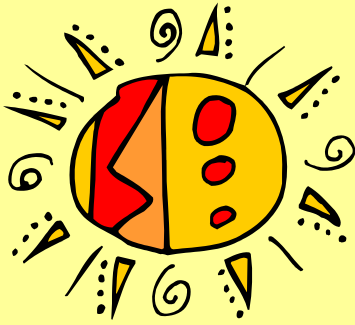


# Your Health Matters



SUMMER

FUN



RECIPE  
BOOK

## Delicious Plant Based Gluten Free Recipes

Nancy Stilson - Herzog  
Certified Health & Wellness Coach  
Certified Personal Trainer  
[www.fitterfortcollins.com](http://www.fitterfortcollins.com)



# Your Health Matters Summer Fun Recipe Book

Delicious Plant Based, Gluten Free Recipes

Nancy Stilson-Herzog, Certified Personal Trainer,  
Certified Health & Wellness Coach  
Bob Herzog, NPA (Nancy's Personal Assistant)

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For more information regarding the  
Your Health Matters Nutrition class series contact Nancy  
Stilson-Herzog at [fitnas@hotmail.com](mailto:fitnas@hotmail.com), or on the web at  
[www.fitterfortcollins.com](http://www.fitterfortcollins.com)





This book has been written and produced for informational purposes, and in no way should be used as a substitution for consultation with health-care professionals. You should not consider educational material to be a practice of medicine or to replace consultation with a physician or other medical practitioner. The author is providing you with information in this work so you can have the knowledge and can choose, at your own risk, to act on that knowledge. The author also urges all readers to be aware of their health status and to consult health care professionals before beginning any health program.

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## *Introduction*

We all have an opportunity to pave the way and create a new norm of healthy living and vibrant health. It starts with each one of us individually and extends to those around us. Others see our example of healthy living, they see our health improving from eating life-giving foods, they see our energy improve and our waistline shrink and this in turn sparks a desire in them to make improved health changes. Your actions speak louder than words and by your consistent example you teach others about the benefits of healthy living. Embrace what you are learning about your health, dare to go against the grain of our ill society and show others a new way to health.

I hope you enjoy the Your Health Matters Summer Fun Recipe Book and learning about some of the ingredients in the recipes herein and how they can support and heal the body.

May Happy, Healthy Living Be Yours,  
Nancy Stilson-Herzog



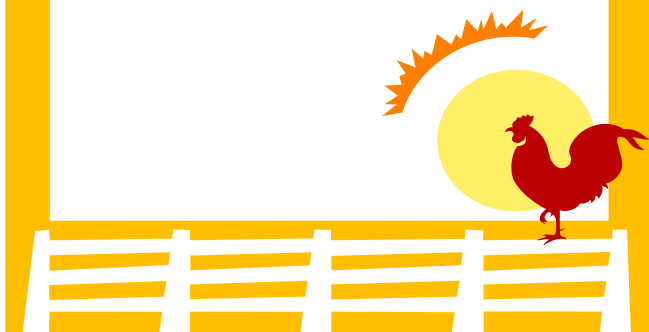
# Your Health Matters

## Summer Fun Recipe Book

Delicious Plant Based, Gluten Free Recipes



**Breakfast** 😊





# Blueberry Pancakes

Makes about 10 4" pancakes

**1 cup all purpose flour**

**2 level tsp. baking powder**

**3 tbsp. agave nectar or other sweetener**

**1 ener-g egg replacer**

**1 cup soy milk**

**2 tbsp. unsweetened apple sauce**

**1/2 tbsp. cinnamon**

**1 cup blueberries**

**1/4 tsp. sea salt**

**1/4 cup chopped pecans**

Heat pan or griddle to 325°F. Spray with nonstick cooking spray.

Mix all wet ingredients (include 1 tsp. egg replacer with 2 tbsp. warm water) in one bowl, and all dry ingredients in another (excluding blueberries). Once they're mixed, pour the wet mixture into the dry. With a whisk, stir it all together, just until it's all combined. Using a rubber spatula, GENTLY fold in the blueberries.

Using a soup ladle, spoon the batter onto the griddle. Once the top of the pancake starts to bubble (usually about 2 or so minutes), flip over. Cook for another 2 minutes. Remove from griddle and top with syrup.

Double the batch and store the extra pancakes in the fridge, then heat the cakes in the toaster, spread with jam or nut butter and enjoy.

# Watermelon Smoothie Delight

4 cups frozen watermelon

1/2 cup fresh mint

1 tbsp. brewers yeast

1 tbsp. spirulina, wheatgrass, or barley grass powder

2 cups cold water or aloe vera juice

Mix all ingredients in blender, add more water or aloe if needed.

