

# My Recipes

A collection of my favorite recipes from various sources

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Pastas

# Avocado, Tomato & Mozzarella Pasta Salad

PREP TIME: 15 MIN

COOK TIME: 8 MIN

SERVES: 4

*Dressed farfalle and sliced avocados make wonderful additions to a classic salad.<sup>1</sup>*

## INGREDIENTS

### For the pasta salad

- 1  $\frac{1}{2}$  cups dried farfalle
- 3 Ripe roma tomatoes<sup>2</sup>
- 8 oz mozzarella cheese ball
- 1 large ripe avocado
- 2 tsp pine nuts, toasted
- 1 fresh basil spring, to garnish

### For the dressing

- 6 tbsp extra virgin olive oil
- 2 tbsp wine vinegar
- 1 tsp balsamic vinegar
- 1 tsp whole-grain mustard
- pinch sugar
- 2 tbsp chopped fresh basil
- to taste salt and freshly ground pepper

## INSTRUCTIONS

1. Bring a large pan of lightly salted water to boil and cook the pasta until it is al dente. Drain, rinse under cold water, then drain again. Put in bowl and set aside to cool.
2. Slice the tomatoes and mozzarella cheese into thin rounds. Cut the avocado in half, lift out the pit and peel off the skin. Slice the flesh lengthwise.
3. Arrange the tomato, mozzarella and avocado in overlapping slices around the edge of the flat serving plate.
4. For the dressing, put the oil, wine vinegar, balsamic vinegar, mustard, sugar, and basil into a small bowl and whisk until combined. Season to taste with salt and pepper.
5. Add half the dressing to the pasta. Toss to coat, then pile into the center of the plate. Pour on the remaining dressing, sprinkle on the pine nuts and garnish with the basil spring. Serve immediately.

<sup>1</sup>From page 243 in: *Pasta: A Cook's Guide To The Delicious World Of Pasta And Noodles With 500 Recipes*.

<sup>2</sup>Choose tomatoes that are uniform in size.

# Linguine with Sun-dried Tomato Pesto

PREP TIME: 12 MIN

COOK TIME: 10 MIN

SERVES: 4

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*Tomato pesto was once a rarity, but is becoming increasingly popular and is absolutely delicious.<sup>1</sup>*

## INGREDIENTS

$\frac{1}{3}$  cup pine nuts  
 $\frac{1}{3}$  cup freshly grated Parmesan cheese  
 $\frac{1}{2}$  cup drained sun-dried tomatoes in olive oil  
1 garlic glove, roughly chopped  
 $\frac{1}{4}$  cup olive oil  
12 oz fresh or dried linguine  
to taste salt and freshly ground pepper  
basil leaves, to garnish  
coarsely shaved Parmesan cheese, to serve

## INSTRUCTIONS

1. Put the pine nuts in a small nonstick frying pan and toss them over low to medium heat for 1–2 minutes or until they are lightly toasted and golden.
2. Put the nuts in a food processor. Add the Parmesan, sun-dried tomatoes and garlic, with pepper to taste. Process until finely chopped. With the machine running gradually, add the olive oil through the feeder tube until it has all been incorporated evenly and the mixture is smooth.<sup>2</sup>
3. Bring a large pan of lightly salted water to a boil and cook the pasta until it is al dente.
4. Drain the pasta, reserving 4 tbsp of cooking water. Put the pasta in a warmed bowl, add the pesto and the hot water and toss well. Serve in warmed bowls, garnished with basil leaves. Pass shaving of Parmesan separately.

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<sup>1</sup>From page 131 in: *Pasta: A Cook's Guide To The Delicious World Of Pasta And Noodles With 500 Recipes*.

<sup>2</sup>You can make this pesto up to 2 days in advance and keep it in a bowl in the refrigerator until ready to use. Pour a thin film of olive oil on the pesto in the bowl, then cover the bowl tightly with plastic wrap to prevent the strong smell of the pesto from tainting other foods in the refrigerator.

# Manicotti

PREP TIME: 30 MIN

COOK TIME: 55 MIN

SERVES: 4

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*This manicotti recipe makes a comforting dinner your family will love. The kids like to help stuff the noodles too! Delicious served with a crispy salad and garlic bread.<sup>1</sup>*

## INGREDIENTS

- 5  $\frac{1}{2}$  oz manicotti pasta
- 1 pint part-skim ricotta cheese
- 8 oz shredded mozzarella cheese
- $\frac{3}{4}$  cup grated Parmesan cheese, divided
- 2 large eggs
- 1 tsp dried parsley
- salt and ground black pepper to taste
- 1 jar 16 oz jar spaghetti sauce

## INSTRUCTIONS

1. Cook manicotti in boiling water until al dente, about 10 to 12 minutes; drain and rinse with cold water.
2. Preheat oven to 350°F.
3. Mix ricotta, mozzarella, 1/2 cup Parmesan cheese, eggs, parsley, salt, and pepper in a large bowl until well combined.
4. Pour 1/2 cup spaghetti sauce into an 11x17-inch baking dish. Stuff each manicotti shell with 3 tablespoons cheese mixture, and arrange over sauce. Pour remaining sauce over the top of the shells and sprinkle with remaining Parmesan cheese.
5. Bake in the preheated oven until bubbly, about 45 minutes.

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<sup>1</sup>From allrecipes: Manicotti

<sup>2</sup>Nutrition Facts per serving: 676 calories, 31g total fat, 189mg cholesterol, 1255mg sodium, 53g carbohydrates, 46g protein.

