustly flavorful pie is rich in antioxidants, omega-3s, and phytonutrients, making it a perfect ending to a meal full of gratitude for good health and happiness. Want to take the stress out of your holiday dessert preparations? Make this pie a day in advance and warm slightly just before serving. And if you feel like making a variation on the traditional pumpkin pie, try substituting 1½ cups sweet potato puree in place of the pumpkin and reduce the maple syrup by half.

Serves: 12

Serving Size: 1 slice

Prep Time: 30 minutes

Cook Time: 50 minutes

Ready Time: 1 hour 20 minutes, plus 2 hours to cool

3 tablespoons flaxseed meal, divided (see Chef's Notes)

½ teaspoon ground ginger

8 ounces low-fat graham crackers (about 12 crackers)

1 can (15 ounces) unsweetened pumpkin puree

1 cup unsweetened soy milk or oat milk

3½ tablespoons pure maple syrup

2 tablespoons cornstarch

1 tablespoon vanilla extract

1¼ teaspoons ground cinnamon

½ teaspoon stevia powder

½ teaspoon fine sea salt

½ teaspoon ground ginger

⅛ teaspoon ground nutmeg

Pinch ground cloves

1. Preheat oven to 325°F. For the crust, stir together 1½ tablespoons flaxseed meal, ginger, and ⅓ cup plus 1 tablespoon water in a small bowl. For the filling, stir together the remaining 1½ table-

- spoons flaxseed meal and $\frac{1}{4}$ cup water in a separate bowl. Set both “flax eggs” (a spiced “flax egg” and a plain “flax egg”) aside until mixtures have thickened, about 10 minutes.
2. To make the crust, crumble graham crackers into a food processor fitted with the metal blade. Pulse until crackers form fine crumbs. Add spiced “flax egg” mixture and pulse until mixture holds its form when pressed.
 3. Using your fingers, press the mixture evenly over the bottom and sides of a nonstick 9-inch pie pan. Keep in mind that the crust will shrink slightly when cooked, so press crust just beyond the top of the pie plate, onto the edge if possible. Bake until crust is lightly browned, about 10 minutes. Remove from oven and set on a rack to cool slightly. Raise oven temperature to 350°F.
 4. To make the filling, place pumpkin, soy milk, maple syrup, cornstarch, vanilla, cinnamon, stevia, salt, ginger, nutmeg, cloves, and remaining plain “flax egg” in a blender. Blend until smooth.
 5. Pour filling into prepared crust. (You may not need all the filling. It will depend upon the depth of your pie plate.) Bake for 35–45 minutes, until mixture appears set in the center and/or the internal temperature is 170° F. Check after 30 minutes. Remove pie from oven and cool on wire rack for at least 2 hours. Serve at room temperature.

Chef's Notes

Flaxseed meal absorbs liquid readily and helps take the place of eggs as a binder in low-fat baked goods. It can be found in many natural foods stores. If you can't find flaxseed meal, grind whole flaxseeds in a clean spice or coffee grinder or blender to make your own.

Nutrition Facts

Serving Size: 1 slice

Servings: 12

AMOUNT PER SERVING

Calories: 155

Calories from Fat: 18

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	2 g	3%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	250 mg	0%
Total Carbohydrate:	33 g	11%
Dietary Fiber:	4 g	16%
Sugars:	16 g	
Protein:	3 g	6%

EXCELLENT SOURCE OF: vitamin A

GOOD SOURCE OF: fiber, calcium

Minted Pineapple

Fresh fruit is the healthiest way to end a meal. Why not have fun and dress it up a little, without adding fat or sugar? We've turned fresh pineapple into something special by tossing it with a frothy, tangy pineapple sauce made with fresh mint and lime juice. Be sure to choose a sweet, ripe pineapple. The bottom should have a little "give" to it, and the skin near the base should smell tropically sweet.

Serves: 4

Serving Size: 1 cup

Prep Time: 10 minutes

Cook Time: N/A

Ready Time: 10 minutes

1 ripe pineapple, peeled, cored, cut into cubes, and chilled (about 5 cups)

$\frac{3}{4}$ cup firmly packed fresh mint leaves

1 tablespoon lime juice, plus more to taste

Liquid or powdered stevia to taste (optional)

2 tablespoons chopped fresh mint, for garnish

1. Place chilled pineapple in a medium bowl.
2. Measure out 1 cup pineapple cubes. Place in a blender with mint leaves, $\frac{1}{4}$ cup water, and lime juice. Puree on high speed until smooth. Taste; if pineapple isn't very sweet, add a small amount of liquid or powdered stevia to taste.
3. Pour pineapple puree over the remaining pineapple cubes. Toss to coat. Serve immediately, or chill until ready to serve. Divide into bowls and garnish with additional chopped mint.

Nutrition Facts

Serving Size: 1 cup
Servings: 4

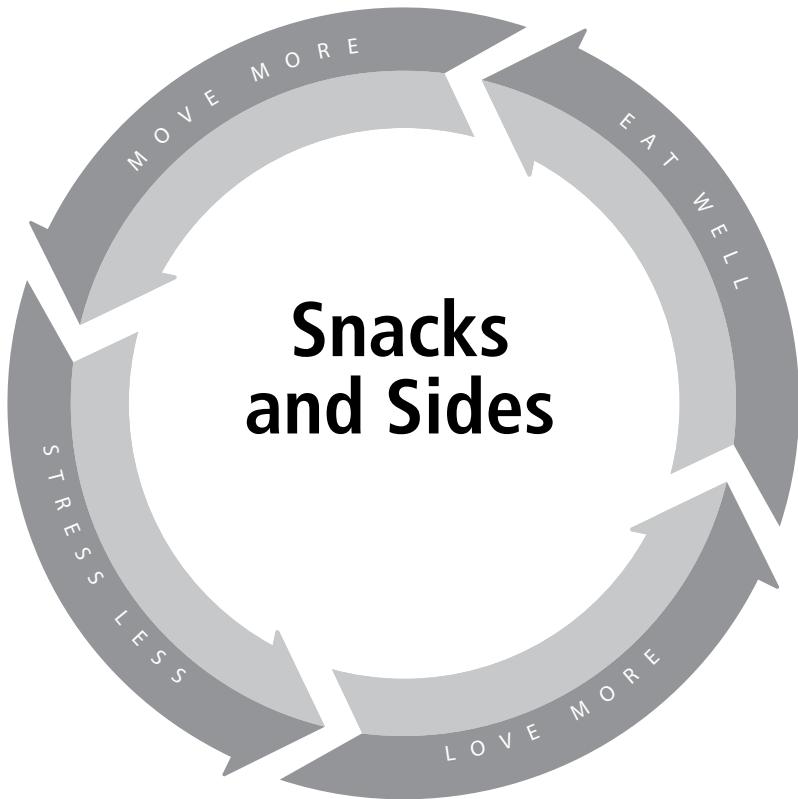
AMOUNT PER SERVING

Calories: 100
Calories from Fat: 0

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	0 g	0%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	0 mg	0%
Total Carbohydrate:	26 g	9%
Dietary Fiber:	3 g	12%
Sugars:	20 g	
Protein:	1 g	2%

EXCELLENT SOURCE OF: vitamin C, fiber

GOOD SOURCE OF: folate, copper, vitamins B₁, B₆



Baked Fries

Enjoy these crunchy potato wedges, our version of robust steak house-style fries with no added fat. To make wedges, cut each potato in half, then quarters. Cut each quarter into two or three wedges. We love yellow-fleshed potatoes, such as Yukon Golds, for these, but medium-sized red-skinned potatoes also work well.

Serves: 6

Serving Size: 5–6 wedges

Prep Time: 10 minutes

Cook Time: 30–35 minutes

Ready Time: 40–45 minutes

Nonstick cooking spray

3 medium Yukon Gold or red-skinned potatoes (about 1½ pounds),
unpeeled, cut into ¾-inch wedges

1 teaspoon chopped fresh rosemary

¼ teaspoon fine sea salt

⅛ teaspoon freshly ground pepper

1. Preheat oven to 450°F. Lightly spray a large rimmed baking sheet with nonstick cooking spray.
2. Spread potatoes evenly on the baking sheet. Sprinkle with rosemary, salt, and pepper.
3. Bake, turning once halfway through, until wedges are golden brown and crisp, 30–35 minutes. Serve hot.

Nutrition Facts

Serving Size: 5–6 wedges

Servings: 6

AMOUNT PER SERVING

Calories: 130

Calories from Fat: 0

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	0 g	0%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	80 mg	3%
Total Carbohydrate:	29 g	10%
Dietary Fiber:	3 g	12%
Sugars:	2 g	
Protein:	3 g	6%

EXCELLENT SOURCE OF: vitamin C, potassium

GOOD SOURCE OF: vitamins B₃, B₆, copper, manganese, magnesium, phosphorus

Roasted Roots

Warm up with this colorful, easy combination of roasted root vegetables. Feel free to experiment with other similar vegetables, such as sweet potatoes, turnips, rutabagas, and/or winter squash. It's important to cut all the roasting vegetables into uniformly sized pieces so that the cooking time will be the same for all. Aim for small, bite-sized chunks or cubes about $\frac{3}{4}$ inch in size.

Serves: 4

Serving Size: 1 cup

Prep Time: 10 minutes

Cook Time: 20–25 minutes

Ready Time: 30–35 minutes

1 medium shallot, peeled and roughly chopped

1 tablespoon chopped fresh rosemary or 1 teaspoon dried, crumbled

$\frac{1}{4}$ teaspoon fine sea salt, divided

$\frac{1}{4}$ teaspoon pepper, divided

2 cups unpeeled chopped Yukon Gold potatoes

2 cups peeled, chopped beets

2 cups chopped carrots

1. Preheat oven to 425°F. Line a rimmed baking sheet with parchment paper.
2. In a blender, combine $\frac{1}{4}$ cup water, shallot, rosemary, $\frac{1}{8}$ teaspoon salt, and $\frac{1}{8}$ teaspoon pepper. Blend until smooth
3. Combine the potatoes, beets, and carrots on the prepared baking sheet. Add the shallot mixture. Season with remaining $\frac{1}{8}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper. Toss until well mixed. Spread vegetables evenly over the baking sheet.
4. Bake until vegetables are tender and lightly browned, 20–25 minutes. Serve warm.

Nutrition Facts

Serving Size: 1 cup
Servings: 4

AMOUNT PER SERVING

Calories: 140
Calories from Fat: 0

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	0 g	0%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	260 mg	1%
Total Carbohydrate:	30 g	10%
Dietary Fiber:	6 g	24%
Sugars:	11 g	
Protein:	4 g	8%

EXCELLENT SOURCE OF: fiber, vitamin A, vitamin C, folate,
iron, manganese

GOOD SOURCE OF: vitamin B₆, potassium

Garlic Roasted Potatoes

Rosemary and garlic are the perfect flavor partners for these classic roasted potatoes. Yukon Gold potatoes have thin skins and a naturally buttery-tasting yellow flesh that makes them particularly good in a low-fat, heart-healthy diet. Make sure to chop your potatoes into uniformly sized pieces so they will cook evenly.

Serves: 6

Serving Size: $\frac{3}{4}$ cup

Prep Time: 10 minutes

Cook Time: 30 minutes

Ready Time: 40 minutes

Nonstick cooking spray

2 pounds Yukon Gold potatoes, unpeeled, cut into 1-inch pieces (about 6 cups)

1 tablespoon chopped fresh rosemary or 1 teaspoon dried, crumbled

1 teaspoon garlic powder

1 teaspoon onion powder

$\frac{1}{4}$ teaspoon fine sea salt

$\frac{1}{4}$ teaspoon freshly ground pepper

1. Preheat oven to 425°F. Lightly spray a rimmed baking sheet with nonstick cooking spray.
2. In a large bowl, toss potatoes with rosemary, garlic powder, onion powder, salt, and pepper.
3. Spread potatoes in an even layer over the prepared baking sheet. Bake for 20 minutes. Using a spatula, stir potatoes to ensure even browning. Bake for an additional 5–10 minutes, until potatoes are tender and browned.
4. Remove from oven. Taste for seasoning and add additional salt if desired. Serve warm.

Nutrition Facts

Serving Size: $\frac{3}{4}$ cup

Servings: 6

AMOUNT PER SERVING

Calories: 110

Calories from Fat: 0

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	0 g	0%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	144 mg	6%
Total Carbohydrate:	27 g	9%
Dietary Fiber:	3 g	12%
Sugars:	1 g	
Protein:	3 g	6%

GOOD SOURCE OF: fiber, calcium

Glazed Acorn Squash with Orange and Ginger

Need a fresh vegetable side for your holiday menus? Try this flavorful roasted winter squash, glazed with citrusy sweetness and sparked with fresh ginger and a hint of nutmeg. It's a wonderful addition to any holiday table, but it's also easy—and healthy enough—for any weeknight meal. Acorn squash is easy to find in supermarket produce sections. They have a deeply indented skin that can be blue-green, orange, or cream, along with a distinctive acorn-like shape and fibrous yellow-orange flesh.

Serves: 4

Serving Size: 1 squash half

Prep Time: 10 minutes

Cook Time: 40 minutes

Ready Time: 50 minutes

2 medium acorn squash

¼ teaspoon orange zest

¼ cup freshly squeezed orange juice

1 tablespoon pure maple syrup

1 teaspoon grated fresh ginger

Pinch cayenne

Pinch fine sea salt

Freshly ground black pepper, to taste

Freshly ground nutmeg, to taste

1. Preheat oven to 425° F. Place squash on its side. Cut the squash in half at its widest point. Scrape out seeds and discard. Cut across to remove a thin layer of the bottom tip so squash half will sit upright. Cut across stem end to remove stem so second squash half will sit upright. (Be very careful not to cut off too much, creating a hole in the squash). Repeat with remaining squash.
2. Place squash halves upright in a 9 × 13-inch baking dish. Pour water around the squash halves, enough to cover the bottom of the baking dish by $\frac{1}{8}$ inch.

3. In a small bowl, whisk together orange zest, orange juice, maple syrup, ginger, cayenne, and salt. Place 1 tablespoon of the mixture into the cavity of each squash half. Using a pastry brush, brush mixture over squash. Season squash with black pepper and nutmeg.
4. Cover baking pan with aluminum foil. Bake until squash is tender, about 30 minutes. Uncover, baste squash with any accumulated juices, and bake uncovered until squash is lightly glazed and golden brown, about 10 minutes.

