

Vicki's Vegan Kitchen

Eating with Sanity,
Compassion & Taste

Vicki Chelf

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Welcome to Vicki's Vegan Kitchen!

Come on in. There's always room for anyone who wants to experience the pleasures of vegan cooking. After all, it's no secret that dishes made with fresh local ingredients that are properly prepared are absolutely delicious ... and the healthiest that the planet has to offer. As Dr. T. Colin Campbell's comprehensive China Study has shown, there is an undeniable link between a vegan diet and the prevention of serious health conditions, including heart disease, cancer, type II diabetes, and autoimmune diseases. And as you are

about to discover, *Vicki's Vegan Kitchen* is the perfect cookbook to support this healthy dietary lifestyle. In it, author Vicki Chelf—cooking teacher and decades-long follower of the vegan diet—shows you just how easy it is to prepare divinely delicious plant-based foods.

“Warm and welcoming”

“Get ready for a warm and welcoming friend in the kitchen. Covering every category of vegan fare, *Vicki's Vegan Kitchen* is a *Joy of Cooking* for the 21st century.”

—Nava Atlas

Best-selling author of *Vegan Express*
and *The Vegetarian Family Cookbook*

“Fool-proof, easy-to-prepare”

“With Vicki Chelf’s treasury of fool-proof, easy-to-prepare recipes, vegan cuisine has never been more delicious.”

—Cherie Calbom

Best-selling author of *The Juice Lady’s Turbo Diet*

“Healthy choices”

“Whether you want to go vegan or

simply add healthy choices to your menu, *Vicki's Vegan Kitchen* shows you just how easy and tasty it is.”

—**Dr. Susan Smith Jones**

Best-selling author of *Recipes for Health Bliss* and *The Joy Factor*

Once you step into *Vicki's Vegan Kitchen* you won't want to leave. Along with enjoying the delicious, satisfying food it offers, you will ultimately enjoy the radiant health that it brings.



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Foreword

Welcome to an amazing guide that will make you absolutely love vegan cooking. When people make the transition to a vegan diet, they often say that this new and exciting way of eating makes them want to spend more time in the kitchen to explore new foods and try out new recipes. They find themselves becoming more comfortable and connected with what they are cooking and eating, knowing that foods from plant sources are better for their health, for the animals, and for the environment.

Our research at the Physicians Committee for Responsible Medicine

has shown that by following a plant-based diet and eliminating unhealthy fats and cholesterol that come from animal products, you can maintain a healthy weight, tackle blood pressure problems, and stay on the path of good health. In fact, our research has shown that a vegan diet can reverse type 2 diabetes; it has also been effective in helping many people with diabetes eliminate their need for medication.

Whether you have been following a vegan diet for years or you've just decided to dive in and try this healthy way of eating for the first time, *Vicki's Vegan Kitchen* is the perfect guide. In it, talented natural foods chef and cooking teacher Vicki Chelf takes you on an

enlightening tour of the wealth of delicious plant foods and shows you how to turn them into delectable, satisfying dishes. Her extensive glossary of ingredients not only describes the whole foods that are common to a vegan diet—fruits, vegetables, beans, grains, and more—but also presents their nutritional value, as well as guidelines for incorporating them into your meals.

As you turn the pages of the introductory chapters, you'll feel like you have your own personal chef to answer all of your cooking questions. Whether you want to know where to shop for the best ingredients, how to make the most of your food budget without compromising quality, or which

cookware and appliances are recommended, Vicki will answer these questions ... and a great many more.

After the introductory chapters, Vicki shares an amazing treasury of her favorite vegan recipes, while encouraging you to become more than a cook-by-the-book chef. A firm believer in creativity in the kitchen, she shows you how to experiment with different herbs and seasonings and use ingredient substitutions to stretch your culinary capabilities, so you can prepare foods exactly the way you like them. Through easy-to-follow, step-by-step instructions, you'll also learn how to grow fresh sprouts, bake your own bread, make homemade pasta, create

nor-maki sushi rolls, and prepare a wealth of delicious dishes—ranging from everyday favorites to gourmet specialties.

Whether you start with the savory Summer Squash and Coconut Curry Soup, the rich Chocolate Macadamia Nut Mousse, or any of Vicki's other delectable choices, you'll quickly find yourself getting more comfortable and creative in the kitchen, making more meals from scratch, and sharing your love of vegan dishes with friends and family.

Through her book, Vicki Chelf invites you into her kitchen to savor the flavorful taste of whole foods cooking. I hope you enjoy all the valuable advice

and fabulous recipes she has waiting for you—and that you invite others into your own kitchen to cook and share wholesome vegan meals together.

Neal Barnard, MD
Founder and President
Physicians Committee for Responsible
Medicine
Best-selling author of *Breaking the
Food Seduction*

Acknowledgments

It is a beautiful June day, and I am sitting in my Florida home enjoying the beauty of the lush tropical fruit trees that surround me. As I admire this natural setting, I feel truly blessed; and yet I can't help but think of less-idyllic surroundings, such as those caused by global warming or created by such devastating environmental disasters like the Gulf of Mexico oil leak. Such man-made problems have compromised much of our land's natural beauty as well as the existence of countless creatures great and small. And although these catastrophes have also caused me great

sadness, it has always been my hope that they will also become catalysts for creating a better future.

All over the world, there are people who dream of a making this world a better place, and work towards that end. Whether they are activists, business people, scientists, artists, spiritual teachers, gardeners, or parents, they share certain commonalities—the desire for a vibrant and engaged community, a high quality of life, and a healthy environment. This book is my way of thanking them. I realize that when it comes to preserving the health of our planet, many things are out of our control. Following a vegan diet, however, is one step anyone can take

toward a kinder, healthier planet. And I wish to thank everyone who has the courage and commitment to follow this dietary path.

This book would not have been possible without my publisher, Rudy Shur. His belief in me has inspired me to continue cooking and writing when my better sense told me to do something else. Rudy believed enough in this project to engage his senior editor, Marie Caratozzolo, for many months as she plied through reams of my writing and organized it into a coherent whole. Thanks Marie, I know how hard you worked.

I would like to thank my friend and former husband Jean Renoux, from Art

and Architectural Tours and Seminars, for giving me the opportunity to travel to Europe, Mexico, Asia, and North Africa, broadening both my culinary and artistic experiences. His French sensibility encouraged me to cook three meals a day for many years, thus helping me perfect my craft. I am also very grateful to my sister, Jacqueline Wheeler, who has been our mother's caregiver for the past few years, allowing me the time and opportunity to work on this project. For his wonderful cover photo, I must thank John Joseph Revisky, along with my longtime friend Joni Bergs for the styling.

Community radio is a powerful force for positive change, and I am

grateful to program director Arlene Sweeting and all the volunteers at WSLR 96.5 FM in Sarasota who bring art, music, and information to our local community. Through my show *Truly Sustainable Sarasota*, WSLR has given me a platform to present my environmental concerns for the past few years. Thank you also to Kimberly Stocker from Sarasota's Education Channel for choosing me as a host for the *Going Green* television show.

For their patience, I must thank my friends, who have had to put up with me saying, "We'll do that when my book is finished" for the past few years. I would like to thank my food writer friends Cherie Calbom, Susan Smith Jones, and

Judy Pokras for their wonderful recipe contributions to the book. I must also express my gratitude to all my cooking students, who have kept me on my toes over the years. And last, but not least, a special thank you to John Lambie for making my life happier than I ever dreamed possible. I love you all.

Preface

“Let me be your mentor in the kitchen.” When I was growing up, I viewed cooking as a natural part of everyday life—like brushing teeth or doing laundry. And because it came so easy to me, I didn’t recognize the value of my cooking skills. Looking back, I realize that although my mother never formally taught me how to cook, she was my mentor through example ... and taught me infinitely more than I realized at the time.

My mother prided herself on preparing everything from scratch, and never bought into the new-fangled

processed foods that were sweeping the country when I was growing up during the '50s and '60s. And she never followed a recipe! Like most women of her day, she learned to cook from her mother and grandmother, often through necessity. Because her mother was always busy tending to a new baby, and her dad was at work running the town's general store, my mother began cooking at a very young age. She was so small that she had to stand on a chair to reach the stove! Each day before sunrise, she would get up and make biscuits in a wood-burning oven for her numerous siblings. Her fluffy Southern biscuits are famous to this day—even my childhood friends still speak of them with fond

memories. And biscuits were just one of the many delicious foods that she prepared so well. I can still remember how at community and family potluck gatherings, people, especially the men, would whisper to her, “What did you make, Hazel? That’s what I want to eat.”

By preparing food, we can manifest love, health, consciousness, and compassion. The way we eat has far-reaching consequences. Consuming a whole foods plant-based (or mostly plant-based) diet that focuses on local and organic fare, is integral for good health—not only for ourselves, but also for our communities, the farmers, the animals, and the planet. There is power in the plate, and anyone can claim it by

learning to cook.

It is for this reason, that I have shared my love for healthy vegetarian/vegan food through classes and cooking demonstrations for decades. It is also the reason that I have written a number of cookbooks, including this one. I believe that, although healthy cooking is natural and easy, more and more generations are being raised without culinary role models. Adding to this problem is a media that spawns rock-star chefs, and spends billions to promote the wonders of convenience foodstuffs. This, if we are not careful, will hypnotize us into believing that only chefs can cook, and that food products are better than real food.

People often tell me that my meals are among the best that they have ever eaten. This is not because I possess some special talent. It is because I use fresh local ingredients that are prepared with love and respect. This way of cooking is not difficult; but, like anything that is worthwhile, it takes a bit of effort. Through this book, I hope to be your mentor in the kitchen. It can change your life, and the lives of others.

Introduction

Welcome to my kitchen! Come on in and sit down. There's always room for anyone who wants to experience the joys and pleasures of vegan cooking. Don't laugh. I know that vegan foods may not have the reputation of being fine cuisine, but once you taste dishes made with fresh local ingredients that are properly prepared, you are going to find them surprisingly delicious ... and the healthiest that this planet has to offer.

Over the years, notable names in the medical field like Drs. Neal Barnard

from The Physician's Committee for Responsible Medicine, and Dean Ornish with his famous heart disease reversal study, have repeatedly illustrated the health benefits of a plant-based diet. Now, these advantages are even more apparent. The dramatic results of the comprehensive twenty-year China Study—headed by health and nutrition researcher Dr. T. Colin Campbell in partnership with Cornell University, Oxford University, and the Chinese Academy of Preventive Medicine—showed an undeniable connection between what we eat and our health. The study, which involved thousands of adults from mostly rural areas of China, found that the subjects who ate the most

animal foods developed the most chronic illnesses. Those who ate the most plant-based foods were the “healthiest and tended to avoid chronic disease.”

The conclusion of the China Study, which has been considered the “most comprehensive large study ever undertaken on the relationship between the food we eat and the risk of developing disease,” is obvious. Avoiding meat and dairy products and eating a whole foods plant-based diet can help prevent many serious health conditions, including heart disease, cancer, type II diabetes, and autoimmune diseases.

As you are about to discover,

Vicki's Vegan Kitchen is the perfect cookbook to support this healthy dietary lifestyle. You will learn not only how to prepare divinely delicious plant-based foods, but also how to do so without spending hours in the kitchen. Taking the time to learn the basics of this diet will enable you to make healthy vegan cooking an integral and fulfilling part of your life.

To start you off on the right foot, the book begins with an overview of the vegan diet, including its nutritional benefits and impact on weight control. Consider the next few chapters a primer—a place to turn to when you have a question regarding ingredients, cooking techniques, and food preparation

methods. Extensive glossaries that cover each of these subjects put all the information you need at your fingertips. Setting up a vegan kitchen has never been easier.

What follows next are fourteen chapters filled with over five hundred of my favorite recipes and recipe variations. As a follower of the vegan diet and a teacher of vegan cooking for over three decades, I have accumulated a great many recipes for delicious foods and beverages in my cooking arsenal ... and it is my great pleasure to share them (along with lots of guidelines, tips, and suggestions) with you.

For breakfast, you'll find a collection of delectable choices to start

your day, from pancakes and waffles to hot cereals and scrambles. Along with sensational smoothies and juice drinks, the beverage chapter includes recipes for making your own nondairy milks, including oat, almond, coconut, cashew, and rice milks. You'll also learn how to make heavenly breads and muffins, perfect pie crusts, and incredible homemade pasta (you won't believe how easy it is). There is an assortment of spreads and dips that range from gourmet to everyday, and a collection of sensational soups that can serve as elegant beginnings to a dinner party or comforting quick meals in themselves.

Nothing is healthier than a delicious fresh salad, and I share many

of my all-time favorites with you. Chapters devoted entirely to beans and grains—staples of a healthy diet—offer palate-pleasing dishes that are a joy to eat and a pleasure to share with even your most discriminating dinner guests. Typically, delicious desserts have the reputation of being dietary “no-no’s,” but mine aren’t. I will show you how to create scrumptious pies, cakes, cookies, and other baked goods, as well as crumbles, crisps, and refreshing sorbets that are made without refined sugars, flours, or unhealthy fats. They are nutritionally superior to any that you can buy ... and I think even more delicious.

To help ensure successful results, step-by-step reader-friendly directions

accompany every recipe, as well as instructional drawings for the more complex preparation methods. No matter what you decide to make, every dish is an absolute winner—easy to make, completely vegan, and utterly delicious.

Thanks for stepping into my kitchen. Please stay awhile, look around, try the recipes, and ultimately enjoy the radiant health that comes from good food.

1. The Healthy Vegan

Unlike some vegetarian diets, which can include eggs, dairy products, and even fish, a vegan diet contains no animal food of any kind (not even honey). Plants are its sole ingredient source. The question many people ask when they hear the word “vegan” is, “How can a completely plant-based diet provide all of the nutrients the body needs?” In this chapter you’ll discover the answer to that question and learn of the many health benefits that are associated with this dietary lifestyle.

This chapter also includes helpful guidelines for making nutritiously wise food choices, and as an added bonus, it explains how a vegan diet can be helpful in managing weight control.

GETTING ALL YOUR NUTRIENTS

According to the American Dietetic Association, “Well-planned vegan and other types of vegetarian diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, and adolescence. They offer a number of nutritional benefits, including lower levels of saturated fat and cholesterol, as well as higher levels of carbohydrates, fiber, magnesium, potassium, folate, and antioxidants, such as vitamins C and E, and phytochemicals. Vegetarians are reported to have lower body mass

indices than non-vegetarians, and lower rates of death from ischemic heart disease; they also show lower blood cholesterol levels; lower blood pressure; and lower rates of hypertension, type 2 diabetes, and prostate and colon cancer.”

There are, however, certain important nutrients that that are thought to be more difficult to get on a vegan diet. They are listed below, along with ways you can get them in your diet.

Calcium

Primarily, calcium is essential for strong, healthy bones and teeth. The average adult needs about 1,000 milligrams daily. Children require from 500 to 800 daily milligrams. Young people from age nine to eighteen need 1,300 milligrams, as do pregnant and lactating women. Menopausal women need 1,600 milligrams. Although milk and other dairy products are the most well-known sources of calcium, a number of excellent vegan sources are also available.

NON-ANIMAL SOURCES: *Best sources include greens, such as collards, turnip*

greens, kale, bok choy, and mustard greens. They are low in oxalate acid, making the calcium they contain more absorbable by the body than other greens. They are, however, tough and not too tasty raw (even juiced, they are bitter), so they are best cooked. When cooked, they reduce in volume, so a cup of cooked greens is much more concentrated and provides a lot more calcium than a cup of raw. Other good sources include broccoli, sesame seeds, tahini, blackstrap molasses, almonds, fortified soymilk, and red and white beans. Certain dark green leafy vegetables like chard, spinach, and beet tops are high in calcium, but they are also high in oxalate acid, which

reduces calcium absorption by the body.

Essential Fatty Acids

Essential fatty acids (EFAs) are necessary for good health. They help protect cells against invading toxins, while helping transport their intake of nutrients and oxygen. EFAs also play an important role in the body's manufacture of *prostaglandins*, which regulate functions of the cardiovascular, immune, nervous, and reproductive systems. Because they cannot be produced by the body, EFAs must be obtained through food or supplements. *Omega-3* and *omega-6* fatty acids are the two most important. One key to optimal health is the proper ratio of omega-6 to omega-3 fats, which many experts believe is one-

to-one. A diet that is too high in omega-6, coupled with a deficiency in omega-3, can lead to the development of inflammation and a number of serious health conditions, including arthritis, autoimmune disorders, and cancer.

DHA and EPA are omega-3 fatty acids that are not easily available on a vegan diet. They are not considered “essential fatty acids,” because our bodies can manufacture them. However, our bodies don’t do this very efficiently. DHA is especially important for pregnant and lactating women because it plays an important role in brain development. The primary sources of DHA and EPA are fatty fish. To maximize DHA and EPA conversion on

a vegan diet, it is important to avoid trans fats and eat plenty of omega 3s.

NON-ANIMAL SOURCES OF OMEGA-6

FATS: *Raw nuts, seeds, and legumes, and unsaturated vegetable oils like corn, sunflower, and canola.*

NON-ANIMAL SOURCES OF OMEGA-3

FATS: *The best sources are flax (seeds and oil) and chia and hemp seeds (oil and butter). Other good sources include pumpkin seeds, walnuts and walnut oil, soy products, and dark green leafy vegetables.*

Iodine

The main function of iodine is to allow the thyroid gland to produce its hormones, which regulate physical and mental growth (this is especially important for children and pregnant women). Iodine is also essential for the proper functioning of the muscles, nervous system, and circulation. Seafood, including fish, shellfish, and plants of the sea, are the richest sources of this mineral. Iodine is added to many table salts. (Sea salt does not contain iodine.) Many vegan foods, including soy, sweet potatoes, and cruciferous vegetables like mustard greens, broccoli, cauliflower, and Brussels

sprouts, contain natural *goitrogens*, which interfere with iodine absorption. To avoid iodine deficiency, it is recommended that those who follow a vegan diet regularly consume sea vegetables or iodized salt.

NON-ANIMAL SOURCES: *Iodized salt and sea vegetables (kelp, dulse, seaweed), pineapple, peanuts, and spinach. Other plant foods can contain iodine when grown in iodine-rich soil, but this is not a source that can be counted on.*

Iron

A component of protein, iron is an important mineral that is involved in many bodily functions, including proper cell growth, oxygen transport, and immune system efficiency. A lack of dietary iron can lead to iron-deficiency anemia. Although vegans generally eat foods containing more iron than meat-eaters, the iron found in these vegetable foods (*nonheme* iron) is not as easily used by the body as the iron contained in animal foods (*heme* iron). Nonetheless, vegans have not been found to be more iron deficient than those in the general population. Iron deficiency is, however, fairly common among young women in

general, so it is especially important for them to eat plenty of iron-rich foods.

NON-ANIMAL SOURCES: *Good sources include blackstrap molasses, brewer's yeast, lentils, spinach, quinoa, tofu, tempeh, and prune juice. Cooking food in a cast iron skillet or Dutch oven increases its iron content. This is especially true for acid foods such as tomatoes. To enhance iron absorption, make sure to get plenty of vitamin C. Soaking grains before cooking also makes iron more available to the body, as does fermenting soy, as in tempeh.*

Protein

Proteins are the building blocks of all cells. The word “protein” itself means “primary substance.” Along with carbohydrates and fats, protein is considered a *macronutrient*. Composed of amino acids (of which there are about twenty), protein is necessary for the growth and repair of tissues. Eight of these amino acids are considered *essential*—our bodies cannot produce them—and we must get them from the food we eat.

Beans, nuts, seeds, quinoa, and soy foods are all rich sources of protein, and most whole foods, such as grains and even vegetables, contain varying

amounts. By eating a variety of whole foods—vegetables, legumes, and grains—you can easily consume the needed protein. In other words, a variety of plant-based foods will provide all the essential amino acids in sufficient quality and quantity. In fact, if one eats a varied whole foods diet with a sufficient number of calories it is almost impossible to lack protein.

Please pay attention here—the key words are *varied* and *whole foods*. If you eat lots of junk food, fats, and sugar, even while consuming sufficient (or more than sufficient) calories, it is possible to lack protein. Also a mono diet, which focuses mostly on one type of whole food, such as fruits or potatoes,

for instance, could also lead to insufficient protein. This is why variety is so important. It is also why raw foodists—those who eat raw foods exclusively—need to be more concerned about protein than the average vegan. Typically, they eat lots of fruits and nuts while avoiding grains, beans, and certain vegetables that are not good raw. In my opinion, a totally raw foods diet is not the optimal long-term diet for most people, but if you do choose to follow a raw vegan diet, please make sure you eat lots of sprouted beans and grains.

According to the USDA's Dietary Reference Intakes (DRIs)—an updated version of the Recommended Dietary Allowances (RDAs)—the optimum

daily amount of protein is 0.8 grams per kilogram of ideal body weight. Translated, this means about 44 grams for the average 120-pound woman (pregnant women require about 71 grams) and 56 grams for a 154-pound male—about two to three servings each day.

NON-ANIMAL SOURCES: *Beans, nuts, quinoa, seeds, and soy foods are excellent protein sources. Most whole foods (grains and vegetables) contain varying amounts.*

Riboflavin (Vitamin B₂)

Riboflavin is one of the B-complex vitamins. It helps the body release energy from the metabolism of fats, carbohydrates, and proteins. It also helps to maintain good vision. Riboflavin, which is most abundant in animal foods, is easily absorbed. Although vegans may have lower intakes of riboflavin, clinical riboflavin deficiency has not been observed in those who follow this type of diet. Nonetheless it is important to eat lots of foods that contain riboflavin.

NON-ANIMAL SOURCES: *Grains (millet, rye), broccoli, greens (turnip, collard,*

beet, mustard, spinach,) asparagus, mushrooms, avocados, nuts (almonds, pine nuts, cashews), wheat germ, wild rice, mushrooms, and enriched foods.

Vitamin B₁₂

An important nutrient, vitamin B₁₂—which comes primarily from animal sources—is responsible for the production of red blood cells. It also helps to maintain healthy nerves and is necessary for proper mental development. Although we do not need much B₁₂, a deficiency can lead to irreversible neurological damage. Pregnant and nursing women need a *regular* source of B₁₂ for the proper brain development of their babies.

You may be wondering: If a vegan diet is so good, why doesn't it supply such an important nutrient? According to

T. Colin Campbell, nutritional researcher and author of *The China Study*, vitamin B₁₂ is made by microorganisms found in the soil and in our intestines. He says, “Plants grown in healthy soil that has a good concentration of B₁₂ will readily absorb this nutrient. However, plants grown in ‘lifeless’ [nonorganic] soil may be deficient in vitamin B₁₂.” Because most of the food available in this country is grown in poor soil, it is not likely to contain the organisms necessary for B₁₂. Individuals who are most prone to B₁₂ deficiency are the elderly and those with weak digestive systems due to illness, surgery, or candida overgrowth.

NON-ANIMAL SOURCES: *The only reliable non-animal sources of vitamin B_{12} are supplements and foods that are fortified with B_{12} , such as cereals, soymilk, and some brands of nutritional yeast. These products must be labeled as “ B_{12} enriched.” For non-strict vegans, bee pollen is also a good source.*

Vitamin D

Called the “sunshine vitamin” because it is produced by the body after absorbing the sun’s rays, vitamin D regulates blood levels of calcium and phosphorus. It promotes bone and tooth formation, and also helps maintain a healthy immune system. For those who are light-skinned, ten to fifteen minutes of sunshine on the face and hands two or three times a week is usually enough. People with dark skin need longer exposure. Sunshine is the best source of vitamin D because very few foods contain it naturally. Food sources of vitamin D include fatty fish, fish liver oils, and eggs.

NON-ANIMAL SOURCES: *Vitamin D supplements; mushrooms; fortified soymilk and commercial grain and nut milks that are labeled “Vitamin D enriched.”*

Zinc

Zinc is another important mineral that is necessary for a number of bodily functions, including the metabolism of protein, carbohydrates, fat, and alcohol; tissue growth and repair; thyroid and cognitive functions; blood clotting; and fetal development. Animal protein is believed to enhance zinc absorption. On the other hand, vegan sources (grains, nuts, legumes) contain *phytates*, which bind with zinc making it less available to the body.

Although overt zinc deficiency has not been seen in Western vegetarians, it is still a good idea to take measures to assure adequate zinc absorption. For

instance, before cooking beans and grains, soaking them a few hours will help rid them of phytates. (Be sure to discard the soaking water.) And, according to Dr. Hulda Clark, author of *The Cure for All Diseases*, adding a pinch of ascorbic acid powder to the soaking water will help rid these dried foods of any molds, which they sometimes harbor. Leavening breads with yeast, or better yet, with sourdough, also makes zinc more bioavailable.

NON-ANIMAL SOURCES: *Nuts (pecans, peanuts, almonds, walnuts), split peas, whole grains (wheat, rye, oats) green peas, turnips, garlic, and black beans. Even ginger root supplies some zinc.*

Optimal nutrition is not difficult to obtain on a vegan diet, but it does require a bit of knowledge and effort. Knowing the correct foods and supplements along with a little planning and forethought is all it takes.

WEIGHT CONTROL FOR VEGANS

Weight control is a complex subject and there are lots of reasons so many people have trouble reaching and maintaining an optimal weight. With products and weight loss systems coming at us from all angles, it is easy to be confused. It's no wonder that the issue of weight control, which deals with individuals who have unique physiologies and personalities, can be complicated. This also makes it easy for weight-loss merchants to keep us puzzled. With desperate optimism, we go from one fad diet or weight-loss product to the next.

For over thirty years—the time I have been teaching people how to eat a healthful diet—I have witnessed a nonstop parade of these crazes. There have been high-protein diets (which have come and gone a number of times), grapefruit diets, soup diets, and even ice cream diets. There have also been tons of miracle pills and potions and gadgets that “guarantee” to melt the pounds away.

When it comes down to reality, the usual cause of weight gain is the same as it has always been—consuming more calories than you burn. We all know that fad diets don’t work. What *does* work are lifestyle adjustments that place an emphasis on health rather than weight.