# Pasta-stuffed Bell Peppers

PREP TIME: 20 MIN

COOK TIME: 70 MIN

SERVES: 4

*Stuffed bell peppers always look so inviting, with their bright colors and tempting aroma.<sup>1</sup>*

## INGREDIENTS

2 tbsp olive oil, plus extra for brushing  
6 strips Bacon, chopped  
1 small onion, chopped  
1½ cups passata  
large pinch crushed dried red chilies  
½ cup dried short-cut macaroni  
6 oz mozzarella cheese, diced  
12 pitted black olives, thinly sliced  
4 bell peppers in variety of colors  
salt and freshly ground pepper  
fresh parsely, to garnish

## INSTRUCTIONS

1. Preheat the oven to 350°F. Brush an 8-inch ovenproof dish with oil. Heat the bacon gently in a frying pan until the fat runs, then raise the heat and cook it until it is crisp. Drain the bacon on paper towels.
2. Add the onion to the bacon fat in the pan and cook for 5 minutes, until softened, then stir in the passata and dried chilies. Cook over high heat for 10 minutes, until thickened.
3. Meanwhile, bring a large pan of lightly salted water to a boil and cook the pasta until al dente. Drain it well and put it in a mixing bowl. Add the bacon, tomato sauce, mozzarella cheese and olives, and toss well to mix. Season to taste.
4. Cut the stem end off each pepper and reserve these tops. Remove the seeds and ribs from inside the peppers, then fill them with the pasta mixture.
5. Stand the filled peppers in the prepared dish, put on the tops, then brush the peppers all over with the olive oil.
6. Cover the dish with aluminum foil and bake for 30 minutes. Remove the foil and bake for 25–30 more minutes, or until peppers are tender. Serve immediately garnished with parsley.

<sup>1</sup>From page 88 in: *Pasta: A Cook's Guide To The Delicious World Of Pasta And Noodles With 500 Recipes*.



# Pepperoni Pasta

PREP TIME: 20 MIN

COOK TIME: 8 MIN

SERVES: 4

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*Add extra zip to pasta dishes, which can sometimes seem a little bland, with spicy pepperoni sausage.<sup>1</sup>*

## INGREDIENTS

2½ cups dried penne  
6 oz pepperoni sausage, sliced<sup>2</sup>  
1 small red onion, sliced  
3 tbsp bottled pesto  
⅔ cup heavy cream  
8 oz cherry tomatoes, halved<sup>3</sup>  
½ 8 oz fresh chives  
salt  
to serve breadsticks

## INSTRUCTIONS

1. Bring a large pan of lightly salted water to a boil and cook the pasta until it is al dente.
2. Meanwhile, heat the pepperoni sausage slices in a heavy frying pan over medium-low heat until the fat runs. Add the sliced onion and cook, stirring occasionally, until it is soft and translucent.
3. Mix the pesto and cream together in a small bowl. Add this mixture to the frying pan and stir over low heat until the sauce is smooth.
4. Add the cherry tomatoes to the pepperoni mixture and snip the chives on top with scissors. Stir again.
5. Drain the pasta and return it to the clean pan. Pour the sauce over and toss thoroughly, making sure all the pasta is coated. Service immediately with breadsticks.

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<sup>1</sup>From page 95 in: *Pasta: A Cook's Guide To The Delicious World Of Pasta And Noodles With 500 Recipes*.

<sup>2</sup>You can use any fairly firm spicy cooking sausage for this recipe. Try mild or hot chorizo.

<sup>3</sup>Use a mixture of red and yellow cherry tomatoes for a really colorful meal.

# Spaghetti Olio e Aglio

PREP TIME: 5 MIN

COOK TIME: 12 MIN

SERVES: 4

*Proof positive that you don't need numerous ingredients to make a tasty dish.<sup>1</sup>*

## INGREDIENTS

$\frac{1}{2}$  cup olive oil<sup>2</sup>  
2 garlic cloves, crushed  
1 lb dried spaghetti  
2 tbsp fresh parsley, roughly chopped  
to taste salt and freshly ground pepper

## INSTRUCTIONS

1. Heat the olive oil in a medium pan and add the garlic and a pinch of salt. Cook over low heat, stirring constantly, until golden. Do not let the garlic become too brown or it will taste bitter.
2. Meanwhile, bring a large pan of lightly salted water to a boil and cook the spaghetti until al dente.
3. Drain the spaghetti well, return it to the clean pan and add warm — not sizzling — garlic and oil with plenty of black pepper and parsley. Toss to coat. Serve immediately in warmed bowls.<sup>3</sup>

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<sup>1</sup>From page 124 in: *Pasta: A Cook's Guide To The Delicious World Of Pasta And Noodles With 500 Recipes*.

<sup>2</sup>The most commonly exported Italian olive oil comes from Tuscany. It is full-bodied with a slight pepper aftertaste. Ligurian oil has a sweeter and more delicate flavor and is ideal for this dish. Olive oil from the south of Italy has a faint almond-like flavor. It is worth buying the best-quality extra virgin olive oil for this classic Roman dish.

<sup>3</sup>Don't be tempted to serve this with grated Parmesan. Its pure taste would be compromised.

# Soups

# Spicy Black Bean Soup

PREP TIME: 15 MIN

COOK TIME: 30 MIN

SERVES: 5

*A lightly spicy, soul-warming soup for a chilly winter's day, Spicy Black Bean Soup is easy to make and vegan too! And you'll never guess where I got the idea to make it!<sup>12</sup>*

## INGREDIENTS

2 tbsp olive oil  
1 large yellow onion, chopped  
4 cloves garlic, chopped  
2 sticks celery, chopped  
1 large carrot, and chopped  
1 jalapeno chile, chopped  
1 medium jalapeno, finely diced  
1 can 15 oz black beans, drained and rinsed  
4 cups low sodium vegetable broth  
1 tbsp ground cumin  
1 tbsp apple cider vinegar  
1 tbsp lime juice  
 $\frac{1}{4}$  cup fresh cilantro  
1 tbsp adobo sauce  
to taste salt and freshly ground black pepper

## INSTRUCTIONS

1. In a large Dutch oven, heat the olive oil over medium-high heat. Add the onion, garlic, celery, carrot and chopped jalapeno. Sauté for 5 minutes until the vegetables begin to soften.
2. Add the beans, vegetable stock, and cumin to the Dutch oven and stir to combine. Allow to come to a simmer, then lower the heat to Low and allow to simmer for 30 minutes.
3. Stir in the apple cider vinegar, lime juice, cilantro, and adobo sauce. For a chunkier texture: use an immersion blender to blend the soup in the pot to desired texture. For smoother soup: add the soup into a blender in batches and puree to desired texture. Return the soup to the Dutch oven is passing it through the blender.
4. Salt and pepper to taste before serving. The second diced jalapeno pepper may be added to the bottom of the serving bowls for additional texture and heat, or used as a garnish. Optional garnish (any or a combination): crushed tortilla chips, diced red pepper, red pepper flakes, torn cilantro leaves, sour cream