Nutrition Facts

Serving Size: 1 squash half

Servings: 4

AMOUNT PER SERVING

Calories: 107

Calories from Fat: 0

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	0 g	0%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	80 mg	3%
Total Carbohydrate:	28 g	9%
Dietary Fiber:	3 g	12%
Sugars:	5 g	
Protein:	2 g	4%

EXCELLENT SOURCE OF: vitamin B₁, vitamin C, potassium

GOOD SOURCE OF: vitamin A, vitamin B₆, magnesium

Farro with Mushrooms

“Farro” is an Italian term that can refer to any one of three ancient grains—emmer, einkorn, or spelt—that are precursors to modern wheat. Farro has a nutty flavor and satisfyingly chewy texture, and is high in B vitamins and magnesium. It makes a deliciously different substitute for brown rice in pilafs and hearty soups. Whole farro, which has the most fiber and nutrients, must be soaked overnight in water to cover before using.

Serves: 6

Serving Size: $\frac{1}{2}$ cup

Prep Time: 10 minutes

Cook Time: 25–40 minutes

Ready Time: 35–50 minutes

1 cup uncooked farro, preferably whole or semi-perlato (see Chef’s Notes)

$\frac{1}{4}$ teaspoon fine sea salt

1 bay leaf

8 ounces cremini mushrooms

1 cup diced onion

1 tablespoon chopped fresh thyme or 1 teaspoon dried, divided

2 teaspoons minced garlic

2 teaspoons Bragg Liquid Aminos

$\frac{1}{8}$ teaspoon freshly ground pepper

1. If using whole farro, pour into a medium bowl, add cold water to cover, and let soak at least 8 hours or overnight. Drain well before using. Do not toast soaked farro (step 2); instead, combine farro with water, salt, and bay leaf as instructed in step 3. Bring to a simmer, cover, and proceed as directed.
2. If using semi-perlato or perlato farro, in a medium heavy-bottomed saucepan over medium-high heat, toast the dry farro, shaking occasionally, until it begins to look and smell toasted and nutty, about 3 minutes.
3. Carefully add $1\frac{3}{4}$ cups water, salt, and bay leaf (mixture will sput-

- ter) and stir. Cover pan and simmer until the farro is tender but still chewy. This can take anywhere from 25 to 40 minutes, depending on the type of farro used. Check after 15 minutes, and again after 25 minutes. If liquid evaporates before the grain is tender, add more water as necessary.
4. While farro is cooking, prepare the mushrooms. In a large skillet over high heat, combine the mushrooms, onions, 1½ teaspoons fresh thyme (or ½ teaspoon dried), garlic, liquid aminos, pepper, and ¼ cup water over high heat. Bring to a boil, reduce heat to medium-high, and cook until onions and mushrooms are tender and slightly brown and moisture has evaporated, about 10 minutes.
 5. Reduce the heat to a simmer. Stir in the cooked farro. Cook for 2–3 minutes. Add remaining 1½ teaspoons thyme (or ½ teaspoon dried). Taste for seasoning, adding more liquid aminos and/or pepper to taste. Serve warm.

Chef's Notes

Whole farro has the most fiber and nutrients but must be soaked overnight in water before using. Faster options include semi-perlato (semi-peeled) and perlato (pearled), which are polished to remove some or all of the outer bran covering and need no presoaking. Semi-perlato will take longer to cook than perlato.

Nutrition Facts

Serving Size: ½ cup
Servings: 6

AMOUNT PER SERVING

Calories: 118
Calories from Fat: 0

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	0 g	0%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	226 mg	9%
Total Carbohydrate:	25 g	8%
Dietary Fiber:	3 g	12%
Sugars:	2 g	
Protein:	5 g	10%

GOOD SOURCE OF: fiber, riboflavin, copper, selenium

Mashed Cauliflower

Looking for warm winter comfort food that's a little more exciting than plain old mashed potatoes? Scented with nutmeg and thyme, this creamy cauliflower puree offers a generous dose of cell-protective antioxidants and powerful phytochemicals, including cancer-protective isothiocyanates and indoles. If you can find golden cauliflower (sometimes called "cheddar" cauliflower), it will make a beautifully tinted mash. For a cheese-like accent, try garnishing the puree with a sprinkle of nutritional yeast.

Serves: 4

Serving Size: $\frac{3}{4}$ cup

Prep Time: 15 minutes

Cook Time: 30 minutes

Ready Time: 45 minutes

1 cup chopped onion

1 cup unsweetened soy milk

$\frac{1}{2}$ teaspoon garlic powder

1 teaspoon chopped fresh thyme or $\frac{1}{2}$ teaspoon dried thyme

$\frac{1}{8}$ teaspoon fine sea salt

$\frac{1}{8}$ teaspoon freshly ground pepper

Pinch freshly ground nutmeg

1 tablespoon cornstarch

6 cups cauliflower florets (about 3 pounds from 1 large head cauliflower)

1 tablespoon finely chopped chives or nutritional yeast for garnish (optional)

1. In a large sauté pan, combine onions with $\frac{1}{4}$ cup water over high heat. Bring to a boil. Reduce heat to medium. Cook, stirring frequently, until onions are tender and liquid has evaporated, about 10 minutes. Add soy milk, garlic powder, thyme, salt, pepper, and nutmeg. Bring soy milk to a simmer. Be careful not to boil. Combine cornstarch in 1 tablespoon water in a small bowl. Whisk cornstarch mixture into the onion mixture. Cook about 2 min-

- utes, whisking frequently, until mixture is thick and creamy. Remove from heat. Set aside.
2. Place a vegetable steamer basket in a saucepan and add water to just below bottom of steamer basket. Over high heat, bring water to a boil. Add cauliflower florets, cover, and steam until tender, 8–10 minutes. (You may need to steam cauliflower in batches, depending on the size of your steamer.) Remove strainer basket. Discard steaming water from the pot.
 3. Place steamed cauliflower back into the empty pot. Add the sauce to the cauliflower. Using a hand masher, sturdy whisk, or immersion blender, mash the cauliflower to desired consistency. Alternatively, blend in a food processor fitted with the metal blade.
 4. Taste for seasoning, adding more thyme, salt, pepper, or nutmeg as needed. Serve warm with a sprinkle of chives and/or nutritional yeast, if desired.

Nutrition Facts

Serving Size: $\frac{3}{4}$ cup
Servings: 4

AMOUNT PER SERVING

Calories: 70

Calories from Fat: 9

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	1 g	2%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	221 mg	9%
Total Carbohydrate:	12 g	4%
Dietary Fiber:	5 g	20%
Sugars:	4 g	
Protein:	6 g	12%

EXCELLENT SOURCE OF: fiber, vitamins B₁, B₂, B₃, B₆, B₁₂, vitamin C, folate, potassium

GOOD SOURCE OF: phosphorus

Quinoa and Cauliflower Tabbouleh

Tabbouleh, a popular Mediterranean salad, is typically made with cracked bulgur wheat mixed with plenty of parsley and mint. We've updated it here by using red quinoa, a high-protein "superfood" that's naturally gluten-free. Raw cauliflower, cherry tomatoes, and diced red onion turn it into a satisfying main-dish meal, perfect over a bed of tender butter lettuce or mixed spring greens.

Serves: 6

Serving Size: 1 cup

Prep Time: 10 minutes

Cook Time: 20 minutes

Ready Time: 30 minutes

1 cup red quinoa

4 cups cauliflower florets (about 2 pounds from 1 medium cauliflower)

1 cup cherry tomatoes, quartered

½ cup chopped flat-leaf parsley

½ cup chopped fresh mint

¼ cup capers, coarsely chopped

¼ cup diced red onion

¼ cup freshly squeezed lemon juice

¼ cup freshly squeezed orange juice

1 teaspoon ground cumin

½ teaspoon freshly ground pepper

¼ teaspoon fine sea salt (optional)

1. Prepare the quinoa according to package instructions.
2. While the quinoa is cooking, prepare the cauliflower. Chop into smaller florets. Place in a food processor fitted with a metal blade. Pulse several times to mince cauliflower until it has a granular texture similar to couscous.
3. In a medium bowl, combine cauliflower with tomatoes, parsley, mint, capers, onions, lemon juice, orange juice, cumin, pepper, and salt, if using.

4. Fold cooled quinoa into cauliflower mixture. Taste for seasoning, adding additional salt and pepper to taste.

Nutrition Facts

Serving Size: 1 cup
Servings: 6

AMOUNT PER SERVING

Calories: 147
Calories from Fat: 18

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	2 g	3%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	409 mg	17%
Total Carbohydrate:	27 g	9%
Dietary Fiber:	5 g	20%
Sugars:	6 g	
Protein:	7 g	14%

EXCELLENT SOURCE OF: fiber, vitamin A, vitamin C

GOOD SOURCE OF: folate, potassium

Baked Sweet Potato Fries

These baked sweet potato wedges make a great accompaniment to any of our sandwiches or vegetarian burgers. Sweet potatoes are rich in vitamin A, fiber, and potassium.

Serves: 6

Serving Size: 5–6 wedges

Prep Time: 15 minutes

Cook Time: 35 minutes

Ready Time: 50 minutes

Nonstick cooking spray (optional)

2 medium sweet potatoes (about 1½ pounds)

¼ teaspoon fine sea salt

¼ teaspoon freshly ground pepper

⅛ teaspoon ground cinnamon (optional)

1. Preheat oven to 450°F. Line a large rimmed baking sheet with parchment paper or lightly spray with nonstick cooking spray.
2. Cut each sweet potato in half, then into quarters. Cut each quarter into approximately 4 wedges, each about ¾ inch wide. To promote even cooking, try to make the potato wedges uniform in size. If needed, trim wedges slightly to achieve similar sizing.
3. Spread wedges evenly on the baking sheet in a single layer, skin-side up. Sprinkle with salt, pepper, and cinnamon, if using.
4. Bake until wedges are tender, 20–30 minutes. Turn the oven to broil. Broil until browned and crisp, 3–5 minutes. Watch carefully to avoid burning.
5. Remove from oven. Cool wedges in pan for 5 minutes before serving. Serve warm.

Nutrition Facts

Serving Size: 5–6 wedges

Servings: 6

AMOUNT PER SERVING

Calories: 98

Calories from Fat: 0

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	0 g	0%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	159 mg	7%
Total Carbohydrate:	23 g	8%
Dietary Fiber:	3 g	12%
Sugars:	5 g	
Protein:	2 g	4%

EXCELLENT SOURCE OF: vitamin A

GOOD SOURCE OF: fiber, vitamin B₆, manganese, potassium



Pumpkin Pie Smoothie

This creamy pumpkin spice smoothie is like drinking a slice of pumpkin pie—only with loads of health-promoting benefits. One tall glass is packed with cell-protective antioxidants, vitamins, and minerals, including carotene, lutein, vitamin A, and potassium. Thanks to the flaxseed meal and soy milk, it's also a good source of omega-3s. Enjoy this delicious seasonal smoothie as an energy-boosting afternoon snack or as a tasty way to start a healthy day!

Serves: 2

Serving Size: 1¼ cups

Prep Time: 5 minutes

Cook Time: N/A

Ready Time: 5 minutes

½ cup unsweetened pumpkin puree

1 cup unsweetened soy milk

1 small ripe banana, peeled, broken into chunks, and frozen

¾ cup ice (about 6 ice cubes)

1 tablespoon flaxseed meal

1 teaspoon pumpkin pie spice (see Chef's Notes)

¾ teaspoon finely chopped fresh ginger

½ teaspoon vanilla extract

Few drops liquid stevia (optional)

1. Place all ingredients in a blender. Blend on high speed until frothy and smooth.
2. Taste and add additional spices or stevia, if using. The flaxseed meal will thicken the smoothie as it stands; add more soy milk to thin it if necessary.

Chef's Notes

We love the convenience of pumpkin pie spice, a warm, autumn-y blend of cinnamon, ginger, and cloves (and sometimes allspice, nutmeg, and/or mace, too) that's sold in the spice section of most supermarkets. It's great for adding a dash of sweet spice to apple, pear, and pumpkin desserts and

baked goods. If you don't have it on hand, you can make your own using $\frac{1}{2}$ teaspoon ground cinnamon, $\frac{1}{4}$ teaspoon ground ginger, $\frac{1}{8}$ teaspoon nutmeg, and $\frac{1}{8}$ teaspoon allspice.

Nutrition Facts

Serving Size: 1 $\frac{1}{4}$ cups
Servings: 2

AMOUNT PER SERVING

Calories: 153
Calories from Fat: 36

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	4 g	6%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	49 mg	2%
Total Carbohydrate:	27 g	9%
Dietary Fiber:	5 g	20%
Sugars:	16 g	
Protein:	6 g	12%

EXCELLENT SOURCE OF: fiber, vitamin A, riboflavin,
vitamin B₁₂

GOOD SOURCE OF: potassium, calcium

Ginger-Lemon Spritzer

This cool, crisp, and refreshing drink is the perfect way to stay healthy, hydrated, and happy in warm weather. The ginger and citrus with a hint of natural sweetness not only offers a truly delicious energizing beverage but also provides an abundance of health-promoting benefits. Ginger has been shown to have a positive impact on digestion and powerful anti-inflammatory, antioxidant, and immune-boosting agents. The lemon adds an additional boost of cell-protecting vitamin C.

Serves: 4

Serving Size: 1 cup

Prep Time: 5 minutes

Cook Time: N/A

Ready Time: 5 minutes

1 pound ginger, as fresh, plump, and moist as possible

1 quart seltzer or still water

½ cup freshly squeezed lemon juice

1 teaspoon stevia powder

1. To make ginger juice, cut the ginger into pieces about the size of a cherry. Combine ginger with 3 cups water in a blender and blend until the mixture is smooth, without any solid pieces.
2. Pour this mixture into a cheesecloth-lined sieve over a bowl.
3. Separate the juice from the pulp and put the pulp aside for the compost.
4. Combine ½ cup ginger juice with 1 quart seltzer water or still water, lemon juice, and stevia.
5. Place leftover ginger juice in a small container and refrigerate; use within a week. You may also pour the leftover ginger juice into ice cube trays, freeze, and then place the cubes in a freezer bag for future use.

Nutrition Facts

Serving Size: 1 cup

Servings: 4

AMOUNT PER SERVING

Calories: 35

Calories from Fat: 0

AMOUNT PER SERVING % DAILY VALUE

Total Fat:	0 g	0%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	5 mg	0%
Total Carbohydrate:	8 g	3%
Dietary Fiber:	1 g	4%
Sugars:	1 g	
Protein:	1 g	<1%

GOOD SOURCE OF: vitamin C

Tropical Green Smoothie

Looking for a fast, vitally energizing breakfast or afternoon pick-me-up? This refreshing smoothie combines nutrient-rich spinach with sweet fresh pineapple and cooling cucumber and mint. Pureeing rather than juicing these ingredients preserves all their valuable natural fiber, so you'll feel satisfied the healthy way.