Although this approach can be effective, it does require some effort. It involves taking control of your own food preparation, which may mean learning a whole new set of skills—creating menus, shopping for and preparing food, and sitting down to eat three times a day. It also means doing some exercise. This may take some effort, but believe me, it's worth it.

For many people, dieting is a way of life, and depriving oneself of food is not a pleasant way to live. Giving up and eating whatever comes your way is not a solution either, because, sooner or later, there is a price to pay—and that price is often illness. With whole, plant-based, or even mostly plant-based foods

coupled with a moderate amount of exercise, it is possible to eat your fill at every meal without gaining weight. It is also possible to do this while savoring every bite, because, contrary to what the processed food industry would have you to believe, fresh, skillfully prepared healthful foods are the most delicious foods on planet earth.

Although the path to healthful and permanent weight control is straightforward and simple—avoid empty calories, eat a balanced diet, exercise, and don't eat more calories than you burn—it can be challenging for those with physical problems or emotional issues. Those who are already overweight, for example, may not be

feeling their best (allergies, candida overgrowth, depression, and fatigue are common overweight conditions). And when we aren't feeling well, the attempt to shed extra pounds can seem like an uphill battle.

For treating the physical problems that may be impeding their progress, some people have found it helpful to work with a healthcare provider, such as Traditional Chinese Medicine practitioners, naturopaths, holistic or integrative MDs, and chiropractors. Therapists are also available for working through emotional issues that may be the cause of a weight problem. For those who can't afford outside aid, there are groups like Overeaters

Anonymous that provide assistance at no cost.

Although it can be difficult, it is not impossible to lose weight on your own. If you make a commitment to improve your health and enrich your life, it can be done. The reward will not only be weight loss, but also increased energy, better health, fewer aches and pains, greater mobility, and even better looks. You will probably also breathe better and sleep sounder. When you make a commitment to follow a healthy diet and exercise program, your posture will improve, your skin will glow, and your hair will shine. You are also likely to become a happier person because you will be feeling so good about yourself

and your accomplishments.

How Many Daily Calories Do I Need to Maintain My Weight?

Eating all or mostly vegetable-based whole foods that you prepare yourself and giving up empty calories is all you may have to do to lose weight. Since I already eat a healthful whole foods diet, if I find myself gaining a pound or two, I just cut out the nuts, avocados, and dried fruit for a few days and get back on track. If you have more than a pound or two to lose, you may want to take a serious look at how many calories you need, and how many you actually

consume.

Most people can eat around 2,000 calories per day without gaining weight. Men can eat more than women and active people can eat more than those who are sedentary. To discover about how many calories you need per day, use the following easy formula:

Take your ideal weight (according to a medical height/weight chart) and multiply it by 10 if you are a woman and 11 if you are a man. To this number add 20 percent if you are sedentary, 30 percent if you perform light activity, 40 percent if you are moderately active, and 50 percent if you are an athlete or laborer. To this number add 10 percent. This number represents the calories you

need per day to maintain your present weight.

How Many Daily Calories Do I Need to Lose Weight?

One pound of body weight equals 3,500 calories. To lose about one pound per week, each day you would have to eat 500 fewer calories than the amount needed to maintain your present weight. Multiply those 500 calories times 7 (days in a week) to equal 3,500 calories or one pound. If one pound a week sounds frustratingly slow, remember that once you achieve your ideal weight you will keep it! Also consider that exercise is another way to burn calories. One hour of walking burns about 320 calories, while jogging burns around

740. An hour of bicycling burns 410 calories, tennis burns 400, and swimming burns 275.

Most people find that a combination of calorie control and exercise is the most successful way to lose weight. Restricting calories slows down metabolism, so you need fewer calories to maintain your weight. When this happens, your 500 fewer calories per day may not take off the weight as quickly as it did in the beginning. Exercise, on the other hand, not only burns calories, it also helps to speed up metabolism, so you don't have to continue reducing calorie intake to keep losing weight.

Putting It Into Practice

When trying to lose weight, the main food items to avoid are unhealthy fats, sweets, processed foods, and snacks. A lot of health writers suggest *grazing* (eating lots of small meals), but unless you are directed to do this by your doctor, I believe that the European tradition of sitting down to enjoy three good meals a day is the best way to go. When we take the time to enjoy a real meal, we tend to make better food choices.

Until you have reached your ideal weight, it is best to avoid or limit nuts, avocados, crackers, muffins, sweetened

bread, and dried fruits. It is also a good idea to limit fresh fruits, which are typically high in sugar. Try to eat only whole grain sourdough bread, which most naturopaths believe does not contribute to candida overgrowth like yeast bread. And enjoy it without butter or margarine. When you make salad dressings, go a little heavier on the lemon or vinegar, and lighter on the oil.

For maximum nutrition, eat lots of vegetables, whole grains, legumes, and soy foods. Also, drink plenty of water between meals. Avoid fruit juice and soda, which are loaded with empty calories. Some people are able to lose weight just by giving up soda! Also avoid alcoholic beverages. Not only do

they slow down the metabolism of fat, they are high in sugar and empty calories. Taking a good probiotic supplement, which bolsters the body's good bacteria, is recommended as well.

When you have reached your ideal weight you can begin re-introducing some higher calorie foods back into your diet.

CONCLUSION

In the next two chapters, you will learn all about the wide variety of foods and the basic tools and cooking methods that are used to prepare fresh, nutritionally dense, delicious vegan dishes.

2. Stocking the Pantry

A vegan who simply gives up meat, dairy, and eggs while continuing to eat a standard American diet—one that includes processed, sugar-laden, and/or high-fat foods—is a “junk food vegan.” To be a successful vegan over the long-term, it is important to eat whole unprocessed or traditionally processed foods that are preferably organic. This chapter is all about these foods, what they are and why they are so healthful. When preparing the recipes in this book, if you come across an unfamiliar

ingredient, simply turn to this chapter and check the food glossary (beginning on [page 11](#)) for the information you need. Following this glossary, you'll discover where to shop for whole organic foods and how to get the freshest foods for the best price.

If you are new to vegan cooking, it is especially recommended that you read this chapter and [Chapter 3](#) before preparing any recipes. Having an overview of the foods and cooking methods will help you prepare delicious and balanced vegan meals with ease.

“REAL” FOOD

If you take the time to learn how to cook with whole foods you will never regret it. The ingredients used in vegan whole foods cooking—grains, legumes, nuts, seeds, fruits, and vegetables—are the same ones that have nourished man since the beginning of time. They are as essential to life as the air we breathe, and yet so many people are unfamiliar with them. How is it that we have gotten so out of touch with our basic needs?

I blame it on the industrialization of food, as well as the multi-billion dollar advertising industry. Highly skilled marketing executives are quite talented

in making us believe in the goodness of food “products”—rather than real food. We have become a nation of convenience, living largely on diets of processed, refined, fast foods. We have bought into the idea that food products allow us to spend less time in the kitchen and more time doing “important” things. Now, it seems that we spend so much time working to buy what we “need” that even though we may spend less time in the kitchen than our grandmothers did, we don’t really have any more time to spare.

Not long ago, this country had an agricultural-based economy. Today we have so little to do with growing or even preparing our own food that most people

are not even able to recognize a grain of wheat. This is especially ironic, considering that wheat, although processed, appears in some form at almost every meal.

The impact of processed foods and animal foods on our health is well-known. Their consumption has been linked to colon cancer, diabetes, heart disease, hypertension, kidney disease, obesity, osteoporosis, stroke, and a number of other serious conditions. Vegetarian/vegan diets are associated with a dramatically reduced risk for all of these medical problems.

The Importance of Organic

Eating organic foods goes hand-in-hand with a vegan diet. Organically grown produce is to the earth what a vegan diet is to the animals. Simply put, organic food is grown without synthetic chemicals, which, until around the mid-twentieth century, was the only way anything was grown. By eating organic food, you will be lowering your exposure to harmful pesticide residue and avoiding genetically modified (GMO) crops. The genes of GMO crops have been artificially manipulated to mix and match the DNA of totally different species, usually for the purpose of

creating a crop that is resistant to herbicides. For example, GMO “roundup-ready” corn can be doused with herbicide and still be as green and pretty as ever. Any natural plant that comes in contact with the stuff will wither and die. We have been told that it is safe, but is it? I prefer not to take my chances. The primary food crops that are genetically modified are corn, canola, and soy; so with these foods it is especially important to buy organic.

Organic food tastes better because it is grown in richer, healthier soil. And today, science is confirming what most organic proponents have known intuitively for years—organic food is more nutritious. According to the US

Department of Agriculture (USDA)
organic vegetable growers must:



Abstain from the application of prohibited materials (including synthetic fertilizers, pesticides, and sewage sludge) for three years prior to certification, and then continually throughout their organic license.



Prohibit the use of genetically modified organisms and irradiation.



Employ positive soil building, conservation, manure management, and crop rotation practices.



Avoid contamination during the processing of organic products.



Keep records of all operations.

Always look for the organic label on the foods you buy, including packaged foods that contain more than one ingredient (see “Check Those Labels” below). Also, please keep in mind that foods labeled “natural” or

“preservative-free” are not necessarily wholesome choices. So-called “natural” products often contain sugar, saturated fats, white flour, high amounts of sodium, and other ingredients that a health-conscious person may not care to eat. And don’t assume that every food sold in a natural foods store is whole and natural. Always read the ingredient labels, just as you would in a regular supermarket.

Check Those Labels

Packaged organic foods often contain multiple ingredients. For the following terms to appear on their labels, certain USDA rules must apply:

If the label says:	The product:

100 Percent Organic	must contain 100 percent organic ingredients.

Organic	must contain 95 to 100 percent organic ingredients.

Made with Organic Ingredients	must contain at least 70 percent organic ingredients.

Contains contains less than 70
Organic percent organic
Ingredients ingredients.

Vendors of organic food that does not meet USDA standards can be fined up to \$10,000 for each violation.

GLOSSARY OF INGREDIENTS

Now, let's take a look at all the wonderful foods used in vegan cooking. It's truly worth taking a little time to learn about the food you eat because it will help you in preparing delicious and balanced meals.

This glossary presents a list of

vegan staples along with a description of each. My theory is that the more you know about the food you eat, the easier it will be for you to prepare it. Most of the following items are fairly common and readily available in natural foods stores, farmer's markets, natural foods cooperatives, and even some supermarkets. (These various shops and markets are discussed later in the chapter.) The list of Resources, beginning on [page 293](#), provides purchase information for the products that are lesser known and not always readily available.

BEANS & SOY FOODS

Characteristically rich in both fiber and protein, low-fat legumes are mainstays of a vegetarian/vegan diet. Preparation and cooking instructions for dried legumes are found beginning on [page 252](#). Unless otherwise noted in the following entries, store dry bean varieties in a tightly sealed jar in the pantry.

ADZUKI BEANS. Also called *aduki* or *azuki* beans, these small, dark red beans have been cultivated for centuries in China, Japan, Korea, and other Far Eastern countries. A staple of

macrobiotic cooking and similar in size to mung beans, adzuki beans are also grown in the United States. Like all legumes, they are an excellent source of both protein and fiber. They are also easier to digest than most bean varieties.

ALFALFA SEEDS. Although alfalfa is often considered a grain, it is actually a legume. The tiny brown alfalfa seeds are used for sprouting. They are often sold in a sprouting mix along with the fenugreek, broccoli, mustard, and radish seeds. For sprouting instructions, see [page 164](#).

CHICKPEA FLOUR. Made from roasted chickpeas, this flour is commonly used

in Indian recipes to make pancakes. It is also commonly used in breadings and batters. Chickpea flour is also called *besan flour*, *ceci flour*, and *chana flour*.

CHICKPEAS. Originally cultivated in the Middle East where they are still considered a staple, chickpeas are also widely grown in India and throughout the Western Hemisphere. Also called *garbanzo* or *ceci beans*, chickpeas are an excellent source of protein, fiber, and iron. They are used to make hummus—the traditional Middle Eastern spread—and are popular additions to salads, meatless loaves, soups, and stews.

EDAMAME. Pronounced *eh-dah-MAH-*

may, these fresh green soybeans are a good source of protein and fiber. They are specially bred to be sweet and mild in flavor with larger seeds than the dried variety. Although you can purchase edamame shelled, it is usually sold in the pod. In natural foods stores, it is commonly found in the frozen foods section. Fresh varieties may be available in Asian markets; however, they are generally not organic. For greater digestibility, edamame should always be cooked before eating. Store fresh varieties in the refrigerator, where they will keep for a few days.

LEGUMES. A general term for peas and the pods of beans, legumes are rich in

protein, fiber, complex carbohydrates, potassium, folate, iron, magnesium, and phytonutrients. They are also typically low in fat and contain no cholesterol.

LENTILS. Native to Central Asia, lentils are believed to be the oldest cultivated legume. They are small, round, and flat, and available in green, brown, yellow, and red varieties. Compared to most other beans, lentils (particularly the red variety, which is split) cook quickly, making them especially convenient. Like all beans, they are high in protein and fiber (red lentils, whose outer hulls have been removed, are slightly lower in fiber). They are also an excellent source of iron, potassium, and folate. All lentil

varieties are terrific in soups, stews, meatless loaves, croquettes, and casseroles. They are also quick and easy to sprout.

MISO. A fermented paste made from a time-honored Japanese process that uses cooked soybeans and cultured grains, miso has long been considered a national treasure of Japan. Traditionally, it is used as a seasoning for soups, although it is also a flavor enhancer for pâtés, dips, salad dressings, and many other foods. Miso comes in a variety of flavors, depending on the bean or grain from which it is made. Light-colored white or yellow misos are mild in flavor and do not significantly alter the color of

foods. They can be used to season yellow vegetables, cream soups, and mock dairy dishes. Dark-colored red and chocolaty brown misos are stronger-flavored and saltier. They are good in hearty winter soups, stews, and casseroles, as well as most grain dishes.

In addition to its role as a flavoring agent, miso has medicinal qualities. Along with aiding digestion, it has been effective in the prevention and treatment of certain cancers, heart disease, and hypertension. To preserve the beneficial health properties of miso, it should never be boiled. Rather, it should be added to the dish at the end of cooking. When purchasing miso, look for organic, traditionally made, unpasteurized

varieties. Store it in a covered container in the refrigerator, where it will keep for several months. *See also* [Natto miso](#).

MUNG BEANS. Small, round, and green in color, mung beans are traditional to both Chinese and Indian cuisines. Commercially, they are the most popular sprout in the world, and second only to alfalfa for home sprouting. In Chinese dishes, they are typically used in their sprouted form. In Indian cuisine, they are either split or left whole to make dal—a thick spicy stew that is the culture’s dietary mainstay. A good source of protein, iron, potassium, and the amino acid methionine, mung beans are considered cooling and detoxifying to

the body. When sprouted, they are also rich in vitamin C. Mung sprouts are great additions to soups, meatless loaves, and stir-fries.

NATTO. An easy-to-digest food made from fermented soybeans, natto is traditionally eaten in Japan for breakfast. It is also commonly seasoned and enjoyed over steamed rice. A very rich source of protein and vitamins B₂ and K, natto is reportedly helpful in preventing osteoporosis, heart attacks, and strokes. Although this nutritious food is not common in the United States, it can be found in most Japanese grocery stores.

NATTO MISO. This delicious sweet and

salty miso variety is made from barley, soybeans, koji (a bacteria culture), kombu, sea salt, and ginger. As the fermentation time for natto miso is shorter than for other miso types, the grains and strips of kombu remain whole and are not broken down into a paste. Unlike other miso varieties, natto miso is not used as a seasoning for soups and sauces. Rather, it is served as a condiment alongside salads or other dishes, added to stir-fries and grain recipes, or it may be lightly spread on bread for sandwiches. Store natto miso in a covered container in the refrigerator, where it will keep for several months.

OKARA. The pulpy residue that is left over from the tofu- or soymilk-making process, okara can be added to croquettes, meatless loaves, and numerous other dishes. It will keep for two to three days in the refrigerator.

SILKEN TOFU. This Japanese-style tofu has a very smooth custard-like texture that comes in soft, firm, and extra-firm varieties. It is especially good for blending into sauces and desserts. Silken tofu is usually sold in sterile aseptic containers that keep the product sweet and mild tasting. It does not need to be refrigerated until opened. Silken tofu that does not come in aseptic packaging must be kept in the refrigerator and used

before the expiration date. If you do not use the entire package, place the unused portion in a container, cover with fresh filtered water, and refrigerate.

SOY FLOUR. A gluten-free flour made from raw or roasted soybeans, soy flour is high in protein (a quarter-cup contains 8 to 12 grams). It is often used in combination with wheat flour to boost protein content. Raw soy flour is more difficult to digest than roasted.

SOY CHEESE. Although its taste does not compare with high-quality dairy cheese, this soy-based cheese substitute is quite good with certain foods, such as pizza, casseroles, and grilled “cheese”

sandwiches. With soy cheese, “less is more,” so it is best when used sparingly. It is important to note that most soy cheeses are not vegan—many contain small amounts of casein or whey from cow’s milk.

SOY ICE CREAM. This soy-based ice cream is not really a health food as it is filled with sweeteners. It can, however, make a nice occasional treat. If you do purchase this product, be sure it is organic.

SOY NUT BUTTER. Made from roasted soy nuts that have been crushed and blended with added soy oil, this butter is very high in protein and can be eaten by

those with peanut allergies. Because of the added soy oil, be sure to purchase only 100-percent organic soy nut butter.

SOY NUTS. This crunchy, high-protein snack is made from soybeans that have been soaked and baked. Some varieties are salted and seasoned.

SOYBEANS. An excellent source of protein, essential fatty acids, vitamins, and minerals, the simple soybean has been a main crop of Eastern Asia for thousands of years. Along with its versatility in the kitchen, the nutritional benefits of soybeans are impressive. Studies have shown that they can help reduce the risk of coronary heart disease,

osteoporosis, and certain cancers. When cooked whole, soybeans are difficult to digest. However, when processed and used to create such traditional natural foods as miso, natto, shoyu, tamari, tempeh, and tofu, the beans become highly digestible.

SOYMILK. The creamy milk of whole soybeans, soymilk has a unique nutty flavor and is rich in nutrients. In China and Japan, fresh soymilk is made daily. Through a centuries-old, low-tech process, the milk is pressed from beans that have been cooked and ground. Although you can make your own soymilk (see the inset on [page 80](#)), you can also buy it in natural foods stores

and most supermarkets. Found in the refrigerated section or in sterile aseptic packages, soymilk is available plain and flavored, and in reduced-fat varieties.

Plain, unfortified soymilk is an excellent source of high-quality protein, B vitamins, and iron. Varieties that are fortified with calcium, vitamin D, and vitamin B₁₂ are recommended for those who follow a vegan diet. Soymilk is free of the milk sugar *lactose*, making it a good choice for people who are lactose intolerant or allergic to cow's milk. Once opened, soymilk will keep in the refrigerator for about one week. If you cannot use it fast enough, store the unused portion in the freezer.

TEMPEH. Pronounced *TEM-pay*, this traditional Indonesian staple is made through a fermentation process that binds partially cooked whole soybeans (and sometimes grains) into a cake form. Tempeh has a firm yet tender texture, pleasant flavor, and is easy to digest. It has a high fiber and protein content, and is a good source of calcium, phosphorous, copper, magnesium, riboflavin, and iron. Highly perishable, tempeh is usually found in the frozen foods section of natural foods stores. Unlike tofu, tempeh must be cooked before it is eaten. Pan-frying, baking, broiling, and steaming are all acceptable cooking methods. Store tempeh in the refrigerator up to a week, or in the

freezer up to six months.

TOFU. Also called *bean curd*, tofu has long been a staple in Asian diets. Through a very simple traditional process, tofu is made from the extracted milk of cooked soybeans. It is not a fermented product. Nutritionally, tofu is high in protein, low in calories, rich in calcium, and cholesterol-free. It is also easy to digest. Available in regular and silken varieties, tofu's naturally bland taste picks up the flavors of surrounding foods or liquids. Both regular and silken tofu come in soft, firm, and extra-firm types that are used in a wide range of dishes, from soups and stews to appetizers and desserts. Depending on

how it is prepared, tofu can be smooth and creamy or firm and meaty.

Once found only in natural foods stores, tofu is now available in most supermarkets, where it is sold mainly in vacuum packs or water-filled tubs. Tofu is perishable, so be sure to check the expiration date. Once opened, place it in fresh filtered water and refrigerate for up to a week. Changing the water daily will help it last longer. When tofu is no longer fresh, it will develop an unpleasant sour odor and often a pink or yellow color. It can be frozen, but freezing alters its texture considerably. Frozen tofu becomes firm and spongy and its color darkens slightly—it can, however, be used in mock meat dishes in

which a firm texture is desirable. *See also* [Silken tofu](#).

GRAINS & FLOURS

Grains are the seeds of cultivated grasses. Along with legumes, they have been considered staple foods throughout the world for thousands of years. Whole grains and the flours made from them are nutritionally superior to refined grains and flours. For information on buying, storing, and preparing grains, see [page 228](#).

AMARANTH. The legendary grain of the Aztecs, amaranth has a mild nutty flavor. The nutrient-rich tiny round seeds are gluten-free and contain more protein than most grains and high levels of calcium

and iron. Amaranth is also a rich source of the essential amino acid lysine. Amaranth grains can be added to soups and stews, and enjoyed as a hot cereal. They can also be milled into flour.

ARBORIO RICE. Named after the Italian town of Arborio where it is grown, this medium-grain rice is plump and round in shape. The white variety has a creamy texture that is traditionally used to make risotto. The brown variety is creamy and chewy, making it better suited for dishes like paella. Brown Arborio rice is also delicious on its own as a grain dish.

AROMATIC RICE. A general term for rice varieties that have an aromatic aroma

and perfume-like flavor. Basmati and jasmine rice are examples.

BARLEY. A delicious low-gluten, fiber-rich grain with a chewy texture and sweet nutty flavor, barley is high in fatty acids and a good source of vitamin E, thiamin, riboflavin, and the essential amino acid lysine. It is available in a variety of forms. *Whole barley*, which has its intact inedible hull, is sometimes called *sprouting barley* because it is used to grow barley grass. *Hulled barley*, which has had its tough outer hull removed, is the most nutritious type. *Pearled barley* has had its hull removed as well as most of the nutritious outer bran and germ. This makes it high in

starch; it is also easier to chew and quicker cooking than other whole types.

Barley is a popular addition to soups, stews, grain dishes, and salads. In addition to the whole form, it is available in flakes, which can be used like rolled oats. Barley flour is also available and great for making pancakes, waffles, quick breads, scones, and muffins. Barley grits (ground and toasted barley) make a hearty breakfast porridge.

Store whole barley in an airtight container and keep in a cool dark cupboard. Refrigerate or freeze grits, flakes, and flour.

BASMATI RICE. Famous for its aromatic

fragrance and delicate flavor, this light and fluffy long-grain rice is an Indian-cuisine staple. I recommend brown basmati, which is more nutritious than the white variety.

BLACK JAPONICA RICE. This whole grain rice was developed by California's Lundberg Family Farms by crossing Japanese short-grain black rice with medium-grain mahogany-colored rice. Black Japonica has a nutty mushroom flavor and subtle sweet spiciness.

BRAN. Bran is the fibrous top layer found just beneath the hull of any grain. Before grain is processed, the bran acts as an airtight sheath that protects the

grain's precious oils from oxidation. Wheat bran is the most common type, although oat and rice brans are also available. A whole foods vegan diet, however, is naturally high in fiber, making the supplemental use of bran unnecessary.

BROWN RICE. *See [Rice](#).*

BUCKWHEAT. A traditional ingredient in Russian and Ukrainian cuisines, buckwheat is rich in calcium, iron, magnesium, potassium, phosphorus, and vitamins B and E. It has a hearty flavor that is especially welcome during the winter months, and is popular in pilafs and stuffings. Buckwheat is almost

always grown organically because it needs no fertilizer (it actually nourishes the soil). And because insecticides are believed to lower its yield, they are rarely used.

Whole untoasted buckwheat grains are called *groats*; the cracked grains are known as *grits*; and the toasted grains are called *kasha*. Buckwheat can also be ground into flour—pancakes and Japanese soba noodles are made from it. Store whole buckwheat groats in an airtight container and keep in a cool dark cupboard. Place grits and flour in an airtight container and keep in the refrigerator or freezer.

BULGUR. Whole wheat berries that have

been partially cooked, cracked, and then dried, bulgur (or bulghur) wheat has its origins in the Middle East. High in iron, phosphorous, thiamin, and magnesium, bulgur has a mild nutty flavor and cooks very rapidly. It is delicious in salads, stuffings, meatless burgers, and pilafs and other grain dishes. It is also the traditional base for tabouli salad. Because the wheat is cracked, the polyunsaturated oil it contains can become rancid quite quickly. If it has an unpleasant odor, throw it out. Place bulgur in an airtight container and store in the refrigerator or freezer.

CAROLINA GOLD RICE. Named for the color of its husk, this heirloom long-

grain rice cooks to a soft, but not sticky consistency. Hulled by hand, Carolina Gold rice is similar in appearance to white rice, while still retaining the nutritious germ and part of the bran. Be sure to purchase only certified South Carolina-grown “Carolina Gold” rice.

CORN/CORNMEAL. America’s native grain, corn (also called *maize*) is an excellent source of protein and fiber; it also contains B vitamins and vitamin C. With the exception of wheat and rice, corn is cultivated more than any other grain in the world. It is also gluten free. Kernels of fresh *sweet corn* are typically enjoyed either on or off the cob. Dried corn, called *field corn*, is starchier than

sweet corn and usually ground into flour, grits, or meal. Because a large percentage of corn grown in the United States is genetically modified, it is especially important to seek out organic varieties.

Cornmeal is available in yellow, white, blue, and red varieties, and comes in coarse, medium, and fine grinds. Nutritionally, the various colored meals are similar. Cornmeal is used in baked goods and breadings, and is also used to make polenta. It can also be finely ground into flour.