***Aloe Vera juice*** is a desert plant belonging to the lily family and is one of the oldest natural healing remedies known to humans. There seems to be some unknown substance that acts as a “healing hormone” to accelerate the healing process of outer injured surfaces. Taken internally, aloe vera aids in assimilation, circulation, and elimination. It purifies the blood and liver, cleanses the colon, as well as soothing ulcers and hemorrhoids. It has been reported to increase endurance and energy, to provide speedy recovery to from fatigue, and to aid in muscle function and utilization of vitamins and minerals.

*Fresh or prepared aloe is sold in various forms, including juice, gel caps, and powders. Aloe vera juice is sold in the pharmaceutical section of most grocery and health food stores.*

# Pineapple-Banana Smoothie

**2 cups frozen pineapple**

**1 large ripe banana fresh or frozen** (frozen banana will make the drink colder and thicker)

**1/2 cup unsweetened coconut**

**1 cup raw spinach**

**1 tbsp. brewers yeast**

**1 tsp. ground cinnamon**

**2 cups almond milk** (more if needed)

Place all ingredients in blender and mix until smooth. Add almond milk until desired consistency is achieved.

***Brewer's Yeast*** is the best food sources of B vitamins, which help the body, metabolize carbohydrates, fats, and proteins. B vitamins support the nervous system, helps maintain muscle, relieves stress, depression, irritability and fatigue. Brewers yeast contributes to maintaining lower sugar levels, has many minerals including selenium, zinc, phosphorus and magnesium, and is a rich source of protein.

*Brewer's yeast is not an active live yeast cell – bread cannot be baked with them, but, brewer's yeast can be added to green or fruit smoothies, soups, casseroles, breads, and more.*

# **Roasted Vegetable Breakfast Burritos**

Enjoy this meal right after you make it or, wrap the burritos in foil and store in the refrigerator for up to 6 days. Re-heat in the oven at 400°F for 20-30 minutes.

## ***Burrito filling:***

**8 oz. mushrooms, sliced**

**4 Yukon potatoes, diced**

**1/2 onion, diced**

**1 red bell pepper, chopped**

**1/2 fresh jalapeno or green chile chopped finely or  
1 small can diced green chiles, drained**

**1/4 tsp. cayenne pepper**

**Sea salt to taste**

## ***“Eggs”:***

**12 oz. silken Lite Firm tofu organic**

**2 tbsp. unsweetened soy milk**

**2 tbsp. nutritional yeast**

**3 tsp. Braggs Liquid Aminos**

**1/2 tsp. onion powder**

**1/4 tsp. turmeric**

Preheat oven to 450°F. Lightly spray roasting pan. Roast burrito filling turning vegetables every 10 minutes. Cooking time is approximately 20 – 30 minutes. In a bowl, use a fork to break up the tofu “egg” mixture until it is a scrambled egg consistency. Fold “eggs” into cooked filling.



### ***Wrap:***

**Choose your favorite tortilla: wheat, corn, brown rice, or sprouted. Lightly spray both sides of the tortilla.**

Heat tortillas in a 325°F oven for a couple minutes so the tortilla becomes pliable. Place mixture into a warmed tortilla and enjoy.

Burritos can be wrapped in foil and stored in the refrigerator for up to 6 days. Reheat at 400°F for 15 - 20 minutes.

## **Maple Cashew Butter on English Muffins**

Raw cashew butter can be difficult to spread since it needs to be kept refrigerated to avoid it becoming rancid. Adding the maple syrup to the butter makes it delicious and spreadable.

**1/2 cup raw cashew butter**

**1/4 cup pure maple syrup**

**Sliced banana**

**Whole grain English muffin**

Mix cashew butter and maple syrup with a butter knife until smooth. Toast the English muffin. Spread small amount of mixture on muffin and place sliced banana on muffin.

The extra spread can be kept in the refrigerator for a few months.

## **Super Breakfast Bites**

Enjoy these power packed, healthy, quick grab and go bites for breakfast or a quick snack.

**2 cups rolled oats**

**2 cups oat flour**

**2 tbsp. superfood maca powder**

**2 tsp. baking powder**

**1/2 tsp. sea salt**

**1 1/2 tsp. cinnamon**

**1/2 tsp. ground nutmeg**

**1 cup pureed overripe bananas**

**1 cup figs**

**2 tsp. vanilla extract**

**1/4 cup raisins, craisins or chopped dried apricots**

Preheat oven to 350°F. In a mixing bowl, combine and mix first 7 ingredients. Puree bananas, figs and vanilla in a food processor or blender until it produces a much liquefied mixture, not like what you get from mashing. Add pureed mixture and dried fruit to dry mixture and stir until combined. Place mounds of the batter (about 2 tbsp.) on a baking sheet lined with parchment paper. Bake 14 or 15 minutes, until golden brown and set to the touch. Cool for 1 minute on pan, then transfer to a cooling rack.