Serves: 2

Serving Size: 1 cup

Prep Time: 5 minutes

Cook Time: N/A

Ready Time: 5 minutes

2 cups firmly packed fresh spinach
1½ cups peeled and chopped pineapple
¾ cup peeled and chopped cucumber
¾ cup lightly packed fresh mint
¾ cup ice (about 6 ice cubes)
1 teaspoon lemon juice
Liquid or powdered stevia (optional)

1. Combine spinach, pineapple, cucumber, mint, ½ cup water, ice, and lemon juice in a blender. Blend on high speed until smooth. Taste and add a small amount of stevia for sweetening if necessary.

Nutrition Facts

Serving Size: 1 cup
Servings: 2 servings

AMOUNT PER SERVING

Calories: 90
Calories from Fat: 36

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	4 g	6%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	51 mg	2%
Total Carbohydrate:	21 g	7%
Dietary Fiber:	4 g	16%
Sugars:	13 g	
Protein:	3 g	6%

EXCELLENT SOURCE OF: vitamin C, vitamin A, vitamin K, folate

GOOD SOURCE OF: fiber, calcium, iron, magnesium, copper

Caffree Mocha

Love creamy coffee-shop drinks? This Caffree Mocha offers warm chocolaty pleasure without the jitters of caffeine. Instead, you'll get healthy plant-based nutrition from soy milk, cocoa powder, and just a hint of stevia, maple syrup, or turbinado sugar for sweetening. Look in the natural-foods section of your favorite grocery store for caffeine-free roasted-grain beverage powders.

Serves: 2

Serving Size: 1 cup

Prep Time: 1 minutes

Cook Time: 4 minutes

Ready Time: 5 minutes

2 cups unsweetened soy milk

1 tablespoon unsweetened cocoa powder

1 tablespoon roasted-grain beverage powder (such as Kaffree Roma)

$\frac{3}{4}$ teaspoon vanilla extract

Pinch stevia powder or turbinado sugar, or a few drops pure maple syrup

1. In a small heavy-bottomed pot over medium-low heat, whisk soy milk, cocoa powder, roasted-grain beverage powder, vanilla, and stevia, sugar, or maple syrup together. Cook, whisking frequently, until mixture is smooth and hot. Remove from heat just before it reaches a simmer.

Nutrition Facts

Serving Size: 1 cup

Servings: 2

AMOUNT PER SERVING

Calories: 90

Calories from Fat: 36

AMOUNT PER SERVING % DAILY VALUE

Total Fat:	4 g	6%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	477 mg	20%
Total Carbohydrate:	6 g	2%
Dietary Fiber:	2 g	8%
Sugars:	1 g	
Protein:	8 g	16%

EXCELLENT SOURCE OF: vitamins B₁, B₁₂, calcium

GOOD SOURCE OF: vitamin A

Caffreecino

Enjoy a warm cup of this caffeine-free coffee alternative at any time of day. Since it contains no caffeine or sugar, this caffreecino is great served after dinner or even just before bed. Using soy milk and your favorite roasted-grain beverage powder, you can have this creamy, vanilla-scented hot drink ready in minutes.

Serves: 2

Serving Size: 1 cup

Prep Time: 1 minute

Cook Time: 4 minutes

Ready Time: 5 minutes

2 cups unsweetened soy milk

2 teaspoons roasted-grain beverage powder (such as Kaffree Roma)

¼ teaspoon vanilla extract

¼ teaspoon powdered stevia

1. In a small heavy-bottomed pot over medium-low heat, combine soy milk, roasted-grain beverage powder, vanilla, and stevia. Cook, stirring frequently, until mixture is warm; remove from heat just before it reaches a simmer. Taste and adjust with additional beverage powder, vanilla, and/or stevia.

Variation

For a Hot Chocolate Caffreecino, whisk into the soy milk mixture 2 teaspoons unsweetened cocoa powder along with an additional ¼ teaspoon vanilla extract and ¼ teaspoon stevia. Heat as directed.

Nutrition Facts

Serving Size: 1 cup

Servings: 2

AMOUNT PER SERVING

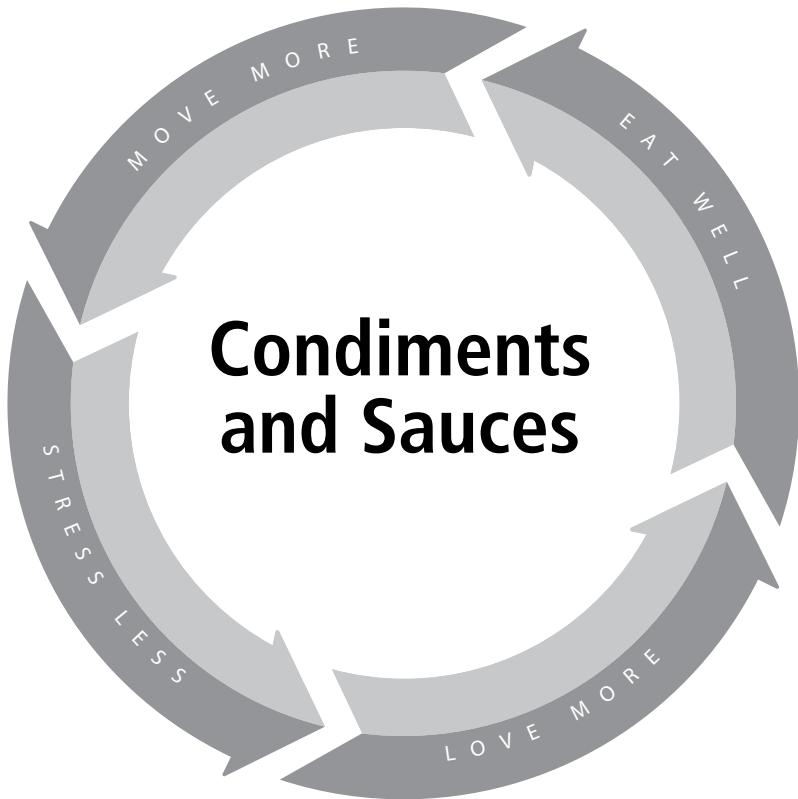
Calories: 82

Calories from Fat: 36

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	4 g	6%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	85 mg	4%
Total Carbohydrate:	5 g	2%
Dietary Fiber:	1 g	4%
Sugars:	1 g	
Protein:	7 g	14%

EXCELLENT SOURCE OF: vitamins B₂, B₁₂, calcium

GOOD SOURCE OF: vitamin A



Mushroom Gravy

Enjoy all the creamy goodness of traditional mushroom gravy, without the fat! If creminis are not available, you can use white button mushrooms, or a mixture of your favorite wild mushrooms.

Serves: 8

Serving Size: $\frac{1}{4}$ cup

Prep Time: 5 minutes

Cook Time: 20 minutes

Ready Time: 25 minutes

4 cups (8 ounces) thinly sliced cremini mushrooms (or use any combination of mushrooms)

$\frac{1}{3}$ cup finely chopped shallots

2 tablespoons Bragg Liquid Aminos or reduced-sodium tamari

2 cups unsweetened soy milk

1 tablespoon chopped fresh thyme

$\frac{1}{4}$ teaspoon freshly ground pepper

$1\frac{1}{2}$ tablespoons sweet rice flour, arrowroot, or cornstarch

1. In a heavy-bottomed saucepan over medium-low heat, sauté the mushrooms, shallots, liquid aminos or tamari, and 2 tablespoons water, stirring frequently, until mushrooms have released their liquid and the liquid has evaporated, 7–10 minutes.
2. Add soy milk, thyme, and pepper. Raise heat to medium, bring to a simmer, and cook for 10 minutes.
3. In a small bowl, whisk sweet rice flour, arrowroot, or cornstarch with $2\frac{1}{2}$ tablespoons water until smooth. Whisk this mixture into mushrooms. Cook, stirring constantly, until mixture thickens and loses any raw starch taste, 2–3 minutes. If mixture becomes too thick, thin with a little more soy milk.
4. Taste for seasoning, adding more liquid aminos or tamari and/or pepper to taste. Serve warm.

Nutrition Facts

Serving Size: 1/4 cup

Servings: 8

AMOUNT PER SERVING

Calories: 35

Calories from Fat: 9

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	1 g	2%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	260 mg	11%
Total Carbohydrate:	5 g	2%
Dietary Fiber:	1 g	4%
Sugars:	1 g	
Protein:	3 g	6%

GOOD SOURCE OF: vitamin B₂

Lemon Miso Dressing

This tangy, Asian-inspired dressing uses high-protein, high-fiber white beans in place of oil. It's best made a few hours in advance, so it can be fully infused with the flavors of the ginger and garlic.

Serves: 8

Serving Size: 2 tablespoons

Prep Time: 5 minutes

Cook Time: N/A

Ready Time: 5 minutes

$\frac{1}{3}$ cup canned white beans, rinsed and drained

$\frac{1}{3}$ cup water

3 tablespoons sweet or mellow white miso (such as Miso Master)

3 tablespoons lemon juice

2 teaspoons pure maple syrup

1 teaspoon finely chopped fresh ginger

$\frac{1}{2}$ teaspoon minced garlic

$\frac{1}{8}$ teaspoon freshly ground pepper

1. Place all ingredients in a blender. Starting on low speed and gradually increasing speed to high, blend until smooth. Taste for seasoning and add more garlic or ginger as needed.

Chef's Notes

Miso is a thick, tangy paste typically made from fermented soybeans.

White miso is fermented for a shorter time than yellow or red miso, so it is milder in flavor and less salty. However, sodium levels can vary depending on the brand. We recommend starting with 3 tablespoons and adjusting to suit your taste. If you prefer a milder flavor, add another tablespoon of white beans along with an additional tablespoon of water.

Nutrition Facts

Serving Size: 2 tablespoons

Servings: 8

AMOUNT PER SERVING

Calories: 27

Calories from Fat: 0

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	0 g	0%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	156 mg	7%
Total Carbohydrate:	5 g	2%
Dietary Fiber:	0.5 g	0%
Sugars:	2 g	
Protein:	1 g	2%

Chipotle Mayo

Made with silken tofu, this voluptuous, vegan mayonnaise is both oil- and egg-free. Chipotle peppers are jalapeño peppers that have been smoked and dried. They are readily available canned in tangy, vinegar-based adobo sauce. They add a smoky kick and a tingle of heat.

Serves: 16

Serving Size: 1 tablespoon

Prep Time: 5 minutes

Cook Time: N/A

Ready Time: 5 minutes

12 ounces firm silken tofu

2 tablespoons lime juice plus more to taste

1 tablespoon pure maple syrup

1 teaspoon chipotles in adobo sauce, plus more to taste

½ teaspoon minced garlic

½ teaspoon chili powder

¼ teaspoon fine sea salt

¼ teaspoon smoked paprika

1. In a food processor fitted with a metal blade, combine all the ingredients and 1 tablespoon water. Process until creamy. Taste for seasoning, adding more lime juice, chipotles, and/or salt if desired. If too thick, add a little more water.

Nutrition Facts

Serving Size: 1 tablespoon
Servings: 16

AMOUNT PER SERVING

Calories: 20

Calories from Fat: 9

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	1 g	2%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	87 mg	4%
Total Carbohydrate:	2 g	1%
Dietary Fiber:	0 g	0%
Sugars:	1 g	
Protein:	2 g	4%

Vegan Mayo

This recipe transforms this classic condiment into a heart-healthy spread. By substituting firm silken tofu for the usual egg yolk and oil, the saturated fat and cholesterol drop away, leaving heart-healthy plant protein and a mix of cardioprotective antioxidants.

Serves: 12

Serving Size: 1 tablespoon

Prep: 5 minutes

Ready: 5 minutes

12 ounces firm silken tofu

2 tablespoons fresh lemon juice

1½ teaspoons Dijon mustard

1 teaspoon onion powder

½ teaspoon garlic powder

¼ teaspoon powdered stevia, or ¾ teaspoon pure maple syrup

¼ teaspoon fine sea salt

⅛ teaspoon freshly ground pepper

1. In a food processor fitted with a metal blade, blend all ingredients until creamy. Taste for seasoning and add more lemon juice and/or salt as needed.

Chef's Notes

Silken tofu has a delicate, custardy texture that's very different from regular tofu. Different brands of silken tofu can vary greatly in flavor and texture. We've had very good results using Morinaga's Mori-Nu firm silken tofu. Look for it in aseptic (non-refrigerated) packages in the Asian foods section of your grocery store. You can also order it directly from Morinaga or other online retailers.

Nutrition Facts

Serving Size: 1 tablespoon
Servings: 12

AMOUNT PER SERVING

Calories: 20

Calories from Fat: 9

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	1 g	2%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	0%
Cholesterol:	0 mg	0%
Sodium:	50 mg	2%
Total Carbohydrate:	1 g	0%
Dietary Fiber:	0 g	0%
Sugars:	0 g	0%
Protein:	2 g	4%

EXCELLENT SOURCE OF: vitamin C

GOOD SOURCE OF: vitamin A, iron

Basil Mayo

Made from a base of silken tofu, this vibrantly green, flavorful vegan mayonnaise has no added fat and makes a great sandwich spread or vegetable dip. It's best used within a day of being made.

Serves: 28

Serving Size: 1 tablespoon

Prep: 5 minutes

Ready: 5 minutes

12 ounces firm silken tofu
2 tablespoons fresh lemon juice
1 teaspoon Dijon mustard
 $\frac{1}{8}$ teaspoon stevia
1 teaspoon onion powder
 $\frac{3}{4}$ teaspoon garlic powder
 $\frac{1}{4}$ teaspoon fine sea salt
 $\frac{1}{8}$ teaspoon freshly ground pepper
 $\frac{3}{4}$ cup firmly packed fresh basil

1. Place tofu, lemon juice, mustard, stevia, onion powder, garlic powder, salt, and pepper in a blender or in a food processor fitted with a metal blade. Blend on medium speed until mixture is creamy.
2. Add basil and blend or process again until basil is completely pureed and mixture is bright green. If mayonnaise seems too thick, add 2–3 tablespoons water. Cover and refrigerate until needed.

Chef's Notes

Widely used for vegan desserts, dips, and spreads, silken tofu has a delicate, custardy texture that's very different from regular tofu. Different brands of silken tofu can vary greatly in flavor and texture. We've had best results using Morinaga's Mori-Nu firm silken tofu. Look for it in aseptic (non-refrigerated) packages in the Asian foods section of your grocery store. You can also order it directly from Morinaga or other online retailers.