The germ of the corn kernel contains polyunsaturated oil. When milled, this causes the resulting meal or flour to become rancid quickly. For this

reason, most ground corn products sold in supermarkets have been degermed, which increases their shelf life but reduces their nutritional value. In addition, they sometimes contain additives. Whole grain milled corn products are available in natural foods stores, but their freshness is difficult to control. Be sure to keep cornmeal and other ground corn products in an airtight container and store in the refrigerator or freezer. Store popcorn and other dried whole corn kernels in a covered container in the pantry. (For information on purchasing freshly milled organic corn products, see the Resources beginning on [page 293](#).)

COUSCOUS. A staple of Moroccan and Tunisian cuisines, couscous is made from tiny grains of semolina—a coarsely ground durum wheat. The light, quick-cooking couscous that is commonly sold in the United States is not a whole food—it is made from semolina that has been stripped of its germ and bran. Whole wheat couscous, which is available in some natural foods stores, is the recommended type. Be aware, however, that it becomes rancid very easily. If it has an unpleasant odor, throw it out. Keep whole wheat couscous in an airtight container and store in the refrigerator or freezer.

DURUM WHEAT. This very hard high-

protein variety of wheat is commonly used for making pasta.

FARRO. Farro is an ancient grain of the wheat family. It contains gluten and is good for breadmaking, yet some people with wheat intolerance are able to eat it. “Farro piccolo,” a tiny version of the ancient variety, is especially delicious and quick to cook or sprout. It’s also my personal favorite.

GLUTEN. This elastic protein is found in grains, particularly wheat. Seitan and several types of meat analogues are made from wheat gluten.

GLUTEN FLOUR. Available as *vital wheat gluten*, this fine wheat flour has

had the starch and bran removed. Adding a small amount to any yeast bread recipe results in a lighter product. Because of its high protein content, gluten flour is often used in low-carbohydrate baking. It is also used to make seitan.

GLUTINOUS RICE. *See* [Sweet rice](#).

GROATS, OAT. *See* [Oats](#).

HARD WHEAT. *See* [Wheat](#).

IRISH OATMEAL. *See* [Oats](#).

JASMINE RICE. This long-grain aromatic rice is popular in Asian cooking and is considered Thailand's highest quality rice. Its delicate flavored grains are soft

and moist. I recommend brown jasmine, which is nutritionally superior to white.

KAMUT. The ancient Egyptian word for “wheat,” kamut is a relative of durum wheat and can be substituted for wheat in recipes. Compared to wheat, it is higher in several nutrients, including protein, zinc, and magnesium. Although kamut does contain gluten, it is tolerated by some people with wheat intolerance. (It is not recommended for those with gluten allergies or true wheat allergies.)

KASHA. See [Buckwheat](#)

MILLET. A staple of northern China, Korea, and parts of Africa, millet has been used for thousands of years—it is

even mentioned in the Bible. Its mild-tasting tiny golden seeds can be substituted for rice in many recipes. It is also quite nutritious—high in protein, fiber, B vitamins, iron, and magnesium. Gluten-free, millet is considered the most alkaline (acid-neutralizing) of grains. It is also the least allergenic and most digestible. Millet comes in hulled and unhulled varieties. Choose hulled for cooking, as unhulled millet has a very hard shell and is suitable only for sprouting or feeding birds.

You can grind uncooked hulled millet in a blender and use the flour to make pancakes or hot breakfast cereal. Store whole millet in an airtight container and keep in a cool dark

cupboard.

MOCHI. This traditional Japanese confection is made from pounded sweet rice that has been pressed into a sheet and allowed to dry. To cook mochi, cut or break off pieces from the sheet and pan-fry or bake according to package directions. You can also pop it into a waffle iron for a few minutes. As mochi cooks, it puffs up and becomes crunchy on the outside and moist and tender on the inside. Usually found in the frozen foods section of natural foods stores, mochi will keep in the refrigerator for a week or so, and up to six months in the freezer.

MUESLI. Created in the nineteenth century by Swiss doctor and nutritionist Bircher-Benner as the ideal breakfast, muesli is a cereal consisting of mixed grains, fruit, and nuts. Refrigerate for longer shelf life.

OATS. Rich in manganese, selenium, tryptophane, phosphorus, magnesium, thiamin, and disease-fighting antioxidants, oats are also loaded with fiber. They have more cholesterol-reducing soluble fiber than other grains, and they are a good source of insoluble fiber, which aids digestion. Although oats are gluten-free, they are often processed in the same facilities as gluten products, so people who have true gluten

allergies should avoid them.

Oats are available in three main forms—oat groats, steel-cut oats, and rolled oats. *Groats* are whole oat berries that have had the inedible hulls removed. *Steel-cut oats*—also called “Irish oatmeal” or “Scotch oats” are groats that have been steamed, coarsely chopped, and roasted. For *rolled oats*, the grains have been steamed and then flattened into flakes. This enables them to cook quickly without destroying their nutritive properties. Rolled oats are available in “old-fashioned,” “quick-cooking,” and “instant” varieties. They are often used in cookie and granola recipes, and are popular fillers for meatless loaves, croquettes, and other

main dishes. All oatmeal can be enjoyed as a hot breakfast cereal. Oat groats, which take longer to cook than rolled oats, have a wonderful chewy texture. You can buy oat flour or make your own by whizzing rolled oats in a blender until they are finely ground. It can be used to make pancakes, or as an ingredient in quick breads and muffins. Store groats in an airtight container and keep in a cupboard. Refrigerate rolled oats and other more processed varieties.

QUINOA. Pronounced *KEEN-wah*, this “mother grain” of the Incas is not a grain at all although it is cooked and eaten as one. (Quinoa “grains” are actually the edible seeds of goosefoot plants.)

Cultivated in the Andes for over 5,000 years, quinoa was introduced to North America in the 1970s and has been gaining popularity ever since. Quick-cooking quinoa is gluten-free and higher in protein and iron than most other grains. It is also a good source of magnesium, manganese, zinc, potassium, B vitamins, and vitamin E. Quinoa's delicious mild flavor can be enjoyed plain as a hot cereal or side dish, or used in combination with other grains and vegetables. It also makes a great addition to salads, meatless loaves, and croquettes, as well as a perfect bed for flavorful stir-fries and stews. Store quinoa in an airtight container in the cupboard.

RICE. An ancient grain that has been cultivated for centuries, rice is a dietary staple for almost half of the world's population, particularly in China, India, Indonesia, Japan, and Southeast Asia. Cholesterol- and gluten-free with only a trace of fat, rice, like all grains, is low in sodium and an excellent source of complex carbohydrates. It is classified by size—long-, medium-, and short-grain—and further categorized into brown or white varieties. Unlike *white rice*, which has had its nutritious bran and germ removed, *brown rice* is the entire grain with only the inedible husk removed. It is the bran that gives brown rice its tan color, chewy texture, and nutty flavor. Although brown rice takes

about twice as long to cook as white and has a shorter shelf life (about six to twelve months), it is nutritionally superior. Brown rice has higher amounts of fiber, vitamins B₆ and E, thiamin, potassium, phosphorus, magnesium, iron, zinc and copper. Most rice varieties are available in their brown form, which is what I recommend.

When shopping for brown rice, try to choose packaged organic varieties, which are generally cleaner (fewer hulls) and fresher than most of the bulk brown rice sold in natural foods stores. Each rice variety has its own distinguishing characteristics that are best suited for different types of dishes. Store in an airtight container in the

cupboard or refrigerator. *See also* [Arborio rice](#); [Basmati rice](#); [Black Japonica rice](#); [Carolina Gold rice](#); [Jasmine rice](#); [Sweet rice](#); [Wehani rice](#).

RICE FLOUR. Made from brown or white rice, gluten-free rice flour is used in tempura batters, pancakes, and waffles. It also lends wonderful crispness to cookies and crackers. For quick breads and muffins, rice flour is best when combined with other grains. Always choose brown rice flour over white as it is nutritionally superior. Just make sure that it is freshly ground. Store in an airtight container in the refrigerator.

ROLLED OATS. *See* [Oats](#).

RYE. A high-fiber cereal grain, rye is a rich source of thiamine, selenium, phosphorus, and the essential amino acid lysine. It contains less gluten than wheat, which is why making bread with rye flour can be somewhat difficult. Rye has a delicious earthy flavor. The cooked berries can be enjoyed as a hearty breakfast cereal or side dish. Because rye berries digest slowly, they promote a feeling of fullness, making them a good choice for dieters. Store rye berries in an airtight container in a cool dark cupboard.

RYE FLOUR. Made from ground rye berries, rye flour is primarily used to make bread and crackers. (In my

opinion, there is nothing more delicious than a dark and pungent loaf of sourdough rye made from whole grain rye flour.) Be aware that many commercial rye breads are made primarily from refined wheat flour—some refined rye flour is added for flavor, while molasses gives the bread its characteristic color. Also be aware that unless rye flour is labeled “whole rye,” it is refined. When buying rye flour, be sure it is freshly ground and made from whole rye berries. Store it in an airtight container in the refrigerator or freezer.

SEITAN. This high-protein meat analogue (pronounced *SAY-tan*) is made by slow-

simmering the gluten from whole wheat flour. It is low in fat, cholesterol-free, and less expensive than meat. A four-ounce serving contains thirty-one grams of protein. Like tofu, seitan picks up the flavors of surrounding foods or liquids, and can be substituted for meat in just about any recipe. People who have wheat allergies or intolerance should avoid seitan. Recipes for making and using seitan are found in [Chapter 14](#).

SEMOLINA. Made from coarsely ground, hard durum wheat and used to make pasta and bread, semolina is usually sold in its refined form with the nutritious germ and bran removed.

SOFT WHEAT. See [Wheat](#).

SPELT. Naturally high in fiber, protein, and B vitamins, spelt is a nutty-tasting ancient grain of the wheat family. Spelt flour is slightly sweeter than regular whole wheat flour, and can be substituted for wheat flour in breads, cakes, muffins, cookies, crackers, and pastas. Although spelt is high in gluten, it is tolerated by some people with wheat intolerance.

STICKY RICE. See [Sweet rice](#).

SUSHI RICE. See [Sweet rice](#).

SWEET RICE. Also called *glutinous rice*, *sticky rice*, or *sushi rice*, this gluten-free

short-grain rice is widely used in Asian dishes, including sushi, mochi, and amasake. When cooked, its short, almost round grains are very sticky. They also have a slight crunch and subtle sweet flavor.

TEFF. Native to northern Africa, teff is a dietary staple of Ethiopia. Sweet-tasting teff grains are rich in calcium and iron and a good source of protein and fiber. They are so tiny, it would take about 150 grains to equal the size of a kernel of wheat. Enjoy teff on its own as a side dish, breakfast porridge, or pudding. It is also a great addition to meatless loaves and stuffings. Teff flour is used to make *injera*, the traditional bread of Ethiopia.

Store teff grains in an airtight container in a cool, dark cupboard. Store the flour in the refrigerator.

VITAL WHEAT GLUTEN. See [Gluten flour](#).

WEHANI RICE. This variety of aromatic brown rice was developed by the Lundberg Family Farms of northern California. Its long grains are deep honey-red in color that split slightly when cooked. Wehani rice has a delicious nutty flavor and pleasant aroma that is similar to popcorn.

WHEAT. A staple grain for one-third of the world's population, wheat—often referred to as the “Staff of Life”—has been around since prehistoric times. It is

a great source of fiber and rich in protein, iron, magnesium, and B vitamins. This nutritionally superior grain is also associated with a reduced risk of coronary heart disease, stroke, certain cancers, diabetes, and hypoglycemia. Wheat surpasses all other grains in its culinary versatility—the whole grain berries can be sprouted, or cooked and eaten in their whole form. The berries can also be ground into flour and used in an endless array of baked goods.

Wheat varieties are classified as soft and hard. Soft varieties have a high-starch, low-gluten content. When the berries of soft wheat are ground, the resulting flour—called pastry flour—is

best for products that are meant to be soft and crumbly, like biscuits and pastry. Hard wheat varieties are higher in gluten, so the flour is good for making bread flour, pasta, and products like seitan. Durum wheat, which is the hardest type, is typically milled into flour, which is good for making the very stiff dough needed for dried pasta.

WHEAT GRASS. Grown from wheat sprouts, this grassy plant contains high concentrations of chlorophyll, enzymes, vitamins, and nutrients. Because it is too fibrous to eat, wheat grass must be juiced with a special juicer. Bright green, sweet, and highly concentrated, the juice is cooling, cleansing, and

alkalizing to the body. It is often recommended in the treatment of cancer and arthritis. The juice must be drunk immediately after it is made, usually in one- or two-ounce “shots”—either straight, mixed with another juice, or added to smoothies. For information on purchasing wheat grass and wheat grass juicers, see the Resources beginning on [page 293](#).

WHEAT SPROUTS. These are the chewy, enzyme-rich sprouts of germinated wheat berries. For optimum nutrition, sprouts are best eaten raw—they are great when added to salads and sandwiches, mixed with your favorite yogurt, or combined with fruit and nuts for a healthy snack.

They may also be quickly sautéed or added to a stir-fry. Wheat sprouts are very easy (and quick) to grow (see [page 164](#)). Store them in a covered container in the refrigerator, where they will keep for about a week.

WILD RICE. Actually a tall aquatic grass native to North America, wild rice has a mahogany color, chewy texture, and nutty flavor. Nutritionally, it is a good source of protein, carbohydrates, potassium, phosphorus, fiber, and B vitamins. Add wild rice to soups and salads for added taste and texture. You can also use it alone or in combination with brown rice for pilafs or as a bed for stews and stir-fries.

NUTS & NUT BUTTERS

A good source of protein, iron, calcium, vitamin E, and some B vitamins, nuts are popular choices in any type of vegetarian diet. Not only are they enjoyed as snacks, nuts (as well as a variety of seeds) are commonly used in baked goods and desserts, veggie burgers, soups, salads, salad dressings, and sauces. Characteristically high in fat, nuts should be eaten in moderation. In some recipes, they can be used to replace less nutritious fats, such as butter and oil. The best time to buy and use nuts is in the fall and winter after the harvest. Because they are high in oil,

nuts are best stored in their shells, which helps prevent them from turning rancid from exposure to the air, light, and other factors. Shelled nuts are also fine as long as they are fresh and stored properly. If they taste or smell the least bit rancid, return them to the store or throw them out. Store nuts in an airtight container in the refrigerator or freezer.

Just about any nut or seed, including almonds, cashews, hazelnuts, peanuts, pecans, hemp seeds, and sunflower seeds, can be ground into butter. Unsweetened and free of hydrogenated oils, natural nut and seed butters are delicious as spreads on bread, toast, and crackers. They are also wonderful additions to sauces, pâtés,

and a variety of main dishes.

CHIA SEEDS. Native to Mexico, these seeds are the ones used to create the shaggy coats of those ceramic ornaments called Chia Pets. An excellent source of fiber, essential fatty acids, calcium, manganese, and boron, chia seeds are also a good protein source. Sprinkle them raw on cereal, fruit, or soy yogurt for added crunch, or use them as a thickener for soups or sauces.

FLAXSEEDS. Slightly larger than sesame seeds, nutty flavored flaxseeds are an excellent source of beneficial omega-3 fatty acids, vitamin E, and lignins—a cancer-fighting phytonutrient. They are

also rich in dietary fiber (both soluble and insoluble), which helps lower cholesterol and aid digestion. Flaxseeds are sold whole, ground, or as oil. The ground seeds and oil are more easily absorbed than the whole seeds; but for ensured freshness, I recommend buying the whole seeds and then grinding them in a blender before using. (It takes only a few seconds.)

HEMP SEEDS. With origins in China and a taste similar to pine nuts, hemp seeds have been used mostly for their oil for thousands of years. They can be eaten as is, roasted, or ground into butter. Hemp seeds are a superior source of nutrition because they are easy to digest and

especially high in essential fatty acids and all of the essential amino acids. Hemp seeds and butter are available in most natural foods stores.

PEANUTS. Actually legumes (not nuts), peanuts are a good source of protein and an excellent source of niacin; they are also higher in fat than other legumes. Whether roasted, baked, boiled, or ground, peanuts are among the most popular food items in the United States. They are enjoyed alone as snacks, tossed into soups and salads, and added to cookies and other baked goods. Peanut butter, made from the ground roasted seeds, accounts for about half of the peanuts grown in the United States.

SESAME SEEDS. Sesame seeds and their flavorful oil have been used since antiquity. The seeds, which are tan or black in color, lend a delicate crunch to many foods, including baked goods, meatless loaves, and burgers. They are also used to make gomashio, a popular macrobiotic condiment. A very good source of copper, magnesium, calcium, and iron, sesame seeds also contain vitamin E and cholesterol-lowering lignans.

A rich preparation made from ground sesame seeds, sesame butter (or paste) comes in Asian and Middle Eastern varieties. The thicker Asian-style butter is made from raw seeds, while the Middle Eastern type, called

tahini, is made from roasted seeds. Both are used in a wide variety of dishes, including soups, spreads, salad dressings, and sauces. Once opened, store sesame butter in a tightly sealed container and keep in the refrigerator, where it will keep up to three months.

TAHINI. See [Sesame seeds](#).

OILS

Oil enhances the flavor of food. It also promotes browning and prevents sticking. The oils in the following list are used in the recipes throughout this book. Always choose high-quality varieties—organic, unrefined oils that are extracted through cold-pressing or low-heat methods are best. With the exception of coconut oil, which should be stored in a cool, dark cupboard, all oil should be kept in the refrigerator to prevent it from turning rancid.

COCONUT OIL. Among the most stable of oils, coconut oil is slow to oxidize,

making it resistant to rancidity. It imparts a mild coconut flavor to dishes and is a good choice for foods that must be cooked at high temperatures. Coconut oil is especially good for baking. Unless you are a vegan, coconut oil should be used sparingly, because it is highly saturated.

FLAXSEED OIL. Polyunsaturated flaxseed oil is rich in beneficial omega-3 fatty acids and vitamin E. It has a wonderful nutty flavor that is delicious drizzled over salads, grains, beans and cooked vegetables. Do not, however, cook or bake with this oil. When exposed to high temperatures, it breaks down and forms harmful free radicals.

OLIVE OIL. Rich in monounsaturated fats, olive oil has been the foundation of the Mediterranean diet for thousands of years. It lends incomparable flavor to many dishes and is the most commonly used and versatile salad oil. The extra-virgin variety, which comes from the first pressing of the olives, is the finest. It is also the most flavorful, aromatic, and least acidic of the olive oils. Because it has a low flashpoint (smokes and burns when exposed to high temperatures), olive oil is best used cold or for sautéing. It should not be used to cook foods over high heat.

RICE BRAN OIL. Long used in Asian cooking, mild-flavored rice bran oil has

a very high smoke point, so it is a good choice for stir-frying or deep-frying foods.

SESAME OIL. Pressed from raw white sesame seeds, sesame oil is pale yellow in color and low in saturated fat. It is also milder in flavor than toasted sesame oil, which, as its name implies, is made from toasted seeds. Toasted sesame oil is deep orange in color and has a very strong, nutty flavor. Only a small amount is necessary to richly flavor salads, dressings, sauces, and marinades. It also lends a decidedly Asian taste to soups, stir-fries, noodles, and grain dishes.

SEA VEGETABLES

Edible plants that are harvested from the sea have long been a mainstay of the Japanese cuisine. They also have a place in the traditional Chinese, Welsh, Scottish, and Irish diets. In fact, coastal-dwelling people throughout the world have used sea vegetables in their diet. Vegetables of the sea are low in fat and calories and rich in vitamins and minerals, especially trace minerals. And with the exception of dulse and kelp, they are not as salty tasting as one might expect. Sea vegetables are available in most natural foods stores and Asian markets.

AGAR-AGAR. Colorless and flavorless agar-agar—also called simply *agar*—is derived from various species of red algae. Rich in calcium, iron, iodine, phosphorus, fiber, and trace minerals, agar is used primarily as a thickener or a gelatin substitute for jams, pie fillings, puddings, kanten (a gelatin-type dessert), and fruit molds. It is a good choice for weight-watchers, because it provides bulk without adding a lot of calories. It also aids digestion. Agar is nutritionally superior to gelatin, which is made from animal products (usually the skin of pigs). It also sets and stays firm at room temperature. Agar-agar is available in powder, flakes, or bars.

ARAME. After this brown-colored, mild-tasting sea vegetable is harvested, it is shredded into thin strands and dried. Once dried, arame turns black. High in fiber and low in calories, arame is a good source of calcium, magnesium, iron, and iodine. It needs only a five- to ten-minute soaking in water or broth to rehydrate. Toss it into soups, salads, stir-fries, stews, or vegetable dishes for added flavor, color, and nutrition. Arame's shiny black color contrasts beautifully with other brightly colored vegetables.

DULSE. Found in the waters of the North Atlantic and the Pacific Northwest, mild-flavored dulse is soft, leafy, and

maroon in color. When lightly pan-fried, it develops a crispy texture that is similar to potato chips—it's delicious tucked into sandwiches or served as a garnish. Dulse can also be soaked and tossed into salads; simmered in soups and stews (five minutes is all it needs); or added to bean, vegetable, or grain dishes. High in potassium, phosphorus, iodine, iron, and vitamins A, B₁₂, and C, dulse is also sold in ready-to-use flakes and powder, which can be sprinkled onto salads and soups.

HIJIKI. This dark brown, strong-tasting, spaghetti-like sea vegetable is a staple of traditional Japanese cuisine. After it is harvested, hijiki is dried. To rehydrate,

it must be soaked at least twenty minutes, and it will expand to three times its dry volume (so a little goes a long way). It is rich in calcium, iron, and vitamin A. Be advised, however, that arsenic, which has been linked to a number of health problems, has been found in higher levels in hijiki than in other types of seaweed. The food safety agencies of several countries (the US FDA isn't among them) have advised consumers to avoid or limit hijiki consumption.

KANTEN. A Japanese jelled dessert made from agar-agar, kanten traditionally includes such ingredients as apples, berries, melon, peaches, pears,

amasake, or adzuki beans. It is a cool, refreshing alternative to conventional gelatin.

KELP. Kelp includes any number of various leafy brown seaweeds. A good source of fiber, vitamin C, pantothenic acid, copper, and zinc, kelp also contains riboflavin, folate, calcium, iron, iodine, and magnesium. Typically, it is ground into powder and sprinkled over food as a highly nutritious seasoning or salt substitute. It may, however, turn the dish an unattractive color.

KOMBU. This wide, thick, dark green sea vegetable from the kelp plant is a rich source of calcium, potassium, iodine,

vitamin A, glutamic acid, and B-complex vitamins. Sold in dried strips, kombu is commonly used as a flavoring agent. Add a strip to a pot of soup, stew, rice, beans, or other slow-cooking dish for added richness and flavor. When added to beans, it also improves their tenderness and digestibility. Once kombu is cooked (it takes about forty minutes), it more than doubles in size. You can then slice it and either use the pieces as a garnish or return them to the pot. For long, slow-cooking dishes, you can simply leave the strip in the pot and let it dissolve. (Before adding kombu to a quick-cooking dish, it is best to soak it for fifteen or twenty minutes.)

NORI. This edible seaweed is sold in flakes or thin rectangular sheets that are usually toasted. They are most commonly used to wrap sushi. Nori has the highest protein content of any sea vegetable and is considered the easiest to digest. Cut sheets of nori into thin strips and use them as a garnish or condiment—it's an easy way to get sea vegetables into your diet.

SWEETENERS

There is no lack of sweetness in a vegan kitchen. What could be more lusciously sweet than a perfectly ripe mango or juicy peach? There are times, however, when a concentrated sweetener is needed for dessert items, such as puddings, cookies, cakes, and other baked goods. As a rule of thumb, the less a sweetener is processed, the healthier it is. Therefore, the healthiest sweets are fresh fruits, followed by dried fruits. Concentrated sweeteners come next. The following sweeteners are used in a number of vegan desserts. Honey does not appear on this list because it is not

considered a vegan ingredient (it does not come from a plant).

AGAVE SYRUP. The juice of the Mexican agave plant, this syrup is growing in popularity as a sweetener. About 90 percent fructose, agave syrup is comparatively low to other sweeteners on the glycemic index. It is also about 25 percent sweeter than white sugar and should be used sparingly. This sweetener is used quite liberally by many vegan and raw food chefs. However, it does not qualify as a true raw food or health food because it is quite processed.

AMASAKE. A traditional minimally

processed product made from specially fermented rice, amasake (pronounced *ah-mah-ZAH-key*) is a delectably sweet and creamy beverage. Literally meaning “sweet sake,” amasake is available in various flavors and can be served hot or cold. It is a popular choice for smoothies, and used as a naturally sweet ingredient in many desserts, sauces, and dressings. Amasake will keep in the refrigerator for a week or so, and up to six months in the freezer. It is available frozen in most large health food stores.

DATE SUGAR. Made from ground dehydrated dates, date sugar is a healthful sweetener that is good in cereal, fruit crisps, smoothies, cookies,

quick breads, and other baked goods. It does not, however, dissolve in liquids.

DRIED FRUIT. Dried fruits are great for satisfying a sweet tooth and for sweetening porridge and some desserts. It is important, however, to buy unsulfured organic varieties. Most nonorganic dried fruits are sprayed with sulfur dioxide gas to help preserve their natural color. Often they have been fumigated, sprayed with anti-clumping agents, sweetened with sugar, and/or treated with artificial colors.

MALT. A natural sweetener made from sprouted barley or wheat, malt is available in syrup or powdered form. It

is about one-third as sweet as white sugar, and often preferred over other sweeteners because the body metabolizes it more slowly.

MAPLE SYRUP. A natural sweetener with an exquisite flavor, maple syrup is made from the sap of maple trees. The sap is boiled for several hours until it becomes sweet and thick. Maple syrup is very concentrated—forty gallons of sap are needed to make one gallon of syrup. After opening the container, store maple syrup in the refrigerator or it can ferment and explode.

MIRIN. This high-quality sweetened rice wine is similar to sake, but with a lower

alcohol content. Popular in Japanese and macrobiotic cooking, mirin is used as a sweetener for sauces, glazes, and a number of dishes.

RICE SYRUP. This thick, sweet syrup with a caramel-like flavor is made from specially fermented rice, sometimes with the addition of barley malt. Also called *yinnie syrup*, rice syrup is not nearly as sweet as honey (although it can replace honey in some recipes) and it metabolizes more slowly than other sweeteners.