<sup>1</sup>From Boulder Locavore: Spicy Black Bean Soup

<sup>2</sup>Nutrition Facts per serving: 216 calories, 30g carbohydrates, 9g protein, 7g fat, 1g saturated fat, 0mg cholesterol, 1395mg sodium, 465mg potassium, 9g fiber, 3g sugar, 2640IU vitamin A, 11.6mg vitamin C, 60mg calcium, 2.9mg iron

# Tex-Mex Chili with Dumplings

PREP TIME: 20 MIN

COOK TIME: 12 MIN

SERVES: 5

*Dress up each serving of this hearty chili with a garnish of lime wedges and sliced carmbola (star fruit).<sup>12</sup>*

## INGREDIENTS

### For dumplings

$\frac{1}{3}$  cup all-purpose flour

$\frac{1}{3}$  cup yellow cornmeal

1 tsp baking powder

$\frac{1}{4}$  tsp salt

1 beaten egg white

$\frac{1}{4}$  cup fat-free milk

2 tbsp cooking oil

### For chili

$\frac{3}{4}$  cup water

1 cup onion, chopped

1 clove garlic, minced

1 15 oz can chickpeas, rinsed and drained

1 15 oz can red kidney beans, rinsed and drained

1 15 oz can tomato sauce

1 4 oz can diced green chile peppers, drained

2 tsp chili powder

1 tbsp cold water

$1\frac{1}{2}$  tsp cornstarch

### For garnish

cheddar cheese, shredded

## INSTRUCTIONS

1. In a medium bowl stir together flour, cornmeal, baking powder, and salt; set aside.
2. In a small bowl combine egg white, milk, and oil; set aside.
3. In a 10-inch skillet combine the  $\frac{3}{4}$  cup water, the onion, and garlic. Bring to boiling; reduce heat. Cover and simmer about 5 minutes or until tender. Stir in chickpeas, kidney beans, tomato sauce, green chile peppers, and chili powder.
4. In a small bowl stir the 1 tablespoon cold water into the cornstarch. Stir into bean mixture. Cook and stir until slightly thickened and bubbly. Reduce heat.
5. For the dumplings, add milk mixture to cornmeal mixture; stir just until combined. Drop dumpling batter from a tablespoon to make 5 mounds on top of the hot bean mixture.
6. Cover and simmer for 10 to 12 minutes or until a toothpick inserted into the center of a dumpling comes out clean.
7. To serve, ladle chili into bowls. If desired, top with shredded cheese.

<sup>1</sup>From page 176 in: *Easy Dinners: Vegetarian*

<sup>2</sup>Nutrition Facts per serving: 306 calories, 8g total fat, 0mg cholesterol, 685mg sodium, 51g carbohydrates, 13g protein.

# Tomato-Basil Soup with Cheddar Grilled Cheese

PREP TIME: 20 MIN

COOK TIME: 17 MIN

SERVES: 2

*Homemade tomato soup with a side of classic grilled cheese.<sup>1</sup>*

## INGREDIENTS

### For soup

- 1 medium carrot
- 1 stick celery
- 8 fl oz chicken or vegetable broth
- 1 can 14.5 oz diced tomatoes
- $\frac{1}{2}$  sm pkg fresh basil
- 2 cloves garlic
- 2 tomatoes
- $\frac{1}{2}$  medium yellow onion
- $\frac{1}{8}$  tsp black pepper
- 1 tbsp extra virgin olive oil
- $\frac{1}{2}$  tsp salt

### For sandwich

- 4 sliced gluten-free bread
- 8 oz cheddar cheese
- 2 tbsp unsalted butter

## INSTRUCTIONS

1. Remove butter from fridge and allow to soften in the microwave or on the counter.
2. Heat a medium saucepan over medium heat.
3. Peel and small dice onion. Peel and mince garlic.
4. Coat bottom of saucepan with oil. Add onion and garlic; begin cooking while you chop the carrot and celery.
5. Wash and thinly slice carrot and celery; add to saucepan. Stirring occasionally, cook until carrots and celery have softened, 6–7 minutes.
6. Wash and medium dice tomatoes.
7. Wash basil. Pick leaves off the stems; discard the stems and thinly slice the leaves into ribbons.
8. Add fresh and canned tomatoes, broth, salt, and pepper to saucepan. Stir and bring to a boil. Reduce heat, cover, and simmer for about 10 minutes.
9. Heat a skillet over medium-low heat.
10. Grate cheddar.
11. Spread butter onto 1 side of each bread slice and place buttered-side down on a flat surface.
12. Divide cheddar between 2 of the bread slices and top with the other slices. Place in the skillet and gently press down with a spatula. Cook until cheese is melted and bread is golden brown, 2–4 minutes per side.
13. Add basil to the soup and stir. Purée soup until smooth using a hand or regular blender.
14. Pour soup into a bowl and service with grilled cheese on the side. Enjoy!

<sup>1</sup>From Mealime: "Tomato-Basil Soup with Cheddar Grilled Cheese"

Sandwiches

# Cheese & Veggie Sandwiches

PREP TIME: 15 MIN

COOK TIME: 0 MIN

SERVES: 4

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*Tomato soup is the ideal service-along for this cottage cheese-and-beggie medley.<sup>12</sup>*

## INGREDIENTS

- 1  $\frac{1}{2}$  cup cottage cheese, drained
- $\frac{1}{4}$  cup carrot, shredded
- $\frac{1}{4}$  cup green sweet pepper or celery, chopped
- $\frac{1}{2}$  tbsp chives, finely snipped
- $\frac{1}{4}$  cup low-fat yogurt
- 8 small slices whole grain bread
- 2 tbsp horseradish mustard
- 8 tomato slices
- fresh spinach or lettuce leaves

## INSTRUCTIONS

1. In a medium bowl combine the cottage cheese, carrot, sweet pepper or celery, and chives. Stir in plain yogurt.
2. Spread one side of the bread slices with horseradish mustard; top the mustard on half the bread slices with spinach or lettuce leaves. Spoon the cheese mixture onto spinach-lined bread slices. Top with tomato slices and remaining bread slices, mustard-sides down.