# Vegetable Quiche

## *For the Crust:*

**1 cup almond meal**

**1 cup gluten free baking flour** (I use Bob's Red Mill)

**1 tbsp. flax meal + 3 Tbsp. water** (you can make your own flax meal by simply grinding the flax seed in a nut/seed or coffee grinder).

**2 tbsp. Earth Balance Vegan Buttery Spread**

**1 tsp. Everyday Season Blend** (like Trader Joe's or Bragg's 24 Herb & Spice Seasoning)

Preheat oven to 350°F. Mix the flax meal and the 3 tbsp. of water together and let sit for about 10 minutes. Place the almond flour, vegan butter and seasoning blend in a food processor and turn on. While running, pour in the flax mixture. Pulse until the flax is completely incorporated and the dough is sticking together. Drizzle in more water if needed. The dough should be soft and smooth. Press the dough evenly into the bottom of a 9 x 13 glass baking dish. The dough can run up the sides slightly. Poke the crust all over with a fork. Bake the crust for 15-20 minutes or until the edges are golden brown.

## *For the filling:*

**1 medium sweet onion, finely chopped**

**1 medium red pepper, finely chopped**

**1 medium yellow or orange pepper, finely chopped**

**3 cups spinach, finely chopped**

**24 oz. extra firm organic tofu**

**1/2 cup nondairy milk** (soy, almond, rice, etc.)

**1/2 cup nutritional yeast flakes**

**1 tsp. salt**

**1/4 tsp. nutmeg**

**1/4 tsp. turmeric**

**1/8 tsp. cayenne pepper**

**1 tbsp. olive oil**

Preheat oven to 350°F. Place tofu, plant milk, nutritional yeast flakes, salt nutmeg, turmeric and pepper in a mixing bowl. Stir the mixture with a fork until crumbly. Finely chop all vegetables in a food processor. Add the vegetables to the tofu mixture and stir well. Spread the mixture evenly over the crust. Bake for 30-40 minutes or until the top is light golden brown. Remove from oven and let sit for a few minutes before serving. May be eaten hot, at room temperature, or cold.

# *Salads*





# Kale Salad

*For the dressing mix together:*

**1 tbsp. olive oil**

**Juice from 1/2 lemon**

**1/2 tsp. salt**

**Pinch of cayenne pepper**

**2 tsp. agave nectar or honey**

**6 cups of kale, sliced fine into ribbons**

**1/4 cup toasted pine nuts**

**1/4 cup dried cranberries**

Massage dressing into kale; allow to sit for at least 30 minutes

Combine remaining ingredients and serve.

***Kale*** is a member of the cabbage family. Kale is an easy to grow vegetable, resistant to cold, simple to harvest, store and prepare, and is rich in vitamins and minerals. There are two common varieties: Scotch kale has curly, bright greenish-yellow leaves; blue kale has deep green to bluish leaves that are plume like with frilled edges. Kale is valuable as an internal body cleanser but has a tendency to generate flatulence when the body is overly acidic. It is also beneficial for the digestive and nervous systems, builds up the calcium content in the body, and is a cancer preventative food. Kale contains the lutein and zeaxanthin, which protects the eyes from macular degeneration. Kale also contains compounds that have anticancer, antioxidant and antiviral characteristics.

# Jicama Salad

**1/2 peeled and diced jicama**

**2 apples diced**

**1 frozen package mango thawed**

**1 medium red pepper chopped**

**1/2 sweet onion chopped**

**1/2 cup chopped cilantro**

**1 can drained northern bean or black bean**

**1/2 small pkg. of frozen corn thawed**

## ***Dressing:***

**3 tbsp. fresh lime**

**3 tbsp. orange juice**

Combine all ingredients and serve.

***Jicama*** is Native to Mexico and the headwater region of the Amazon in South America. Jicama is the fleshy underground tuber of a leguminous plant. Store jicama at room temperature for a few days or refrigerate for up to two weeks. Do not freeze. The interior is crunchy and sweetly bland, tasting like a cross between an apple and pear. It is easy to prepare – simply peel just before serving. Its bland taste makes it suitable for almost any dish from salads, fruit medleys, stir-fries, soups and stews for an extra crunch. Jicama is low in fat and high in fiber, potassium, iron, calcium, and vitamins A,B complex, and C.



# Coleslaw Salad

**1 bag shredded slaw**

**1/2 cup raw pumpkin seeds**

**1 cup grape tomatoes cut in half**

**1 cup black grapes cut in half**

**1 cup cooked frozen corn**

Combine ingredients.