SORGHUM SYRUP. This delectable, richly flavored sweetener is made from the stalks of the sorghum plant. It is

delicious on pancakes, toast, and waffles, and can be used to replace molasses in recipes. Until the early 1900s, sorghum syrup, which was produced on family farms in the southeastern United States, was very popular. With the demise of the family farm, however, it fell out of fashion. It is still available in the rural southeast and can be purchased through mail order. See the Resources beginning on [page 293](#).

STEVIA. A natural sweetener that comes from the leaves of the *Stevia rebaudiana* plant, stevia is much sweeter than granulated sugar, comes in powder and liquid forms, and works beautifully to

sweeten smoothies, tea, and other beverages. Because it is heat stable, stevia is also good for cooking and baking. Along with its sweetness, some people find that it has a slight aftertaste. About one teaspoon of stevia liquid and one-half teaspoon stevia powder provide the same sweetness as one cup of sugar. I find that the liquid form has less of an aftertaste than the powder.

SUCANAT. This granulated, dark brown sweetener (pronounced *SOO-ka-nat*) is made from the dehydrated juice of organically grown sugar cane. It contains small amounts of calcium, iron, and vitamins A and D. Sucanat resembles brown sugar, but is not as sweet.

FLAVOR ENHANCERS & PRESERVATIVES

Many ingredients add a spark of flavor to vegan dishes. They are called for in this book and described below.

ASCORBIC ACID. Ascorbic acid is vitamin C. I use the crystals, which are available in bulk at many natural foods stores, to keep certain foods from discoloring and to neutralize molds. Store it in an airtight container in the cupboard, where it will stay potent for about four months. If you are taking medications, make sure that there are no contraindications to ascorbic acid.

BRAGG LIQUID AMINOS. Made with soybeans and purified water, this liquid seasoning is similar to soy sauce, only milder and lighter in color. Macrobiotic cooks prefer to use tamari or shoyu soy sauce because they are traditionally produced. Other health enthusiasts prefer liquid aminos because it is not fermented and supposedly does not contain added salt. I use liquid aminos when the dark color of soy sauce is undesirable. I use tamari when a richer flavor is preferred.

CAROB. Naturally sweet and rich-tasting, carob is made from the pods (not the seeds) of the honey locust tree. Because carob is a dark chocolaty brown color and tastes vaguely of

chocolate, it is often ground into powder and used to flavor baked goods and candies, as well as smoothies and other beverages. It contains less fat than chocolate, and because of its natural sweetness (unlike chocolate's natural bitterness) less sweetener is needed when carob is substituted for chocolate in a recipe. Carob is also made into chips, but before buying, be sure to check the ingredients—some brands are not vegan, and many contain mostly sugar and saturated fat.

CHOCOLATE NIBS. Unsweetened raw chocolate nibs are tiny pieces of crushed, dried cacao beans. An excellent source of sulfur and magnesium, raw

chocolate is believed to contain phytochemicals that elevate mood and help you to focus. A healthier alternative to chocolate chips, nibs can be added to smoothies or sprinkled over vegan ice cream, mousse, fruit, and hot or cold cereal for a delicious bitter chocolate crunch.

GOJI BERRIES. Produced by a plant native to China, Tibet, and Mongolia, tiny red goji berries have long played a central role in Chinese medicine. They are nutritionally dense and believed to be rich in immune-strengthening and rejuvenating properties. The raw berries are sold dried and are best soaked before eating. They are delicious

sprinkled over cereal.

NUTRITIONAL YEAST. Not to be confused with brewer's yeast, torula yeast, dry active yeast, or fresh cake yeast, nutritional yeast is a food supplement that is very rich in B vitamins and protein, but low in calories. (Choose brands that have been inoculated with B₁₂.) It comes in thin golden flakes that, when added to soups, sauces, spreads, stews, mock meat dishes, and salads, add rich flavor along with the nutrients. It's also great on popcorn. (I sprinkle popcorn with a little flaxseed or olive oil, add a handful of nutritional yeast, a generous sprinkle of paprika, and a pinch of Celtic sea salt. Delicious!) I

also keep some in a sugar bowl and leave it right on the table.

Some sources say that people with chronic candida should avoid nutritional yeast. Others, however, disagree. For this reason, if you have a problem with candida, check with your health provider before introducing nutritional yeast into your diet. When it is exposed to the light, nutritional yeast loses its B₁₂, so be sure to store it away from the light in a covered container.

SEA SALT. Most table salts are highly refined, as are many sea salts that are sold in health food stores. Celtic sea salt is an exception. Harvested by hand in Brittany using traditional methods, it is

moist, light gray in color, and contains a complex balance of minerals. Another advantage of this salt is that it does not contain additives. I prefer Celtic sea salt, but ordinary unrefined sea salt is fine, too.

Unless you are under doctor's orders to avoid salt, the moderate use of it in the recipes found in this book should not be harmful. Meat and fish are naturally higher in sodium than vegetables, legumes, and grains—the primary ingredients in vegan cooking. Commercially processed foods are also high in sodium. Therefore, if you are eating a mostly plant-based diet of minimally processed foods, you are not as likely to overdo the sodium.

SHOYU. A natural Japanese soy sauce, shoyu is made from soybeans, water, wheat, and sea salt. In most recipes, shoyu and tamari (the other notable Japanese soy sauce) can be used interchangeably. Store in a cool dark cupboard.

TAMARI. This natural Japanese soy sauce is a by-product of traditional miso making. Unlike shoyu (the other notable Japanese soy sauce), tamari is wheat free. It is also darker in color and richer in flavor. Because tamari's flavor stands up to high heat, it is a good choice for seasoning a wide range of dishes—from soups and sauces to stir-fries and stews.

UMEBOSHI. This salty pickled plum, which is available in its whole form or as a paste, is used as a condiment in Japanese cuisine. It adds flavor to sauces, salad dressings, dips, and cooked vegetables. Umeboshi also has an alkalizing effect on the body, and in macrobiotic healing, it is added to bancha or kukicha tea to aid digestive problems. It is also used for treating morning sickness and is said to be a good remedy for hangovers. Kept in a covered container in the refrigerator, umeboshi will keep for months.

UMEBOSHI VINEGAR. Made from umeboshi plums, this vinegar has a salty, sour taste and fruity aroma. It is usually

diluted with water and used in sweet and sour sauces, dips, and salad dressings.

VINEGAR. The versatility of vinegar—discovered from wine gone sour—has been noted since ancient times. Along with its role as an antiseptic, cleaning solution, and medicine, vinegar has played a vital role as a flavoring agent and food preservative. It is made primarily from fruits and grains. Unpasteurized vinegars, which are the best, form a harmless sediment (called the “mother of vinegar”) that is sometimes visible at the bottom of the bottle. Store vinegar in the pantry, where it will stay indefinitely.

BAKING PRODUCTS & THICKENERS

Along with the flours that are listed beginning on [page 14](#), many of the following items are commonly called for in a variety of baked goods. Others are used as jelling agents, binders, or thickeners.

ARROWROOT. The tuberous root of a tropical plant, arrowroot is dried and ground into a fine powder. Used as a thickener for soups, stews, and puddings, as well as a binder for meatless loaves, arrowroot may be substituted for cornstarch, measure for

measure. Many health-oriented cooks prefer arrowroot to cornstarch because it is produced by a fairly simple, traditional method, whereas cornstarch is chemically bleached and treated. Arrowroot is also a *whole* food (made from the entire plant root) while cornstarch is a *fractured* food (made from the isolated, starchy part of the corn kernel).

BAKING POWDER. A popular leavening agent, baking powder causes breads and baked goods to rise. Be sure to avoid brands that contain aluminum, which has been linked to bone degeneration, kidney dysfunction, and Alzheimer's and Parkinson diseases. I recommend

Rumford brand.

ENER-G EGG REPLACER. This is one of the many substitutes for eggs in vegan cooking. Made from potato starch, tapioca flour, calcium lactate, calcium carbonate, citric acid, and carbohydrate gum, this product is dairy free and can be used in cookies, cakes, and most other baked goods. It is also used to bind ingredients together in dishes like vegan casseroles and meatless loaves. For other egg substitutes, see [page 45](#).

KUDZU. The powdered root of this plant, also called *kuzu*, is used in Japan to make a soothing mixture that aids in digestion. Its primary culinary use is as a

thickener for sauces, stews, jellies, and jams—and may be substituted for arrowroot in recipes.

SOURDOUGH STARTER. A fermented batter of flour and water, sourdough starter is used as a leavening agent in some bread recipes. It reacts much more slowly than yeast and gives the bread a distinct tangy flavor. Sourdough bread also has a hearty rustic look, a thick crunchy crust, and a chewy texture. It is believed to be more healthful than yeast bread because the long fermentation of the dough makes certain nutrients in the grains easier for the body to assimilate. Sourdough starter must be stored in the refrigerator and “fed” weekly. For

directions on how to make this starter, see [page 108](#).

YEAST. Yeast is actually a microscopic organism that, when activated, produces carbon dioxide, which causes batter and dough to bubble and rise. It has a distinct flavor and aroma and is used primarily in breads. Yeast comes in a few forms. *Active dry yeast* is dormant, but comes to life when it is moistened with warm water and fed some form of carbohydrate (sugar, flour). It is available in small quarter-ounce foil packets, which contain one level tablespoon of the product. It also comes in larger packets and jars. *Rapid rise yeast* is also dry and dormant, but

activates more quickly than regular active dry yeast. I find that it is the best yeast to use in bread machines. Store both active dry and rapid rise yeasts in a closed container in the refrigerator and use before the expiration date. *Fresh yeast* comes in a compressed cake that must be refrigerated. It has a short shelf life of about two weeks. Fresh yeast should be soft and crumbly. If it has mold on the surface, discard it.

FOODS TO AVOID

There are a few foods that show up from time to time in vegan and vegetarian cuisines that are of questionable merit. Although it isn't necessary to be

paranoid about food, you should be aware that just because a product is sold in a health food store or served in a health food restaurant, it isn't necessarily a healthy choice. It is also important to realize that certain foods that are considered healthy, such as grain products, nuts, and unrefined oils, lose their goodness if they are not properly processed or stored. Any food that contains oil either naturally (as in whole grains) or as an added ingredient (as in snack chips, trail mix, and granola) can become rancid easily. I cannot count the number of times I have purchased nuts, seeds, or grains only to discover that they were bad. It is fairly easy to detect rancidity in some foods through smell or

taste. Processed foods, however, contain seasonings or sweeteners that can sometimes mask the telltale odor and taste. (Yet another reason to avoid processed foods.) I once attended a meditation retreat where one of the meals was served with a sauce that contained rancid oil. I noticed the taste immediately because it is something I have trained myself to look out for, but most people ate it with gusto.

Grains and nuts are such important foods in the vegan diet that it is worth it to seek out a source that processes and stores them properly. Mail order purchases from reputable companies may be the best way to be assured of fresh grains and nuts. (See the Resources

beginning on [page 293](#).)

Mold is another possible hidden hazard in health food. Dried foods like grains, beans, nuts, and even fruit can harbor mold if they have not been properly processed and stored. This also applies to any product made from these foods, like bread and crackers. Unlike rancidity, mold is often tasteless and odorless. It is usually invisible, too. People who have difficulty tolerating any of the foods just mentioned may be reacting to mold. As I mentioned earlier in this chapter, according to Dr. Hulda Clark, you can help eliminate the mold in certain dried foods by treating them with vitamin C. And it's so simple—when soaking beans or grains, just add a

pinch of ascorbic acid powder to the soaking water. When it comes to bread, unless you are freezing it, don't store it in a plastic bag, which encourages mold growth. If you are going to use it within a day, leave it uncovered or place it in a paper bag. The best way to avoid mold is to slice the freshly baked bread and then freeze it.

When someone embraces a vegetarian or vegan diet, I like to see them stick with it and thrive. The best way to succeed over the long term is to choose healthy foods and eat a balanced diet. For your health, for the health of the planet, and for the sake of the animals, do the best you can. Listed here are some of the foods that health experts

believe should be avoided or at least limited:

GENETICALLY MODIFIED FOODS (GMOS). Currently, 89 percent of all soybeans, 83 percent of cotton, 75 percent of canola, 61 percent of corn, 50 percent of Hawaiian papayas, and a small amount of alfalfa, zucchini and yellow squash are genetically modified. (For details on GMOs, see “The Importance of Organic” on [page 10](#).) Other GMO sources include nonorganic dairy products and a number of food additives, including NutraSweet and rennet. Still other sources are the meat, eggs, and dairy products from animals that have eaten genetically modified

feed, as well as the honey from bees that were raised near GMO pollen sources. Any processed food that contains nonorganic corn, dairy, or soy in any form, is likely to contain genetically modified ingredients. In other words, unless the soy, corn, canola, or dairy products are labeled “organic,” you can pretty much count on the fact that they have been modified.

HYDROLYZED PROTEIN. Hydrolyzed protein comes from soybeans or certain grains. It is extracted through a process that involves boiling the beans (or grains) in sulfuric acid, neutralizing them with caustic soda, and then drying them out. Hydrolyzed protein contains the

excitotoxin monosodium glutamate (MSG), which can have a negative effect on good health. The food industry uses it as a way to add MSG as a flavor enhancer to a number of food products, such as soy sauce, soups, and veggie burgers, without having to include MSG on the label.

OILS, UNHEALTHY. Liquid vegetable oils that are very mild tasting are usually highly refined. They are typically extracted either by very high heat, which damages the oil, or by chemical solvents, which may leave residue. Polyunsaturated oils that are usually sold in their refined state include soybean, corn, cottonseed, safflower, soy,

sunflower, and walnut. They tend to become rancid very quickly and are not heat stable, which means they should not be used for cooking or baking. Because cotton is one of the most highly sprayed crops, cottonseed oil should *never* be used with food. Much of the cotton produced today is also genetically modified. With the exception of cottonseed oil, fresh and unrefined polyunsaturated oils are extremely beneficial because of the omega 3 fatty acids they contain. The problem is that currently, hemp and flaxseed oils are the only unrefined high-quality varieties that are readily available. Store all polyunsaturated oils in the refrigerator.

Avoid partially hydrogenated oils,

also known as *trans fats*, which are made from polyunsaturated or monounsaturated oils through an artificial process. This process, which helps preserve the oil, causes it to become partially or completely solid at room temperature. The problem is that trans fats raise levels of bad cholesterol (LDLs) and lower the levels of good cholesterol (HDLs). This increases the risk of developing heart disease and stroke. Trans fats can be found in margarine and shortening; fried foods; processed baked goods like pastries, pie crusts, cookies, and crackers; and even some commercial peanut butter. Avoid products that list trans fats on the Nutrition Facts label or those with

partially hydrogenated oil on the ingredient list.

Finally, a word about canola oil, which I avoid. Canola oil comes from the canola plant, which was hybridized from the rapeseed plant. Rapeseed oil is toxic to living things and has been used as an industrial oil—not for human consumption. The canola plant no longer contains the toxins of the rapeseed plant, but I avoid it because most canola is genetically modified. I prefer to use oils (such as olive) that have a long track record of being food crops.

SOY PROTEIN ISOLATE (SPI). Made from defatted soybeans, this protein supplement is often added to foods or

beverages. It is, however, extremely processed and not recommended.

SOY PROTEIN POWDER. Generally made from defatted soy flakes or highly refined isolated soy protein, soy protein powder, which is taken as a supplement, is not recommended. This type of concentrated protein product does not contain a significant amount of *isoflavones* —one of soy's disease-fighting constituents. Furthermore, according to a number of notable leaders in the health field, most people in the industrialized world and even some vegans and vegetarians already get too much protein in their diets and do not need a supplement.

TEXTURED VEGETABLE PROTEIN (TVP).

This high-protein convenience food is made from defatted extruded soybeans and has the texture of ground meat. It comes in chunks or crumbles that must be hydrated. TVP adds meaty texture to such dishes as chili, stew, veggie burgers, spaghetti sauce, and sloppy joes. It is also a main ingredient in many meatless cold cuts and commercial vegetarian foods, including hot dogs, burgers, and prepared foods. Seasoned TVP, an ingredient in some prepared foods, may contain MSG in the form of hydrolyzed vegetable protein and should be avoided. Since TVP is an industrially made food, it isn't recommended.

TURBINADO SUGAR. Although it is sold in health food stores, turbinado sugar is only slightly less refined than white sugar.

“WHITE STUFF.” A *whole foods* vegan diet offers all of the nutrients for good health; however, a regular diet of *refined* grain and sugar products does not. Although you can eat these products occasionally, for the most part, avoid white flour, white rice, and sugar in your daily diet.

EAT WELL FOR LESS

One of the beauties of a vegan diet is that, generally speaking, it is cost-effective. Staple vegan ingredients—

vegetables, fruits, beans, and grains—are noticeably less expensive than meat, fish, and dairy products. Organic foods, however, can be somewhat pricy; but there are ways to keep the cost in line. The following tips will help you make the most of your food budget without sacrificing quality.



BUY PRODUCE DIRECT. Connect with local farmers or gardeners, and see if they will let you buy their excess fruits or vegetables at a reduced price. They may even be willing to consider trading their crops for something of yours.



BUY PRODUCE IN SEASON. When fruits

and vegetables are in abundance, their cost is lower. And during winter months, unless you live in a warm climate, choose mostly produce that can be naturally stored until spring. Winter squash varieties, cabbages, root vegetables, and apples are all good choices.



BUY IN BULK. Bulk herbs and spices are several times less expensive than those sold in packets or jars. Organic beans, whole grains and flours, nuts, and seeds that are bought in bulk also cost less.



DON'T THROW OUT THE SOYMILK! If you discover that you have more soymilk or

soy cheese than you can use, don't let it go to waste. Freeze it right in its package.



BUY IN VOLUME. Most natural foods stores offer a 10- to 15-percent discount for items bought by the case. This is an especially good way to buy expensive non-perishable items like olive oil,

balsamic vinegar, and tamari. Get together with a few friends and save.



THINK FRESH. Don't be tempted by "natural" versions of junk food, and avoid precooked foods. They are expensive, and not all that healthy.



GROW YOUR OWN. If possible, growing at least some of your own food is a great way to save money while ensuring freshness and quality. You need only a small patch of soil to accommodate a tomato plant or two. Even if you live in an apartment, you can grow herbs on a windowsill or any spot gets sunlight. And if you enjoy sprouts, grow your

own. They are inexpensive, easy to grow, and don't take a lot of time. (For sprouting instructions, see [page 164](#).) If you have a good spot in your yard, consider planting a fruit tree. They require a minimal amount of work, and once established, they will produce for years.

Finally, don't forget to "make it yourself." There are a number of foods you can easily make at home. Not only will this save you money, it will give you a wonderful sense of satisfaction. So consider trying your hand at making salad dressings, nondairy milks, nut butters, and/or breads (all are included in this book). Investing in appliances

like a flour mill, a soymilk maker, and a bread machine will save you lots of money in the long run.

WHERE TO SHOP

So where should you shop for whole organic foods and ingredients? Fortunately, you have a number of options. Let's take a look at some of them along with their advantages and disadvantages.

Natural Foods/Health Foods Store

These stores sell primarily whole foods (and usually organic)—fruits, vegetables, whole grains, and whole grain products—as well as nutritional supplements. The larger stores also offer incredible selections of specialty products and, like supermarkets, are open at convenient hours. Natural foods stores are typically more expensive than most others, but they have a track record of supporting local farmers, sustainable agriculture, and healthful food production. When you shop at one of these stores, you are encouraging these

practices. It is sort of like voting with your dollars. It's also true that going blindly into a big trendy natural foods store and buying "natural" versions of typical supermarket fare will cost more, but if you avoid the processed "natural foods" and expensive specialty items, it is possible to shop wisely without overspending. Another advantage of these stores is that they have a quick turnover of non-mainstream items.

Supermarket

More and more supermarkets are beginning to sell whole and organic foods. The advantage is they are conveniently located—there is probably one in your neighborhood—and if you are accustomed to shopping there, you don't have to change your routine. The disadvantage is that most supermarkets don't have a great selection. And typically, their turnover rate is slower for items like organic whole grains, which are not part of the standard American diet. This means that certain foods or products may not be as fresh as they should be.

Natural Foods Co-operative

A natural foods co-operative (co-op) is a voluntary organization composed of a group of people who buy food together from a natural foods warehouse or wholesaler. The produce is usually organic and locally grown by family farms. Co-ops have been around since the 1960s. They are great places to meet like-minded people and develop a sense of community. Unfortunately, you can't always choose the foods you want or when you get them. To locate a natural foods co-op in your area or to learn how to start one, see the Resources beginning on [page 293](#).

Farmers' Market

Most cities and small towns in the United States have farmers' markets or local organic farmers that will sell their fresh produce directly to the public right from the farm. By buying locally grown seasonal, organic produce, you can save money while indulging in the best food this planet has to offer. As a consumer, you can also create an actual partnership with farmers in an effort known as Community Supported Agriculture (CSA). In exchange for paying for a share in the farm—a minimal amount that covers the farmer's costs while allowing him or her to make a fair wage—you

receive fresh produce throughout the growing season. In addition to choosing from a bounty of freshly harvested produce, sometimes you can even pick your own! (Now *that's* fresh!) To find out more about CSA or to locate a participating CSA farm or farmers' market in your area, see the Resources beginning on [page 293](#).

Online/Mail Order Sources

If you have never looked at the organic foods that are available online you may be surprised. It is possible to purchase just about anything through mail order. Sometimes these purchases cost more and involve shipping charges, but if you choose reputable suppliers, you can count on fresh, high-quality products. I buy most of my grains by mail order because I trust the suppliers and know the products are fresh. For a list of responsible suppliers, see the Resources beginning on [page 293](#).

Bulk Stores

Stores that sell foods and other products (both organic and conventional) in bulk are found in most cities. Purchasing items like grains, beans, dried fruits, nuts, teas, herbs, and spices in bulk quantities can save you money. Just be careful. Because these stores themselves buy in large quantities, the products may not always be fresh. Also, make sure that whatever you buy is organic.

CONCLUSION

So there you have it—the basics of vegan nutrition and weight control, and everything you need to know about the ingredients for making wonderful vegan meals. The next chapter provides helpful information on the cooking techniques and food preparation methods that will further guide you to successful dishes.



3. Let's Get Cookin'

The more you know about the foods and the tools used for vegan whole foods cuisine, the easier it will be to prepare your delicious meals. Cooking with ease makes it pleasurable, and if you enjoy what you're doing, you will be more apt to do it on a regular basis. Taking the time to learn some food preparation basics will get you off to a good start, and with a little practice, cooking will become second nature. That is why I have included this chapter.

As you will see, when it comes to

equipment, a few basic pots and pans, some standard bakeware and cookware, and a small number of everyday utensils are all you will need to prepare most dishes. A blender and a few simple gadgets like a garlic press and a steamer basket are also recommended, and chances are, you already own most of these items. There are also a number of special appliances—such as a bread machine, a juicer, and a slow cooker—which, although not necessary, may prove to be wonderful additions to your kitchen.

Also presented in this chapter is an overview of the popular cooking techniques that are used throughout the book, including modified boiling,

steaming, baking, pressure-cooking, stewing, and stir-frying. There are even instructions for “oilless” stir-frying, a technique in which a small amount of water—often flavored with a little tamari and/or a drop or two of vinegar—is used instead of oil to cook the food. Waterless cooking, a method for simmering food primarily in its own juices (preserving nutrients and flavor), is also presented.

I am a strong believer of creativity in the kitchen. And although I recommend initially following a recipe as written to experience how a dish is prepared, I also encourage experimenting with that same recipe—substituting one ingredient for another,

increasing or decreasing seasonings, or using a different cooking method from the original. For this reason, I have included an extensive section on ingredient alternatives to help you expand your sense of culinary adventure. Those who are new to vegan cooking will find the vegan options for products such as butter, eggs, and dairy products especially valuable. Above all, when it comes to preparing food, don't ever be afraid to add, omit, alter, or substitute. It's part of the fun of cooking.

Rounding out this chapter are helpful guidelines for following the recipes in this book (and for cooking in general). Taking a moment to read them, as well as the other helpful information

in this chapter, will help ensure cooking success. Time to get started.

GROWING YOUR VEGAN KITCHEN

Let's talk about kitchens. It is the place where many people go just to make coffee, microwave popcorn, talk on the phone, or get ice for their drinks. For the whole foods cook, however, the kitchen is the most important room in the house. Although you don't need a lot of fancy equipment, there are some basic appliances and utensils, cookware and bakeware items, and a few gadgets and tools that will probably make your cooking easier and more enjoyable.

These items, many of which I find myself using daily, can be purchased almost anywhere—even second-hand stores and garage sales.

BASIC APPLIANCES AND UTENSILS

There are a number of small appliances and utensils that most kitchens should have to help ensure cooking success. Items like measuring cups and spoons, assorted-sized mixing bowls, wooden spoons, wire whisks, metal and rubber spatulas, and even a rolling pin are kitchen essentials. What follows are a few other basic items.

BLENDER. A blender is essential for grinding nuts, flaxseeds, spices, and small quantities of grains (for making quick-cooking breakfast cereals and

even some flours). It is also good for blending and puréeing ingredients for soups, salad dressings, drinks, dips, and more. A blender is better than a food processor for liquids and foods that require an especially smooth and silky texture. It is also better for blending small quantities. I have a large high-power blender with a two-quart carafe. It allows me to blend *most* soups in one batch and grind foods that are too thick for a regular blender. A hand-held blender, also called an *immersion blender*, is not a necessity, but it's great for puréeing soups right in the pot and for blending individual smoothies.



Blender

FOOD PROCESSOR. Although this machine is able to chop, slice, and grate foods, I rarely use it for these tasks. With the time it takes to clean the machine, I find it quicker to do this type of cutting by hand with a knife or a mandolin. You might, however, prefer to let the machine do the work. A food

processor is also good for blending ingredients that are too thick for a regular blender, and for grinding fruits and grains, which an ordinary blender cannot do well. Most preparations that need to be done in two batches in a standard blender (like puréeing soup) can be done in a single batch in a food processor. (A high-powered, two-quart capacity blender can do the same job as a standard food processor. If you have one, a food processor is not necessary.)