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<sup>1</sup>From page 224 in: *Easy Dinners: Vegetarian*

<sup>2</sup>Nutrition Facts per serving: 248 calories, 7g total fat, 12mg cholesterol, 703mg sodium, 32g carbohydrates, 17g protein.



# Grilled Egg Sandwiches

PREP TIME: 10 MIN

COOK TIME: 8 MIN

SERVES: 2

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*This unique sandwich is a cross between fried eggs and grilled cheese sandwiches.<sup>12</sup>*

## INGREDIENTS

- 2 tbsp mayonnaise or salad dressing
- 1 tbsp Dijon-style mustard or brown mustard
- 4 slices English muffin bread or firm-textured white bread
- 2 tbsp margarine or butter
- 4 eggs
- 4–6 fresh spinach leaves
- 1 small tomato, sliced
- 2 slices Swiss or American cheese
- 2 tbsp milk

## INSTRUCTIONS

1. In a small bowl stir together mayonnaise or salad dressing and mustard. Spread the mustard mixture on one side of each bread slice. Set aside.
2. In a large skillet, melt 1 tablespoon margarine or butter over medium heat. Break 2 eggs into skillet. Stir each egg gently with a fork to break up yolk. Cook for 3 to 4 minutes or until eggs are desired doneness, turning once.
3. Place each egg on mustard side of bread slice. Layer the spinach, tomato, and cheese on eggs. Top with the remaining bread slices, mustard side down.
4. In a shallow dish beat together 2 eggs and milk. Carefully dip sandwiches into egg mixture, coating both sides. In the same skillet melt 1 tablespoon margarine or butter over medium heat. Add sandwiches to skillet. Cook about 4 minutes or until bread is golden brown, turning once.

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<sup>1</sup>From page 230 in: *Easy Dinners: Vegetarian*

<sup>2</sup>Nutrition Facts per serving: 595 calories, 42g total fat, 454mg cholesterol, 692mg sodium, 31g carbohydrates, 24g protein.

Variety

# Asian Crispy Soy Garlic Tofu

PREP TIME: 10 MIN

COOK TIME: 20 MIN

SERVES: 3

*Crispy Soy Garlic Tofu. Crispy tofu pan fried in a garlicky, savoury, umami based sauce. This tofu dish is so good it may convert the people in your life to enjoy it! It's fantastic for dinner, lunch or for meal prep. It can be vegan as well with a substitution.<sup>12</sup>*

## INGREDIENTS

### For tofu

350 grams extra firm tofu, cubed

3 tbsp avocado oil

$\frac{1}{2}$  cup cornstarch

1 stalk green onion finely sliced,  
optional garnish

1 tsp Sesame seeds optional garnish

### For sauce

2 tbsp garlic minced

1 tbsp regular soy sauce

1 tbsp dark soy sauce

1 tbsp oyster sauce

1 tsp Shaoxing cooking wine

1 tsp white granulated sugar

1 tsp rice vinegar or white vinegar

$\frac{1}{2}$  tbsp cornstarch

$\frac{1}{2}$  cup water

## INSTRUCTIONS

1. In a bowl combine sauce ingredients.
2. Dice your tofu into 1 inch by 0.5-inch cubes.
3. Place cornstarch on a plate and generously coat your tofu in the starch with gentle hands. Do this in a few batches. Once tofu is coated, set aside. Warning: Do not place tofu in a bowl and dump starch on top. This will make it difficult to coat tofu without breaking apart the tofu, even with your hands.
4. In a hot non-stick pan set over medium heat, add oil followed by tofu. Allow the tofu to fry on top and bottom until golden and crispy (7–10 minutes per top and bottom, 14–20 mins in total). Note: 7 minutes for crispy or 10 minutes for extra crispy. Remove crispy tofu from pan and set aside.
5. Into the hot pan, pour in sauce and let this bubble to thicken and reduce. Once thickened, mix in tofu until coated. Optional: garnish with green onions and sesame seeds. Enjoy!

<sup>1</sup>From Christy at Home: Asian Crispy Soy Garlic Tofu

<sup>2</sup>Nutrition Facts per serving: 448 calories, 3g total fat, 1g saturated fat, 1376mg sodium, 85g total carbohydrate, 1g dietary fiber, 4g total sugars, 16g protein, 3mg vitamin C, 79mg calcium, 3mg iron, 348mg potassium.

# Baja Salad

PREP TIME: 20 MIN

COOK TIME: 0 MIN

SERVES: 6

*These unique waffles are so easy because they start with a corn muffin mix. They're perfect for topping with a sassy bean salsa.<sup>12</sup>*

## INGREDIENTS

### For salad

- 1 12 oz package romaine lettuce leaves
- 1 large tomato, diced
- 1 avocado, diced
- 1 pickling cucumber, diced

$\frac{3}{4}$  cup crumbled feta cheese

$\frac{1}{4}$  cup red onion

$\frac{1}{4}$  cup white corn kernels

$\frac{1}{4}$  cup cooked black beans

$\frac{1}{4}$  cup crushed tortilla chips

### For dressing

2 tbsp olive oil

2 tbsp lemon juice

$\frac{1}{4}$  tsp ground cumin

1 pinch salt and ground black pepper to taste

## INSTRUCTIONS

1. Place romaine lettuce in a large bowl. Add tomato, avocado, cucumber, feta cheese, onion, corn, and black beans; toss well. Sprinkle tortilla chips over salad.
2. Whisk olive oil, lemon juice, cumin, salt, and pepper together in a bowl until dressing is smooth; drizzle over salad.

