

Asian Salad

yields 10 servings

Dressing

2/3 cup grapeseed or canola oil
1/3 cup rice vinegar, (be sure to use 'unseasoned' – no sugar added)
1 Tbsp. sesame oil
3 Tbsp. Dijon mustard
1 clove garlic, minced
1 3-inch piece of fresh ginger
1 tsp. agave syrup or pure maple syrup
Salt and pepper to taste

Whisk all ingredients together and set aside. This can be made up to several days ahead of time and stored in the refrigerator.

Salad

1 medium head of Napa cabbage, end cut off and cut into quarters
8 oz. bean sprouts
1 small jicama or daikon, peeled and sliced into thin pieces
1 bunch green onions, thinly sliced, dark green end discarded
1 large red pepper, cut in half and sliced very thin
1 stalk of celery, sliced thin
½ cup slivered almonds
1 bunch cilantro, chopped, (set aside several Tbsp. for garnish)

Slice each quarter of cabbage very thin and place into a large serving bowl. Add bean sprouts, jicama or daikon, green onion, pepper and celery and mix well to combine. Add half the cilantro and half the dressing and toss well. Allow to sit for a few minutes to blend. Add more dressing as needed, being careful not to make it too wet. It will become wetter as it sits; wait until serving before adding more if needed. Refrigerate if not serving immediately. Just prior to serving toss in almonds and garnish with remaining cilantro.

Cauliflower Leek Soup

yields approximately 8 servings

2 large leeks (about 1½ lbs)

2 Tbsp. coconut or olive oil

1 large head cauliflower, divided into large florets

3 cups broth, chicken or vegetable stock, or water

1 cup (8 oz.) plain non-fat Greek style yogurt (gives a creamier taste without the extra calories)

Salt and pepper to taste

Cut the leeks in half, lengthwise, and cut each half into ½ inch thick slices. Rinse well to remove any dirt stuck between the layers. Heat oil in a soup pot, and cook leeks over medium heat, stirring frequently until softened, but not browned. Add cauliflower and broth, stock, or water, and bring to a boil. Using broth or stock gives it a richer flavor. You may not need to use salt; taste carefully before adding salt. Lower heat to a simmer and cook until cauliflower is very soft. Remove from heat and allow to cool slightly. Using a blender or food processor, puree about ½ the soup in batches, and return to soup pot. Stir in yogurt and mix well to combine. Season to taste with salt and pepper. Gently reheat and serve. If you like a completely pureed soup, you may blend the entire pot, but it is nice to have some lumpier consistency.

Rice and Veggie Torte

yields 4-6 servings

2 tsp. olive oil
4 cloves garlic, minced
1 medium onion, chopped finely
1/3 cup sunflower seeds
1 tsp. curry powder
1 cup finely chopped arugula
1 cup finely chopped turnip greens or bok choy
2 cups broccoli florets
2 cups cooked brown rice
1 large tomato, chopped
1 tsp. each basil and thyme
2 eggs
2 egg whites
½ cup part skim ricotta cheese
1 tsp. Dijon mustard
1/3 cup low fat milk
2 Tbsp. parmesan cheese
Paprika for garnish

Heat olive oil over medium heat in a wok or sauté pan. Add garlic, onion, seeds and curry powder, and arugula, and sauté for about 3-4 minutes. Transfer to a medium mixing bowl. Bring a large pot of water to a boil and immerse broccoli florets and turnip greens or bok choy for 2 minutes. Drain well and mix with sautéed garlic mixture. Add rice, tomato, basil, and thyme. Preheat oven to 375 degrees. Oil a 10 inch pie plate.

In separate bowl, combine eggs, egg whites, ricotta, mustard, milk, and parmesan cheese. Add to rice mixture and mix well. Put mixture into prepared pie plate. Sprinkle with paprika and bake for 25-30 minutes or until firm in the center. Let cool slightly before serving.

Vegetable Dal Curry

yields approximately 4 servings

2 tsp. cold-pressed, extra virgin olive oil
1/2 cup chopped onion
2-3 tsp. turmeric powder
1/2 tsp. coriander powder
1/4 tsp. ground cumin
2 medium carrots, sliced
2 cups cauliflower florets
2/3 cup red lentils, well-rinsed
1 ¼ cups water (add more if needed)
Sea salt to taste
2 cups cooked brown rice

In a large sauté pan or wok, heat olive oil over medium heat. Add onion and spices and sauté until onions are softened, about 5 minutes. Add carrots and cauliflower and stir to coat. Then add lentils and water and bring to a boil. Reduce heat to a simmer and cook for about 40 minutes. Add salt to taste and serve immediately with brown rice.