GOOD-QUALITY KNIVES. It is important to own at least a few sharp, good-quality knives. Although they can be a bit costly, you'll find the investment worthwhile—with proper care, they can last a

lifetime. If you can afford only a few good knives, I recommend a vegetable cleaver, a paring knife, and a serrated utility knife.



Paring knife

This small, thin knife has a three- to four-inch blade that tapers to a point. Use it to peel, slice, trim, dice, and cut out any bad spots from small fruits and vegetables.



Serrated utility knife

Designed to slice bread cleanly, without squashing or tearing, is the main function of this knife. It's also good for cutting tomatoes and citrus fruits.



Vegetable cleaver

Rock this square-tipped cleaver back and forth on a cutting board to chop veggies and fresh herbs to perfection. Just be careful not to cut your fingers.

CUTTING BOARDS. Every kitchen needs at least two good cutting boards—one for onions and strong-flavored vegetables and another for breads, fruits, and milder foods. I recommend those

made of bamboo because they are the most eco-friendly. With vegan ingredients, the risk of food poisoning is greatly reduced (most food-borne illness comes from meat, fish, and poultry products). If you do cook with meat or fish, be sure to keep a separate cutting board just for those foods. I recommend one made of plastic because it is easier to sanitize than wood or bamboo. To sterilize a cutting board, all you need is some cheap vodka or a solution of one part vinegar and five parts water. Generously, wipe either solution over the board, let it sit a few minutes, then rinse.

GARLIC PRESS. This gadget crushes

garlic by forcing the cloves through tiny holes. There are lots of presses on the market that do a good job (and many that don't). Be sure to shop around and get one that works well. My personal favorite is the Susi press by Zyliss. It is sturdy, can accommodate two or three cloves at once, and cleans up easily.

KITCHEN TIMER. If your oven doesn't have a built-in timer, I recommend picking one up—they are inexpensive and great to have. Choose one with at least a one-hour capacity and an alarm.



Garlic press

MANDOLIN. Like a manual food processor for slicing fruits and vegetables, a mandolin is a very handy gadget. In addition to a standard slicing blade (which is adjustable for different thicknesses), most models have optional cutters to julienne, ruffle, and even waffle-cut food. Simply run the fruit or

vegetable along the rectangular-shaped board and through the blade for the desired cut. Mandolins are typically made of plastic or stainless steel and are easy to clean. When buying one, look for a solidly constructed model that comes with a variety of different blades.



Mandolin

SALAD SPINNER. This handy gadget is a

convenient way to get your freshly rinsed greens clean and dry. Simply place the wet greens in the spinner's inner perforated container. Using the device's crank (or pump), rotate the container rapidly—this forces the water into an outer container while spinning the greens dry. If you don't have a salad spinner, place the rinsed greens on a clean dish-towel. Gather up the ends in one hand, then take it outside and swing it around energetically. This works just as well (weather permitting).

STEAMER BASKET. This vented metal basket has collapsible sides and fits inside pots of all sizes. Food is placed on top of the basket, which sits over

boiling water in a covered pot. Steam from the boiling liquid cooks the food. Bamboo steamer baskets, which sit inside a wok over a small amount of boiling water, are also available.

STORAGE JARS. Glass jars of various sizes are great for storing many dry foods. Small pint-size jelly jars are great for bulk herbs and spices. Large two-quart jars are perfect for beans, grains, and nuts that you use often, while smaller quart-size jars are better for those that you use less frequently. (Don't forget to label the jars.) Be sure the jars are made of glass, not plastic, which may contain harmful chemicals that can leach into the food. Also be sure to wash

the jars in warm, soapy water, rinse them well, and dry them completely before using. Even the smallest bit of moisture will encourage mold growth on beans, grains, and other dried foods.



Storage jars

A Word About Microwaves

I have never owned a microwave oven nor do I intend to. Talk about negative energy! This appliance uses electromagnetic energy to cook food by molecular friction. I prefer good old-fashioned heat. Furthermore, the food tends to cook unevenly and is visually unappealing.

SPECIAL APPLIANCES

The following items are not necessary, but they are great to have. For purchasing information, see the Resources beginning on [page 293](#).

BREAD MACHINE. This appliance will do everything necessary to make a fresh loaf of bread except add the ingredients. It kneads the dough, lets it rise, and bakes it with the touch of a button. I have had one for years and use it at least once a week (in combination with my flour mill).

CROCKPOT/SLOW COOKER. The main

beauty of this appliance lies in its ability to slow-cook food unattended. It is a great choice for preparing soups, root vegetable stews, pasta sauces, and other dishes that take at least an hour and a half to cook on the stove or in the oven. I especially like it for cooking dried beans, which, depending on the bean, can take many hours. (Cooking beans from scratch also saves money, and when beans are slow-cooked in a crockpot, they taste even better.) Slow cookers range in size. Models with a four- to five-quart capacity are recommended for recipes that yield four to eight servings.

DEHYDRATOR. Designed to preserve

fruits and vegetables by drying them, a dehydrator is especially wonderful for those who garden. I use mine to dry cherry tomatoes, figs, tangerine peel, peaches, and a number of other fresh fruits. It is also good for drying herbs and making raisins from seedless grapes. Raw foodists use a dehydrator for lots of delicious recipes. Many swear by the high-end Excalibur brand. Mine is an “el cheapo” that cost about a quarter of the price, but since I don’t use it daily, it works just fine.

FLOUR MILL. This electric gadget is used for grinding grains into flour for breads, cakes, and other baked goods. It also cracks cereal grains for porridge

and muesli. I personally feel that a flour mill is a necessity if you do a lot of baking. Because whole grains contain oil that goes rancid quickly, it is important to use freshly ground flour for baked goods. I have used my German-made Wolfgang Mill almost daily for over fifteen years without a glitch. Although it was expensive, it has paid for itself several times over.



Flour mill

JUICER. A mechanical juicer allows you to juice most fruits and vegetables. And freshly extracted juice is a nutritional powerhouse—naturally rich in vitamins, minerals, enzymes, and other nutrients. If you juice often, it's a good idea to purchase a good-quality juicer. I own a Champion brand, which I have used for years. With heavy use, many juicers burn out, but not my Champion. In spite of the fact that I use it constantly and make it work hard, it has never given me a problem. The Champion is also capable of making nut butters and even frozen treats.

PRESSURE COOKER. For speedy cooking, a pressure cooker is a wonderful and healthful alternative to the microwave. My ninety-three-year-old mother says it is the best thing that was ever invented, and I still use the same Presto brand pressure cooker she gave me back in 1971 almost daily. Basically, a pressure cooker is a large heavy pot with a lid that locks in place. Steam from boiling liquid is trapped inside the pot, creating superheated pressure that cooks the food quickly. It is great for cooking dried beans and rice, as well as slow-cooking vegetables like artichokes, beets, and potatoes. It also cooks soups and stews in record time. Although you may have heard about

Grandma's pressure-cooked stew ending up on the kitchen ceiling, be aware that today's new generation of pressure cookers are extremely safe (provided you follow a few common sense guidelines). For instructions on how to use this appliance, see [page 39](#).

RICE COOKER. A rice cooker, which cooks all types of grains, really helps make vegan cooking easy. Just add the rice to the cooker along with the appropriate amount of liquid. When the rice is cooked, the machine will shut off but continue to keep the rice warm. You can even cook rice and quick-cooking beans (like lentils or soaked mung beans) together in this cooker, as well as

breakfast porridge. I recommend models that come with a rack that allows you to steam vegetables while the grain cooks. Also make sure it is stainless steel and does not have a nonstick finish. I use the Miracle Rice Cooker by Miracle Exclusives.

SOYMILK MAKER. If you use a lot of soymilk, a soymilk maker can really save you money. It takes only one-third cup of soybeans to make a quart of soymilk, and soybeans—even organic ones—are cheap. Soymilk, on the other hand, can get quite expensive if you use a lot of it. Keep in mind, however, that the homemade milk won't be fortified with vitamin B₁₂ and calcium, nor will it

be as rich and sweet as commercial varieties. (I actually prefer the taste.)

VITA-MIX. This incredible machine does everything that a blender, food processor, juicer, and flour mill can do. It even *cooks* dishes like soups and sauces, thanks to the heat that is created by the friction of its powerful blades.

Pot Liquor

When steaming, pressure cooking, or boiling (modified) vegetables, don't throw out the cooking water! Called *pot liquor* by people in the South, this liquid is rich in both flavor and nutrients—and you can use it to cook grains or add to soups or stews. I usually turn it into a light sauce to serve along with the vegetables (see the recipe on [page 178](#)).

COOKWARE AND BAKEWARE

Every kitchen needs a few basic cookware and bakeware items to help make food preparation easy and efficient. Although you don't have to own top-of-the-line pots and pans, keep in mind that good-quality cookware is an investment that can last a lifetime. Of course, good cookware is expensive, but it is also something you can find at garage sales and second-hand stores if you know what to look for. What follows is a listing of recommended cooking and baking items. The inset on [page 40](#) provides an overview of the

various materials used to make them.

POTS. I find that three pots—a small 1-quart saucepan, medium-size 2-quart pot, and large 4-quart pot—are all I really need for most recipes.



1-quart saucepan

Great for preparing sauces and heating

up small quantities of food or liquid.



2-quart pot

A good choice for cooking vegetables as well as rice and other grains.



4-quart pot (kettle)

Perfect for making soups and stews, and

for cooking pasta and dried beans.

FRYING PANS. A medium-size 10- or 12-inch frying pan or skillet is good for browning, frying, and sautéing most foods. Skillets come in a variety of materials. I prefer those made of cast iron (I'm from the South). Besides frying and sautéing, they are great for baking cakes and cornbread. Make sure your skillet has a lid, which is necessary for cooking certain dishes. A lid also helps the food cook more evenly and with lower heat. If you can't find a cast iron lid for your cast iron skillet, use any large lid that fits.

Wok. Primarily for stir-frying, the

versatile wok is also good for sautéing, deep-frying, and even cooking soups and sauces. It is so deep that you can toss large amounts of ingredients quickly—without tossing them out of the pot! One of the best features of a wok is that when one ingredient is nearly done, you can push it up and onto the sloped side of the pan, and continue cooking another ingredient. All the food stays warm, but nothing gets overcooked. I feel the best wok is a simple, non-electric variety made of carbon steel. It cooks food better than a stainless steel wok (food has a greater tendency to stick to stainless steel). The one disadvantage of carbon steel is that it rusts very easily if not properly dried after it is washed.

Make sure to get a wok with a lid.

CASSEROLE DISHES. Although these dishes come in a variety of shapes and sizes (and often in sets), one with a 2- or 3-quart capacity is good for cooking most casseroles. Be sure they come with covers, even though you may not always need them.

BAKING PAN. A 13-x-9-inch baking pan, ranging from 1 to 3 inches deep, is great for roasting vegetables. I also use it for baking casseroles that don't require a cover.

CAKE/PIE PANS. Two round (or square) 8- or 9-inch cake pans are what you will need to make a standard double-layer

cake. Pie pans are another bakeware staple. I have 8-, 9-, and 10-inch pans, and use them according to the specific recipe and the number of people being served.

COOKIE/BAKING SHEETS. These are perfect for baking cookies and anything that requires a large surface area like pizza or oven-fried potatoes.

LOAF PAN. Great for baking breads and meatless loaves.

MUFFIN PAN. Although they come in various sizes, a 12-cup pan for making standard-sized cupcakes or muffins is recommended.

Seasoning Cast Iron Cookware

Cast iron pots and pans need to be “seasoned,” which gives them a nonstick surface and prevents them from rusting.

Seasoning a New Pan

1. Wash the pan in warm soapy water, rinse, and dry. (Be sure to remove any adhesive from labels.)

2. Generously brush the interior with coconut oil and place in a 300°F oven for about one hour. You can also set it on the stovetop over medium heat for about ten minutes or until the oil begins to smoke.

3. After the pan cools, wipe off any excess oil with a paper towel.

Repeating this process several

times is recommended to create a strong seasoned surface. Each time you use the pan, the seasoning will build. But until it becomes well-seasoned, it's best to avoid using the pan to cook tomato sauces or other acidic foods, which tend to break down the seal.

Cleaning and Caring Tips

²/₃ If the pan was used to make dry items that don't stick or leave residue, such as cornbread or pancakes, simply wipe off the surface with a paper towel. (Don't use a dish towel as the cast iron will stain it.) If any stubborn crust adheres to the pan, simply rub it with a pinch of salt.

²/₃ If the pan needs to be washed, clean it while it is still hot by rinsing it under hot water. Don't use a scouring pad or soap unless absolutely necessary (doing so

will break down the seasoning). Dry the pan well either with a paper towel or by placing it on the stovetop over high heat. Don't let it get too hot, or it will need to be re-seasoned.

²/₃ Store cast iron cookware uncovered, without lids. Covering it can cause moisture to build up (especially in humid weather) and create rust. If, however, rust does form on the item, simply wash it well and re-season.

COOKING METHODS

Before moving on to the recipes, it's

helpful to become acquainted with the cooking techniques that are used throughout the book. You may already be an old hand at using some of these methods, while others may be new. I recommend taking a few minutes to familiarize yourself with them.

Baking

Just about any vegetable (and many soy-foods) can be popped into a 350°F oven and baked. Sweet vegetables like winter squash, beets, parsnips, carrots, and sweet potatoes taste even sweeter when cooked this way. Cooking times will vary depending on the size and type of the vegetables, which can be baked whole, sliced, or as part of a casserole. They can also be peeled or unpeeled, covered or uncovered, seasoned or unseasoned, and drizzled with oil or baked plain. Before baking whole, unpeeled vegetables like potatoes or acorn squash, be sure to pierce them

with a knife or fork in a few spots. If you don't, steam will build up within the vegetable as it cooks and cause it to explode. Baking takes longer than other methods, but keep in mind that the food doesn't need much attention as it bakes.

Modified Boiling

Cooking food by completely submerging it in boiling water was once the favorite way to cook vegetables. Unfortunately, this method also causes a substantial loss of vitamins, minerals, and flavor. For this reason, modified boiling, which uses only a small amount of water, is recommended. Simply place the vegetables in a pot with a tight-fitting lid, then add about an inch or less of water, cover, and bring to a boil. Reduce the heat and simmer the vegetables until tender. Occasionally check the food as it simmers and add more water if necessary.

Steaming

A simple way to prepare food without adding fat, steaming is generally used to cook vegetables, although soyfoods like tofu and tempeh also benefit from this method. Place the food on top of a steamer rack that is set in a pot with about an inch of water—if using a collapsible steamer basket, put it in a large pot that allows it to fully expand. (For even cooking, try to keep the pieces fairly uniform in size and arrange them over the bottom of the steamer rather than piling them too high.) Cover the pot tightly, bring the water to a boil, then reduce the heat to medium-low. As the

food cooks, add more water if necessary. Steaming vegetables releases fewer nutrients into the cooking water than boiling does, but there is still some nutrient loss.

Pressure-Cooking

This method, which is done in a special airtight pot, cooks food very quickly by steaming it under pressure at high temperatures. It dramatically cuts the cooking time for grains, dried beans, and many vegetables. When pressure-cooking vegetables, be very careful not to overcook them, which can happen easily. If desired, you can place the vegetables on a steamer rack so they don't touch the water. Very quick-cooking vegetables, such as spinach, mushrooms, snow peas, and mung sprouts, should never be pressure-cooked.

Because there are so many different pressure cookers on the market today with various features, it is very important to carefully follow the manufacturer's instructions for operating your particular model. The following basic steps and cooking principles, however, can be applied to all units:

1. Place the ingredients and required amount of water in the cooker (never more than two-thirds full). For vegetables, no more than an inch water is needed. Beans should be covered by about an inch or two of water. For grains, simply follow the recipe instructions.

When Buying Cookware ...

Good-quality cookware is determined not only by its construction, but also by the materials from which it is made. It is worth the investment because, if cared for properly, it will last a lifetime. Below is a brief overview of the materials used in today's cookware.

²/₃**Aluminum.** Lightweight and inexpensive, aluminum cookware is an excellent conductor of heat. The problem is that aluminum, which has been implicated in a number of health conditions, has a corrosive reaction to acidic foods that causes it to leach into

the food. Although I do not recommend this type of cookware, if you choose to buy it, make sure it has an anodized surface—anodizing helps to seal the metal and prevent it from leaching into the food.

²/₃**Stainless steel.** Safe and durable (it doesn't dent or scratch easily), stainless steel cookware is easy to clean, won't corrode, and is reasonably priced. The downside is that it doesn't conduct heat very well and food tends to stick to it.

²/₃**Carbon steel.** Carbon steel is a better heat conductor than stainless steel, but it rusts and discolours very easily.

²/₃**Cast iron.** When it comes to durability, nothing beats cast iron. It also distributes heat evenly and retains it better than other materials. One of the drawbacks of cast iron is that it is very heavy. It also rusts easily, so it must be seasoned (see [page 38](#)). Because of this, some cast iron pieces come with a porcelain enamel coating; however, it does tend to chip.

²/₃**Copper.** Copper is a good conductor of heat, but, like aluminum, it is a reactive metal and can have a corrosive reaction to acidic ingredients. Because of this, copper pots and pans are often

lined with stainless steel. Copper cookware is also heavy, expensive, and needs to be polished.

²/₃**Glass.** Tempered glass cookware is safe, non-reactive, inexpensive, and makes it easy to keep an eye on your food as it cooks. Another advantage is that it can be used in the oven and on top of the stove. It can be placed in the refrigerator as well. Glass cookware can, however, chip or crack easily.

²/₃**Nonstick.** Although this type of cookware has an obvious advantage, its chemical coating scratches off easily and may get into the food. It may also give

off toxic fumes when exposed to high heat. If you have a nonstick pot or skillet, try to use it only occasionally, when cooking certain foods that tend to stick.

²/₃ **Waterless.** Of all the pots and pans I have used, this type is my favorite. Each piece offers excellent heat conduction due to its aluminum core, which is encased in five coats of surgical-quality stainless steel to prevent leaching. What makes this different from other composite cookware (which has a stainless coating over an aluminum core) is the construction of the lid, which creates a vapor seal as the food cooks.

These pots and pans cook vegetables without added water or fat, and are great for cooking grains. You can even use them to “bake” potatoes, cakes, muffins, and other baked goods on top of the stove.

To contact Health Craft, which produces a high-quality line of this cookware, see the Resources beginning on [page 293](#).

2. Close the cooker and place it on the stove over high heat. If the unit has a pressure-release valve, be sure it is aligned properly to prevent steam from escaping.

3. When full pressure is achieved (according to the operating manual), turn down the heat enough to just maintain the pressure. Begin timing at this point if you are cooking beans, grains, or a slow-cooking vegetable.

4. At the end of the recommended cooking time, remove the pot from the heat. For most vegetables, as soon as full pressure is reached, immediately remove the cooker from the heat and cool it under running water. For potatoes, beets, or tough greens like kale or collards, let the pressure come down on its own.

Stewing

This cooking method is commonly used for fresh produce. Vegetables are slowly simmered in their own juice or a small amount of broth or water. Stewing can be done in a covered pot or baking pan either on top of the stove or in the oven. Most vegetables can be cooked this way. For uniform doneness when stewing more than one vegetable, cut the slower-cooking ones into smaller pieces and the quicker-cooking ones into larger pieces.

Stir-Frying

Stir-fried food is cooked quickly in a small amount of oil over high heat. The food, which is usually cut into bite-sized pieces, must be constantly stirred (actually more like tossed) to keep it from scorching. Thus the term “stir-fry!” This method is great for cooking most vegetables and for soyfoods like tempeh and tofu. It is not good for vegetables with a low moisture content like potatoes, turnips, and beets. Nutritionally, vegetables that are stir-fried retain most of their vitamins and minerals. A wok is the recommended cookware because it has deep, sloped

sides that allow the ingredients to be tossed easily; however, a large, heavy skillet is also good for stir-frying.

Which Oil Should I Use?

Most foods in a vegan diet contain very little saturated fat. For this reason, the occasional use of coconut oil—although high in saturated fat—is fine. One advantage of saturated oil is that it remains stable at higher temperatures than other types of oil. Monounsaturated oils, such as olive oil, are also recommended, although they break down at lower temperatures than coconut oil. Avoid cooking with polyunsaturated oils like sunflower, safflower, corn, flaxseed, and soybean, which break down when exposed to heat.

For stir-fried dishes, you have to be flexible regarding cooking times and even stir-frying techniques. Because of the wide range of ingredients that can be cooked this way (vegetables in particular), cooking time will depend on a few factors. The size of the ingredient and the way it is cut is one consideration. Vegetables that are cut into thin strips or matchsticks cook faster and more evenly than those cut into cubes or thick chunks. The degree of heat being used is another variable, as is ingredient quantity—the more food being cooked, the longer it will take. Quality is another factor; small, young vegetables cook faster than older, tougher ones. While stir-frying, sometimes a little

liquid may be needed to steam the ingredients a bit; other times, nothing more than the hot oil is necessary. As I said, you have to be flexible.

Before starting to stir-fry, one of the best pieces of advice I can give you is to have all of the ingredients cut and ready. Once the cooking has begun, it will go very quickly. After heating about a tablespoon or two of oil (rice bran oil is recommended because of its high smoke point) in a wok or large skillet over high heat, add the stronger-flavored, slower-cooking vegetables (onions, garlic, ginger, celery, carrots, broccoli stems) and stir-fry for one to three minutes. Next add those that take a moderate amount of time to cook

(summer squash, broccoli flowerets, bell peppers) and cook a minute or two. Finally, add the quick-cooking vegetables (mushrooms, snow peas, mung sprouts) and stir-fry about a minute. Cover, reduce the heat to low, and cook a minute or two, or until the vegetables are just barely tender. (If the ingredients are dry, add about one-quarter cup water before covering.)

Oilless Stir-Frying

It is possible to “stir-fry” vegetables in a small amount of water rather than oil. I usually add a little tamari soy sauce to the water, and sometimes a clove or two of garlic and a slice of ginger for flavor. For a typical stir-fry for four people, use about a half cup water and two tablespoons tamari. For flavor-enhancing tartness, add a tablespoon of rice, cider, or balsamic vinegar. Cook your “stir-fry” as usual, adding more water as needed to keep the vegetables from scorching.

As an added bonus, you can easily thicken the leftover cooking liquid with

a little kudzu or arrowroot and turn it into a flavorful sauce. Remove about $\frac{3}{4}$ cup of the cooking liquid into a measuring cup (if there isn't enough liquid, add enough water to measure $\frac{3}{4}$ cup. In a small cup, dissolve 1 tablespoon kudzu or arrowroot in about 2 tablespoons cool water. Add this to the cooking liquid, mix well, then pour it back into the stir-fry. Bring the liquid to a boil. It will thicken immediately. If it is too thick, add a little more water. If it is too thin, add a little more dissolved arrowroot or kudzu.

Waterless Cooking

Special waterless cookware is needed for this type of cooking, which allows food to simmer in its own juices with little or no added water or fat. What makes this method so good is that there is hardly any added water to draw nutrients and flavor from the food, and no fat to add extra calories. It is also one of the easiest cooking methods. Simply chop or slice the vegetables, and place them in the pan with just a tablespoon or two of water. Cover and cook over low heat until the vegetables are tender. Vegetables that are cooked this way are surprisingly flavorful—so tasty, in fact,

you may find that they don't need any seasoning. I like to layer onions on the bottom of the pan, and then add a tablespoon or so of tamari soy sauce and two tablespoons of balsamic vinegar. Then I top this with whatever vegetables I wish to cook. As the vegetables cook, the onions on the bottom become caramelized and delicious. For information on purchasing waterless cookware, see the Resources beginning on [page 293](#).

GETTING CREATIVE

Cooking by the book is a good way to start, but it isn't always a lot of fun. You need to have the exact ingredients on

hand, you must follow the instructions carefully, and you have to find recipes that suit your taste. Don't get me wrong, initially cooking this way is a great way to experience first-hand how a dish is prepared. And with experience comes confidence, which encourages creativity. I am all for creativity in the kitchen—it saves time, allows you to prepare foods exactly the way you like, and enables you to work with what you have on hand. Creative cooks tend to cook more often, and the more you take control of your own food preparation, the better it is—better for you and better for the environment. Preparing vegan dishes from scratch is one of the best things you can do for the planet, and nothing will

help you to do this more than learning how to improvise.

What's the worst thing that can happen? Your meal is not perfect? Next time it will be better.

Experimentation promotes creativity. We are all creative by nature ... it's just a question of confidence. This book, and especially this section, is designed to give you the knowledge you need to build your confidence, so that eventually you can cook without a book! It offers valuable guidelines that prompt you to stretch your creative culinary capabilities—in a delicious, satisfying way. It also presents vegan options for a variety of products, such as butter, eggs, and dairy foods. (This is especially

helpful for those who are new to vegan cooking.) Finally, for those times when you find yourself in the middle of preparing a recipe and discover that you are missing an ingredient, it offers alternatives. Yes, the result will be different, but with a little luck, the dish will be as good as or even better than the original.

Cooking is not an exact science—no recipe or tip is foolproof. That's one of the challenges of home cooking. It's also part of the fun!

Grains

Like vegetables, grains can be used interchangeably in many recipes. Instead of using rice in that casserole, make it with millet, bulgur, or even pasta. Or try your favorite pasta salad with quinoa for a change. A number of grains—amaranth, buckwheat, corn, millet, quinoa, rice, sorghum, and teff—are gluten free.

Vegetables

The ways that you can substitute one vegetable for another are so extensive, there are simply no rules. Probably the most important factor to consider is your own taste, which you know better than anyone. Don't forget to take your cues from Mother Nature, who constantly varies her offering of fresh produce with the changing seasons. With the following general guidelines and a pinch of good old-fashioned common sense, you will be improvising vegetable dishes like a pro.



Consider cooking times. When substituting one vegetable for another in a recipe, try to choose options with similar cooking times. If, however, you are exchanging a longer-cooking vegetable (like kale) for a quicker-cooking one (like spinach), you will have to precook the longer-cooking choice.