<sup>1</sup>From allrecipes: Baja Salad

<sup>2</sup>Nutrition Facts per serving: 223 calories, 17g total fat, 6g saturated fat, 28mg cholesterol, 405mg sodium, 14g total carbohydrate, 5g dietary fiber, 4g total sugars, 7g protein, 26mg vitamin C, 197mg calcium, 2mg iron, 531mg potassium.

# Corn Waffles with Tomato Salsa

PREP TIME: 30 MIN

COOK TIME: 8 MIN

SERVES: 4

*These unique waffles are so easy because they start with a corn muffin mix. They're perfect for topping with a sassy bean salsa.<sup>12</sup>*

## INGREDIENTS

### For waffles

- 1  $8\frac{1}{2}$  oz package corn muffin mix
- $\frac{1}{2}$  cup whole kernel corn, fresh or frozen

### For salsa

- 6 plum tomatoes, halved
- 2 tsp olive oil
- 1 15 oz can black beans, rinsed and drained
- $\frac{1}{3}$  cup green onions, sliced
- 2 tsp fresh cilantro or parsley, snipped
- 2 tbsp lime juice
- 1–2 fresh serrano peppers, chopped
- $\frac{1}{4}$  tsp salt

### For garnish

- $\frac{1}{4}$  cup plain fat-free yogurt
- fresh cilantro sprigs (optional)

## INSTRUCTIONS

1. For salsa, brush tomato halves with 1 teaspoon of the oil; place on the unheated rack of a broiler pan. Broil 4–5 inches from the heat for 8 to 10 minutes or until tomatoes begin to char, turning once halfway through broiling. Remove from the broiler pan and cool slightly; coarsely chop.
2. Meanwhile, in a medium bowl combine the remaining olive oil, the beans, green onions, snipped cilantro or parsley, lime juice, serrano peppers, and salt. Stir in tomatoes and any juices. Set aside.
3. For waffles, prepare corn muffin mix according to package directions, except stir corn into batter. (If necessary, add an additional 1 to 2 tablespoons milk to thin batter.)
4. Lightly grease waffle baker, preheat. Pour about half the batter onto the grid of hot waffle baker. Close lid quickly; do not open until done. Bake according to manufacturer's directions. When done, use a fork to lift waffle off grid; keep warm. Repeat with remaining batter. To serve, cut waffles in half. Divide warm waffles among 4 dinner plates. Top with salsa and yogurt. If desired, garnish with cilantro sprigs.

<sup>1</sup>From page 144 in: *Easy Dinners: Vegetarian*

<sup>2</sup>Nutrition Facts per serving: 417 calories, 12g total fat, 55mg cholesterol, 841mg sodium, 70g carbohydrates, 15g protein.

# Easy Baked Tofu

PREP TIME: 15 MIN

COOK TIME: 30 MIN

SERVES: 4

*This easy baked tofu comes out irresistibly crispy and seasoned to perfection! Use in stir fries, bowl meals, and more.<sup>12</sup>*

## INGREDIENTS

- 1 15-ounce block extra firm tofu
- 2 tbsp olive oil
- 2 tbsp soy sauce
- $\frac{1}{2}$  tsp garlic powder
- $\frac{1}{2}$  tsp liquid smoke
- $\frac{1}{2}$  tsp Sriracha (or other hot sauce)
- $\frac{1}{4}$  tsp kosher salt
- $\frac{1}{4}$  cup cornstarch

## INSTRUCTIONS

1. Preheat an oven to 425°F.
2. Cut the tofu into 3/4-inch cubes (slice the tofu in half into two large rectangles, then into 6 long slices and across 5 times, for 60 pieces total; the exact size may vary based on brand). Place the cubes on a clean dish towel, then gently pat them with a second towel to remove excess moisture.
3. In a large bowl, whisk together the olive oil, soy sauce, garlic powder, liquid smoke, Sriracha and salt. Add the tofu cubes and gently toss with a spatula until coated.
4. Place 2 tablespoons cornstarch on a plate and add 1 handful tofu cubes, tossing until coated. Place the cubes onto a parchment-lined baking sheet. Continue with additional handfuls of tofu cubes until all are coated, adding the additional cornstarch as you go. This doesn't have to be perfect: just make sure the pieces are mostly lightly coated.
5. Bake 30 to 35 minutes without stirring, until the tofu is golden brown and crispy on the outside. Allow to cool 3 to 5 minutes before eating. (Make it ahead or store leftovers for up to 3 days refrigerated. The texture becomes softer in the fridge and it becomes less salty over time. To crisp it up before serving, place it on a baking sheet, sprinkle with a few pinches of salt, and bake a 350°F oven for 5 minutes until warmed through and crispy on the outside.)

<sup>1</sup>From A Couple Cooks: Easy Baked Tofu

<sup>2</sup>Nutrition Facts per serving: 196 calories, 12.2g total fat, 11.4g carbohydrates, 1.4g dietary fiber, 10.7g protein.

# Tofu with Peanut-Ginger Sauce

PREP TIME: 10 MIN

COOK TIME: 15 MIN

SERVES: 4

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*Tofu and vegetables get a dramatic lift from a spicy peanut sauce. Serve with a cucumber salad for a low-calorie, nutrient-packed vegetarian supper.<sup>13</sup>*

## INGREDIENTS

### For sauce

- 5 tbsp water
- 4 tbsp smooth natural peanut butter
- 1 tbsp rice vinegar or white vinegar <sup>2</sup>
- 2 tsp reduced-sodium soy sauce
- 2 tsp honey
- 2 tsp minced ginger
- 2 cloves garlic, minced

### For tofu

- 14 oz Extra-firm tofu
- 2 tsp extra-virgin olive oil
- 4 cups baby spinach
- 1  $\frac{1}{2}$  cup sliced mushrooms
- 4 scallions, sliced

## INSTRUCTIONS

1. To prepare sauce: Whisk water, peanut butter, rice vinegar (or white vinegar), soy sauce, honey, ginger and garlic in a small bowl.
2. To prepare tofu: Drain and rinse tofu; pat dry. Slice the block crosswise into eight 1/2-inch-thick slabs. Coarsely crumble each slice into smaller, uneven pieces.
3. Heat oil in a large nonstick skillet over high heat. Add tofu and cook in a single layer, without stirring, until the pieces begin to turn golden brown on the bottom, about 5 minutes. Then gently stir and continue cooking, stirring occasionally, until all sides are golden brown, 5 to 7 minutes more.
4. Add spinach, mushrooms, scallions and the peanut sauce and cook, stirring, until the vegetables are just cooked, 1 to 2 minutes more.