Rosemary Roasted Potatoes

yields approximately 8 servings

3 tablespoons Olive Oil

3-4 Tbsp. chopped fresh rosemary

1/2 teaspoon garlic powder

Salt and pepper, to taste

2 pounds new potatoes, cut in half or fourths (red skin, Yukon Gold, fingerling)

Heat oven to 425 degrees F. Stir together oil, rosemary, garlic powder, salt and pepper in large bowl. Add potatoes. Toss well until coated. Spread evenly in 15x10-inch baking pan. Bake 30 to 35 minutes, stirring occasionally until potatoes are fork-tender and golden brown.

Beans and Greens Soup with Rosemary

yields 6-8 servings

4 cups sliced yellow onions (approximately 3 onions)
¼ cup extra virgin olive oil
3 garlic cloves, minced
2 cans white cannellini beans, drained
6 cups chopped greens such as escarole, spinach, bok choy, or kale
1 large branch fresh rosemary (6 to 7 inches)
2 quarts chicken stock or broth
1 bay leaf
Salt and freshly ground black pepper to taste

In a large stockpot over low to medium heat, sauté the onions with the olive oil until the onions are translucent, 5 to 10 minutes. Add the garlic and cook over low heat for 2 more minutes. Add the drained white beans, rosemary, chicken stock, and bay leaf. Cover, bring to a boil, and simmer for 30 to 40 minutes, until the beans are very soft. Remove the rosemary branch and the bay leaf. Pass the soup through the coarsest blade of a food mill, or place in the bowl of a food processor fitted with a steel blade and pulse until coarsely pureed. Return the soup to the pot to reheat and add greens, cooking until they are wilted. If you are using escarole or kale, they will need a few minutes longer than more tender greens. Season to taste with salt and pepper.

Curried Vegetable Stew

yields 6 servings

- 1 ½ Tbsp. coconut or olive oil
- 2 medium-large onions, diced
- 3 garlic cloves, minced
- 6 small new potatoes, unpeeled, washed and diced
- 4 medium carrots, scrubbed and sliced
- 2 cups water
- 1 small head cauliflower, broken into bite-sized pieces
- 1 bunch baby bok choy, chopped
- 2 cups fresh green beans, cut into 1 inch pieces (or 1 [10-oz.] package frozen cut green beans, thawed)
- 2-3 tsp. grated fresh ginger
- 1-2 tsp. curry (depending on your taste for curry!)
- 3 tsp. turmeric
- 1 (15-oz.) can lite coconut milk
- 1-2 Tbsp. red curry paste, for those who prefer a zippier taste! (optional)
- Salt to taste
- 1 ½ cups frozen baby peas, thawed

Sauté onion in oil for 3-4 minutes over medium heat in a large, heavy soup pot. Add garlic and sauté another minute. Now add potatoes, carrots, and 2 cups water. Bring to a simmer and cover. Cook for about 10 minutes. Potatoes will not be fully cooked yet.

Add the cauliflower, bok choy, green beans, and spices. Cover and continue simmering gently for about 10-15 minutes, until veggies are tender. Mash some of the potatoes against the side of the pot to thicken it some. Now stir in the coconut milk and the curry paste if using, being sure that the paste is well mixed in. allow to sit for an hour or more to blend flavors. Just before serving, stir in defrosted baby peas and reheat, adding salt if needed.

Orange, Roasted Beet, and Arugula Salad

yields 6 servings

2 large beets
1 navel orange
1 Tbsp. olive oil
2 tsp. balsamic vinegar
3 Tbsp. orange juice
1 teaspoon Dijon mustard
sprinkle of salt and freshly ground pepper
2 bunches arugula, washed well and dried
4 ounces nonfat feta cheese, crumbled, optional

Preheat oven to 450 degrees. Wrap each beet in aluminum foil and place on a baking sheet. Roast for 40 to 50 minutes. Pierce with the tip of a sharp knife to test for tenderness. Remove from oven, and when cool enough to handle, rub off skins. Slice into chunks. While beets are roasting, slice off ends of orange with a sharp knife. Peel and break into segments. Cut each segment into 2-3 pieces. Set aside.