Be aware of moisture content. If you substitute a juicy vegetable such as a tomato for a dry starchy vegetable like a potato or vice versa, you can be assured of a too-dry or too-watery dish unless you adjust the other ingredients as well.



Don't forget flavor. Some vegetables add more flavor to recipes than others. Therefore, if you substitute a mild-tasting vegetable like celery, for a vegetable with a stronger taste, like an onion, you may end up with a bland dish, unless you compensate by adding some herbs or spices.



Leafy vegetables decrease in volume as they cook. This means, if you want the finished dish to maintain the same volume, you cannot substitute a cup of raw vegetables that remain approximately the same size when cooked—such as carrots, green beans, or broccoli—for a cup of raw greens that reduce in size. You can, however,

substitute a cup of *cooked* greens.



Consider the texture and starch content of the vegetables that you are substituting. A starchy vegetable may not work well in a grain dish, but a crisp, juicy vegetable can be delicious. The opposite can also hold true. Sometimes a starchy vegetable is needed in a recipe

to make it satisfying.

Butter

Instead of butter, try the following alternatives:



On popcorn, a little oil—flaxseed, olive, or roasted sesame—offers yummy results. Even coconut oil can be a good

option. (See “Substituting Coconut Oil”
on [page 44](#).)

Substituting Coconut Oil

Coconut oil is a saturated fat, which makes it solid at room temperature. When substituting it for melted butter or liquid oil in a recipe, heat it gently until it melts. When stored in a warm kitchen cupboard, coconut oil can also soften and liquify. If it has liquified and is being substituted for a solid shortening in a recipe, simply place it in the refrigerator for a few minutes until firm. Be careful not to leave it in too long or it will become rock hard. Keep in mind that this oil will lend a slight coconut flavor to whatever it is added to.



On steamed vegetables, try a drizzle of Miso-Mustard Dressing ([page 151](#)).



Over cooked grains or vegetables, add some Favorite Flax Oil Dressing ([page 148](#)).



In sandwiches, a little mashed avocado is a great substitute for both butter and mayonnaise. You can even add a little lemon juice, minced parsley, and/or pressed garlic to liven it up.



Instead of buttering your bread, drizzle it with a little olive oil or create a dipping sauce by adding a pinch of sea salt and some finely chopped fresh or dried herbs to the oil. You can also add some crushed garlic for added flavor.



On toast, try a squirt of flaxseed oil. It's delicious.



Use nut butter or tahini as a sandwich spread.



For cooking pancakes or waffles, coconut oil is a wonderful butter substitute. You can also use it in place of butter (measure for measure) in pie crusts, biscuits, scones, cakes, and cookies.



For curries, instead of using ghee (clarified butter), use coconut oil. It works beautifully and the subtle coconut flavor complements this type of dish.

Cheese

A variety of commercial nondairy cheese is available. Just be aware that many are not purely vegan—they contain a small quantity of casein, calcium caseinate, whey, or rennet. So be sure to check ingredient labels.



To replace the cheese topping on a casserole or other baked dish, try adding a generous sprinkling of sesame seeds. Also try a mixture of sesame seeds and seasoned breadcrumbs drizzled with a little olive oil.



For many dishes, tahini sauce, yeast gravy, or tofu sauce can be a delicious alternative to cheese sauce.



The addition of nutritional yeast can add rich, cheesy flavor to sauces, burgers, tofu scrambles, dips, and many other foods. Start with a small amount—a tablespoon or so—then add more to taste. As old-time health food nuts know, nutritional yeast is also delicious sprinkled on popcorn. It is best to first drizzle the popcorn with your favorite

oil so the yeast sticks to it.

Milk and Other Dairy Products

There are so many wonderful nondairy milk drinks on the market that foregoing cow's milk is easy. Soymilk, rice milk, oat milk, and nut milks are available in enriched versions, as well as low-fat, unsweetened, and flavored varieties. And if you'd like to try making your own, you'll find recipes in [Chapter 6](#).



Substitute an equal amount of plain unsweetened soymilk for dairy milk in almost any recipe. You can use flavored soymilks for cereals and some desserts.



Nut milks are great in smoothies and on hot or cold cereals. Because they thicken when cooked, they can also be used in sauces. (See the Cashew Béchamel on [page 177](#).)



Use rice and oat milks in smoothies, on hot or cold cereals, and in batters for pancakes, waffles, muffins, and quick breads. When heated or mixed with an acidic ingredient like lemon juice, these milks tend to curdle or separate, so they are not good choices for sauces, puddings, or dishes with acidic ingredients. For these types of recipes,

soymilk is a good alternative.



To create a creamy base for sauces and dishes like casseroles and soups without using any type of milk or soy, blend some cooked rice, millet, or potatoes in a blender with enough water until smooth and creamy. (For increased richness, add a few raw cashews.)



Instead of sour cream, try some Umeboshi Cream ([page 92](#)). You can also use unsweetened soy yogurt, either as is or flavored with a little pressed garlic and a pinch of salt. (Or, rather than salt, use a dash of umeboshi vinegar.)



Instead of whipped cream, use Silken Tofu Whipped Topping ([page 289](#)).



When buttermilk is called for in a recipe, create your own vegan version. Mix 1 tablespoon lemon juice or vinegar with $\frac{3}{4}$ cup + 3 tablespoons soymilk to replace 1 cup of buttermilk.



Soy yogurt is a good substitute for dairy yogurt. Just be sure to use the unsweetened variety in savory dishes. Even plain commercial varieties may be too sweet.



Replace the milk used in pancakes, waffles, muffins, cookies, and other baked goods with water. (I have done this many times and it works just fine.)

Eggs

In addition to using commercial egg replacers, like Jolly Joan and Ener-G brands, you can also try the following:



For baked goods, whip together 1 tablespoon finely ground flaxseeds and

$\frac{1}{4}$ cup water in a blender for two to three minutes until it has the consistency of beaten egg. This is the equivalent of one egg.



To help most meatless loaves and vegetable croquettes stick together, use nut butter or tahini rather than egg. Usually about 2 tablespoons are enough

for a recipe that serves four, but you can add a little more if necessary.



Use blended tofu instead of eggs to make waffles and pancakes, as well as quiches, muffins, cakes, and other baked goods.



Instead of scrambled eggs, try scrambled tofu (see recipe on [page 76](#)).

Salt

No matter how many herbs and spices you add, most dishes that are cooked without salt are bland. The problem is that we tend to overdo it. The *moderate* use of certain seasonings (even those that contain salt or sodium) is common in good vegan cooking. The salt I use and recommend is Celtic sea salt, which, in my opinion, enlivens the flavors of foods more than ordinary sea salt, kosher salt, or iodized salt. If you don't want to add salt to your food for added flavor, consider the following options. Keep in mind that many contain sodium.

Quick-and-Easy Seasoning Ideas

Whenever I am throwing together a quick savory meal, my favorite seasoning blend includes a heaping teaspoon of herbes de Provence (see recipe on [page 46](#)), a good squirt of Bragg Liquid Aminos, a generous sprinkling of balsamic vinegar, and a few shakes of white pepper. With the exception of curries, this blend works well for most savory dishes.

Another one of my favorite quick seasonings is Favorite Flax Oil Dressing ([page 148](#)), which I drizzle over cooked vegetables, grains, and bean dishes. It's

a delicious way to enjoy the nutritional benefits of flax.

Herbes de Provence

One of my favorite seasoning blends, herbes de Provence can improve almost any soup, stew, or bean dish. The problem is that it's not always easy to find, so I've included a recipe for making your own. Just as curry powders differ, so do the mixtures for herbes de Provence. This means you can adjust the ingredients a bit to suit your particular taste. What is most important is to use freshly dried herbs. If they are more than one year old, they will be less flavorful. In France, chefs buy fresh batches of herbes de Provence in the fall after the harvest.

3 tablespoons thyme
3 tablespoons marjoram
3 tablespoons summer savory
1 tablespoon dried basil
2 teaspoons rosemary
1 teaspoon fennel seeds
 $\frac{1}{2}$ teaspoon rubbed sage

Place all the ingredients in a glass jar with a tight-fitting lid and shake to mix. Store in a cupboard where it will keep up to a year.



Tamari soy sauce and miso add salty flavor to food. They both contain added salt, but because they are so flavorful, only a small amount is usually needed.



Bragg Liquid Aminos and kelp powder are flavorful salt substitutes. Although they contain sodium, they do not contain added salt.



Powdered herb seasonings can also replace or reduce the need for salt. Some brands contain added salt.



In some recipes, the addition of capers, olives, or pickles will add enough flavor and sodium to make additional salt unnecessary.



To decrease the need for salt in your cooking, be generous with herbs and spices and use only fresh ingredients that are at their peak of flavor. In cakes, cookies, and other baked goods, salt can usually be omitted without compromising taste. However, yeast bread that is made without salt may take some getting used to.



Sometimes a splash of vinegar, lemon, or lime can reduce the need for salt, as can a clove of freshly pressed garlic or a dash of cayenne, white, or black pepper.

Sugar

Most standard dessert recipes are very sweet (too sweet). Often, you can simply use less sweetener than the recipe calls for without compromising taste.



The addition of fruit, especially dried

fruit such as dates and raisins, will decrease the need for more concentrated sweeteners in some recipes.



To achieve the same amount of sweetness provided by 1 cup of granulated sugar in a recipe, use:





cup

agave nectar



1 cup date sugar



1 cup Sucanat



1 cup fruit concentrate



1½ cups barley malt



1½ cups rice syrup



1 cup maple syrup



1 cup molasses (has a dark color and strong flavor)



1 cup sorghum



1 teaspoon stevia powder



$\frac{1}{2}$ teaspoon stevia liquid

Keep in mind that when using these alternative sweeteners, the flavor and texture of the final product will be different from the original. When replacing sugar with a liquid sweetener, reduce the liquid that is called for in the recipe (soymilk, water) by about $\frac{1}{4}$ cup.

If the recipe contains no liquid other than the sweetener, increase the flour by $\frac{1}{4}$ cup.

Flour

Instead of using all-purpose flour:



For yeast breads, use an equal amount of whole wheat bread flour, hard wheat flour, whole grain spelt flour, or kamut flour.



For any recipe except yeast breads or pasta, use an equal amount of whole wheat pastry flour (also called soft wheat flour).



For both yeast breads and pastries, use an equal amount of kamut flour, which is the closest to whole wheat flour. Because it is higher in protein than wheat, kamut flour works for yeast breads; and because it is lower in fiber, it is also good for pastries.

Thickeners and Gelatins

Try the following substitutions:



For 1 tablespoon cornstarch, use 1 tablespoon arrowroot powder or kudzu powder.



For 1 tablespoon white flour, use 1
tablespoon whole wheat pastry flour,
barley flour, or millet flour, or $\frac{1}{2}$
tablespoon arrowroot.



For 1 ounce of gelatin, use 4 tablespoons agar-agar flakes or 1 bar agar-agar.

Other Products



Instead of cocoa, use carob powder.



Replace jams and jellies with fruit butters or fruit-sweetened jams.



Replace vinegar with equal amounts of lemon or lime juice.

HERB AND SPICE SUBSTITUTIONS

Allspice	cinnamon; dash of mace, nutmeg, or cloves

Aniseeds	fennel seeds
Basil	oregano; thyme
Bay leaves	thyme
Cardamom	coriander
Chervil	parsley; tarragon
Chives	scallion; onion; leek
Cilantro	parsley
Cinnamon	dash of allspice or nutmeg
Cloves	allspice; cinnamon; mace; nutmeg
Coriander	cardamom
Cumin	chili powder
Fennel seeds	aniseeds
Five-spice	star anise

powder	
Ginger	allspice; cinnamon; nutmeg; mace
Italian seasoning	equal parts: basil, marjoram, oregano, rosemary, sage, thyme
Lemon verbena	lemon zest
Mace	allspice; cinnamon; ginger; nutmeg
Marjoram	basil; oregano; savory; thyme
Nutmeg	cinnamon; ginger; mace
Oregano	basil; marjoram; thyme
Paprika	dash of ground red pepper
Parsley	chervil; cilantro
Rosemary	savory; tarragon; thyme

Sage	marjoram; savory
Savory	marjoram; sage; thyme
Tarragon	chervil; dash of aniseed; dash of fennel seed
Thyme	basil; bay leaves; marjoram; oregano; savory
Turmeric	curry powder

Spice It Up!

Many herbs and spices can be substituted for one another in a recipe. There is no right or wrong way to use them—it's simply a matter of taste. This is great news for the creative cook who wants to experiment and vary the flavors of a particular dish. It is also good for those times when you are in the middle of preparing a recipe and suddenly realize that you are out of an herb or spice ingredient.

The table on [page 47](#) presents some suggested substitutes for a number of frequently used herbs and spices. Be sure to keep in mind that the flavor of the

replacement ingredient is going to be different from the original. It may also be stronger, so it is best to add only a small amount of the ingredient at a time until the desired flavor is reached.

Fresh and dried herbs give different results. I usually prefer fresh, but in some recipes, I prefer dry. When determining equivalents, use the following formula:

**1 tablespoon chopped fresh herb 1
teaspoon dried**

Composting Getting Rid of Food Waste the Green Way

If you are new to cooking with unprocessed foods, you are going to be amazed by how little pack -aging waste you will generate. You will, however, produce a lot of fruit and vegetable waste. Composting is the easiest and most ecologically sound way to dispose of these scraps.

For years, I just threw my kitchen scraps in a pile in the backyard, turned it a few times a year, and spread it on my garden before winter. I wondered why there was so much fuss about the “proper” way to compost. Then one day,

I stuck a pitchfork into the compost pile and out jumped a rat. Needless to say, I cleaned up my act. I asked for and received a compost spinner for my birthday. A compost spinner generates compost in about four months—and no rats.

A worm farm is another effective way to turn your kitchen food scraps into rich potting soil. This type of “green farming” can be done all year round inside or outside your house or apartment. (Kids especially love to watch the little critters munch away on the scraps.) You can buy a worm farm kit or make your own.

The worm farm kit that I purchased is called the “Can-O-Worms.” To learn

more about worm farms and compost spinners, including where to buy them, see the Resources beginning on [page 293](#).



Compost spinner

GUIDELINES FOR FOLLOWING THE RECIPES

Listed below are some tips and recommendations that will make preparing the recipes in this book (and cooking in general) easier.



When preparing a recipe, if you come across an unfamiliar ingredient, cooking technique, or appliance, turn to this chapter or to [Chapter 2](#) for the information you need.



Unless otherwise stated, the herbs called for in the recipes are dried.



You can easily double or halve any recipe in this book with good results. Just remember that if something is doubled, it will take longer to cook, and if it is cut in half, it will take less time.



The first time you prepare a recipe, follow it as written. After that, feel free to experiment and make changes to suit your particular taste and needs. Having prior experience preparing a recipe will greatly facilitate your experimentation.



Each recipe gives an approximate number of people it serves. Of course, this will vary, depending on the appetites of the people who are eating and what else is being served. Also, a main dish that is accompanied by a rich, calorie-dense sauce will serve more people than if it is served plain or with a light sauce.



Unless otherwise stated in the recipe, always preheat the oven for baked dishes. Yeast breads and pizzas are an exception. My recipes work best when they are placed in a cold oven.



When timing a baked dish, keep in mind that ovens vary, so keep an eye on the food, checking it occasionally as it cooks. Also, be aware that some ovens have “hot spots.” If the food appears to be cooking too quickly in one area, turn the dish or move it to a different part of the oven.



For suitable alternatives to a number of ingredients, check out the “Getting Creative” section beginning on [page 42](#).



The water content of tofu varies between different producers and even between batches from the same producer. Because of this, blended recipes using tofu may have to be adjusted slightly to obtain the right consistency. If the dip, soup, or salad dressing is too thick, simply add more liquid. If it is too thin, add more tofu and then adjust the

seasonings to your taste.



Pay attention to the type of tofu you use. If the recipe calls for silken tofu, do not use ordinary tofu. And if it calls simply for tofu, don't use silken.



The amount of flour needed in a recipe can vary. When baking in very humid or very dry weather, you may need slightly more or less flour than what is called for in the recipe. Also, some batches and types of flour differ in moisture content. Flour measurements also depend on how tightly the flour is packed into the cup. (Sifted flour increases in volume while

stirred flour decreases.) All of the recipes in this book call for flour right out of the bag (not stirred or sifted). This is why European recipes go by weight instead of volume. As you become an experienced baker, you will learn to go more by the consistency of the dough or batter than the cup measurement of flour.



For frying or sautéing, the amount of oil called for in the recipe can sometimes be decreased. You need just enough to keep the food from sticking to the pan. Food has a tendency to stick more in some pans. So if you think that a recipe calls for more oil than necessary, feel free to reduce the amount.



Always check your soymilk before adding it to a recipe. Because regular and sweet varieties look so similar, it's easy to confuse them.



When blending a large quantity of ingredients in a blender, avoid a mess by starting on low speed and gradually increasing.



Approximate cooking times are indicated for each recipe to give you a general idea of how long something will take. But it is also important to use your own judgment. Especially when cooking vegetables, there are so many factors that determine “doneness”—size, type, shape, and freshness of the vegetables;

as well as the type of cookware used, cooking technique, degree of heat, and individual taste differences—that exact timing is impossible. *Look at the food you are cooking, not at your watch, to see when your recipe is done.* Common sense coupled with intuition is your most precious resource in being a good cook.

There are no absolutes in cooking. You can always count on challenges—lack of an ingredient, an oven that isn't working right, the wrong size pot—to keep you on your toes. A happy and not-too-serious cook who is willing to adapt to any given situation is going to have the best results.

CONCLUSION

Now you are ready to conquer the kitchen and become a master vegan chef. Remember, cooking is easier than most people think. It just takes a little practice. As the famous Chef Gusteau was so fond of saying in *Ratatouille* (one of my favorite movies), “Anyone can cook!” Bon appétit and have fun!

4. Bread-Making Basics

There's nothing like homemade bread. Few foods are as comforting and satisfying. Long before the loaf is out of the oven, its heavenly aroma fills the house and whets the appetite.

Technically, “bread” is nothing more than a baked mixture of flour and water. On the other hand, a “loaf of bread” is one that contains yeast or some other leavening agent. The addition of a few more basic ingredients like salt and oil further improves its taste and texture. Many people avoid making their own

bread for a few reasons—it's time consuming, somewhat mysterious (sometimes it works, sometimes it doesn't), and ready-made loaves are readily available.

I am a strong believer in making my own bread. I prefer it over any variety sold in stores. Why? Pick up a bag of commercial bread and read the ingredients. I am certainly not interested in eating a mouthful of preservatives, artificial flavorings, or any other unnatural ingredients. I want the food that I am putting in my body to be pure and nutritious. I even prefer my own bread over the loaves sold in health food stores. Truly good commercial breads are hard to find. Even loaves labeled

“whole grain” may contain some white flour. And there is no guarantee that the bread is fresh.

I’ll admit that making bread takes time and effort, but it really isn’t difficult and doesn’t require constant attention. You can be busy doing other things while it rises and bakes. A better knowledge of the bread-making process—understanding the ingredients used and the steps involved—is one key to success. And a successful outcome tends to make any effort worthwhile.

Making homemade bread also offers a number of basic advantages. For starters, it allows you to control *ingredient quality*—you can choose flour made from organically grown

grains; the best, most healthful oils and sweeteners; and filtered water instead of tap. You can also control *ingredient freshness*, which is very important in bread making. Finally, you can control *ingredient quantity*, deciding on how much of certain ingredients —like salt, oil, and sweetener—you want to include.

And don't forget about taste! No store-bought bread can compete with the delicious flavor of a freshly baked loaf made with quality ingredients. Furthermore, the process itself can be satisfying and even therapeutic. I find the natural rhythmic movement of kneading the dough meditative and calming.

This chapter provides all the

information you'll need to make a perfect loaf of yeast bread. By familiarizing yourself with the process and by keeping the merits of homemade bread in mind, I am betting that turning out a perfect loaf will be easier, less time-consuming, and more enjoyable than you had imagined.

THE INGREDIENTS

Starting with the right ingredients is critical for successful breadmaking. For best results, make sure all of the ingredients are fresh and (with the exception of the water, which should be warm) at room temperature.

YEAST

Yeast is bread's leavening agent. It is a microorganism of vegetable origin that is dormant in its dry state, but comes to life when moistened and fed. Once the sleeping yeast "wakes up," it begins to multiply and grow. As it grows, it creates carbon dioxide, which causes the dough to expand and rise.

Yeast is available fresh in compressed cakes, which have a short shelf life and must be refrigerated. It also comes in dry granules—"active dry yeast"—which is the type I use and the type called for in my recipes. Commonly sold in small quarter-ounce packets that

contain one level tablespoon of dry granules, active dry yeast also comes in larger packets and jars. Dry yeast has an expiration date on the label, but as long as the package is not opened and the contents remain dry, the yeast has a very long life. Because I bake often, I buy mine in bulk at a natural foods store and keep it in a jar in the refrigerator, where it stays for several months. If you prefer to use fresh yeast, keep in mind that it will stay for only about two weeks in the refrigerator or two months in the freezer.

When substituting fresh yeast for dry in a recipe, use the same amount: 1 tablespoon active dry yeast = 1 tablespoon (one small cake) fresh. Do not try to substitute nutritional yeast,

torula yeast, or brewer's yeast for bread yeast. They are inactive and will not work as leavening agents.

Before using yeast in a recipe, it is a good idea to *proof* it to verify that it is still active. Otherwise, the bread won't rise. (See "Proofing Yeast" on [page 53](#).)

FLOUR

Once the yeast begins to grow, it needs food—and flour is its main food source. For a basic loaf of bread, I recommend whole wheat bread flour because it is rich in *gluten*, a protein that makes dough stretchy and elastic. Of course, for the best quality bread, use freshly ground flour from organically grown wheat. Flour made from spelt, kamut, and farro are other good substitutes for wheat flour.

In my bread recipes, the amount of flour in the ingredient lists range (such as five to six cups). This is because the amount needed will vary depending on a

number of factors. For instance, the volume of the flour itself will vary from brand to brand. Even the same brand of flour can vary from batch to batch because it comes from different wheat crops. Dough is also affected by temperature and humidity. The same recipe that you make on a hot, humid day will require a different amount of flour than it does on a cold, dry day. For this reason, after initially beating together the flour and liquid, *gradually* start adding more flour, about one-half cup at a time, until the dough is firm enough to knead. During the kneading process, continue to slowly incorporate more flour until the dough is smooth and elastic.

Freshness is Key!

Keep in mind that whole grain flours become rancid very quickly. For this reason, it's best to grind your own or buy flour from a store or mill that grinds it fresh. It is also best to buy flour in small quantities and use it quickly. Refrigerate or freeze any unused portions in airtight containers to further preserve freshness.

Proofing Yeast

There is nothing more frustrating than going through the time, effort, and expense of making a loaf of bread only to have it come out flat and heavy as a rock! Yeast is usually the culprit behind this unwanted result. Very delicate, yeast can lose its ability to make bread rise for a number of reasons—freshness is the most obvious. Although the expiration date on the package is a fairly reliable indicator, it is not necessarily accurate. During transportation or storage, the packaged dry yeast may be subjected to extremely warm temperatures that can “kill” the product.

Unless you are sure that the yeast is fresh, it is a good idea to take a few minutes and *proof* it—a step that “proves” it is alive.

1. Dissolve the yeast in about $\frac{1}{2}$ cup lukewarm water (around 100° to 115°F). Be careful—if the water is too hot (over 120°F), it will kill the yeast. If it's too cool, the yeast will grow too slowly.*

2. To feed the yeast, add a little sweetener—a drop of malt syrup, maple syrup, molasses, rice (yinnie) syrup, or a pinch of Sucanat, for example.

3. If the yeast is fresh, the mixture will foam up and begin to bubble within a few minutes. If it doesn't, you can be

sure the yeast is past its prime and will not cause the bread to rise. Throw it out and start again with some fresh yeast.

* Although you can test the water temperature with a candy thermometer, this is not really necessary. You can simply use your fingers to feel the water, which should be comfortably warm (suitable for a newborn baby's bath).

Once the yeast has bubbled up, simply add it to the other liquid ingredients in the recipe.

VITAL WHEAT GLUTEN

As explained in the flour entry above, gluten is wheat protein that makes dough stretchy and elastic, and results in light, airy bread. It also keeps bread from crumbling when sliced. Whole wheat bread flour has a high gluten content, but adding a little vital wheat gluten will make the loaf even lighter in texture. Although vital wheat gluten is not an essential ingredient, I have included it in my bread recipes because I feel it really enhances the loaves (and I think you will, too). If, however, you decide not to use it, just replace it with flour.

OIL

Adding oil to the dough results in a richer, softer, more tender yeast bread. The bread will also stay fresher longer. I generally use olive oil, but I sometimes use sesame or coconut oil for a different taste. Oil is an optional ingredient. Feel free to decrease the amount or leave it out altogether. The resulting taste and texture will be slightly different, but the bread will still be good.

SWEETENER

In addition to being food for the yeast, a little sweetener can add flavor to the finished loaf. My basic bread recipe calls for 1 tablespoon of sweetener, but you can add as much as



cup if

you want. Malt, maple syrup, molasses, rice (yinnie) syrup, and Sucanat are the sweeteners I recommend.

SALT

Salt enhances bread's flavor. If you taste bread made without salt, you'll probably notice that it's missing. If you're on a low-sodium diet, you can reduce or omit the salt altogether, but the taste may take some getting used to. I use sea salt because it is free of added chemicals.

EQUIPMENT

One of the advantages of making your own bread is that it doesn't require special equipment. A few common appliances and utensils, which you probably already own, are all it takes.

MEASURING CUPS AND SPOONS

Measuring cups come in a range of sizes. I recommend using one with at least a two-cup capacity (a four-cup capacity is even better). A standard set of measuring spoons is also helpful.

MIXING BOWLS

You'll need a large bowl to mix all of the ingredients and form the dough. It should be deep enough to prevent the flour from spilling over the sides during mixing. Once the dough is formed, you can let it rise in this bowl. You may also find it helpful to have a few standard mixing bowls on hand for combining ingredients in the various bread recipes.