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<sup>1</sup>From EatingWell: Tofu with Peanut-Ginger Sauce

<sup>2</sup>Rice vinegar (or rice-wine vinegar) is mild, slightly sweet vinegar made from fermented rice. Find it in the Asian section of supermarkets and specialty stores.

<sup>3</sup>Nutrition Facts per serving: 216 calories, 11g total carbohydrate, 3g fiber, 5g total sugars, 12g protein, 14g total fat, 2g saturated fat, 3582iu vitamin A, 7mg vitamin C, 78mcg folate, 179mg sodium, 223mg calcium, 3mg iron, 66mg magnesium, 414mg potassium.

# Strawberry & Black Bean Quinoa Bowl with Feta

PREP TIME: 30 MIN

COOK TIME: 0 MIN

SERVES: 4

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*A filling, cool bowl for a hot day.<sup>1</sup>*

## INGREDIENTS

2 cans 15 oz black beans  
16 fl oz chicken or vegetable broth  
4 oz crumbled feta cheese  
2 jalapeño peppers  
1 lime  
1 cup quinoa  
16 oz strawberries  
 $\frac{1}{2}$  tsp black pepper  
2 tbsp extra virgin olive oil  
1 tsp salt

## INSTRUCTIONS

1. In a small saucepan, combine the quinoa and broth; bring to a boil over high heat.
2. Drain and rinse the black beans in a colander; set aside to drain further.
3. Once the liquid comes to a boil, stir the mixture, cover the saucepan, and reduce the heat to low. Cook the quinoa for 15 minutes. Once done, remove the quinoa from the heat and let it stand, still covered, for 5 minutes.
4. Wash and dry the fresh produce.
5. Juice the lime into a large bowl (that will be used to mix the strawberries and jalapeño pepper).
6. To the lime juice, add olive oil, honey, salt, and pepper; whisk together.
7. Trim off and discard the stem ends of the strawberries; medium dice the strawberries and add to the bowl with the dressing.
8. Quarter the jalapeño peppers lengthwise; remove and discard the stem, seeds, and membranes. Finely dice the peppers and add to the strawberries; toss with the dressing.
9. Uncover the quinoa and fluff with a fork.
10. To serve, arrange the quinoa, black beans, strawberry- jalapeño mixture, and feta in a bowl. Enjoy!

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<sup>1</sup>From Mealime: Strawberry & Black Bean Quinoa Bowl with Feta



# Drinks

# Homemade Chai Tea Concentrate

PREP TIME: 5 MIN

COOK TIME: 20 MIN

SERVES: 4

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*Make homemade chai tea with this delicious and simple chai tea concentrate recipe.<sup>1</sup>*

## INGREDIENTS

12 cardamom pods, gently crushed  
8 whole black peppercorns  
8 whole cloves  
4-inch fresh ginger, sliced  
4 cups water  
4 sticks cinnamon  
3 whole allspice (optional)  
2 tbsp brown sugar (more or less to taste)  
2 star anise  
1 vanilla bean, sliced down the middle  
 $\frac{1}{8}$  tsp nutmeg  
4 bags black tea

## INSTRUCTIONS

1. Bring all ingredients except tea bags together to a boil in a saucepan over medium-high heat. Reduce heat to medium-low, cover, and simmer for 15 minutes. Add tea bags and let steep for 5 minutes. Pour mixture through a strainer and reserve the liquid for concentrate, and let cool to room temperature.
2. Mix equal parts concentrate with water or milk to make chai tea. Or refrigerate in an airtight container for up to one week.

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<sup>1</sup>From Gimme Some Oven: Homemade Chai Tea Recipe

# Snacks and Sides

# Crackers

PREP TIME: 45 MIN

COOK TIME: 15 MIN

SERVES: 16

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*To make homemade crackers, all you need is a few simple ingredients and a little time. These crackers come out thin, crisp, and delicate. A great addition to any party.<sup>1</sup>*

## INGREDIENTS

3 cup all-purpose flour

2 tsp sugar

2½ tsp salt

4 tbsp olive oil, melted butter or similar

1 cup water

### Optional

1 tbsp minced fresh herbs

1 tbsp seeds

¼ cup shredded hard cheese

## INSTRUCTIONS

1. Heat oven to 450°F. Line two large sheet pans with parchment paper.
2. In a large bowl, sift flour, sugar, and salt. If using any additions, add them at this time. Add fat and water to flour mixture. Mix until combined; the dough will be tacky.
3. Flour a cool work surface. Divide dough in two. Roll the dough halves to rectangles 1/8 inch thick.
4. Brush dough lightly with olive oil. Cut dough into desired cracker shapes using a sharp knife or biscuit cutter. Prick the crackers with a fork.
5. Using a spatula or pastry scraper, transfer the crackers to the prepared sheet pans. Be careful not to crowd the crackers.
6. Bake in the oven 12–15 minutes or until golden brown. If the crackers along the edges bake faster, transfer them to a cooling rack and allow the remaining crackers to bake.
7. Transfer crackers to cooling rack. Crackers will crisp as they cool. Serve crackers immediately or store in an airtight container on the counter for up to a week.