## ***Dressing:***

**3 tbsp. Vegannaise**

**3-5 tbsp. balsamic or flavored vinegar** (Cuisine PEREL flavored vinegars – Black Fig or Spicy Pecan)

Blend Vegannaise and vinegar.

## ***Seasonings:***

**Crushed red pepper to taste**

**1/2 tsp. cumin**

Toss dressing and seasonings into salad.

***Cumin*** is native to the eastern Mediterranean. Cumin has a strongly aromatic, spicy taste. It is commonly used in relishes, bean dishes, soups, salads, curries, and baked goods. Cumin is one of the best spices to strengthen digestion and improve the taste of food while aiding the secretion of digestive juices. It also stimulates circulation, relieves pain and cramping in the abdomen, and helps prevent and relieve flatulence.

# Roasted Vegan Potato Salad

3 lbs. Yukon potatoes (unpeeled), cut into chunks

1 lb. peeled sweet potato, cut into chunks

1 bunch sliced green onions, greens too

2 celery stalks chopped finely

1/2 cup chopped sweet pickles

1/4 – 1/3 cup vegan mayonnaise

1-2 tbsp. yellow mustard

1/4 tsp. sea salt

1/4 tsp. cayenne pepper

1/4 tsp. smoked paprika

## Cooking spray

Preheat oven to 425°F. Arrange potatoes in lightly sprayed roasting pan. Lightly spray tops of potato. Bake 20-30 minutes, turning every 10 minutes.

When the potatoes have finished cooking, let them rest. Mix remaining ingredients, add mixture to potatoes. Serve warm or cold.

***Paprika*** is traditionally used in Hungarian goulash but is also used in cocktail dips, dressings, sauces, and soups. It is an antibacterial stimulant. Paprika normalizes blood pressure, improves the entire circulatory system, and boosts secretion of saliva and stomach acids. It feeds the cell structure of the arteries, veins, and capillaries so they regain elasticity.

# Butter Lettuce Salad

2 bags of prepared butter lettuce

1/2 pint cut grape tomatoes

1 can artichoke hearts drained

1 fennel bulb diced

6 sliced radishes

1/2 chopped sweet onion

## ***Dressing:***

1 tbsp. grape seed or vegetable oil

2 tbsp. Dijon mustard

1 fresh squeezed lemon

1/4 cup chopped fresh tarragon

Crushed red pepper to taste

Toss into salad

***Fennel*** is a member of the parsley family and known for its mild licorice flavor. There are three kinds of edible fennel: one is an herb and two are vegetables. Common fennel is used to flavor soups, and fish sauces. Florence fennel is cultivated for its thick leaf stalks. The plant resembles a plump celery plant, except the leaves are finer and more feathery like dill. All parts are edible from the bulb to the stems and leaves. The stalks and bulb can be used raw, chopped into salads, or cooked.

*Fennel has many health benefits. It relieves pain in the stomach, relieves stomach spasms and cramping, relieving or expelling gas, and is an anticarcinogenic.*

# Mango, Coconut Quinoa Salad

2 cups cooked red quinoa

1 cup diced fresh or frozen mango

1 medium red bell pepper chopped

3/4 cup thawed shelled edamame

1/2 cup chopped cilantro

1/2 cup chopped onion

1/2 cup large flake unsweetened coconut

1/2 cup sliced almonds

1/2 cup raisins

## ***Dressing:***

1 lime, juiced

4 tbsp. balsamic vinegar

2 tsp. olive oil

Mix all salad ingredients together. Whisk dressing and combine with salad.

**Quinoa** (pronounced keen-wah) is not a grain; it is actually a seed and related to the spinach family. It's gluten free, and when cooked, is light, fluffy, slightly crunchy and subtly flavored. It actually cooks and tastes like a grain, making it an excellent replacement for grains that are difficult to digest. Quinoa acts as a prebiotic that feeds the microflora (good bacteria) in your intestines. It is easily digested for optimal absorption of nutrients. Quinoa is a complete protein, meaning that it includes all nine essential amino acids. Quinoa is known as a superfood, full of phytonutrients, antioxidants, is alkaline and can even help balance blood sugar.

# Farmers Market Quinoa Salad

Serves 4 as a side, 2 to 3 as a main dish.

**2 English cucumbers, seeded, then diced.**

**1 pint grape tomatoes cut in half**

**2 tsp. roasted garlic, chopped**

**1/4 cup fresh basil, cut into thin ribbons** (stack the leaves on top of one another, roll into a "cigar" and slice thin)

**1/2 small sweet onion finely chopped**

**1/4 cup Kalamata olives, pitted and roughly chopped**

**2 - 3 tsp. capers, drained**

**2 - 4 tbsp. balsamic vinegar**

**1 tbsp. olive oil**

**1 tsp. agave** (or some other sweetener)

**1/2 lemon, juiced**

**1 can chickpeas, drained and rinsed**

**1 cup cooked quinoa**

**1/3 cup raw sunflower seeds**

**1/4 cup black currants**

**Sea salt and cayenne pepper to taste**

Cook the quinoa, allow to cool.