BREAD PANS

Standard loaf pans are 9-x-5 inches, 8-x-4 inches, and 8.5-x-4.5 inches. My basic bread recipe makes enough dough for two loaves (I rarely make just one) and I generally use 8.5-x-4.5-inch pans, but any standard-sized pans will work. For round loaves, I sometimes use round cake pans. You can also forget the pans altogether—simply form the dough by hand into long or round loaves (or any other creative shape you want), and bake the bread directly on a cookie or baking sheet.

OTHER ITEMS

There are a few more items that you'll need for bread-making, including a wooden spoon, which is best for mixing ingredients, and a good serrated bread knife for slicing the loaves. A wire rack for cooling the freshly baked bread is another practical item. If you don't have one, just place the hot loaves on the grate or burners of your stovetop, which will allow the air to circulate.

How About a Bread Machine?

As much as I enjoy making bread from scratch, there are many days that I simply don't have the time. That's when I turn to my trusty bread machine. This piece of equipment, which ranges in price starting at under \$100, does everything necessary to make a fresh loaf of bread—except add the ingredients! It kneads the dough, lets it rise, and bakes it with the touch of a button. Basically, it allows you to enjoy all the advantages of homemade bread while exerting minimal effort. If you want to make your own bread but don't

have the time (or the desire) to make it by hand, consider investing in one of these machines. For purchasing information, see the Resources beginning on [page 293](#).



THE BREAD-MAKING METHOD

What follows next is a step-by-step detailed analysis of the basic bread-making process. My recipe for Basic Whole Wheat Bread will serve as the model. This analysis offers a general procedure for making yeast bread—the ingredients, baking times, and loaf sizes will vary from one recipe to another.

PREPARE THE DOUGH

STEP 1. Proof the yeast by dissolving it in $\frac{1}{2}$ cup warm water along with a drop of sweetener. If the mixture bubbles up and foams within a few minutes, the yeast is alive. If it doesn't, discard it and start over with fresh yeast.

STEP 2. Place the dissolved yeast in a large bowl along with the maple syrup, oil, salt, and 2 cups warm water. Stir well.

STEP 3. Add the vital wheat gluten and about 2 cups of the flour to the bowl.

Beat the ingredients with a wooden spoon for about 2 minutes (100 strokes). This will help activate the gluten and make a lighter bread.

STEP 4. Continue adding flour, about a half cup at a time, until the dough becomes too stiff to stir and begins to pull away from the sides of the bowl. It should have the texture of soft sticky clay. The dough is ready to knead.



1. Proof the yeast.



2. Add the ingredients.



3. Beat well.

$\frac{1}{3}$

4. Form a kneadable dough.

Basic Whole Wheat Bread

YIELD: 2 medium loaves

2 tablespoons active dry yeast (two ¼-ounce packets)

½ cup warm water

1 tablespoon maple syrup, molasses, or other sweetener

¼ cup olive oil

2 teaspoons sea salt

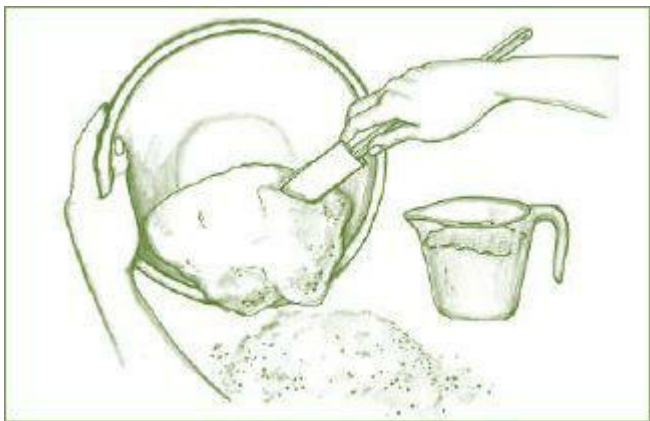
2 cups warm water



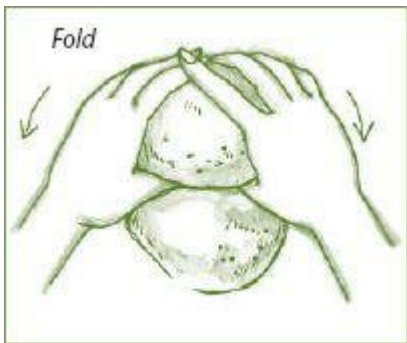
cup vital wheat gluten

5–6 cups whole wheat bread flour

KNEAD THE DOUGH



5. Turn out the dough ...



and sprinkle with flour.

STEP 5. Turn out the dough onto a well-floured surface (use at least $\frac{1}{2}$ cup flour). Generously sprinkle some flour on top of the dough. Before starting to knead, which should be done vigorously and rhythmically, keep in mind that at first the dough will be sticky, but as you

knead, it will become smooth.



6. Knead the dough.



STEP 6. First press the dough down and

away from your body with the heel of one or both hands. Then lift the top edge of the dough and fold it back onto itself, then press it down while pushing away. Give it a half turn, fold, and push.



7. Knead until soft and elastic.

STEP 7. Continue sprinkling your working surface with flour and kneading the dough—folding, pressing, and turning—until it is soft, satiny, and elastic. (Some people say it should feel like an ear lobe, others say it's like a baby's behind.) You want to add enough flour to keep the dough from sticking, but not so much that the bread will be dry. With experience you will get to know how the dough feels when it is just right. Although you can get by with 5 to 10 minutes of kneading, You can't "overknead." The longer you knead, the lighter the results. Kneading can be fun (and even therapeutic). I usually put on some dance music and knead to it.

LET THE DOUGH RISE

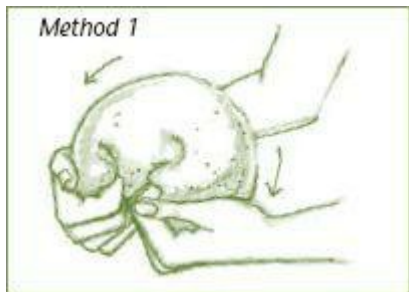


8. Cover and let rise.

STEP 8. Transfer the kneaded dough to a large, oiled bowl, then turn the dough over so the top is coated with oil. (You

can use the same bowl you used to mix the ingredients, and it's not necessary to wash it first.) Coating the dough will keep it from drying out. Cover the bowl with a clean damp dish-towel and place it in a warm spot for about an hour or until the dough doubles in bulk. (See "Let It Rise!" below.)

FORM THE LOAVES



9. Punch down.

STEP 9. Once the dough has risen, it's time to punch it down. I find this the most fun part of bread making—just

smack it right in the middle with your fist. As soon as you do, the dough, which is swollen with air bubbles, will deflate. Fold it over a few times and press down with your palms to eliminate any remaining air, which, if left in will make big holes in the baked bread.

Let It Rise!

The ideal rising temperature for dough is about 85°F. On a warm summer day, room temperature is perfect. If, however, your house is cool, put the dough in a warm spot for faster rising. Do not put it in a place that is too hot—the yeast will begin to die at around 120°F.

There are a number of suggested places for letting dough rise: over a hot water heater or radiator, on top of a refrigerator, in front of a sunny window, and under a wood stove, to name a few. If you are careful, you can also let dough rise in a warm oven. Turn the oven on

the lowest setting for just a couple minutes. Then turn off the heat and place the covered pan of dough inside. You can also put a bowl of hot water in the oven; it will keep the dough warm without overheating. Some ovens even have a “proofing” setting that allows dough to rise foolproof, so to speak.

The time required for the dough to double depends on two things—the temperature of where it is rising, and the temperature of the ingredients that were used to make the dough. If the ingredients used were at room temperature, and the dough is rising in an 85°F environment, it should take about one hour to double. If, however, the ingredients were just out of the freezer

or refrigerator, the rising process can take up to three hours or more. And if the dough is left to rise in a cold room or placed in the refrigerator, it can take eight hours or more to double. Slowing down the rising process, however, can be an advantage at times (see “Bread Making for the Busy Cook” on [page 60](#).)





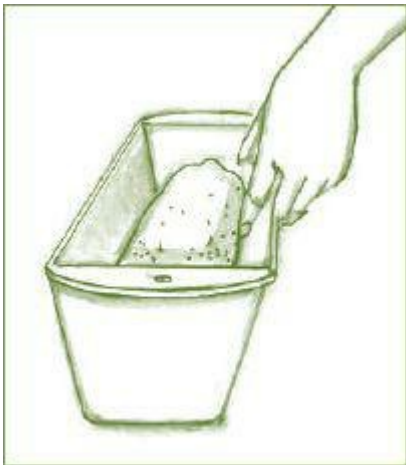
10. Form the loaves.

STEP 10. Cut the dough in half (we will be making two loaves and baking them in loaf pans) and shape each half. There are several ways to shape the loaves. Here are two basic methods:

METHOD 1: Hold each piece of dough with the bottom (cut side) facing down

and the rounded side on top. Using both hands, stretch the sides to form a smooth round surface. Tuck the stretched ends tightly under the bottom of the loaf and pinch to seal.

METHOD 2: Flatten each piece of dough into a rectangle that is a little longer than the pan. Starting with the long side, roll up the dough very tightly like a jelly roll. Pinch the edges together to form a seam. Turn the dough over so the seam is on the bottom, then pinch the ends and tuck underneath.



11. Place in loaf pans and cover

STEP 11. Place the loaves in two 8.5-x-4.5-inch well-oiled bread pans. (Again, these are the pan sizes I am using for this analysis, but you can use pans of different sizes and shapes, or create

free-form loaves and bake them on baking sheets.) Sprinkle the oiled pans with flour, cornmeal, or oatmeal to help keep the loaves from sticking to the pans. You can also sprinkle the top of the loaves—this will keep the dishtowel from sticking to the loaves during the next rising. It will also make the baked bread look nice and taste good. Lightly cover the pans and let the loaves rise again about 45 minutes or until doubled in bulk.

What Went Wrong?

Every baker experiences less than perfect bread results at one time or another. Don't be discouraged if and when it happens to you. What is important is discovering the reason for the "failure" so that it doesn't happen again. Here are some of the most common problems that occur during bread making and some possible reasons.

BREAD IS STICKY, GOOEY, AND/OR SOGGY

$\frac{2}{3}$ The bread was not baked long enough.

$\frac{2}{3}$ The baked bread was left in the pan too long.

$\frac{2}{3}$ The bread was stored in a plastic bag or airtight container while still hot.

$\frac{2}{3}$ Too much liquid was used.

²/₃ Not enough flour was added to the dough.

BREAD IS HEAVY*

 The yeast was not active.

 Dough didn't rise properly.

 Dough wasn't kneaded properly.

* Keep in mind that some breads are heavy by nature. Sourdough and any bread that contains grains other than wheat will tend to be heavy—this doesn't mean the bread is unsuccessful.

BAKE THE BREAD



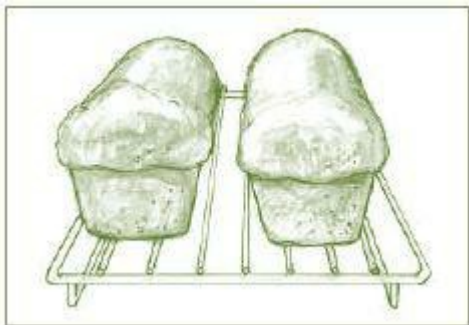
12. Place in the oven.

STEP 12. When the dough is ready, place the pans on the middle rack of the oven. Oven temperature will vary depending

on the recipe, which for this recipe is 350°F.

STEP 13. Bake the loaves for 45 minutes or until the tops are golden brown. Remove one of the pans from the oven and turn it over to release the bread. Tap the bottom of the loaf with your knuckles. If the bread sounds hollow, it is done. If you are not sure, carefully cut a slice from the loaf and examine it. If it is still doughy, place the bread and the slice back in the pan and return it to the oven another few minutes. When you become experienced, you'll be able to tell when the bread is done just by the way it smells.

STEP 14. As soon as you remove the baked bread from the oven, turn it out of the pan and place on a wire rack to cool.



13. Tap bottom.

$\frac{1}{8}$

14. Cool on a rack.

BREAD FALLS APART WHEN SLICED

$\frac{2}{3}$ The dough was not kneaded enough.

$\frac{2}{3}$ Pastry flour was used instead of bread flour.

$\frac{2}{3}$ Too much low-gluten flour (such as barley flour, rice flour, or cornmeal) was added.

BREAD ROSE, BUT FELL DURING BAKING

$\frac{2}{3}$ The dough rose too much (more than doubled).

$\frac{2}{3}$ Not enough flour was added to the dough.

BREAD IS PALE AND DAMP

2/3

The bread was not baked long enough.

BREAD IS TOO DRY

$\frac{2}{3}$ Too much flour was kneaded into the dough.

$\frac{2}{3}$ It was baked too long at too low a temperature.

BREAD DID NOT RISE

$\frac{2}{3}$ You forgot the yeast.

$\frac{2}{3}$ The yeast was not active.

$\frac{2}{3}$ The dough was left to rise in an environment that was too hot, which killed the yeast.

$\frac{2}{3}$ The ingredients that were used to make the dough were too cold, which slowed down the activity of the yeast.

BREAD MAKING FOR THE BUSY COOK

THE REFRIGERATOR METHOD

If you are too busy to stay around the house waiting for dough to rise, but would still like to enjoy the pleasures of bread making, consider the refrigerator method. It allows you to make a batch of bread dough, let it rise once, and then leave it unattended for several hours until you have the time to bake it. Here are two schedules for making Basic Whole Wheat Bread ([page 55](#)) using this method. Maybe one of them will work for you.

Morning Schedule

Prepare the dough first thing in the morning. Let it rise once, punch it down, and then shape it into loaves. Place the loaves in well-oiled bread pans that have been sprinkled with cornmeal or oatmeal (this will help keep the loaves from sticking). Sprinkle additional meal on top of the loaves. Place the pans in plastic bags that are large enough to allow for the expansion of the dough. Close the bags with twist-ties and place in the refrigerator. Make sure the bags are not pulled tightly around the top of the loaves.

Now you can forget about the dough

for eight to ten hours. Later in the day, take the pans from the refrigerator and remove them from the plastic bags. The dough should have doubled in bulk. If not, leave it in a warm place until it has. Bake in a preheated 350°F oven for forty-five minutes. You will have delicious fresh bread for dinner!

Evening Schedule

Prepare the bread dough a couple of hours before going to sleep at night. Follow the same instructions that are given in the Morning Schedule above. Once you have placed the pans in the refrigerator, you can let the dough rise while you sleep. In the morning, bake the loaves in a preheated 350°F oven for forty-five minutes. You will have fresh bread for breakfast!

When the Dough Doesn't Rise

More than once, I have made a big batch of bread dough, kneaded it for twenty minutes, and then realized I forgot to add the yeast. If this ever happens to you, don't throw out the dough. Do what I do—make unleavened flatbread or pasta noodles.

Make Pasta

As long as the dough is 100-percent high-gluten wheat, you can turn it into pasta noodles. Directions for rolling and cutting the dough and for cooking the noodles are given in the recipe for Whole Wheat Noodles on [page 188](#).

Make Chapattis

To make this disk-shaped Indian flatbread, pinch off golf ball-sized pieces of dough, and flatten them out with a rolling pin (or your hands) until they are about ¼ inch thick and somewhat round. Cook them one at a time in an unoiled skillet over medium-high heat. Cook one side about three minutes, or until dark brown flecks appear on the bottom. Turn the bread over, flatten with the back of a spatula, and cook the other side another two to three minutes.

5. Eat Your Breakfast!

My mother used to say that breakfast was the most important meal of the day, and now I know that she was right. A good healthy breakfast can be so delicious it will make you want to get up and start the day, and so satisfying that it will keep you going until lunchtime.

What does a vegan eat for breakfast? Lots of delicious foods. Fresh fruit is a daily breakfast staple at my house. When it comes to fruit, nature is constantly changing the menu along with the seasons—from the sweet

strawberries of spring and succulent peaches of summer to the tangy cranberries of fall and crisp apples of winter.

Whole grains are another breakfast staple. The hearty goodness of whole grain porridge and other hot cereals is especially welcome on cold winter mornings. And if you think of breakfast porridge as nothing more than bland, insipid oatmeal, think again. There are so many different grains and so many easy ways to prepare them, there's no reason to become stuck in a boring oatmeal rut. Whole grain breads, sprouted grains, and muesli are other breakfast favorites, while fruits and cereals are made even more appealing

with the addition of soy and nut milks, soy yogurt, and a variety of crunchy nuts and seeds.

For those wonderful lazy mornings when time is not a factor, you can enjoy a leisurely breakfast of pancakes or waffles topped with your choice of nutritious fresh fruit, fruit sauces, or nut butters. Scrambled tofu with a side of hash browns makes another great satisfying breakfast or brunch option.

A good breakfast doesn't have to take up much of your time, but planning is helpful. Try to think ahead. When preparing waffles, for instance, make a double batch and freeze the extras. Then on those mornings when you're in a rush, simply pop one into the toaster for an

instant breakfast. You can also do the same with homemade whole grain breads and muffins. (For recipes, see [Chapter 8](#).)

A little attention to such details as soaking grains or dried fruit the night before also takes much of the effort out of cooking. Most of the breakfast recipes in this chapter take only a few minutes to prepare; however, many of the porridges are best when cooked slowly. But this doesn't mean more work. You can start cooking the ingredients over low heat or in a rice cooker, then go take a shower, meditate, exercise, water the plants, or walk the dog. When you are ready to eat, your breakfast will be ready, too.

When you see how good you feel

after a nutritious breakfast, you will agree that the planning is well worth it.

Judy's Raw Cranberry Applesauce

This sweet and delicious applesauce was created by Judy Pokras, editor and founder of RawFoodsNewsMagazine.com. You'll discover that it is quite different from the traditional cooked version. Although you can use any kind of orange for this recipe, a blood orange is the preferred variety.

YIELD: 3 to 4 servings

*3 medium Fuji apples or other sweet
variety, cut into small pieces*
3 large soft dates, pitted
2 tablespoons raisins
2 sun-dried figs
¼ cup fresh or frozen cranberries
1 small orange, seeded
Cinnamon to taste (optional)

1 Remove and discard the pits from the dates and place in a bowl with the raisins and figs. Cover with water and let soak 8 hours or overnight. Drain.

2 Place all the ingredients in a food processor and purée until fairly smooth.

3 Serve immediately or chilled.
Refrigerate leftover sauce in a covered container for several days.

For a Change ...

²/₃ Once the applesauce has been blended, add the seeds from half of a pomegranate for a crunchy, juicy surprise.

HELPFUL TIP

When a recipe calls for fresh fruit, always try to use organic varieties if possible. And, unless otherwise instructed in the recipe, it is not necessary to peel the skin from organic fruits like apples and pears.

HELPFUL TIP

After soaking dried fruits, don't throw out the liquid. You can use it to soak muesli, or to cook oatmeal or other hot cereals. You can also include it as part or all of the liquid needed to make pancakes or muffins.

Spiced Stewed Apples

A warm dish of stewed apples is a great breakfast choice. It is also a delicious accompaniment to pancakes, waffles, toast, or just about any of your favorite breakfast dishes.

YIELD: 2 servings

2 sweet medium-sized apples, diced
1/4 cup water

10 cloves

1 cinnamon stick

2 teaspoons grated fresh ginger
(optional)

1 Place the apples, water, cloves, cinnamon, and ginger (if using) in a medium saucepan over medium heat. Cover and bring to a boil, then reduce the heat to low and simmer 5 to 10 minutes or until the apples are soft.

2 Allow the apples to cool a bit before serving.

For a Change ...

²/₃ Add $\frac{1}{2}$ cup cranberries and $\frac{1}{4}$ cup raisins to the ingredient list.

²/₃ I find this dish to be sweet enough, but for an even sweeter version, add a tablespoon of maple syrup.

Simple Teff Porridge

Tiny grains of teff make a delicious porridge with a faint molasses-like flavor.

YIELD: 2 to 3 servings

½ cup teff

1½ cups water

1 Rinse the teff well and drain through a fine strainer.

2 Place the teff and water in a medium pot over high heat. Cover and bring to a boil. Reduce the heat to low and simmer 15 to 20 minutes or until the water is absorbed and the teff is cooked.

3 Serve piping hot.

For a Change ...

²/₃ Add a handful of chopped dates, raisins, or other dried fruit to the teff as it cooks.

Apple-Cranberry Porridge

This delicious, slow-cooked hot cereal is one of my favorite winter morning breakfasts.

YIELD: 2 servings

2 medium-sized sweet apples, peeled and diced

½ cup fresh or frozen cranberries

½ cup rolled or steel-cut oats

¼ cup raisins

2¼ cups water

2 cinnamon sticks

8 cloves

1 teaspoon orange or tangerine peel

*Cinnamon-Flax Topping ([page 71](#))
for garnish*

1 Place all of the ingredients except the Cinnamon-Flax Topping in a medium pot over medium-high heat. Heat to just under a boil, then reduce the heat to very low. Cover and simmer, stirring occasionally, for 20 to 30 minutes or until the oats are cooked.

2 Spoon the hot porridge into bowls, and sprinkle with the Cinnamon-Flax Topping before serving.

For a Change ...

²/₃ Instead of rolled oats, use the same amount of oat groats, soft wheat berries, or farro piccolo. Before cooking the grains, soak them for 8 hours or overnight.

Freezing Fruit and Fruit Juice

Many fruits can be frozen. Frozen bananas, peaches, strawberries, and blueberries are especially great to use in smoothies and sorbets. You can also freeze the fresh juice of lemons, oranges, or limes in ice cube trays, then transfer the frozen cubes to plastic freezer bags. Drop a cube or two into a smoothie or a glass of iced herb tea for extra zing.

When freezing bananas, be sure to peel them first. Rinse delicate berries and dry them well before freezing. Peeling is optional for fruits like apples, peaches, and pears, which should be

sliced or diced before freezing. Place the prepared fruit in a single layer on a baking sheet and freeze for about an hour or so (this way, you'll have individual pieces rather than a big frozen blob). Transfer the frozen (or partially frozen) fruit to plastic freezer-grade containers or bags. Label, date, and return to the freezer, where the fruit will keep for at least a year.

Fruit'n Nut Butter Sandwich

This hearty sandwich is a great start for those days when you need some extra energy.

YIELD: 1 sandwich

½ ripe plantain

2 slices whole grain bread, toasted

2 tablespoons nut butter

2 large soft dates, pitted and sliced

1 Broil or pan-fry the plantain slices (see “Plantains for Breakfast” below).

2 Spread one slice of toast with the nut butter, add the dates, and top with the warm plantain slices or other sliced fruit. Cover with the remaining piece of toast and enjoy!

For a Change ...

$\frac{2}{3}$ Substitute thick slices of raw banana, apple, or pear for the plantain.

Breakfast Banana Wrap

This delicious breakfast sandwich can be wrapped in waxed paper and eaten on the run. The stewed apple makes it warm and juicy. Because this sandwich is moist, I find that a pita makes a better wrapper than a tortilla.

YIELD: 1 sandwich

1 sweet medium-sized apple, diced

¼ cup water

1 whole wheat pita

2 tablespoons nut butter

1 banana, sliced lengthwise

Plantains for Breakfast

Native to the tropics, plantains are large cooking bananas. Their skin is thicker than ordinary bananas and harder to peel. What makes plantains so great is that they are always ready for cooking, no matter what their stage of ripeness. When raw, their skin is green and the fruit has a starchy, bland taste, much like a potato. At this stage, they are often cooked and served like potatoes. When they are medium-ripe, yellowish skinned plantains are slightly sweet. When fully ripe, they are very sweet and aromatic with skin that is almost completely black.

Ripe plantains are wonderful for breakfast. You can pan-fry or broil them, and serve them alongside pancakes, waffles, toast, mochi, and even scrambled tofu. First, cut the peeled plantain in half, then slice each half lengthwise. To pan-fry, heat about a tablespoon or less of olive oil or coconut oil in a skillet over medium heat. Then add the plantain slices and fry about three minutes on each side until crispy brown. As they cook, press the slices with the back of a spatula to flatten them out. Broiling plantains is even easier and doesn't require any oil. Simply place the slices on the wire rack of a toaster oven and broil about three minutes on each side.

The sweetness of ripe plantains is also delicious in oatmeal. Slice the fruit into bite-sized rounds and place it in the pot along with the cereal as it cooks.

1 Place the apple and water in a small saucepan over medium heat. Cover and bring to a boil. Reduce the heat to low and simmer 5 to 10 minutes or until the apple is soft.

2 Heat the pita in a dry skillet for a minute or so on each side. Spread the nut butter on one side of the warm pita. Top with the banana slices. Remove the stewed apples from the pan with a

slotted spoon and place over the banana slices.

3 Roll up and enjoy immediately. To eat later, “wrap the wrap” in waxed paper, twist the ends of the paper to hold the sandwich together, and refrigerate.

For a Change ...

$\frac{2}{3}$ Substitute cooked ripe plantain for the banana.

$\frac{2}{3}$ For added sweetness, cook a small handful of raisins with the apple, or sprinkle some chopped dates over the nut butter.

Chocolate for Breakfast?

Rich in cancer-fighting antioxidants, raw chocolate nibs have an intense chocolate flavor and nutty crunch. They are also fairly bitter. In spite of their bitterness, many people (including me) love them ... even for breakfast. Sprinkle them over hot or cold cereal, add them to pancake batter, or toss them over soy yogurt. One of my favorite breakfasts is a bowl of raisin- or date-sweetened porridge that is topped with slices of banana, a dollop of soy yogurt, and a sprinkling of raw chocolate nibs. I love this so much it makes me want to get up early!

Homemade Applesauce

Applesauce is easy to make and a great way to use up apples that are a little past their prime. I recommend sweet apple varieties, such as Delicious, Gala, Fuji, Rome, or Pink Lady (my favorite), so you don't have to add sweetener. A medium-sized apple makes about one-half cup of applesauce. And apples are the only necessary ingredient, except for a little water to keep them from sticking to the pot as they cook. Adding ascorbic acid or lemon juice is optional, but it will keep

the applesauce from turning brown.