Lentil Soup

yields 4 servings

2 cloves garlic, minced
1 medium onion, chopped
2 large carrots, sliced or chopped
2 stalks celery, chopped
1 ½ cups red and/or green lentils, well rinsed
2 quarts water or broth
Pinch rosemary, thyme or any herbs of your choice
2 cups chopped bok choy
Salt to taste

Combine first 6 ingredients and bring to boil. Add seasonings. Reduce heat to medium-low and simmer, partially covered, until lentils are soft. Green lentils need about 45 minutes to 1 hour, while red lentils only need 20-30 minutes. Puree half of the soup in the blender if you prefer a creamy soup.



Roast Chicken with Rosemary

1 whole chicken, rinsed under cool water
Salt and pepper to taste
1 small whole onion
1/3 cup chopped fresh rosemary

Preheat oven to 425 degrees F. Season chicken with salt and pepper to taste. Put the onion in the cavity and rub rosemary inside the bird. Place chicken in a roasting pan, and roast in the preheated oven for 30 minutes. Turn down oven temperature to 325 and continue roasting until chicken is cooked through and juices run clear (30-60 minutes more). Cooking time will vary, depending on the size of the bird.

Rosemary Roasted Cauliflower & Pine Nuts

yields approximately 5 servings

Adapted from "Chakra Foods for Optimum Health" by Deanna Minich, PhD., CN, Conari Press; San Francisco, 2009.

1 head cauliflower, broken into florets
2 cloves of garlic, peeled and minced
2 Tbsp. extra virgin olive oil
1 Tbsp. fresh rosemary, finely chopped
½ cup raw pine nuts
Sea salt and fresh-ground pepper to taste

Preheat oven to 425°. Place cauliflower florets in a large mixing bowl. Add garlic and stir throughout. Pour in olive oil and ensure that all cauliflower pieces are drizzled with oil. Sprinkle with rosemary, pine nuts, salt, and pepper. Transfer mixture evenly onto baking sheet and set, uncovered, in oven at 425° for 20-25 minutes or until the top and edges of cauliflower are lightly brown. You may stir about half way through if they are becoming too brown. Serve immediately.

Quinoa Salad

yields 8-10 Servings

1 ½ cups quinoa, rinsed several times
3 cups water, or chicken broth or vegetable broth (or a combination)
1 cup fresh or frozen peas (frozen baby peas should be just defrosted)
3 cups chopped broccoli, raw or lightly steamed
½ cup chopped red onion
1 can or jar artichoke hearts, drained and cut in half
1 red or yellow bell pepper, chopped
1 pint cherry tomatoes
½ cup chopped black olives (optional)
1/3 cup olive oil
2 Tbsp. balsamic vinegar or lemon juice
1 or 2 crushed garlic cloves
2-4 Tbsp. fresh dill, chopped (or 1 Tbsp. dried dill)
2 Tbsp. chopped fresh parsley
salt and pepper to taste

Rinse quinoa well (quinoa tastes bitter if not well rinsed). Bring 3 cups water or broth to a boil. Add rinsed quinoa and bring back to boil. Simmer uncovered for about 15 minutes until liquid is well absorbed. Transfer to large bowl with a small amount of olive oil to prevent sticking, and allow to cool. In the meantime, mix together remaining oil, vinegar or lemon juice, parsley, and garlic in a small bowl. Add veggies to quinoa and toss well with dressing mixture, dill, salt and pepper. Chill before serving.



Roasted Brussels Sprouts

yields approximately 4 servings

This can be served fresh out of the oven or at room temperature.

2 Tbsp. olive oil, approximately
¾ - 1 pound (approximately) Brussels sprouts
Salt to taste

Preheat oven to 425 degrees. Brush 1 or 2 baking sheets with some olive oil. Leave the Brussels sprouts whole if small and cut in half if large. Toss with olive oil and spread evenly on the baking sheet(s). Roast in pre-heated oven for about 10 minutes. Shake around or toss with a spoon so that they brown evenly. Roast for another 5 minutes. Taste at this point to see if they are done to your liking. Allow to cool for a few minutes before sprinkling with salt and serving. They may also be served at room temperature.