Place remaining ingredients in a large bowl and mix together. Season with sea salt and cayenne pepper to taste. Let sit in the refrigerator for 5 to 10 minutes to allow the flavors to combine.



## *Main Dish*







# Hot Vegetable Sandwiches

Makes 4 sandwiches

**4 Portabella mushrooms washed**

**2 red peppers cut in half**

**1 large onion sliced**

**4 - 100 calorie Oroweat or Whole Foods “One Bun” toasted**

**Vegan pesto** (see vegan pesto recipe in the sauces, drips section)

Roast vegetables in a roasting pan at 450°F for 7 - 10 minutes each side. Remove and discard outer skin of red pepper. Toast bun in a toaster. Spread pesto on bun. Assemble sandwiches with 1 mushroom, 1/4 pepper, and 1/4 onion on bun. Serve immediately or wrap sandwich in foil and store in the fridge. Reheat in oven at 350°F for 15 - 20 minutes.

**Onions** are familiar to everyone but because of the many different varieties many are unaware of their culinary uses. The health benefits include fighting infections, a diuretic, blood pressure regulator, heart rate reducer, a natural antiseptic, anti-cancer, removes heavy metals and parasites, and much more. Onions are one of the oldest vegetables known to man.

**Leeks** – the most subtle and sweet tasting. **Pearl** – mild and cooked whole. **Red Italian** – always sweet unless they have been stored too long – mild in flavor. **Scallions** – mild flavored and edible from their crisp tops down to the tender bulbs. **Shallots** – look like garlic, mild in flavor and tender. **Vidalia** – one of the most delicious and sweet varieties. **Walla Walla** – best only when lightly cooked, mild in flavor. **Yellow and white globe** – the most popular of onions

# Hot or Cold Sundried Tomato Pasta Salad

Serves 3-4

**1 package cooked quinoa linguini**

**1/3 cup reconstituted sundried tomatoes**

**6 chopped roma tomatoes (seeds removed)**

**1 cup chopped basil**

**1/3 cup Kalamata olives sliced**

**1/3 cup pine nuts**

**1 juice of a lemon**

**Sea salt and cayenne pepper to taste**

Toss all ingredients. Serve warm or cold.

**Olives** are traditionally cured, such as those found at most olive bars, offer a host of health benefits. They're rich in iron, vitamin E and copper, and an excellent source of fiber. It's true that olives do have some fat, but its monounsaturated variety. Monounsaturated fats have been found to reduce the risk of atherosclerosis and increase HDL (good) cholesterol. Olives are fat soluble and are antioxidant that neutralizes damaging free radicals, along with polyphenols and flavonoids, which have anti-inflammatory properties. It can help reduce the severity of asthma, osteoarthritis, and rheumatoid arthritis, help prevent heart disease, colon cancer, help prevent the frequency and intensity of hot flashes in women going through menopause.

# **Chickpea, Beet, and Apple Grilled Sandwich**

Serves 4

**1 15-oz. can chickpeas, rinsed and drained**

**3 tbsp. vegan mayonnaise**

**1 tbsp. lemon juice**

**1 tsp. chopped tarragon**

**8 slices gluten-free bread**

**1 medium red beet, peeled and shredded**

**1 granny smith apple, thinly sliced**

**1/4 cup spicy radish sprouts**

**4 tbsp. prepared Kalamata olive tapenade**

**Sea salt**

Pulse chickpeas, mayonnaise, lemon juice, and tarragon in food processor until smooth but a little chunky.

Spread chickpea mixture on 4 slices of bread. Spread tapenade on other 4 slices. Top with shredded beets, apples and sprouts; close sandwiches.

Lightly spray outer sandwich with cooking spray. Lightly spray grill or skillet with spray. Place sandwich on grill over medium heat; weight with smaller diameter sauce pan. Cook 3 minutes. Flip, replace weight, and cook 2-3 minutes. Serve immediately.

## **Eggplant Meatballs – Express Version**

These vegetarian meatballs are great on a sandwich, served with spaghetti, or as an appetizer with a sauce.