Nutrition Facts

Serving Size: 1 tablespoon
Servings: 28

AMOUNT PER SERVING

Calories: 10

Calories from Fat: 0

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	0 g	9%
Saturated Fat:	0 g	5%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	30 mg	6%
Total Carbohydrate:	1 g	15%
Dietary Fiber:	0 g	36%
Sugars:	0 g	
Protein:	1 g	36%

Tofu Hollandaise Sauce

Planning a festive brunch? With this lemony-bright, cholesterol-free sauce on hand, you're ready to turn any breakfast dish into a special occasion. Try using it to dress up an egg-white scramble or frittata; it's also wonderful as an accompaniment to steamed asparagus or broccoli. Add a few sprigs of fresh tarragon, dill, and/or basil to make a vibrant herbed hollandaise.

Serves: 8

Serving Size: 3 tablespoons

Prep: 10 minutes

Cook: 2 minutes

Ready: 12 minutes

16 ounces silken tofu, drained and patted dry

2 tablespoons nutritional yeast

1 tablespoon white miso or chickpea miso (see Chef's Notes)

½ teaspoon lemon zest

1½ tablespoons fresh lemon juice

¼ teaspoon dry mustard

¼ teaspoon fine sea salt

¼ teaspoon freshly ground pepper

¼ teaspoon turmeric

Pinch cayenne or dash of hot sauce (optional)

1. Break tofu into chunks. Using a food processor fitted with a metal blade, pulse tofu, nutritional yeast, 2 tablespoons water, miso, lemon zest, lemon juice, dry mustard, salt, pepper, and turmeric until mixture is smooth and creamy. Taste for seasoning and add cayenne or hot sauce, if desired. Refrigerate until needed. (Mixture can be prepared up to this point and refrigerated for up to 3 days before serving.)
2. Just before serving, spoon the sauce into a double boiler or small heavy-bottomed saucepan. Over low heat, warm the sauce, stirring frequently. Remove from heat as soon as sauce is warmed. Thin with additional water if necessary.

Chef's Notes

Miso is a thick, tangy paste typically made from fermented soybeans. White miso, also called shiro or sweet miso, is fermented for a shorter time than yellow or red miso. It is mild in flavor and less salty. If you are reducing your soy intake, look for miso made from chickpeas at some natural foods stores.

Nutrition Facts

Serving Size: 3 tablespoons
Servings: 8

AMOUNT PER SERVING

Calories: 40
Calories from Fat: 9

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	1 g	2%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	141 mg	6%
Total Carbohydrate:	2 g	1%
Dietary Fiber:	1 g	4%
Sugars:	0 g	
Protein:	4 g	8%

EXCELLENT SOURCE OF: vitamins B₁, B₂, B₃, B₆

GOOD SOURCE OF: vitamin B₁₂

Smoky Chipotle Sauce

This versatile, no-cook sauce adds punchy flavor to so many dishes. It's sweet, spicy, and smoky, thanks to a mixture of chipotle peppers, roasted red peppers, and prunes, and it keeps well in the refrigerator. Chipotle peppers are dried and smoked jalapeños; look for them canned in adobo, a tangy, vinegar-based sauce, in the Latino/Hispanic foods section of your supermarket. An easy, oil-free roasted garlic puree adds complexity, while prunes bring sweetness, body, and heart-healthy fiber and nutrients.

Serves: 18

Serving Size: 2 tablespoons

Prep Time: 5 minutes

Cook Time: N/A

Ready Time: 5 minutes

1 cup roasted red peppers, drained

$\frac{3}{4}$ cup pitted prunes

$\frac{1}{4}$ cup Roasted Garlic puree (page 410)

2 tablespoons chipotle peppers in adobo sauce

2 tablespoons balsamic vinegar; for a slightly less sweet sauce, use red wine vinegar

1 tablespoon fresh lime juice

1 teaspoon fine sea salt

1. In a food processor fitted with a metal blade, combine all ingredients and add $\frac{1}{3}$ cup hot water. Process until smooth. Cover and refrigerate until serving.

Nutrition Facts

Serving Size: 2 tablespoons

Servings: 18

AMOUNT PER SERVING

Calories: 31

Calories from Fat: 0

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	0 g	0%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	142 mg	6%
Total Carbohydrate:	7 g	2%
Dietary Fiber:	1 g	4%
Sugars:	3 g	
Protein:	1 g	2%

GOOD SOURCE OF: vitamin C

Edamole

A dip made from edamame (green soybeans), peas, silken tofu, and fresh herbs may not sound like a tailgate party's delight, but trust us: this creative spin on guacamole is a winner. Put out a bowl of this creamy green dip surrounded by carrot and cucumber sticks, red bell pepper wedges, endive leaves, and sugar snap peas, and let the compliments roll in. This dip can be made 1–2 days in advance and refrigerated until needed.

Serves: 8

Serving Size: $\frac{1}{4}$ cup

Prep Time: 10 minutes

Cook Time: N/A

Ready Time: 10 minutes

1½ cups frozen shelled edamame (green soybeans)

1 cup frozen peas

¾ cup silken tofu

¼ cup chopped cilantro or fresh mint

2 tablespoons fresh lime juice

½ tablespoon fine sea salt or to taste

½ teaspoon minced garlic

½ teaspoon ground cumin

¼ teaspoon ground coriander

3 dashes green hot sauce (optional)

1. Place a vegetable steamer basket in a saucepan and add water to just below bottom of steamer basket. Over high heat, bring water to a boil. Place edamame in steamer basket, cover, and let steam for 2 minutes. Add peas. Continue steaming for about 3 more minutes, until both edamame and peas are tender and bright green.
2. Remove steamer basket from saucepan. Transfer edamame and peas to a strainer and rinse with cold water. Let drain, then pat dry with a paper towel to remove excess moisture.
3. In a food processor fitted with a metal blade, combine edamame, peas, tofu, cilantro or mint, lime juice, 2 tablespoons water, salt,

- garlic, cumin, coriander, and hot sauce, if using. Pulse until ingredients form a smooth, thick paste, scraping down the sides of the bowl with a rubber spatula.
4. Taste for seasoning and add more salt, spices, lime juice, or hot sauce, as needed. Serve as a dip with an assortment of raw vegetables or nonfat whole-grain crackers, or use as a sandwich spread.

Chef's Notes

Steaming the edamame and peas brightens their flavor, but if you are short on time, you can skip steps 1 and 2. Thaw edamame and peas and begin with step 3.

Nutrition Facts

Serving Size: 1/4 cup
Servings: 8

AMOUNT PER SERVING

Calories: 64

Calories from Fat: 18

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	2 g	3%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	174 mg	7%
Total Carbohydrate:	7 g	2%
Dietary Fiber:	3 g	12%
Sugars:	2 g	
Protein:	5 g	10%

GOOD SOURCE OF: vitamin A, fiber

Roasted Garlic

Roasted garlic cloves pack a big flavor punch without the “bite” of raw garlic. They are easy to make at home, with no added oil. To make this recipe even easier, you can start with pre-peeled garlic cloves from the supermarket. The puree can be frozen in ice cube trays and stored in the freezer until needed.

Serves: 13

Serving Size: 1 tablespoon

Prep Time: 15 minutes

Cook Time: 1 hour

Ready Time: 1 hour 15 minutes

1½ cups peeled garlic cloves (8 ounces)

1. Preheat oven to 375°F.
2. Spread garlic cloves in a baking pan. Cut any large cloves in half to ensure even cooking. Add $\frac{1}{3}$ cup water. Cover garlic loosely with parchment paper.
3. Roast garlic until largest cloves are soft enough to mash easily, and cloves have a light yellow to golden color. Start checking after 35 minutes; continue roasting garlic up to 15 more minutes if necessary, being careful not to let the cloves brown or burn. Add more water if the bottom of the pan is too dry. Ultimately, all the water will evaporate by the time the cloves appear golden brown.
4. Remove the garlic from the oven. Let cool, then refrigerate until needed.
5. To make roasted garlic puree, mash cloves thoroughly with a fork or blend in a food processor, adding up to 2 tablespoons of water as necessary to make a smooth puree. This recipe will make $\frac{2}{3}$ cup puree.

Chef's Notes

For long storage, freeze roasted garlic puree in ice cube trays until solid.

Pack the cubes in freezer bags. Keep frozen until needed.

Nutrition Facts

Serving Size: 1 tablespoon

Servings: 13

AMOUNT PER SERVING

Calories: 28

Calories from Fat: 0

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	0 g	0%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	4 mg	0%
Total Carbohydrate:	6 g	2%
Dietary Fiber:	0 g	0%
Sugars:	0 g	
Protein:	1 g	2%

GOOD SOURCE OF: vitamin B₆

Hummus

Hummus is a delicious, nutritious way to add heart-healthy plant protein and cholesterol-reducing fiber to your diet. We've updated this Ornish Kitchen hummus with fresh and fragrant green herbs, lowering the fat and calories by leaving out the usual high-fat tahini (sesame seed paste) and olive oil. Serve this creamy hummus as a dip with whole-grain pita chips and fresh vegetables, or use as a base for a sandwich or wrap.

Serves: 10

Serving Size: $\frac{1}{4}$ cup

Prep Time: 5 minutes

Cook Time: N/A

Ready Time: 5 minutes

3 cups cooked or 2 cans (15 ounces each) no-salt-added chickpeas,
rinsed and drained

1½ tablespoons lemon juice

2 teaspoons ground cumin

1½ teaspoons ground coriander

1 teaspoon minced garlic

½ teaspoon fine sea salt

¼ teaspoon freshly ground pepper

2 tablespoons chopped fresh herbs, such as mint, cilantro, or rosemary
(optional) (see Chef's Notes)

Paprika, for garnish

1. Place chickpeas, $\frac{1}{2}$ cup water, lemon juice, cumin, coriander, garlic, salt, and pepper in a food processor fitted with a metal blade. Process until smooth and creamy, adding more water as needed to achieve desired consistency.
2. Add fresh herbs, if using. Pulse briefly to incorporate; herbs should speckle the mixture rather than turn it completely green.
3. Spoon hummus into a serving bowl. Sprinkle with paprika before serving.

Chef's Notes

In addition to trying different herbs, you can add infused salts, such as truffle salt, or sauces, such as sriracha, to create different types of hummus.

Nutrition Facts

Serving Size: 1/4 cup
Servings: 10

AMOUNT PER SERVING

Calories: 83

Calories from Fat: 9

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	1 g	2%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	136 mg	6%
Total Carbohydrate:	14 g	5%
Dietary Fiber:	3 g	12%
Sugars:	1 g	
Protein:	4 g	8%

Red Enchilada Sauce

Many commercial enchilada sauces include added oils. Instead, you can make your own using flavorful, mild New Mexico chiles. Look for dried chiles in the Latino/Hispanic foods section of your supermarket.

Serves: 4

Serving Size: $\frac{3}{4}$ cup

Prep Time: 10 minutes

Cook Time: 25 minutes

Ready Time: 35 minutes

2 ounces dried New Mexico chiles (about 10 peppers), stems and seeds removed

1½ cups chopped onion

2 medium garlic cloves, sliced

¼ teaspoon fine sea salt

1 tablespoon lime juice

1 tablespoon pure maple syrup

1. Combine dried chiles, onions, garlic, 3½ cups water, and salt in a medium saucepan over high heat. Bring to a boil. Reduce heat and simmer, stirring occasionally, until onions and chiles are soft, about 25 minutes. Remove from heat.
2. Working in batches as needed, pour mixture into a blender. Add lime juice and maple syrup. Starting on lowest speed, puree mixture until smooth. Enchilada sauce can be prepared up to 14 days in advance. Let cool, transfer to a covered container, and store in the refrigerator until needed.

Nutrition Facts

Serving Size: 3/4 cup

Servings: 4

AMOUNT PER SERVING

Calories: 356

Calories from Fat: 54

	AMOUNT PER SERVING	% DAILY VALUE
Total Fat:	0 g	0%
Saturated Fat:	0 g	0%
Trans Fat:	0 g	
Cholesterol:	0 mg	0%
Sodium:	164 mg	7%
Total Carbohydrate:	17 g	6%
Dietary Fiber:	3 g	12%
Sugars:	10 g	
Protein:	5 g	10%

EXCELLENT SOURCE OF: fiber, vitamin A, vitamin B₆,
vitamin C

GOOD SOURCE OF: folate, iron, calcium, potassium

Appendix A

Two Weeks of Recommended Packaged Foods

If it seems a little overwhelming to make big changes in your way of eating, here is a listing of two weeks' worth of commercially available breakfasts, lunches, dinners, and snacks that fit our guidelines, as well as frozen entrées you can order online or find in many stores. (We don't have any financial relationships with these vendors; this is just presented for your convenience.)

If you eat just these foods for just a week or so, because the underlying biological mechanisms we've been discussing are so dynamic, you're likely to feel so much better, so quickly, you'll be that much more motivated to learn how to shop and cook meals on your own. At that point, you can include these prepared meals on a less frequent basis, perhaps just after a long day of work or a busy weekend.

They'll show you that foods can be familiar, delicious, *and* health-promoting. And you'll make the connection between what you eat and how you feel because it comes from your own experience: "When I eat this, I feel really good; when I eat that, not so good." This helps make it sustainable.

At the time this book was written, all of these foods were available on Amazon.com, and many can be found at other online sites, including Target.com, Vitacost.com, Walmart.com, WholeFoods.com,

GroceryGateway.com, FreshDirect.com, Google Express (express.google.com), and others.

A lot of these can be found in your local supermarket, and most grocery stores will special-order them for you, especially if you let them know that you'll be purchasing them on a regular basis.

Some of these foods are higher in fat or sugar than others, but think in terms of the total amount you're consuming in a given day or over several days rather than in each food item.

Also, if you follow the entire two-week plan, you'll find that some of these days have calorie totals that may fall lower than your individual needs. If you're trying to lose weight, this is a good thing; if not, make your portion sizes a little larger or add some items on your own that fit within our nutritional guidelines.

Appendix B gives you a long list of commercially available foods available in most supermarkets that you can use to stock your pantry and freezer.