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<sup>1</sup>From The Pioneer Woman: How to Make Crackers

# Swedish Hard Tack

PREP TIME: 30 MIN

COOK TIME: 20 MIN

SERVES: 48

*Hard Tack is a delicious long-lasting cracker-like flatbread!<sup>12</sup>*

## INGREDIENTS

### Wet Ingredients

2 cups water

$\frac{1}{2}$  cup organic milk powder

$\frac{3}{4}$  cup Bragg's apple cider vinegar

1 cup vegetable or avocado oil

### Dry Ingredients

3 cups organic rolled oats

3 cups whole wheat flour

2–3 cups unbleached white flour

$\frac{3}{8}$  cup organic brown sugar or coconut sugar

$\frac{1}{2}$  tbsp baking soda

1 tsp Himalayan pink salt

sprinkle black pepper (optional)

## INSTRUCTIONS

1. Combine all ingredients and gather into a ball. Now, divide into 15 smaller balls. Roll each balls thinly out with your Deep-Notched Linden Swedish Rolling Pin. If you do not have a notched rolling pin, then simply poke holes in your pieces of dough after you have rolled them out.<sup>3</sup>
2. Prepare your bread board or counter to roll out the dough. Sprinkle flour on the surface. Roll each ball one at a time.
3. Gently roll over each dough several times front and back to make sure it is thin enough and that it is perforated nicely. These perforation actually insure that the dough bakes completely through. Plus, since this is a cracker it helps achieve the desired crispness.
4. Each hard tack ball of dough can be rolled in approximately 4"x 10" pieces and then broken into smaller pieces when eaten.<sup>4</sup>
5. Preheat oven to 325°F . Bake on an ungreased baking sheet for 20 minutes on the first side, turn each hard tack piece over and continue to bake for 8 to 10 more minutes. Remove from baking and transfer to a wire cooling rack.
6. When cool, you may store your Hard Tack in plastic bags, glass jars or vacuumed sealed jars for long term storage. Store on the counter or in the freezer.<sup>5</sup>

<sup>1</sup>From Original Homesteading: Learn how to make hard tack

<sup>2</sup>Nutrition Facts per cracker: 167 calories, 26g total carbohydrate, 4g fiber, 2g total sugars, 5g protein, 6g total fat, 1g saturated fat, 75mg sodium.

<sup>3</sup>Make sure your dough is not sticky and that your deep-notched rolling pin is floured.

<sup>4</sup>Or, you can divide the original dough into 20+/- balls and roll dough into 3"x 6" pieces that are more of an individual serving size.

<sup>5</sup>This biscuit like flat bread is perfect just plain but you can also add butter, peanut butter and jelly, cheese or any type of dip you would like!

# Sauces

# Deserts

# Almond Flour Thumbprint Cookies

PREP TIME: 15 MIN

COOK TIME: 12 MIN

SERVES: 32

*A soft, chewy vegan gluten-free thumbprint cookie recipe made with almond flour and no refined sugar.<sup>12</sup>*

## INGREDIENTS

2 cups almond flour  
 $\frac{1}{4}$  cup melted coconut oil  
 $\frac{1}{4}$  cups maple syrup  
 $\frac{1}{4}$  tsp salt  
 $\frac{1}{4}$  tsp baking powder  
1 tsp vanilla extract  
1 tsp almond extract  
1 tsp apple cider vinegar  
 $\frac{1}{3}$  cup raspberry jam

## INSTRUCTIONS

1. Preheat the oven to 350°F. Line a cookie sheet with parchment paper. Set aside.
2. In a large mixing bowl, add all the ingredients: almond flour, melted coconut oil, maple syrup, baking powder, salt, apple cider vinegar, vanilla extract, and almond extract.
3. Stir with a spoon to form the cookie dough batter. It should be sticky but easy to roll into a cookie ball, not wet or runny. If it is too wet, add more almond flour 1 tablespoon at a time.
4. To make 32 small thumbprint cookies, scoop  $\frac{1}{2}$  tablespoon of cookie dough per cookie otherwise, to make 16 large cookies, scoop 1 tablespoon of dough per cookie.
5. Roll the cookie dough in your hand to form a small cookie dough ball and place the ball on the prepared cookie sheet. Repeat to form 32 cookie balls, leaving a 1-inch (2cm) space between each cookie ball.
6. For small cookies, place the back of a  $\frac{1}{2}$  teaspoon measuring spoon in the center of the cookie dough ball. Press gently to form a hole in the center of the cookie, the sides of the cookie may crack slightly, and that's ok. If you made larger cookies, use your thumb to press down each cookie dough ball.
7. Fill each thumbprint cookie up to the  $\frac{3}{4}$  of the hole — not up to the top, or it may overflow in the oven.
8. Bake for 12–14 minutes or until the sides of the cookies are slightly golden brown. They will be soft when you take them out of the oven, and that's fine.
9. Cool 5 minutes on the cookie sheet, then slide a spatula under each cookie to transfer onto a cooling rack.
10. If some jam evaporates or fades in color during the baking process, you can add a little more after they completely cool down.<sup>3</sup>

<sup>1</sup>From The Conscious Plant Kitchen: Almond Flour Thumbprint Cookies

<sup>2</sup>Nutrition Facts per cookie: 59 calories, 3g total carbohydrate, 1g fiber, 1g total sugars, 1g protein, 5g total fat, 2g saturated fat, 21mg sodium, 19mg calcium, 1mg iron, 6mg potassium.

<sup>3</sup>Store in a dry place, sealed cookie jar at room temperature are the best, for up to 1 week. They can get sticky if stored in a humid place or in the fridge.



# Chewy Pumpkin Cookies

PREP TIME: 30 MIN

COOK TIME: 12 MIN

SERVES: 18

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*These chewy pumpkin cookies have the perfect amount of pumpkin spice and each bite truly melts in your mouth. With chewy centers and spiced sugar topping, you will not believe how delicious these fall cookies are!*<sup>1</sup>