**1 cup walnuts, finely chopped**

**1 cup button mushrooms**

**1/2 onion, chopped**

**1 eggplant, peeled and chopped**

**1 1/2 cups breadcrumbs**

**1/2 cup vegan “parmesan cheese” alternative**

**1 tsp. salt**

**3/4 tsp. crushed red pepper**

**1 tbsp. minced garlic**

**1 tbsp. lemon zest**

**1/2 cup fresh chopped basil**

Finely chop walnuts in food processor, place in large mixing bowl. Finely chop mushrooms and onions in processor and add to walnuts, finely chop eggplant in food processor and add to previous mixture. Add remaining ingredients to previous ingredients and mix well. Form meatballs. Preheat oven to 350°F. Place in lightly sprayed roasting pan and cook for approximately 20-30 minutes turning every 7-10 minutes until firm and browned. Cooking times may vary.

**Serve with Spicy Cocktail Sauce** – see the sauces, dips, dressings and toppings section of the recipe book.

# **Stuffed Anaheim Peppers**

**8 Anaheim peppers** (straight as possible, curvy is okay too). **Cut the top end off and length wise slice one side of the pepper**

**4 stalks of swiss chard, de-veined and chopped**

**1/2 onion chopped**

**1/2 cup daya shredded vegan cheese**

**1/2 can black beans drained and rinsed**

**1 tsp. cumin**

**3/4 tsp. cayenne pepper**

**1/2 tsp. sea salt**

**2 egg whites**

**1 1/2 cups cooked brown rice**

Preheat oven to 350°F.

Heat a fry pan with 2 tbsp. water and sauté the onions. After a couple of minutes, add the swiss chard and sauté until soft (add 1-2 tbsp. water as needed). Let cool slightly.

In a food processor, mixer, or with your hands, mash the beans, vegan cheese, cooled chard, egg whites and spices, until everything is mixed well. Fold cooked rice into mixture.

Place the peppers onto a sheet pan and spoon or pipe the mixture into each one.

Bake at 350°F for 20-30 minutes.

# **Plant Sausage Patties**

**2 cloves garlic**

**1 small onion, chopped**

**1 carrot, chopped**

**1/2 cup parsley, chopped**

**1 15 ounce can pinto beans (drained & rinsed)**

**1 cup cooked brown rice**

**2 tbsp. chopped walnuts (optional)**

**2 tbsp. oat flour (or other flour)**

**2 tbsp. nutritional yeast**

**2 tbsp. maple syrup, honey or agave nectar**

**1 tbsp. agar agar**

**1 1/2 tsp. smoked paprika**

**1 1/2 tsp. red pepper flakes or to taste**

**1 tsp. sea salt**

**1 tsp. sage powder**

**1 tsp. dried basil**

**1/2 tsp. fennel seed**

**1/2 tsp. thyme**

Pulse onion, garlic, carrots and parsley in a food processor (or chop by hand). Place vegetables in a large mixing bowl. Put pinto beans into food processor and pulse until they are mostly broken down, but not at paste. Add to the beans to the bowl. Add all remaining ingredients to the bowl and mix well.

Preheat oven to 400°F. Line a baking sheet with silicone mat or parchment paper. Take 2 tbsp. of bean mixture and form into a ball with hands. Lightly press mixture in a silicone muffin pan or place it on a parchment paper lined cookie sheet. Tap lightly to flatten making a sausage patty. Repeat for remaining bean mixture.

Bake for 25 to 30 minutes turning once during the cooking process. Patties are done when they are golden brown on each side and hold together. Allow to cool for a few minutes before removing from the baking sheet and serving.





# *Crackers, Dips, Sauces & Spreads*





# Homemade Cheddar Crackers

**2/3 cup cashews**

**1/3 cup sunflower seeds**

**1/2 cup brown rice flour**

**3 tbsp. nutritional yeast**

**1 tbsp. turbinado sugar**

**1 tsp. dried onion powder**

**1/2 tsp. sea salt**

**1/2 tsp. garlic powder**

**1/4 tsp. baking soda**

**2 tbsp. sesame seeds**

**1/4 cup water**

**1/2 tsp. olive oil**

Preheat oven to 350°F. In a large bowl, mix together the dry ingredients. Add wet ingredients and mix well. Knead dough with hands until it comes together. Shape into a ball. Sandwich the ball of dough with parchment paper on top and underneath. Roll out dough until it's about 1/8 inch thick. Roll pizza cutter along the dough in each direction to make squares. Place squares on cookie sheet and bake for 20 minutes, until slightly golden in color. Cool on baking sheet for 10 minutes. Store in an airtight container once fully cooked.

Quick recipe: Combine all ingredients in a food processor. Mix until a ball forms. Continue recipe instructions: Cover with parchment paper, etc.