DAY 1 FOOD ITEM	BRAND	CALORIES	FAT	SFA	CHOL	SODIUM	CARRBS	FIBER	SUGAR	PROTEIN	SERVING SIZE
BREAKFAST											
Oatmeal	Nature's Path	190	1	0.5	0	0	34	6	1	8	1 packet
Soy milk	Silk	80	4	0.5	0	75	4	0	1	7	1 cup
Blueberries	Whole Foods	84	0	0	1	21	4	15	1	1 cup	
Flax meal	Spectrum Essentials	35	3	0	0	2	2	1.5	0	1.5	1 T
LUNCH											
Gluten Free Beans & Rice Burrito	Amy's	240	6	0.5	0	430	38	5	3	7	1 burrito
Leafy greens	Organic Girl	20	0	0	0	95	3	2	0	2	3 cups
Shredded carrots	365 Organic	15	0	0	0	30	4	1	2	0.5	¾ cup
Green peas	365 Organic	70	0	0	0	0	4	4	4	5	½ cup
Walden Farm salad dressing	Walden Farm	0	0	0	0	200	0	0	0	0	2 T
DINNER											
Sweet & Sour Asian Noodle Bowl—Light & Lean	Amy's	250	3	0	0	610	16	3	10	10	1 bowl
Broccoli slaw	365 Organic	15	0	0	0	15	3	1	1	1	½ cup
Leafy greens	Organic Girl	20	0	0	0	95	3	2	0	2	3 cups
Skinny Girl Fat Free Salad Dressings	Skinny Girl	10	0	0	0	90	1	0	0	0	2 T
Walden Farm salad dressing	Walden Farm	0	0	0	0	200	0	0	0	0	2 T
SNACKS											
Fuji apple	Whole Foods	90	0	0	0	0	25	4	18	0.5	1 medium
Petite carrots	365 Organic	21	0	0	0	47	1	1	3	0	6 baby carrots
TJ Black Bean Dip	Trader Joe's	35	0	0	0	210	8	2	1	2	2 T
Whole Grain Wasa Cracker	Wasa	40	0	0	0	50	10	2	0	1	1 cracker
Dry roasted edamame	Seapoint	130	4.5	0.5	0	130	9	7	1	14	¼ cup
TOTAL		1,345	22	2	0	2,277	186	46	60	64	

DAY 2 FOOD ITEM	BRAND	CALORIES	FAT	SFA	CHOL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN	SERVING SIZE
BREAKFAST											
Tofu Scramble in a Pocket Sandwich	Amy's	180	6	0	490	23	0	2	11	1	1 entrée
Blueberries	Whole Foods	84	0	0	1	21	4	15	1	1	1 cup
Flax meal	Spectrum Essentials	35	3	0	0	2	2	1.5	0	1.5	1 T
LUNCH											
Leafy greens	Organic Girl	20	0	0	95	3	2	0	2	2	3 cups
Carrots	365 Organic	21	0	0	47	1	1	3	0	6	baby carrots
Green peas	365 Organic	70	0	0	0	4	4	4	5	5	½ cup
Skinny Girl Fat Free Salad Dressings	Skinny Girl	10	0	0	90	1	0	0	0	0	2 T
Quarter Pound Veggie Burger	Amy's	210	3.5	0.5	0	600	24	6	6	20	1 burger
Whole-grain bun	Orowheat	170	2.5	0.5	360	32	7	3	7	1	1 bun
DINNER											
Spaghetti Italiano (Light & Lean)	Amy's	240	5	0.5	0	590	38	5	6	11	1 entrée
Leafy greens	Organic Girl	20	0	0	95	3	2	0	2	3	3 cups
Skinny Girl Fat Free Salad Dressings	Skinny Girl	10	0	0	90	1	0	0	0	0	2 T
Broccoli slaw	365 Organic	15	0	0	15	3	1	1	1	½ cup	
SNACKS											
Edamame	Cascadian Farms	120	5	0	45	9	4	2	10	½ cup	
Fuji apple	Whole Foods	90	0	0	0	25	4	18	0.5	1 medium	
TOTAL		1,220	24	1.5	0	2,348	190	41	57	70	

DAY 3 FOOD ITEM	BRAND	CALORIES	FAT	SFA	CHOL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN	SERVING SIZE
BREAKFAST											
Oatmeal	Nature's Path	190	1	0	0	34	6	1	8		1 packet
Soy milk	Silk	80	4	0.5	0	75	4	2	1		1 cup
Blueberries	Whole Foods	84	0	0	1	21	4	15	1		1 cup
LUNCH											
Lentil Vegetable Soup—Light Sodium	Amy's	320	8	1	0	680	48	16	10	14	1 can
Leafy greens	Organic Girl	20	0	0	0	95	3	2	0	2	3 cups
Broccoli slaw	365 Organic	15	0	0	0	15	3	1	1	1	½ cup
Walden Farm salad dressing	Walden Farm	0	0	0	0	200	0	0	0	0	2 T
Dave's 21 Whole Grain & Seeds Bread	Dave's Killer Bread	120	2	0	0	180	22	5	5	5	1 slice
Orange	Whole Foods	62	0	0	0	15	3	12	1	1	
DINNER											
Black Bean & Vegetable Enchilada	Amy's	160	6	0.5	0	390	22	4	2	5	1 enchilada
Leafy greens	Organic Girl	20	0	0	0	95	3	2	0	2	3 cups
Walden Farm salad dressing	Walden Farm	0	0	0	0	200	0	0	0	0	2 T
SNACKS											
Edamame	Cascadian Farms	240	10	0	0	90	18	8	4	10	1 cup
Fuji apple	Whole Foods	90	0	0	0	0	25	4	18	0.5	1 medium
TOTAL		1,412	27	2	0	2,241	231	61	71	66	

DAY 4 FOOD ITEM	BRAND	CALORIES	FAT	SFA	CHOL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN	SERVING SIZE
BREAKFAST											
Nature's Path Cereal Optimum Breakfast	Nature's Path	200	3	0	0	230	38	9	9	9	¾ cup
Soy milk	Silk	80	4	0.5	0	75	4	2	1	7	1 cup
Strawberries	Whole Foods	49	0.5	0	0	2	2	3	7	1	1 cup
LUNCH											
Anasazi Burrito	Sweet Earth	340	5	0	0	640	58	6	4	18	
Leafy greens	Organic Girl	20	0	0	0	95	3	2	0	2	3 cups
Walden Farm salad dressing	Walden Farm	0	0	0	0	200	0	0	0	0	2 T
Shredded carrots	365 Organic	15	0	0	0	30	4	1	2	0.5	¾ cup
DINNER											
Teriyaki Bowl	Amy's	290	4.5	0.5	0	780	52	6	15	12	1 entrée (269 g)
Leafy greens	Organic Girl	20	0	0	0	95	3	2	0	2	3 cups
Carrots	365 Organic	21	0	0	0	47	1	1	3	0	6 baby carrots
Green peas	365 Organic	70	0	0	0	0	4	4	5	5	½ cup
Walden Farm salad dressing	Walden Farm	0	0	0	0	200	0	0	0	0	2 T
SNACKS											
Dry roasted edamame	Seapoint	130	4.5	0.5	0	130	9	7	1	14	¼ cup
Apple	Whole Foods	93	0	0	0	2	25	4	19	0.5	1
Orange	Whole Foods	62	0	0	0	0	15	3	12	1	1
TOTAL		1,390	22	1	0	2,526	218	50	77	72	

DAY 5 FOOD ITEM	BRAND	CALORIES	FAT	SFA	CHOL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN	SERVING SIZE
BREAKFAST											
Oatmeal	Nature's Path	190	1	0	0	34	6	1	8		1 packet
Soy milk	Silk	80	4	0.5	0	75	4	2	1		1 cup
Blueberries	Whole Foods	84	0	0	0	1	21	4	15		1 cup
Flax meal	Spectrum Essentials	70	6	0.5	0	5	4	3	0		2 T
LUNCH											
Organic Minestrone Soup	Amy's	90	1.5	0	0	580	17	3	5		3
Leafy greens	Organic Girl	20	0	0	0	95	3	2	0		2 cups
Carrots	365 Organic	21	0	0	0	47	1	1	3		6 baby carrots
Green peas	365 Organic	70	0	0	0	0	4	4	4		½ cup
Walden Farm salad dressing	Walden Farm	0	0	0	0	200	0	0	0		0
Wasa Crispbread, multi-grain	Wasa	80	0	0	0	100	20	4	0		2
DINNER											
Indian Mattar Tofu	Amy's	280	8	1	0	680	40	5	5		12
Leafy greens	Organic Girl	20	0	0	0	95	3	2	0		2 cups
Walden Farm salad dressing	Walden Farm	0	0	0	0	200	0	0	0		0
Pear	Whole Foods	120	0	0	0	0	29	6	18		2 T
SNACKS											
Edamame	Cascadian Farms	180	7	0	0	15	13	4	3		15
Apple	Whole Foods	90	0	0	0	0	25	4	18		0.5 med
TOTALS		1,395	27	2	0	2,092	197	40	58	62	

DAY 6 FOOD ITEM	BRAND	CALORIES	FAT	SFA	CHOL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN	SERVING SIZE
BREAKFAST											
Nature's Path Cereal Optimum Breakfast	Nature's Path	200	2	0	0	230	38	9	9	9	¾ cup
Soy milk	Silk	80	4	0.5	0	75	4	2	1	7	1 cup
Flax meal	Spectrum Essentials	35	3	0	0	0	2	1.5	0	1.5	1 T
Strawberries	Whole Foods	49	0.5	0	0	2	2	3	7	1	1 cup
LUNCH											
Leafy greens	Organic Girl	20	0	0	0	95	3	2	0	2	3 cups
Walden Farm salad dressing	Walden Farm	0	0	0	0	200	0	0	0	0	2 T
Broccoli slaw	365 Organic	15	0	0	0	15	3	1	1	1	½ cup
Whole-grain bun	Orowheat	170	2.5	0	0	360	32	7	3	7	1 bun
Quarter Pounder Veggie Burger	Amy's	210	3.5	0.5	0	600	24	6	6	20	1 burger
Orange	Whole Foods	62	0	0	0	0	15	3	12	1	1
DINNER											
Leafy greens	Organic Girl	20	0	0	0	95	3	2	0	2	3 cups
Skinny Girl Fat Free Salad Dressings	Skinny Girl	10	0	0	0	90	1	0	0	0	2 T
Roasted Vegetable Pizza	Amy's	280	9	1.5	0	540	42	3	5	7	½ pizza (113 g)
Garbanzo beans	365 Organic	120	2	0	0	85	20	6	1	6	½ cup
Broccoli slaw	365 Organic	15	0	0	0	15	3	1	1	1	½ cup
SNACKS											
Fiji apple	Whole Foods	90	0	0	0	0	25	4	18	0.5	1 med
Petite carrots	365 Organic	21	0	0	0	47	1	1	3	0	6 baby carrots
TJ Black Bean Dip	Trader Joe's	70	0	0	0	420	16	4	2	4	¼ cup
Wasa Crispbread, multi-grain	Wasa	80	0	0	0	100	20	4	0	1	2 crackers
TOTAL		1,547	26	2.5	0	2,969	253	59	69	71	

DAY 7 FOOD ITEM	BRAND	CALORIES	FAT	SFA	CHOL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN	SERVING SIZE
BREAKFAST											
Breakfast Burrito	Amy's	270	8	1	0	540	38	6	3	12	1 burrito
Strawberries	Whole Foods	49	0.5	0	0	2	2	3	7	1	1 cup
Soy milk	Silk	80	4	0.5	0	75	4	0	1	7	1 cup
LUNCH											
Brown Rice & Lentils	Tasty Bite	240	5	2	0	780	64	10	0	12	full pack, 2 servings
Shredded Carrots	365 Organic	15	0	0	0	30	4	1	2	0.5	¾ cup
Leafy greens	Organic Girl	20	0	0	0	95	3	2	0	2	3 cups
Walden Farm salad dressing	Walden Farm	0	0	0	0	200	0	0	0	0	2 T
DINNER											
Sweet Potato Quinoa Bowl	Kashi	270	6	1	0	280	48	12	11	9	1 entrée
Leafy greens	Organic Girl	20	0	0	0	95	3	2	0	2	3 cups
Broccoli slaw	365 Organic	15	0	0	0	15	3	1	1	1	½ cup
Walden Farm salad dressing	Walden Farm	0	0	0	0	200	0	0	0	0	2 T
SNACKS											
Dry roasted edamame	Seapoint	130	4.5	0.5	0	130	9	7	1	14	¼ cup
Apple	Whole Foods	93	0	0	0	2	25	4	19	0.5	1
Orange	Whole Foods	62	0	0	0	0	15	3	12	1	1
TOTALS		1,264	28	5	0	2,444	218	51	57	62	

DAY 8 FOOD ITEM	BRAND	CALORIES	FAT	SFA	CHOL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN	SERVING SIZE
BREAKFAST											
Kind raspberry granola	Kind	190	3	0	0	60	37	3	5	4	½ cup
Soy milk	Silk	80	4	0.5	0	75	4	2	1	7	1 cup
Blackberries	Whole Foods	62	0	0	0	1	15	8	7	2	1 cup
LUNCH											
Light & Lean Quinoa & Black Beans with Butter-nut Squash & Chard	Amy's	240	5	0.5	0	440	38	11	6	10	1 bowl
Leafy greens	Organic Girl	20	0	0	0	95	3	2	0	2	3 cups
Carrots	365 Organic	21	0	0	0	47	1	1	3	0	6 baby carrots
Green peas	365 Organic	70	0	0	0	0	4	4	4	5	½ cup
Skinny Girl Fat Free Salad Dressings	Skinny Girl	10	0	0	0	90	1	0	0	0	2 T
DINNER											
Sweet Potato Quinoa Bowl	Kashi	270	6	1	0	280	48	12	11	9	1 entrée
Orange	Whole Foods	62	0	0	0	0	15	3	12	1	1
SNACKS											
Dry roasted edamame	Whole Foods	260	9	1	0	260	18	14	2	28	½ cup
Apple	Whole Foods	93	0	0	0	2	25	4	19	0.5	1
TOTALS		1,378	27	3	0	2,444	218	51	57	69	