## INGREDIENTS

### For spiced sugar

$\frac{1}{4}$  cup granulated white sugar

$\frac{1}{2}$  tsp pumpkin pie spice

### For cookies

$\frac{3}{4}$  cup unsalted butter, softened

1 cup light brown sugar, packed

2 egg yolks, at room temperature

2 tsp vanilla

$\frac{1}{2}$  cup canned pumpkin puree

$1\frac{3}{4}$  cup all purpose flour, spooned and leveled

1 tbsp pumpkin pie spice

$\frac{1}{2}$  tsp baking soda

$\frac{1}{2}$  tsp baking powder

$\frac{1}{2}$  tsp salt

## INSTRUCTIONS

1. In a small bowl mix the granulated sugar and pumpkin pie spice together. Set aside.
2. Preheat oven to 350°F and line two baking sheets with parchment paper.
3. Spread the canned pumpkin on a plate and lightly press with a paper towel to absorb the excess liquid. Repeat the step at least four more times. The pumpkin should be dry enough that it goes from being  $\frac{1}{2}$  cup dried down to just about a  $\frac{1}{4}$  cup. Hardly any liquid should transfer onto a paper towel once it has been dried enough. Then set aside.
4. In a small bowl, whisk together the flour, pumpkin pie spice, baking soda, baking powder and salt. Set aside.
5. In a large bowl cream the softened butter and brown sugar together with an electric mixer on high speed for 1–2 minutes until light and fluffy.
6. Add in the egg yolks and vanilla and mix on medium speed until pale and fluffy, about 1–2 minutes.
7. Add in the pumpkin and mix on medium-low speed to combine.
8. Add in the dry ingredients and mix on low speed just until combined.
9. Scoop the dough with a 2 tablespoon cookie scoop, and roll them into balls. Then roll the dough balls in the spiced sugar. (If the dough is too “sticky” chill it in the fridge for 10 minutes, then proceed.)
10. Place the cookie dough balls at least 2 inches apart on the baking sheets. (I usually bake 6 at a time.)
11. Bake the cookies for 12–14 minutes. (12 minutes for really chewy centers, 14 minutes for a slightly crispier cookie). When the cookies are done baking the centers will be puffy. As they cool the centers will fall and the cookie will get “wrinkly”.
12. Let the cookies cool on the baking sheet for 5 minutes, then transfer them to a cooling rack to finish cooling. They are best enjoyed when they have cooled for at least 15 minutes!<sup>2</sup>

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<sup>1</sup>From In Bloom Bakery: Chewy Pumpkin Cookies

<sup>2</sup>Store the cookies in an airtight container for up to three days.

# Peanut-Popcorn Balls

PREP TIME: 25 MIN

COOK TIME: 45 MIN

SERVES: 14

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*For anyone who grew up loving Cracker Jack, Crunch 'n Munch, or Fiddle Faddle, our caramel-coated peanut-popcorn balls are like edible time machines. A little baking soda in the caramel keeps it light and lacy, and baking the balls after forming helps set and dry them, so they end up crisp, not tacky. Wrap them in plain parchment and striped waxed paper for the full bonbon effect.<sup>12</sup>*

## INGREDIENTS

- 14 cups Popped Popcorn (from  $\frac{1}{2}$  cup kernels)
- 4 tbsp unsalted butter
- 1  $\frac{1}{4}$  cups packed light-brown sugar
- $\frac{1}{3}$  cup light corn syrup
- 2 tbsp unsulfured molasses
- 2 tsp kosher salt
- $\frac{1}{4}$  tsp baking soda
- 1 cup roasted red-skinned salted peanuts or cocktail peanuts
- Vegetable-oil cooking spray, for gloves

## INSTRUCTIONS

1. Preheat oven to 225°F. Place popcorn in a large bowl. Melt butter in a medium heavy saucepan over medium heat. Stir in brown sugar and corn syrup; cook, stirring occasionally, until thoroughly combined. Increase heat to high; bring to a boil without stirring. Cook until mixture registers 245°F to 248°F on a candy thermometer, 2 to 4 minutes.
2. Turn off heat; stir in molasses, salt, and baking soda to completely combine. Keep stirring until mixture turns very foamy and lightens in color and bubbles up quite a bit.
3. Pour hot syrup over popcorn mixture and immediately sprinkle peanuts over top; stir until all kernels and nuts are coated. Let stand briefly. Meanwhile, put on a pair of rubber gloves and spray them with cooking spray (this isn't required, but it will help protect your hands from the heat, and it's important to work while the mixture is still warm).
4. Working quickly, use your hands to form mixture into balls, each about 1 cup in volume (if you have a 1-cup scoop, use that!). Transfer balls to a parchment-lined baking sheet. Once all have been formed, go back and use your hands to press them into tighter balls, so they really hold together. Let stand 15 minutes.
5. Bake 45 minutes. (If one or two balls fall apart during baking, let cool briefly, then re-form.) Let cool completely. Store in an airtight container at room temperature up to 2 weeks.

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<sup>1</sup>From Martha Stewart: Peanut-Popcorn Balls

# Seven Layer Bars

PREP TIME: 15 MIN

COOK TIME: 25 MIN

SERVES: 36

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*For anyone who grew up loving Cracker Jack, Crunch 'n Munch, or Fiddle Faddle, our caramel-coated peanut-popcorn balls are like edible time machines. A little baking soda in the caramel keeps it light and lacy, and baking the balls after forming helps set and dry them, so they end up crisp, not tacky. Wrap them in plain parchment and striped waxed paper for the full bonbon effect.<sup>12</sup>*

## INGREDIENTS

- $\frac{1}{2}$  cup unsalted butter
- $1\frac{1}{2}$  cup graham cracker crumbs
- 1 cup semisweet chocolate chips
- 1 cup butterscotch chips
- 1 cup chopped walnuts
- 1 can 14 oz sweetened condensed milk
- $1\frac{1}{3}$  cup shredded coconut

## INSTRUCTIONS

1. Preheat the oven to 350°F.
2. Put butter in 13x9-inch baking pan and place in oven until melted. Swirl to coat bottom and sides with butter.
3. Spread graham cracker crumbs evenly over bottom of pan. Layer chocolate chips, butterscotch chips, and walnuts over crumbs. Pour condensed milk over walnuts and sprinkle with coconut.
4. Bake in preheated oven until edges are golden brown, about 25 minutes.
5. Cool and cut into 36 bars.

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<sup>1</sup>From allrecipes: Seven Layer Bars

<sup>2</sup>Nutrition Facts per serving: 155 calories, 17g total carbohydrate, 1g fiber, 14g total sugars, 2g protein, 10g total fat, 5g saturated fat, 49mg sodium, 38mg calcium, 96mg potassium.