## **Kale/Walnut Spread**

**1 bunch kale, rinsed and de-veined**

**1/2 cup walnuts**

**1/3 – 1/2 cups water**

**1/2 jalapeno pepper**

**1-2 tbsp. nutritional yeast**

**Garlic salt and cayenne pepper to taste**

Steam the kale for 3-4 minutes or until tender. Blend the cooked kale with the other ingredients along with 1/2 cup of the green water from steaming. Process in a blender or food processor until smooth. Add salt and pepper to taste if desired.

Serve spread on non-hydrogenated crackers, wraps with fresh vegetables, a vegetable sandwich, or as a dip for cut vegetables.

## **Spicy Cocktail Sauce**

**1 28 oz. can Organic Muir Glen Fire Roasted Diced Tomatoes**

**1/2 10 oz. bottle Sweet Red Chile Sauce** (oriental section of health food store)

Mix sauces together, pour over vegan meatballs and heat through. Serve dish over rice, spaghetti, or as an appetizer.

# Pineapple-Rhubarb Relish

1 1/2 cups finely chopped fresh or frozen rhubarb

1 1/2 cups finely diced pineapple

3 tbsp. fresh mint

2 tbsp. chopped shallot

2 tbsp. finely chopped jalapeno pepper

2 tbsp. honey

1 tbsp. lime juice

1 tsp. grated lime zest

**Combine all ingredients. Cover with lid, and refrigerate 8 hours or up to 3 days.**

Serve with hummus and whole grain crackers, on toast, or with a whole grain tortilla chip.

***Mint** is strongly aromatic and used in healing and cooking. It is an antiseptic, a general stimulant for the body, can allay nausea, regulates the stomach, liver, gallbladder, and intestines. It has a distinctive flavor and refreshing aroma. Mint leaves can be used fresh or dried.*

## **Tasty Hummus**

**2 cloves roasted garlic**

**2 tbsp. parsley**

**1 15-oz can garbanzo beans drained, liquid reserved**

**3 tbsp. tahini (sesame seed butter)**

**3 tbsp. lemon juice**

**1/4 tsp. cumin**

**1/4 tsp. sea salt**

**1/4 tsp. paprika**

**1/4 tsp. crushed red pepper**

Place garlic and parsley in food processor and chop finely. Add remaining ingredients to the food processor and process until very smooth, 2-3 minutes. The mixture should be moist and spreadable. Add bean liquid if it is too dry until desired consistency is achieved.

## **Quick Creamy Salad Dressing**

**2 tbsp. your favorite flavored hummus**

**2 tbsp. balsamic vinegar or flavored vinegar**

**Optional: few drops of maple syrup for sweetness, or add a little cayenne for an extra kick.**

Whisk together. Taste and add above options to your liking.

# Vegan Pesto

1 cup walnuts

2 tbsp. olive oil

1/4 cup plain soy or rice milk

1 1/2 cup basil

1/3 cup nutritional yeast

3/4 tsp. salt

1/2 tsp. pepper

3 cloves garlic, chopped

**For a spicy kick add 1 finely chopped jalapeno**

Combine all ingredients except garlic in blender. Blend until almost smooth. Stir in garlic.

Can be frozen.

**Nutritional yeast** contains B vitamins, amino acids and minerals. It is not an active yeast and cannot contribute to infections such as candida. It improves liver health and function, improves blood production, and it maintains ideal intestinal ecology. Nutritional yeast is grown on cane sugar and molasses. It is harvested, washed, dried and sold either in the form of flakes or powder. The color can range from yellow to brown depending on the manufacturer. Nutritional yeast is a pure protein, includes all 18 amino acids and 15 minerals. Nutritional yeast can be used as a topping for popcorn instead of butter and salt, its cheesy flavor is great on pastas and casseroles.

# Chia Seed Jam

**3 cups frozen or fresh fruit of choice, roughly chopped** (blueberries, raspberries, strawberries, rhubarb strawberry, plum, apricot, peach, cherry, or blackberries)