DAY 9 FOOD ITEM	BRAND	CALORIES	FAT	SFA	CHOL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN	SERVING SIZE
BREAKFAST											
Oatmeal	Nature's Path	190	1	0.5	0	0	34	6	1	8	1 packet
Soy milk	Silk	80	4	0.5	0	75	4	2	1	7	1 cup
Blueberries	Whole Foods	84	0	0	0	1	21	4	15	1	1 cup
Flax meal	Spectrum Essentials	70	6	0.5	0	5	4	3	0	3	2 T
LUNCH											
Organic Low-fat Black Bean Chili	Amy's	200	3	0	0	680	31	13	3	13	1 cup
Quinoa with Vegetables	365	140	2	0	0	10	27	3	2	5	1 serving
Leafy greens	Organic Girl	20	0	0	0	95	3	2	0	2	3 cups
Broccoli slaw	365 Organic	15	0	0	0	15	3	1	1	1	½ cup
Grape tomatoes	Organic Greenhouse	15	0	0	0	10	3	1	2	1	8
Skinny Girl Fat Free Salad Dressings	Skinny Girl	10	0	0	0	90	1	0	0	0	2 T
DINNER											
Meatless Veggie Meatballs	Amy's	200	5	0.5	0	550	24	3	3	14	8 (85 g)
Whole grain pasta	Barilla	180	1.5	0	0	0	39	7	1	8	2 oz
Pasta sauce, tomato basil	Clasico	60	2	0	0	430	8	2	4	2	½ cup
Leafy greens	Organic Girl	20	0	0	0	95	3	2	0	2	3 cups
Skinny Girl Fat Free Salad Dressings	Skinny Girl	10	0	0	0	90	1	0	0	0	2 T
Shredded carrots	365 Organic	15	0	0	0	30	4	1	2	0.5	¾ cup
SNACKS											
Fiji apple	Whole Foods	90	0	0	0	0	25	4	18	0.5	1 medium
Petite carrots	365 Organic	21	0	0	0	47	1	1	3	0	6 baby carrots
TJ Black Bean Dip	Trader Joe's	35	0	0	0	210	8	2	1	2	2 T
Brown rice cake	Lundberg	140	1	0	0	0	28	2	0	2	2 rice cakes
TOTAL		1,517	25	2	0	2,346	270	76	57	72	

DAY 10 FOOD ITEM	BRAND	CALORIES	FAT	SFA	CHOL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN	SERVING SIZE
BREAKFAST											
Arrowhead Spelt Flakes	Arrowhead Mills	100	1	0	0	100	23	3	2	3	1 cup
Soy milk	Silk	80	4	0.5	0	75	4	2	1	7	1 cup
Flax meal	Spectrum Essentials	70	6	0.5	0	5	4	3	0	3	2 T
Strawberries	Whole Foods	49	0.5	0	0	2	2	3	7	1	1 cup
LUNCH											
Leafy greens	Organic Girl	20	0	0	0	95	3	2	0	2	3 cups
Skinny Girl Fat Free Salad Dressings	Skinny Girl	10	0	0	0	90	1	0	0	0	2 T
Carrots	365 Organic	21	0	0	0	47	1	1	3	0	6 baby carrots
Whole-grain bun	Orowheat	170	2.5	0	0	360	32	7	3	7	1 bun
Quarter Pounder Veggie Burger	Amy's	210	3.5	0.5	0	600	24	6	6	20	1 burger
DINNER											
Leafy greens	Organic Girl	20	0	0	0	95	3	2	0	2	3 cups
Skinny Girl Fat Free Salad Dressings	Skinny Girl	10	0	0	0	90	1	0	0	0	2 T
Broccoli slaw	365 Organic	15	0	0	0	15	3	1	1	1	½ cup
Spanish Rice & Beans Enchiladas	Amy's	330	8	1	0	740	53	9	4	9	1 meal
Pear	Whole Foods	120	0	0	0	0	29	6	18	1	1 medium
SNACKS											
Fiji apple	Whole Foods	90	0	0	0	0	25	4	18	0.5	1 medium
Petite carrots	365 Organic	21	0	0	0	47	1	1	3	0	6 baby carrots
TJ Black Bean Dip	Trader Joe's	35	0	0	0	210	8	2	1	2	2 T
Brown rice cake	Lundberg	140	2	0	0	0	28	2	0	2	2 rice cakes
Pear	Whole Foods	70	0	0	0	0	17	3	14	2	1 large
TOTALS		1,481	26	2	0	2,471	239	54	79	60	

DAY 11 FOOD ITEM	BRAND	CALORIES	FAT	SFA	CHOL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN	SERVING SIZE
BREAKFAST											
Soy milk	Silk	80	4	0.5	0	75	4	2	1	7	1 cup
Oatmeal	Nature's Path	190	1	0.5	0	0	34	6	1	8	1 packet
Strawberries	Whole Foods	49	0.5	0	0	2	2	3	7	1	1 cup
LUNCH											
Leafy greens	Organic Girl	20	0	0	0	95	3	2	0	2	3 cups
Walden Farm salad dressing	Walden Farm	10	0	0	0	90	0	0	0	0	2 T
Broccoli slaw	365 Organic	15	0	0	0	15	3	1	1	1	½ cup
Whole Grain Medley: Brown & Wild Rice	Uncle Ben	210	2.5	0	0	660	38	3	1	6	1 cup
Indian Jodhpur Lentils	Tasty Bite	260	6	0	0	820	32	8	10	12	1 pack (2 servings)
Orange	Whole Foods	62	0	0	0	0	15	3	12	1	1
DINNER											
Leafy greens	Organic Girl	20	0	0	0	95	3	2	0	2	3 cups
Skinny Girl Fat Free Salad Dressings	Skinny Girl	10	0	0	0	90	1	0	0	0	2 T
Shredded carrots	365 Organic	0	0	0	0	30	4	1	2	0.5	¾ cup
Matter tofu	Amy's	280	8	1	0	680	40	5	5	12	1 entrée
SNACKS											
Dry roasted edamame	Seapoint	130	4.5	0.5	0	130	9	7	1	14	¼ cup
Apple	Whole Foods	93	0	0	0	2	25	4	19	0.5	1
TOTALS		1,429	26	2	0	2,784	198	47	61	67	

DAY 12 FOOD ITEM	BRAND	CALORIES	FAT	SFA	CHOL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN	SERVING SIZE
BREAKFAST											
Kind raspberry granola	Kind	190	3	0	0	60	37	3	5	4	½ cup
Soy milk	Silk	80	4	0.5	0	75	4	2	1	7	1 cup
Blackberries	Whole Foods	62	0	0	1	15	8	7	7	2	1 cup
LUNCH											
Leafy greens	Organic Girl	20	0	0	0	95	3	2	0	2	3 cups
Shredded carrots	365 Organic	0	0	0	0	30	4	1	2	0.5	¾ cup
Green peas	365 Organic	70	0	0	0	0	4	4	4	5	½ cup
Skinny Girl Fat Free Salad Dressings	Skinny Girl	10	0	0	0	90	1	0	0	0	2 T
Light & Lean Spaghetti Italiano Bowl	Amy's	240	5	0.5	0	590	38	5	6	11	1 bowl
DINNER											
Sweet Potato Quinoa Bowl	Kashi	270	6	1	0	280	48	12	11	9	1 entrée
Strawberries	Whole Foods	49	0.5	0	0	2	1.7	3	7	1	1 cup
SNACKS											
Fiji apple	Whole Foods	90	0	0	0	0	25	4	18	0.5	1 medium
Petite carrots	365 Organic	21	0	0	0	47	1	1	3	0	6 baby carrots
TJ Black Bean Dip	Trader Joe's	35	0	0	0	210	8	2	1	2	2 T
Brown rice cake	Lundberg	70	0.5	0.5	0	0	14	1	0	1	1 rice cake
Edamame	Cascadian Farms	120	5	0	0	45	9	4	2	10	½ cup
TOTALS		1,391	24	3	0	2,175	213	57	65	78	

DAY 13 FOOD ITEM	BRAND	CALORIES	FAT	SFA	CHOL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN	SERVING SIZE
BREAKFAST											
Arrowhead Spelt Flakes	Arrowhead Mills	100	1	0	0	100	23	3	2	3	1 cup
Soy milk	Silk	80	4	0.5	0	75	4	2	1	7	1 cup
Strawberries	Whole Foods	49	0.5	0	0	2	2	3	7	1	1 cup
LUNCH											
Leafy greens	Organic Girl	20	0	0	0	95	3	2	0	2	3 cups
Carrots	365 Organic	21	0	0	0	47	1	1	3	0	6 baby carrots
Green peas	365 Organic	70	0	0	0	0	4	4	5	5	½ cup
Skimmy Girl Fat Free Salad Dressings	Skimmy Girl	10	0	0	0	90	1	0	0	0	2 T
Teriyaki Bowl	Amy's	290	4.5	0.5	0	780	52	6	15	12	1 bowl
DINNER											
Leafy greens	Organic Girl	20	0	0	0	95	3	2	0	2	3 cups
Skimmy Girl Fat Free Salad Dressings	Skimmy Girl	10	0	0	0	90	1	0	0	0	2 T
Broccoli slaw	365 Organic	15	0	0	0	15	3	1	1	1	½ cup
Chimichurri Quinoa Bowl	Kashi	240	7	1	0	330	41	12	5	10	1 entrée
SNACKS											
Edamame	Cascadian Farms	240	10	0	0	90	18	8	4	20	1 cup
Fuji apple	Whole Foods	90	0	0	0	0	25	4	18	0.5	1 medium
TOTALS		1,255	27	2	0	1,809	181	48	60	63	

DAY 14 FOOD ITEM	BRAND	CALORIES	FAT	SFA	CHOL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN	SERVING SIZE
BREAKFAST											
Oatmeal	Nature's Path	190	1	0.5	0	0	34	6	1	8	1 packet
Soy milk	Silk	80	4	0.5	0	75	4	2	1	7	1 cup
Blueberries	Whole Foods	84	0	0	0	0	21	4	15	1	1 cup
Flax meal	Spectrum Essentials	35	3	0	0	2	24	2	0	2	1 T
LUNCH											
Leafy greens	Organic Girl	20	0	0	0	95	3	2	0	2	3 cups
Skinny Girl Fat Free Salad Dressings	Skinny Girl	10	0	0	0	90	1	0	0	0	2 T
Organic Hearty Spanish Rice & Red Bean Soup	Amy's	140	2	0	0	690	24	5	5	5	2 servings
Dave's 21 Whole Grain & Seeds Bread	Dave's Killer Bread	120	2	0	0	180	22	5	5	5	2 slices
PB Fit	PB2	50	1	0	0	115	4	2	2	6	2 T
DINNER											
Leafy greens	Organic Girl	20	0	0	0	95	3	2	0	2	3 cups
Skinny Girl Fat Free Salad Dressings	Skinny Girl	10	0	0	0	90	1	0	0	0	2 T
Shredded carrots	365 Organic	15	0	0	0	30	4	1	2	0.5	¾ cup
Roasted Veggie Pizza	Amy's	280	9	1.5	0	540	42	3	5	7	½ pizza
Fuji apple	Whole Foods	90	0	0	0	0	25	4	18	0.5	1 medium
SNACKS											
Orange	Whole Foods	62	0	0	0	0	15	3	12	1	1
Petite carrots	365 Organic	21	0	0	0	47	1	1	3	0	6 baby carrots
TJ Black Bean Dip	Trader Joe's	35	0	0	0	210	8	2	1	2	2 T
Brown rice cake	Lundberg	70	0.5	0.5	0	0	14	1	0	1	1 rice cake
Dry roasted edamame	Seapoint	130	4.5	0.5	0	130	9	7	1	14	¼ cup
TOTALS		1,462	27	3	0	2,389	259	52	71	64	

Appendix B

Stocking Your Kitchen for Success

Having a well-stocked kitchen is your culinary toolbox for healthy eating and cooking. It's beneficial to maintain a solid stock of the basics, such as whole grains, fresh vegetables, fruit, beans and lentils, and soy foods (tofu, tempeh, miso). Buying a few convenient packaged foods such as peeled garlic, low-sodium vegetable broth, and pre-cut mixes of celery, onions, and carrots are all great shortcuts to quick and easy cooking, and add flavor to most any dish.

Keeping your refrigerator stocked with simple staples like unsweetened organic soy milk, fat-free salad dressings, fresh ginger, and some precooked foods like beans, baked tofu, and tempeh, and whole grains such as cooked brown rice and quinoa, make it easy to toss together a delicious meal in minutes.

Other canned or boxed foods that are good to have available for quick and easy meals are canned or boxed tomato products such as marinara sauce, salsa, or diced fire-roasted tomatoes. Many of these have a long shelf life, so it's easy to keep your pantry full of healthy choices.

However, we recognize that you just might not have the time to navigate food labels in order to get started restocking your kitchen. If this sounds like you, please read on! In addition to the two weeks of packaged meals listed above, here is an extensive list of packaged foods that

are available at most grocery stores, making it easy for you to get started eating well right away. Availability of products may vary based on changes in the market. Plant-based foods are on the rise with a large variety of new products being added.

Stocking Your Refrigerator

Stocking your refrigerator with fresh and healthy food will allow you the convenience of having what you need at your fingertips to make a variety of delicious, health-promoting meals and quick and easy healthy snacks.

Having prepped fresh produce on hand, such as chopped cauliflower, broccoli, leafy greens, green beans, and sliced and shredded carrots, makes it easy to make healthy choices, even when you are in a hurry to eat. Precooked beans and lentils are also great to have on hand.

Other simple staples, like nonfat salad dressings and sauces and pre-cooked brown rice and quinoa, make it easy to toss together a delicious meal in minutes.

Fresh Produce

- All fruits and vegetables
- Edamame

Soy Milk (Unsweetened)

- *Silk*: Organic Unsweetened
- *Westsoy*: Organic Unsweetened, Organic Plus, Low-fat, Nonfat, Soy Slender
- *Soy Dream*: Enriched Original
- *Edensoy*: Organic Original, Organic Unsweetened, Extra Original
- *Earth Balance*: Organic Original
- *Pacific Organic*: Original Unsweetened

Rice Milk (Unsweetened)

- *Rice Dream*: Enriched Original, Unsweetened, Sprouted, Enriched Rice and Quinoa
- *365*: Organic Original, Organic Unsweetened

Oat Milk (Unsweetened)

- *Pacific*

Flax Milk

- *Good Karma Foods*: Flax and Protein Original

Low-Fat Almond Milk (Unsweetened)

- *Silk, Eden*: Almond Dream
- *Califia Farms*
- *Blue Diamond*: Almond Breeze

Nonfat Nondairy Soy Creamers

- *Silk, Wildwood, Califia Farms, Trader Joe's*

Nondairy Cheeses

- *Go Veggie*: Vegan American, Vegan Cheddar, Vegan Pepper Jack, Vegan Mozzarella, Vegan

Tofu (Organic; Non-GMO)

- *Nasoya*: Organic firm, organic extra firm, organic silken, organic sprouted super firm, organic super firm and sprouted cubed, teriyaki and chipotle baked
- *Wildwood*: Organic silken, soft, firm, extra firm, super firm, high protein super firm; variety of baked tofu such as teriyaki, savory, sriracha
- *Westsoy*: Organic, soft, firm, extra firm; a variety of baked such as Mexican Jalapeño, Asian Teriyaki, Italian Garlic Herb, Zesty Lemon Pepper, Roma Tomato Basil
- *Soy Boy*: Organic firm and extra firm, Tofu Lin, Italian, Caribbean, Smoked
- *Morinaga*: nigari, puree, silken soft, firm, lite, and extra firm
- *365 Organic*: Organic firm and extra firm
- *O Organics*: soft, firm, and extra firm
- *House Foods Organic*: Organic soft, extra soft, medium, firm, extra firm, super firm, cubed; variety of baked tofus such as spicy garlic, teriyaki, umami, savory orange
- *Hodo*
- *Sol Cuisine*: organic firm, sprouted organic extra firm

- *Woodstock Organic*: firm and extra firm
- *Sprouts*: Organic firm, extra firm, medium and soft, high protein, baked varieties

Tempeh (Organic; Non-GMO)

- *Lightlife*: Flax, Soy, Three Grain, Garden Vegetable, Wild Rice, Smoky Tempeh Strips, Fakin' Bacon Tempeh Strips
- *Westsoy*: Five Grain, Original
- *Trader Joe's*: Organic 3 Grain Tempeh
- *Tofurkey*: Organic 5 Grain, soy cake, and garlic
- *SoyBoy*: Organic Soy Tempeh and 5 Grain Tempeh

Seitan

- *Upton's Naturals*: Traditional, Ground, Italian, Chorizo, Bacon
- *Westsoy*: Seitan Strips, Cubed, Ground, Chicken-Style
- *Primal Strips*: Meatless Vegan Jerky; Thai Peanut, Mesquite Lime, Teriyaki, Hickory Smoked, Texas BBQ

Veggie Burgers and Dogs

- *Gardenburger*: Veggie Medley, Black Bean Chipotle, Portabella
- *Boca Burger*: Non-GMO Vegan, Non-GMO All American, Original Vegan
- *Amy's*: Bistro Veggie Burger
- *Tofurky*: Mighty Mushroom Veggie Burger
- *Lightlife*: Smart Dogs, Tofu Pups
- *Yves*: Veggie Hot Dogs
- *365 Whole Foods*: Veggie Dogs

TVP (Textured Vegetable Protein)

- *Bob's Red Mill*

Spreads and Dips

- *Wild Garden*: Hummus
- *Oasis Mediterranean Cuisine*: Hummus
- *Trader Joe's*: Eggplant Spread, Roasted Red Pepper Spread, Fat Free Smoky Black Bean Dip, Fat Free Spicy Pinto Bean Dip
- *Bearitos*: Bean Dip, Black Bean Dip

- *Guiltless Gourmet*: Mild Black Bean Dip, Spicy Black Bean Dip
- *365*: Chile Black Bean Salsa

Dressings

- *Trader Joe's*: Fat Free Balsamic Vinaigrette Dressing, No Oil Dill and Garlic Dressing, Fat Free Italian
- *Spectrum Naturals*: Fat Free Sweet Onion and Garlic
- *Walden Farms Fat Free Dressings*: Creamy Chipotle, Zesty Italian, Asian, Slaw, Honey Dijon, Thousand Island
- *Whole Foods Market*: Health Starts Here Oil-Free
- *Cindy's Kitchen*: Vegan Caesar Dressing, Fig Balsamic Dressing, Fat Free Balsamic Vinaigrette, Oil Free Pomegranate Vinaigrette, Fat Free Sun-Dried Tomato, Oil Free Carrot and Ginger, Oil Free Tamari Miso, Oil Free Tangerine, Sweet Chili and Lime, Oil Free Tomato Basil
- *Kozlowski Farms*: Fat Free Honey Mustard, Fat Free Raspberry Poppy Seed, Roasted Garlic, Fat Free Zesty Herb
- *Hain*: fat-free dressings
- *Bragg*: Fat Free Hawaiian Dressing and Marinade

Stocking Your Freezer

A freezer full of frozen produce is a great help. Most frozen fruits and vegetables are promptly blanched, boiled, or steamed and then frozen within hours of being picked. This process helps lock in both fresh taste and nutritional value. Frozen produce is also available year-round, and in most cases is less expensive than fresh. Frozen vegetables can be quickly steamed or added to a stir-fry, soup, whole grains, whole-grain pasta, plant-based casserole, or lasagna. Include a variety of frozen vegetables and starchy vegetables, such as cut spinach, broccoli, cauliflower, mixed vegetables, pearl onions, corn, green peas, and chopped winter squash such as butternut.

Keep your freezer stocked with some heart-healthy plant proteins for quick and easy well-balanced meals or a healthy high-protein snack. Some great protein choices that freeze and reheat well are edamame, black-eyed peas, and lentils. These can be either store-bought or home-

made. Cooking and freezing big batches of beans can be a great time and money saver.

Frozen veggie burger and ground vegan crumbles are excellent to make a quick high-protein pasta sauce or vegan lasagna, tacos, or chili. Frozen chicken-less strips or patties are a quick way to add protein to a salad, pasta dish, or stir-fry.

Also, keeping some precooked whole grains in the freezer, like quinoa or brown rice, provides yet another quick approach to a healthy balanced meal.

Frozen Vegetables (100% Vegetables, No Added Fat/Oils or Sauces)

- *Cascadian Farms, Earthbound, Kroger, Birds Eye, Green Giant, Great Value, 365, Lakeside*: A variety of frozen vegetables are available such as: edamame, asparagus, broccoli florets and cuts, cut spinach, green beans, winter squash, kale, sweet corn, sweet peas, Swiss chard, peas and carrots, peas, various blends (Garden Vegetable Medley, California-Style Blend, Chinese-Style Stir-fry Blend, Gardener's Blend, Thai-Style Stir-fry Blend, Country-Style Potatoes)
- *Alexia*: Hash Browns (without added fat/oil), sweet corn, green peas, carrots, Vegetable Medley

Frozen Fruit (100% Fruit)

- *Cascadian Farms, Earthbound, Kroger, Birds Eye, 365, Green Giant, Market Pantry, Welches, Dole, Great Value*: A variety of frozen fruit are available such as blackberries, blueberries, raspberries, strawberries, sliced peaches, pineapple, banana, tropical fruit blends, and mixed fruit

Frozen Packaged Foods

- *Rising Moon*: Organic Manicotti with Marinara & Organic Soy Filling, Butternut Squash Ravioli, Slim Trim Soy Lasagna
- *Amy's*: Light & Lean Sweet & Sour Asian Noodle

Breakfast and Meat Analogs

- *Lightlife*: Gimme Lean Sausage, Smart Bacon
- *Morningstar*: Soy Sausage Links, Soy Sausage Patties, Soy Grillers

- 365: Meatless Breakfast Patties
- *Quorn*: Breakfast Sausage Patties

Veggie Grounds

- *Trader Joe's*: Beef-less Ground Beef
- *Lightlife*: Original, Mexican
- *Boca Burger*: Veggie Ground Crumbles
- *Quorn*: Grounds

Analog Chicken Strips

- *Beyond Meat*: Grilled Chicken, Southwest Chicken Strips
- *Lightlife*: Smart Strips Chick'n, Smart Tenders Lemon Pepper Chick'n, Smart Tenders Savory Chick'n
- *Trader Joe's*: Chicken-less Strips
- *Quorn*: Vegan Chick'n Tenders, Vegan Naked Chick'n Cutlets, Vegan Spicy Chick'n Patty, Vegan Breaded Chick'n Cutlet

Other Meat Analogs

- *Lightlife*: Gimme Lean Beef, Smart Buffalo Wings, Smart Honey BBQ Wings, Smart Cutlets Original, Smart Cutlets Classic Marinara, Smart Strips Steak Style, Smart Deli Bologna, Smart Deli Ham, Smart Deli Pepperoni, Smart Deli Turkey
- *Yves Veggie Cuisine*: Veggie Ham, Veggie Turkey, Veggie Salami, Veggie Pepperoni, Veggie Bacon, Veggie Breakfast Patties, Veggie Ground

Stocking Your Pantry

A well-stocked pantry is an essential part of your culinary toolbox. Try to keep a variety of dried beans, lentils, and peas along with a collection of your favorite canned beans (no salt added) on hand, as well as a variety of whole grains, flours, pastas, and breads. Low-fat, low-sodium, plant-based soups and stocks and other canned or boxed foods such as marinara sauce, salsa, or fire-roasted tomatoes are all good to have available to toss into a soup, stew, salad, or sauce. All of these have a long shelf life, so they're practical to keep in your pantry.

Whole Grains

- Amaranth, barley, buckwheat, bulgur, corn (popcorn kernels, polenta), einkorn, farro, kamut, millet, oats, quinoa, rice (wild, brown, black, red, purple), rye, sorghum, spelt, teff, triticale, wheat

Whole-Grain Pasta

- *Barilla Plus*
- *Jovial*
- *DeLallo*
- *Trader Joe's*
- *Westbrae*
- *Dreamfields*
- *365*
- *Gia Russa*

Precooked Polenta

- *San Gennaro*: Traditional, Sun-Dried Tomato Garlic, Southern Style Grits, Basil Garlic
- *Food Merchant*: Traditional Italian, Organic Quinoa Polenta, Basil Garlic, Sun-Dried Tomato, Green Chili & Cilantro

Gluten-Free Pasta

- *Tolerant Organic*: Black Bean Penne, Red or Green Lentil Pasta
- *Tinkyada*: Brown Rice Pasta
- *Lundberg*: Brown Rice Pasta
- *Jovial*: Brown Rice Pasta
- *Annie's*: Brown Rice Pasta
- *Westbrae*: Corn Angel Hair
- *Explore Asian*: Black Bean Pasta

Whole Grain Breads

- *Alvarado Bakery*: Sprouted Wheat Multi-Grain, Fundamental Fiber, Sprouted No Salt, Low Glycemic Bread, Sprouted Barely, Sprouted Sourdough French, Sprouted Wheat Cinnamon Raisin, Sprouted Wheat California Style Original
- *Alpine Valley Organic Bakery*: 12 Grains & Seeds, Multi Grain with Omega-3, Honey Sprout
- *Archer Farms*: 100% Whole Wheat, 100% Whole Wheat Honey

- *Arnold*: 100% Whole Wheat, 100% Whole Wheat Country, 100% Whole Grain, Barely Light 100% Whole Wheat, Stone Ground 100% Whole Wheat
- *Aunt Millie's*: 100% Whole Wheat
- *Brownberry*: 100% Whole Wheat, 100% Whole Grain
- *Country Hearth*: 100% Whole Wheat
- *Trader Joe's*: Multigrain English Muffins, Whole Wheat Lavash Bread
- *Food for Life*: (Ezekiel) 7 Sprouted, Cinnamon Raisin, Low Sodium, Brown Rice
- *Oroweat*: 100% Whole Wheat
- *Pepperidge Farm*: 100% Whole Wheat
- *Nature's Harvest*: 100% Stone Ground Whole Wheat
- *Nature's Own*: 100% Whole Wheat
- *Roman Meal*: 100% Whole Wheat, 100% Whole Grain

Whole-Grain English Muffins

- *Thomas*'s: Sprouted Whole Grain English Muffins
- *Food for Life*: (Ezekiel) Multigrain English Muffins

Whole-Grain Pita and Pocket Breads, Flatbreads

- *Trader Joe's*: Whole-Grain Pita Pockets, Whole Wheat Middle Eastern Flatbread, Whole Grain Naan
- *Brownberry*: 100% Whole Wheat Pocket Thins
- *Food for Life*: (Ezekiel) Whole Grain Pocket Bread

Whole Grain Bread Thins

- *Arnold*: 100% Whole Wheat, Flax & Fiber
- *Archer Farms*: Whole Wheat Sandwich Flats
- *Brownberry*: 100% Whole Wheat Sandwich Thins

Whole Grain Buns

- *Alvarado Bakery, Food for Life (Ezekiel), Brownberry, Trader Joe's*

Tortillas

- *Food for Life*: (Ezekiel) Whole Wheat Tortillas, Sprouted Whole Grain, Sprouted Whole Grain Taco Size, Sprouted Corn, Brown Rice, Exotic Black Rice

- *La Tortilla Factory*: Low Carb, High Fiber, Whole Wheat, Organic, Non-GMO Yellow Corn, Corn Tortillas
- *Engine 2*
- *Mission*: Corn
- *Mi Rancho*: Corn

Whole-Wheat Pizza Dough

- *Whole Foods*

Gluten-Free Breads

- *Udi's*: Whole Grain
- *Trader Joe's*: Gluten Free Whole Grain Bread
- *Food for Life*: Bhutanese Red Rice Bread, Brown Rice Bread, Exotic Black Rice Bread, Rice Millet Bread, Yeast Free Brown Rice Bread, Yeast Free Multi Seed Rice Bread, Sprouted For Life Gluten Free Almond Bread, Sprouted For Life Gluten Free Original 3 Seed Bread, Gluten Free Tortillas, Brown Rice Tortillas, Gluten Free English Muffins or Buns, Gluten Free Brown Rice English Muffins, Gluten Free Multi-Seed English Muffin

Whole-Grain Hot Cereals

- *Arrowhead Mills*: Instant Oatmeal (Maple Apple Spice, Original Plain), Bear Mush, Bits O Barley, Oat Bran, Oat Flakes, Old Fashion Oatmeal, Rice and Shine, 7 Grain, Steel Cut Oats, Wheat Free 7 Grain
- *Bob's Red Mill*: Steel Cut Oats, Barley Grits/Meal, Barley Rolled Flakes, Cracked Rye, Cracked Wheat, Creamy Brown Rice Farina, Oat Bran, Organic Creamy Buckwheat Cereal, Organic Kamut Cereal, Organic Rolled Oats, Scottish Oatmeal, Wheat Bran
- *Country Choice Naturals*: Multigrain Cereal, Old Fashioned Oats, Quick Oats, Regular Flavor Instant Oatmeal, Steel Cut Oatmeal
- *Lundberg Family Farms*: Hot 'n Creamy Rice Cereal Original
- *McCann's*: Irish Oatbran, Irish Oatmeal
- *Nature's Path*: Oatmeal Original, Optimum Cranberry Ginger
- *Quaker Oats*: Quaker Oats, Quaker Oat Bran, Quaker Quick Oats
- *The Silver Palate*: Thick and Rough Oatmeal

- *US Mills: Erehwon*: Apple Cinnamon Oatmeal, Barley Plus, Oat Bran with Toasted Wheat Germ, Oatmeal with Added Oat Bran
- *Amy's*: Multi-Grain Hot Cereal Bowl, Cream of Rice Hot Cereal Bowl