**2 1/2 tbsp. maple syrup**

**2 tbsp. chia seeds**

**1/2 tsp. almond or vanilla extract**

**Liquid Vanilla Stevia** (optional)

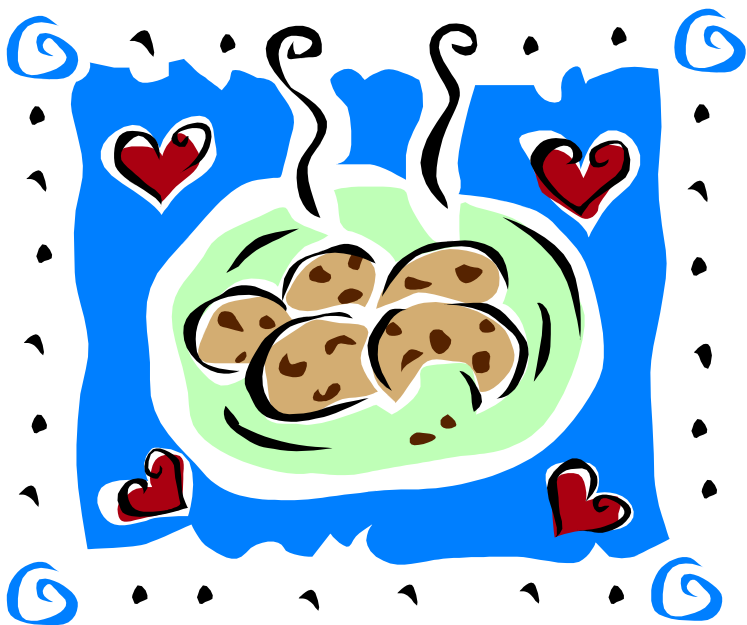
Pulse fruit in a food processor until chopped. Bring fruit and maple syrup to a low boil and reduce heat to medium low. Simmer for 10 minutes, stirring frequently. Stir in chia seeds and cook until thickened, about 5 minutes more. Remove from heat and stir in the extract. Add a few Stevia drops to increase sweetness.

Serve on toast, crackers or pancakes.

The fresh jam can be stored in the fridge up to 7 days. The Chia Jam can be frozen in small containers for longer storage.



# *Occasional Treats*





## **Summer Berry Crisp**

**4 cups in season mixed berries** (strawberries, blueberries, blackberries)

**2 stalks rhubarb chopped**

**2 tsp. cinnamon**

**1/2 cup quinoa flour**

**1/2 cup oats**

**1/4 cup melted vegan butter**

**1 tsp. ground cinnamon**

**3/4 tsp. ground nutmeg**

Heat oven to 375°F. Lightly spray 8x8x2 square pan. Mix berries and rhubarb with 2 tsp. cinnamon. Arrange in pan. Mix remaining ingredients. Sprinkle over berries. Bake about 30 minutes or until topping is golden brown and berries are bubbling. Serve warm if desired.

## **Sweet Banana Topping**

**1 banana**

**2 pitted dates**

**3 tbsp. almond milk** (add more if needed)

Blend all until smooth. Serve over berry crisp.

## Date/Walnut/Pecan Sweet Snack

This easy dessert will take the edge off any sweet craving.

**3 dates cut in half**

**Halved walnuts or pecans**

Sandwich 1/2 date between nut.

## Berry Dessert Salad

Serves 8

**2 cups blueberries**

**2 cups blackberries**

**2 cups raspberries**

**2 cups strawberries**

**1/2 chopped dates**

**1/2 cup cashew pieces**

**2 tsp. vanilla extract**

Combine all ingredients and serve.

**Dates** are referred to “candy that grows on trees”, dates are sweet and chewy fruits that are delicious when eaten fresh. Fresh dates can be kept refrigerated for long periods of time and kept frozen for extended periods. They can be purchased pitted or not. To remove a pit simply slit the date open and remove. Dates are used as a healthy sweetener and added to salads, natural desserts, cereals and puddings, or eat them out of the bag.

# Macaroons

**1 cup shredded unsweetened coconut**

**3/4 cup almond flour**

**1/4 cup maple syrup**

**3 tbsp. coconut oil**

Mix all ingredients well. Form into 3/4 -1" balls, set in refrigerator for 3-4 hours.

For a toasted coconut version, bake cookies on a cookie sheet at 375°F for 10-12 minutes.

**Coconut** *is considered the king of plants. Coconut contains the organic iodine necessary to prevent thyroid gland problems, and soothes internal membranes with their laxative properties. It digests best when combined with salads and cooked vegetables. Coconut milk is warming, sweet, and thirst quenching. Coconut water is one of the highest sources of electrolytes known. It's a natural isotonic beverage, with the same electrolyte balance that we have in our blood, but with less sodium, more potassium, and more magnesium.*

*Coconut oil is saturated but can be beneficial if used in small amounts. It provides quick energy, improves insulin secretion, relieves stress on the pancreas and enzyme systems, and improves calcium and magnesium absorption.*

# **Hazelnut Date Treats**

**1 1/2 cups dates, pitted and halved**

**1/2 cup raw hazelnuts**

**1/2 tsp. vanilla**

**2 tbsp. maple syrup**

**7 drops hazelnut stevia**

**Pinch of sea salt**

**1 tbsp. unsweetened shredded coconut**

In a food processor, chop hazelnuts until fine. Pulse in salt, vanilla, maple syrup and stevia. Pulse until a pasty consistency forms (add more maple syrup if needed). Cut dates in half. Mold paste in shape of date and fill date with the hazelnut paste mixture and sprinkle with coconut to serve.