Whole-Grain Cold Cereals

- *Arrowhead Mills*: Amaranth Flakes, Wheat Flakes, Bran Flakes, Corn Flakes, Kamut Flakes, Spelt Flakes, Multigrain Flakes, Puffed Wheat, Puffed Rice, Puffed Millet, Puffed Corn, Puffed Kamut, Nature O's, Shredded Wheat
- *Barbara's Bakery*: Breakfast O's, Brown Rice Crisps, Corn Flakes, Shredded Wheat, Shredded Spoonfuls, Shredded Oats, Shredded Oats Cinnamon Crunch, Ultima Original, Ultima Pomegranate
- *Cascadian Farm*: Purely O's, Honey Nut O's, Raisin Bran, Multi-Grain Squares, Wheat Crunch
- *General Mills*: Cheerios
- *Health Valley*: Real Oat Bran Almond Crunch, Organic Blue Corn Flakes, Organic Oat Bran Flakes, Organic Oat Bran Flakes with Raisins, Organic Fiber 7 Flakes, Organic Amaranth Flakes

Soups

- *Health Valley*: Vegetable Broth, Organic Split Pea Soup, Fat Free Soups, 14 Garden Vegetable Soup, Vegetable Barley, Corn and Vegetable, 5 Bean Vegetable, Tomato Vegetable, Split Pea and Carrots, Lentil and Carrots, Black Bean and Vegetable, Fat-Free Carotene Soups, Italian Plus, Super Broccoli, Organic Tomato Soup
- *Imagine*: Tomato, Red Pepper, Organic Moroccan Chickpea & Carrot, Organic White Bean & Kale, Organic Italian Vegetables & Beans, Organic Savory Black Bean
- *Pacific*: Tomato, Organic Spicy Black Bean and Kale
- *Muir Glen*: Organic Tomato Soup, Organic Homestyle Split Pea
- *Amy's*: organic fat free and low-fat soups, Organic Black Bean Chili
- *Westbrae Natural Foods*: Great Plains Savory Bean, Santa Fe Vegetable, Louisiana Bean Stew, Alabama Black Bean Gumbo, Old World Split Pea, Spicy Southwest Vegetable, Mediterranean Lentil

Plain Canned Beans and Lentils

- Black beans, black-eyed peas, black soybeans, butter beans, cannellini, garbanzo, great northern, kidney, navy, pinto, small red

Flavored Canned Beans and Lentils, Mixed Beans and Rice

- *Trader Joe's*: Cuban Style Black Beans, Organic Baked Beans, Steamed Lentils
- *Amy's*: Organic Vegetarian Beans, Chili
- *Eden*: Brown Rice & Chickpeas, Brown Rice & Kidney Beans, Brown Rice & Lentils, Brown Rice & Pinto Beans, Curried Rice & Lentils, Moroccan Rice & Garbanzo Beans, Spanish Rice & Pinto Beans, Mexican Rice & Black Beans, Caribbean Rice & Black Beans, Cajun Rice & Small Red Beans, Spanish Rice & Pinto Beans, Black Bean & Quinoa Chili, Great Northern Beans & Barely Chili, Kidney Bean & Kamut Chili, Pinto Bean & Spelt Chili

Canned, Boxed, and Bottled Vegetable Products

Canned Pumpkin

- *Farmers Market*: cans have BPA-free liner

Capers

- *Star, Roland, Mezzetta, Safeway*

Roasted Red Peppers (in Water)

- *Mezzetta, DeLallo*

Fire-Roasted Green Chiles

- *Hatch, Ortega, La Costena, La Victoria, Trader Joe's*

Chipotles in Adobo Sauce

- *La Costena, Embasa, Goya, San Marcos, La Moreno*

Pickles

- *Ricks Picks*: Phat Beets, Sweet & Sassy Mix, Handy Corn, Pepi Pep Peps, K.O. Pickles, Spicy Pickles, Windy City Wasabeans, Kool Gherks

Dry Soup Mixes

- *Right Foods, McDougall*: Low Sodium Split Pea Soup, Lentil Couscous, White Bean & Pasta Soup, Black Bean & Rice Soup
- *Nile Spice*: Lentil, Black Bean, Split Pea, Chili 'n Beans
- *Eden Foods*: Ramen-Buckwheat, Whole Wheat
- *Spice Hunter*: Moroccan Couscous, Mediterranean Minestrone, French Lentil, Spicy Thai, Curry Lentil, Spicy Black Bean, Miso Udon, Spring Onion, Split Pea, Hot & Sour, Mandarin Noodle
- *Westbrae Natural Foods*: Whole Wheat Ramen, Instant Miso Soup

Sauces

- Soy sauce: *Eden, Kikkoman, San-J International*
- Tamari: *Kikkoman, San-J*
- Teriyaki: *OrganicVille Skye, Annie's, One Bite*
- Korean: *OrganicVille Skye, Braggs Amino Acids*
- Sweet chili sauce: *Trader Joe's, OrganicVille Skye, Cindy's Kitchen, Thai Kitchen*
- BBQ: *Annie's, Trader Joe's, Austins, Podah's*
- Cocktail sauce: *Trader Joe's, Bellas*
- Steak sauce: *Lea & Perrins*
- Vegan Worcestershire: *Annie's Naturals, Edward & Sons, Wizard Organic*
- Mustard sauce: *Earth & Vine*
- Hoisin: *Edward & Sons*
- Ginger and Tamari: *Edward & Sons*
- Miso: *Organic Gourmet, Miso Master Organic Chickpea Miso*
- Balsamic glaze: *OrganicVille Skye, Trader Giotto's, Gia Russa*
- Chutney: *Trader Joe's, Stonewall, Wild Thyme Farms, Sukki*

Miso Paste

- Soy miso (red, barley, brown rice, white): *South River, Westbrae Natural, Miso Master Organic*
- Chickpea miso: *South River, Miso Master Organic*
- Adzuki bean miso: *South River*

Hot Sauces

- *Cholula, Melinda's Hot Sauces*
- Sriracha: *OrganicVille Skye*

- Enchilada sauce: *OrganicVille Skye, Trader Joe's, Parrot, El Pato*
- Tomatillo sauce: *Frontera, White Girl*

Salsa (Brands without Added Oil or Fats)

- *Amy's, Trader Joe's, 365, Frontera, Pace, Muir Glen, Newman's Own, White Girl*

Tomato Sauces and Products

Pasta Sauce

- *Muir Glen*: (nonfat) Portobello Mushroom; (low-fat) Cabernet Marinara, Chunky Tomato Fire Roasted, Garden Vegetable, Garlic Roasted, Italian Herb, Tomato Basil
- *Newman's*: Cabernet Marinara, Fire Roasted Tomato and Garlic, Fra Diavolo, Garden Peppers, Marinara, Marinara with Mushrooms, Roasted Garlic, Sockarooni, Sweet Onion and Roasted Garlic, Tomato and Basil Bombolina
- *Dave's*: Organic Red Heirloom, Organic Spicy Heirloom
- *Prego*: (nonfat) Light Smart Traditional; (low-fat) Traditional, Marinara, Tomato Basil Garlic, Fresh Mushroom, Roasted Garlic and Herb, Chunky Garden Tomato, Onion and Garlic, Heart Smart, Heart Smart Mushroom, Heart Smart Roasted Red Pepper and Garlic, Veggie Smart, Veggie Smart Chunky and Savory
- *Pomi*: Marinara

Pizza Sauce

- *Muir Glen, Trader Joe's, Pomi*

Canned, Diced, and Chopped Tomatoes

- *Muir Glen, Hunt's, 365, Contadina, Del Monte, Pomi*

Stocks and Broths

- Vegetable: *Imagine, Pacific*
- Mushroom: *Pacific*
- Low Sodium No-Chicken Broth: *Imagine*

Sweeteners

- Stevia powder: *Sweet Leaf, 365, Nunaturals, Pyure*
- Stevia liquid: *NOW, Sweet Leaf, Omica Organics*
- Agave: *Madhava, Wholesome Sweeteners*
- Molasses: *Wholesome Sweeteners*
- Maple Syrup: *Rapunzel, Pure Organics, Springtree*
- Honey: *Ambrosia, Wholesome Sweetener, Clarks, local honey brands*
- Barley malt: *Eden*
- Date sugar: *Bob's Red Mill, Chatfields, NOW*

Thickeners

- Kuzu: *Eden*
- Agar: *Eden, Rapunzel, Bob's Red Mill*
- Xanthan gum: *Bob's Red Mill, NOW*
- Cornstarch: *Rapunzel, Rumford, Clabber Girl, Bob's Red Mill*
- Sweet rice flour: *Koda Farms, Mochiko Blue Star*

Cocoa Powder (Unsweetened)

- *Green & Black's*: 100% Organic Cocoa Powder (alkalized)
- *Hershey's*: Natural (non-alkalized), Special Dark (half alkalized, half natural)
- *Chatfield's*: Natural (non-alkalized)
- *Dagoba*: Certified Organic (non-alkalized)
- *Scharffenberger*: Natural (non-alkalized)

Carob Powder

- *Chatfields*: All Natural Carob Powder
- *Bob's Red Mill*: Toasted, Ground Carob Powder

Condiments

- Mustard (Dijon, brown, or yellow): *Eden, most brands (read label)*
- Ketchup: *Muir Glen, Heinz, most brands (read label)*
- Fat-free mayonnaise: *Nasoya, Kraft's Miracle Whip*

Vinegars

- Balsamic (white or red): *Trader Joe's, Alessi, Colavita, Lucini, Fini, Archer Farms, Star, Roland, Bionature*

- Champagne: *Rapunzel, Star, Regina, Spectrum*
- Red wine: *Alessi, Napa Valley Naturals*
- Mirin

Seasoned rice vinegar

- Brown rice: *Spectrum, Marukan, Eden*
- Apple cider: *Braggs*

Spices

Here are some recommended spices to have in stock:

- Sweet: allspice, cinnamon, nutmeg, apple pie spice, pumpkin pie spice, vanilla bean
- Hot/heat: cayenne, chipotle, red pepper flakes, chili powder, black pepper, Cajun spice, paprika (sweet, hot, smoked)
- Italian: Basil, oregano, garlic, thyme, rosemary
- Asian: Chinese five-spice
- Mexican: cilantro, coriander
- Indian: turmeric, curry powders, garam masala, ginger
- Savory: bay leaf, onion powder, caraway, celery, chive, dill, lemon pepper, sage, cumin, cloves

Seasonings and Rubs

- Nutritional yeast: *Bob's Red Mill, Braggs*
- *Bearitos*: Simply Organic Taco Seasoning
- *Simply Organics*: (packet mixes) Southwest Taco, Sloppy Joe Seasoning, Vegetarian Chili, Chipotle Black Bean Dip, Chili Seasoning, Italian Dressing
- *Mrs. Dash*: Seasoning Blends
- Vanilla extract: *Rapunzel, Nielsen-Massey, Penzey's, Frontier, Golden Gate*

Protein Powders

- *Oriya Organics*: 100% Plant Protein, Superfood Protein Medley
- *Vega*: Clean Protein Chocolate & Vanilla, Vega One: Protein & Greens, Tango, Bodacious Berry
- *UB Super*: Plant Based Protein Superfood Nutritional Shake and Smoothie
- *Growing Naturals*: Raw Pea Protein: Vanilla, Chocolate, and

Original; Brown Rice Protein: Vanilla Blast, Strawberry Burst, Chocolate Power, Original

- *Trader Joe's*: Vanilla Soy
- *NutriBiotic*: Rice Protein Powder
- *Jarrow Formulas*: Brown Rice Protein Vanilla, Berry Chocolate, Ultra Smooth Brown Rice Protein: Vanilla, Chocolate, Berry
- *Amazing Grass*: Amazing Meal, Pomegranate Mango

Snacks

Equipping your pantry with appetizing, healthy meal options and grab-and-go snacks can make the difference between making a good choice or not. Here are just a few ideas. (It's important to read the label for serving sizes and limit portions to 3 grams or less of fat per serving.)

Crackers and Chips

- *Ryvita*: Crispbread, Mediterranean Herbs Rye, Hint of Chili Rye, Dark Rye, Original, Sweet Onion, Cracked Pepper, Golden Rye, Whole Grain Cracker Bread
- *Manischewitz*: Whole Wheat Matzos
- *Streit's*: Whole Wheat Matzos
- *Wasa*: Crispbread, Fiber, Light-Rye, Multi-Grain, Hearty
- *365*: Baked Woven Wheat
- *Lundberg*: Brown Rice Cakes, Tamari Seaweed Rice Cakes, Wild Rice Cakes
- *Koyo*: Dulse Rice Cakes, Hijiki Rice Cakes, Nori Rice Cakes, Plain Rice Cakes
- *Guiltless Gourmet*: Baked Tortilla Chips: Yellow Corn, Blue Corn, Chili Lime
- *Beanitos Baked Skinny Dippers*: Black Bean Chips, White Bean Chips

Bars

These items are low in fat but are limited or not encouraged because they are high in added sugar.

- *Trader Joe's*: cereal bars
- *Newman's Own*: Fig Newmans

- *Barbara's*: Fig Newtons
- *Nature's Path*: Organic Crispy Rice Bars, Harvest Berry Chewy
- *Enjoy Life*: Chewy Bar: Carmel Apple, Mixed Berry
- *Cascadian Farms*: Chewy Granola Bars: Harvest Berry, Oatmeal Raisin
- *NuGo Fiber d'Lish*: Apple Cobbler, Orange Cranberry, Cinnamon Raisin, Blueberry Cobbler
- *NuGo*: Gluten Free Vegan Bar: Carrot Cake

Dry-Roasted Edamame

- *Seapoint Farms*

Hot Beverages

Lastly, you may want to include in your pantry a selection of herbal and green teas or caffeine-free alternatives to coffee. Tea helps protect your GI tract from cancer. Coffee, in moderation, has health benefits as well. Limit caffeine consumption if it makes you feel anxious or causes palpitations.

Hot Beverages

- Grain Beverages: *Kaffree Roma, Pero, Postum, Inka, Coree, Karee, Raja, Cafix, Teeccino, Bambu*
- Herbal teas (all brands)
- Green tea (a sample of brands): *Yogi, Tetley, Teavana, Tazo, Lipton, Twinings, Bigelow, Organic India, Tea Garden, Celestial Seasonings Authentic, Stash*
- Decaffeinated coffees and teas: choose the CO₂ method of decaffeinating

Cold Beverages and Water Enhancers

- *Hint Beverages*: all flavors
- *Stur Water Enhancer*: all fruit flavors, all coconut water flavors
- *Madhava Agave Five Drink Mix*: Blissful Berry, Coconut Quench, Raspberry Refresh
- *Sweet Leaf Water Drops*: all flavors

Notes

Chapter 1

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