YIELD: About $\frac{3}{4}$ cup per apple

Apples

Water as needed

*1 cinnamon stick per 2 to 4 apples
(optional)*

*1 tablespoon lemon juice or pinch
ascorbic acid powder per 2 to 4
apples (optional)*

1 Peel and core the apples, and cut into chunks. Place the chunks in an appropriate-size pot with about $\frac{1}{2}$ -inch of water and cinnamon sticks, if desired.

2 Bring the water to a boil, cover immediately, and reduce the heat to medium-low. Simmer slowly while stirring often for 20 to 30 minutes or until the apples start to break down. If they begin to burn or stick to the bottom of the pot, add a little more water.

3 Mash the apples with a large spoon or potato masher, until somewhat chunky (for that homemade look). Add lemon juice, if desired.

4 Let the applesauce cool before placing it in a jar or other airtight container. Store in the refrigerator,

where it will keep for several days. You can also freeze applesauce for several months.

Perfect Porridge

When some people hear the word “porridge,” they envision a bland bowl of sludge. It doesn’t have to be that way. Porridge, which is simply a hot cereal made with grains (usually oatmeal), can be amazingly delicious. Nothing is more warming or comforting. Whole grain porridge is also rich in protein, fiber, and other nutrients, and will keep you feeling full and satisfied for hours.

When serving porridge, try to top it with some seasonal fruit. Bananas are always a good choice, as are peaches, pears, and ripe fresh berries. And don’t forget about tropical fruit like papaya,

mango, and fresh pineapple. A spoonful of soy yogurt, a sprinkling of nuts or Cinnamon-Flax Topping ([page 71](#)) also adds to the visual presentation. And don't forget to drizzle with a little soy, rice, or nut milk.

Most of the porridge recipes in this book call for slow cooking. (This usually works for me, because I can always find something to do as it cooks.) But, if you want hot cereal in a hurry, try this quick-cooking method, which works for grains that have been ground or rolled—not whole oat groats or wheat berries. Simply place the cereal and water in a pan over high heat. Stirring constantly, bring the mixture to a boil and continue to stir for a minute or so.

Cover the pot, reduce the heat to low, and let simmer about three minutes or until the grains are cooked.

When preparing your delicious porridge, you may encounter any of the following problems. Fortunately, there are easy solutions.

PORRIDGE IS TOO THICK

Add water a little at a time while stirring, until the desired consistency is achieved. Reheat the cereal if necessary.

PORRIDGE IS TOO THIN

Sometimes cooking the cereal a little longer is all that is needed to thicken it. Or you can add a small handful of shredded dried coconut, some rolled oats, raisins, or even a little cornmeal. If you add cornmeal or other ground grain, sprinkle it in slowly while stirring vigorously to keep the cereal from lumping. You will also have to cook the mixture a few minutes more. When preparing the same recipe in the future, use a little less water.

PORRIDGE IS STUCK TO POT

Don't panic. If the cereal that is stuck on the bottom of the pot is brown, not burnt, add a little water (no more than one-quarter cup), stir quickly, and cover the pot as quickly as possible. Let it heat up for about a minute. The added water will create steam, which will loosen the stuck cereal. The cereal will be toasty brown and still taste good. If, however, the cereal is burnt, try to salvage the part that isn't. Spoon it from the pot without scraping any of the burnt cereal along with it. To clean the pot, you will either have to soak it, or you can add a little water to the pot, cover, and return it to

the stove. Reheat and let the mixture steam a few minutes. The burnt cereal will be easy to remove.

Rice and Apple Pudding

Breakfast puddings call for cooked grains, so leftover rice, millet, quinoa, barley, or any mixture of grains is perfect. Apples and rice are used in this recipe, but feel free to experiment and use any fruit and cooked grain combination you want. Also try different quantities of water—the more water you add, the longer the cooking time. And like most porridges, puddings can be simmered slowly over low heat or cooked rapidly while stirring over high heat.

YIELD: 2 servings

1 cup cooked rice

2 small sweet apples, diced

1/4 cup raisins

2 cinnamon sticks

8 cloves

1 1/4 cups water

1 Place all the ingredients in a heavy medium-sized pot over high heat and bring to a boil.

2 Reduce the heat to very low, cover, and simmer about 30 minutes or until the

water is absorbed.

3 Enjoy the pudding warm as is or topped with some dairy-free milk or yogurt.

For a Change ...

²/₃ To cook this pudding faster, reduce the water to 1 cup. In Step 2, reduce the heat to medium. Stirring constantly, bring the mixture to a boil, then reduce the heat to low. Stirring often, cook the mixture for 10 minutes or until the apple is tender.

²/₃ For a delicious tropical-style breakfast pudding, substitute 1 ripe plantain for the apple and 2 large soft dates for the raisins. Add 1 or 2 tablespoons shredded coconut and an additional ¹/₄ cup water.

Peanut Butter Oatmeal

This hot cereal will really keep you going on cold mornings.

YIELD: 2 servings

2 cups water



rolled oats

cup

4–6 chopped pitted dates or ¼ cup raisins

¼ cup crunchy peanut butter

*Pinch ascorbic acid powder
(optional)*

1–2 medium apples, grated

1 Place the water, oats, and dates in a medium pot over high heat and bring to a boil. Reduce the heat to low and simmer, stirring occasionally, for 3 to 5 minutes or until the oats are cooked.

2 Add the peanut butter and ascorbic acid powder (if using) to the oatmeal and stir well.

3 Serve hot, topped with grated apple.

Cooking Cereal in a Rice Cooker

A rice cooker is convenient for cooking hot cereals. Simply add the ingredients and turn it on. When the cereal is done, the cooker will keep it warm for hours.

Whole grains—oat groats, barley, wheat, farro piccolo, spelt berries—have an especially nice chewy texture. They take longer to cook than flaked, rolled, or ground versions, but presoaking shortens their cooking time. If you soak the grains overnight, they will be ready to cook in the morning—and it won't take long.

To prepare two servings of whole

grain cereal in a rice cooker, do the following:

1. Place $\frac{1}{2}$ cup of grains in a strainer, rinse well, and drain. Transfer to a rice cooker, cover with water, and let soak 8 hours or overnight.

2. Drain the soaked grains and add $\frac{3}{4}$ cup fresh water. Turn on the rice cooker and cook the grains 20 to 30 minutes or until all the water is absorbed.

If desired, you can add diced apples, pears, cranberries, or dried fruit to the cereal as it cooks. (If adding dried fruit, you may have to increase the water slightly.) Ripe soft fruits like peaches or fresh berries—strawberries,

blueberries, etc.—are best added to the cooked cereal right before serving.

When using a rice cooker for any of the hot cereal recipes in this chapter that call for flaked, ground, or rolled grains, increase the water by $\frac{1}{4}$ to $\frac{1}{2}$ cup.

Rice Cream

This creamy porridge is rich and luscious.

YIELD: 2 servings

½ cup brown rice, rinsed and drained

2 cups water

¼ cup raisins or other dried fruit (optional)

1 Place the rice in an unoiled skillet or pot over medium-high heat. Stir

constantly until it dries, begins to turn brown, and gives off a nutty aroma.

2 Transfer the rice to a blender and grind it to a coarse flour.

3 Place the ground rice, water, and raisins (if using) in a medium pot over high heat. Mix well and bring to a boil. Reduce the heat to low and simmer, stirring constantly, for 3 to 5 minutes or until the mixture thickens.

4 Serve immediately.

For a Change ...

²/₃ For Millet Cream, substitute millet for the brown rice, and use dried apricots or shredded coconut instead of raisins.

²/₃ For Sesame Cream, add 2 tablespoons sesame seeds to the rice as you are toasting it in Step 1.

Thermos-Cooked Wheat Berries

If you need to get up and go in the morning, but still want a warm cereal, soak the wheat and prepare this the night before.

YIELD: About 4 cups

1 cup soft wheat berries

2½ cups boiling water

1 Rinse the wheat berries, drain, and

place in a medium bowl. Cover with water and soak about 8 hours.

2 Before going to bed, heat a quart-size thermos (preferably one with a wide opening) by rinsing it with boiling water. Drain the soaked wheat and place in the thermos along with the boiling water. Place the lid on the thermos.

3 When you get up in the morning, the wheat will be cooked and still warm. Enjoy it as is or topped with soymilk, yogurt, or some fresh or dried fruit.

Breakfast Millet with Dates

Whole millet that is soaked overnight and cooked slowly makes a delicious breakfast cereal. It is especially good topped with sliced bananas and a sprinkle of coconut.

YIELD: 2 servings

½ cup millet

2 cups water

3–4 large soft dates, pitted and chopped

1 teaspoon vanilla (optional)

1 Rinse the millet, cover with water, and soak 8 hours or overnight. Drain.

2 Place the millet in a medium pot along with the water, dates, and vanilla (if using) over medium-high heat. Cover and bring to a boil. Reduce the heat to low and simmer about 20 minutes or until the water is absorbed. Serve hot.

For a Change ...

$\frac{2}{3}$ Reduce the millet amount to $\frac{1}{4}$ cup and add $\frac{1}{4}$ cup quinoa. (You can soak the quinoa and millet together.)

Dried Fruit for Breakfast

You can substitute any dried fruit for the ones recommended in this chapter's hot cereal recipes. Dried apricots, currents, unsweetened pitted cherries, figs, and chopped prunes are all delicious. Dried cranberries are also delicious, but usually contain sugar. If you prefer not to cook the dried fruit with the cereal, but would rather add it right before serving, soak the fruit overnight. Simply place it in a bowl, cover with water (and a pinch of ascorbic acid, if desired), and refrigerate. In the morning, simply add it to the hot cereal.

Blender Muesli

My version of this old-time favorite among health enthusiasts is my preferred warm-weather breakfast. The little bit of lemon peel makes it especially refreshing. Feel free to double or triple this recipe and store it in a covered container in the freezer, where it will keep up to four months.

YIELD: 2 servings

½ cup rolled oats

2 tablespoons raisins

2 tablespoons chopped walnuts

½-inch square lemon peel

6 ounces plain unsweetened soy or rice milk

1 small sweet apple, grated

Fresh seasonal fruit (strawberries, peaches, pitted cherries, grapes, blueberries are good choices)

1 Place the oats, raisins, walnuts, and lemon peel in a blender. Grind to a coarse flour.

2 Transfer the mixture to two individual serving bowls, add soymilk, and mix well. Let sit 5 minutes.

3 Add the fresh fruit, mix, and serve.

For a Change ...

$\frac{2}{3}$ Instead of raisins, try apricots, dates, or prunes.

$\frac{2}{3}$ Substitute hazelnuts, almonds, or pecans for the walnuts.

$\frac{2}{3}$ For a tropical-style muesli, substitute 2 or 3 dates for the raisins and grated coconut for the walnuts. Top with sliced bananas and mango before serving. Simply wonderful!

$\frac{2}{3}$ You can soak this cereal overnight in the refrigerator in your choice of veggie

milk.

Sprouted Wheat Breakfast

Wheat is especially easy to sprout, and wheat sprouts are nice to have on hand as a ready-to-eat cereal, especially in the summer.

YIELD: 2 servings

1/4 cup raisins

1/4 cup sunflower seeds

*1/2 teaspoon ascorbic acid powder
(optional)*

1 cup wheat sprouts (sprouted 2

days)*

2 small sweet apples, grated

1 cup plain unsweetened soy yogurt

½ teaspoon vanilla (optional)

* See [page 164](#) for sprouting instructions.

1 Place the raisins, sunflower seeds, an ascorbic acid (if using) in a small bowl. Add water to cover and mix well.

2 Cover the bowl with a plate and refrigerate 6 to 8 hours or overnight.

3 Drain any excess liquid from the soaked raisin-sunflower seed mixture

and place in a medium bowl. Add the wheat sprouts, apples, and yogurt, and mix well.

4 Serve as is or topped with fresh berries.

For a Change ...

²/₃ For a delicious change (and a truly raw breakfast), substitute the Apple Tahini ([page 185](#)) or the Sunny Citrus Sauce (page 181) for the yogurt.

Cinnamon-Flax Topping

This ground nut-and-seed blend is a delicious source of omega 3s, fiber, and other important nutrients. Try it over hot cereal, yogurt, or stewed apples.

YIELD: About 2 cups

1 cup flaxseeds

½ cup almonds

¼ cup date sugar (optional)

3 tablespoons cinnamon

*1 tablespoon ascorbic acid powder
(optional)*

1 Blend the flaxseeds in a blender until finely ground. Transfer to a glass jar or other airtight container.

2 Place the almonds in the blender and grind. (They do not have to be as finely ground as the flaxseeds.) Transfer to the jar along with the remaining ingredients, cover tightly, and shake well.

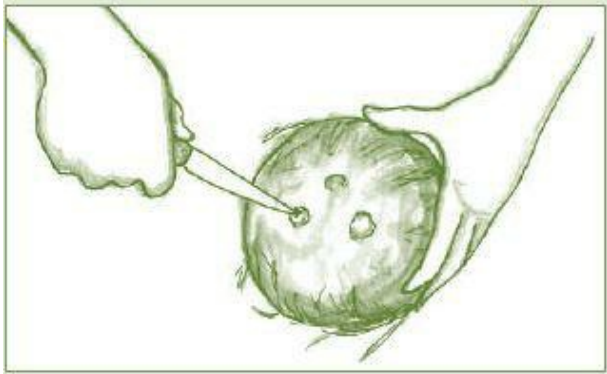
3 Store in the refrigerator, where it will keep for two to three weeks.

$$1/3$$

Red, White, and Blue Muesli

Himalayan goji berries are believed to have marvelous rejuvenation properties, while blueberries are a well-known source of cancer-fighting antioxidants. Together they make a beautiful and delicious breakfast cereal that's a snap to make. I always prepare it at night so it's ready to eat in the morning.

YIELD: 1 generous serving



cup rolled oats

2 tablespoons raisins

¼ cup dried goji berries

*2 tablespoons unsweetened shredded
coconut*

1 cup hot water

½ cup frozen blueberries

1 Place the oats, raisins, goji berries,

and coconut in a serving bowl. Add the hot water and mix well.

2 Top the mixture with blueberries, cover with a saucer or small plate, and refrigerate 4 to 8 hours or overnight.

3 Serve as is or topped with soy yogurt.

For a Change ...

²/₃ Add some green to the colorful mix by substituting pumpkin seeds for the coconut.

²/₃ Instead of frozen blueberries, use fresh. Add them just before serving.

²/₃ Substitute ground wheat berries or oat groats for the rolled oats.

Preparing Fresh Coconut

Fresh coconut is really versatile. You can grate it raw into muesli, mix it with porridge, add it to curries, and use it in lots of baked goods and dessert-type treats. It also makes a great snack all by itself.

When buying a fresh coconut, hold it to your ear and shake. If it is not shushing with liquid, don't buy it—it's too old. When you have chosen your coconut, know that one of its three “eyes” will be soft. Discover which one it is by poking them with a screwdriver, ice pick, or scissors. When you have located the soft spot, poke a hole into it

(see Step 1), then invert the coconut over a glass to drain the watery liquid. Strain the liquid and either drink it or reserve it for another use—to soak muesli for example. If it tastes sour, throw it out along with the coconut. Start again with a fresh coconut.

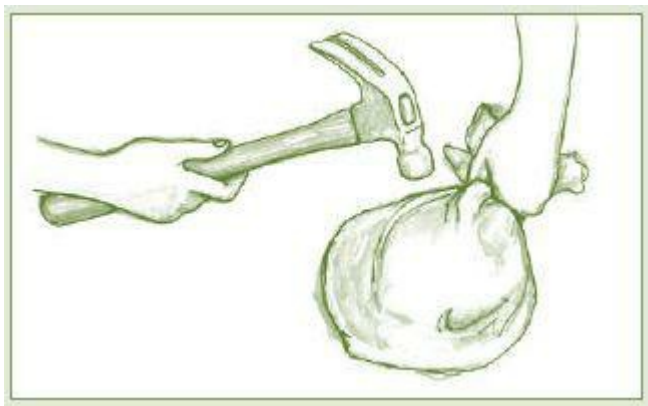
Now it's time to break open the shell so you can get to the meat within. I usually place the coconut in a plastic grocery bag, tie the handles together, and then throw it as hard as I can onto a concrete driveway, steps, or patio. You can also place it on the ground and give it a good smash or two with a hammer (see Step 2)

Use a paring knife to remove the coconut meat from the shell (see Step 3.)

Sometimes it comes out easily; other times it is stuck pretty well. If you are having a hard time prying the meat from the shell, try soaking it in room-temperature water for about 5 minutes. You can also place the pieces in a 250°F oven for about 25 minutes, which will cause the flesh to come away from the shell easily.

When you remove the coconut meat, you'll notice that the part that had touched the shell will have a brown skin. You can choose to peel away this skin before using, but it isn't necessary.

OPENING A COCONUT



1. Poke a hole into the soft spot.



2. Break open the shell.



3. Remove the meat from the shell.

Vegan French Toast

French toast is a great way to use up stale bread. Top with maple syrup, stewed apples, soy yogurt, or one of the fruit sauces in [Chapter 11](#). The turmeric in this recipe is for color, so just add a pinch.

YIELD: 4 slices



cup

soymilk

1 tablespoon tahini

2 tablespoons flaxseeds

2 teaspoons arrowroot powder

1 teaspoon vanilla

2 teaspoons maple syrup

1/4 teaspoon nutmeg (optional)

1 teaspoon cinnamon (optional)

1/2 teaspoon cardamom (optional)

Pinch turmeric (optional)

4 slices whole grain bread

1–2 tablespoons coconut oil, or as needed

1 Place the milk, tahini, flaxseeds, arrowroot powder, vanilla, maple syrup, and your choice of spices in a blender. (You can use all the spices if you want.) Blend until smooth.

2 Place the bread in a shallow dish and cover with the blended mixture. Turn the slices over to coat both sides.

3 Heat the oil in a large nonstick skillet over medium heat. Add the bread and cook 4 to 5 minutes on each side until

golden brown. Serve immediately.

Fresh Coconut Maple Granola

Although fresh coconut is amazingly good, you can also use unsweetened dried for this granola. This recipe makes a big batch, which you can have on hand to enjoy as a cold breakfast cereal or as a satisfying snack.

YIELD: About 12 cups

1 fresh coconut, grated

1 pound rolled oats

2 cups oat bran or additional rolled

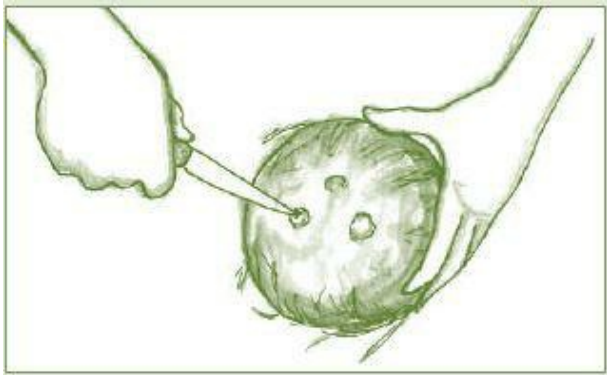
oats

1 cup whole or sliced almonds

½ cup sunflower seeds

¼ cup sesame seeds

½ cup maple syrup



cup unrefined coconut oil

*1½ cups raisins or other chopped
dried fruit*

1 Preheat the oven to 350°F.

2 Place all the ingredients except the dried fruit in a large bowl and mix well. (I usually mix with my hands.)

3 Spread the mixture in a thin ½-inch layer on an unoiled baking sheet. Place in the oven and bake about 20 minutes or until golden brown. As it bakes, stir occasionally to ensure even browning.

4 Remove from the oven, add the dried fruit, and mix well. Cool completely before placing in an airtight glass jar and

storing in the refrigerator, where it will keep about one month. In the freezer, it will keep up to six months.

For a Change ...

²/₃ Instead of coconut, use 2 to 3 cups of another nut, such as chopped cashews, walnuts, and/or pecans.

Flourless Flax Pancakes

Not only are these light and tender little pancakes flourless, the batter whips up quickly in the blender. No mixing bowls needed.

YIELD: About 16 pancakes (3–4 inches)

1/4 cup flaxseeds

1/2 cup oat groats or wheat berries

1 3/4 cups soymilk

1 teaspoon vanilla

*2 tablespoons arrowroot powder 1
teaspoon baking powder
½ teaspoon baking soda
1–2 tablespoons coconut oil, as
needed*

1 Place all the ingredients except the oil in a blender and blend until the batter is smooth.

2 Heat a little of the coconut oil in a large nonstick skillet over medium heat. Directly from the blender, pour about 2 tablespoons of batter (per pancake) onto the skillet. Cook 1 to 2 minutes or until brown on the bottom. Turn over and brown the other side. Serve hot.

Try a Mochi Waffle

Mochi is a traditional Japanese confection made with sweet rice. It is sold in dense slabs and found in the freezer or refrigerator section of most natural foods stores. Mochi comes in a variety of flavors (cinnamon raisin is great for breakfast) and can be pan-fried or baked. It can also be made into waffles. Simply cut a slab into six equal-size squares (one or two squares is considered an average serving) and cook in a hot waffle iron that has been brushed with a little coconut oil. Cook about five to ten minutes or until the mochi puffs up and becomes deliciously

crisp.

Apple Pancakes

Although these pancakes are good when topped with fresh fruit or a fruit sauce, they are also delicious plain.

YIELD: 6 to 8 pancakes (about 3–4 inches)

12.3-ounce package firm silken tofu

½ cup water or soymilk

1 teaspoon vanilla

1 cup whole wheat pastry flour

2 teaspoons baking powder

1 teaspoon cinnamon

1 cup grated apple

½ cup raisins

1–2 tablespoons coconut oil, as needed

1 Place the tofu, water, and vanilla in a blender and blend until smooth and creamy.

2 Combine the flour, baking powder, and cinnamon in a large bowl. Add the blended tofu and mix well. Add the grated apple and raisins, and mix to form a thick batter.

3 Heat a little of the coconut oil in a large nonstick skillet over medium heat.

Drop the batter in $\frac{1}{4}$ -cup amounts onto the skillet. With the back of a spoon, spread out the batter as much as you can. Cook 1 to 2 minutes or until brown on the bottom. Turn over and brown the other side. Serve hot.

Whole Wheat Waffles

These waffles, made with silken tofu instead of eggs, have a crisp, light texture.

YIELD: 12 waffles

12.3-ounce package firm silken tofu

2 tablespoons coconut oil

1³/₄ cups soymilk

1 tablespoon lemon juice

1-inch square lemon peel (optional)

2 cups whole wheat pastry flour

1 tablespoon baking powder

½ teaspoon baking soda

Coconut oil (to coat waffle iron)

1 Add the tofu, oil, soymilk, lemon juice, and lemon peel (if using) to a blender. Blend until smooth and creamy.

2 Combine the flour, baking powder, and baking soda in large bowl. Add the blended tofu and mix well.

3 Lightly brush a preheated waffle iron with coconut oil. Add enough batter to cover the bottom of the iron. Close the top and cook about 10 minutes or until the waffle is crisp and lightly browned.* Repeat with the remaining batter. Serve

hot.

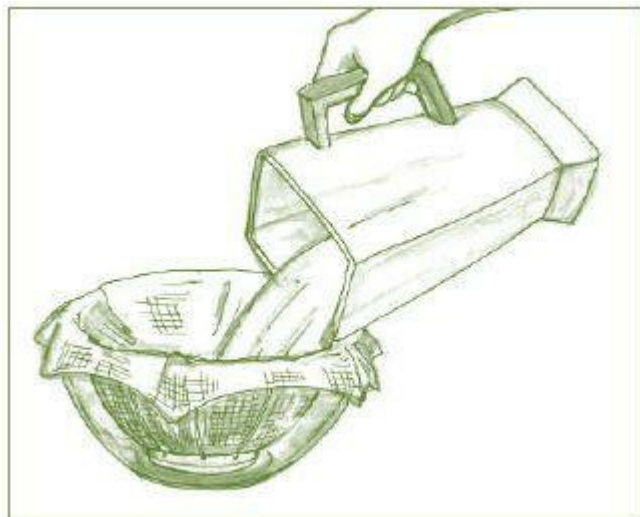
* If you are planning to freeze some of the waffles to enjoy at a later time, cook them until they are just done but not brown. When you are ready to use, thaw the waffles and pop them into a toaster.

Cravin' Bacon?

Let's face it. Many of us who follow vegan diet were raised eating meat—and sometimes we crave the taste and texture of foods that we would be appalled at the thought of actually eating. For those occasional moments, an imitation meat product, such as fake bacon or breakfast sausage, can hit the spot. Unfortunately, many of these products contain artificial ingredients and GMOs. This means that when you want to indulge in this type of dietary food, make sure to carefully read the labels.

The healthiest bacon-like product I've eaten is Fakin' Bacon by Lightlife.

It is made with organic tempeh, and even though it does not really look like bacon, it is tasty and satisfying. Sunergia Soyfoods makes an alternative sausage product made with healthy organic ingredients. I haven't eaten real sausage in over thirty years, but to me, this sausage product tastes exactly the way I remember it.



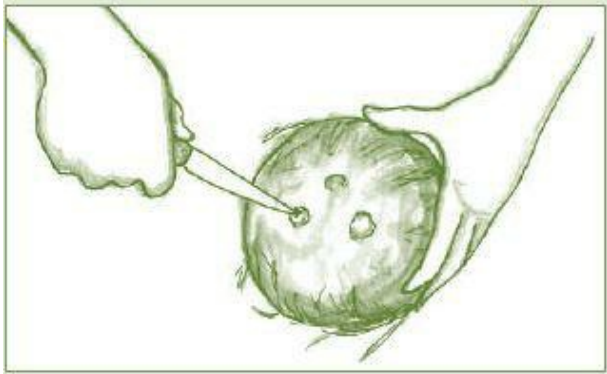
Skillet Hash Browns

For best results, cook these savory hash browns—which go great with scrambled tofu or tempeh bacon—in a well-seasoned cast iron skillet.

YIELD: 2 to 4 servings

2 tablespoons olive oil

2 cups grated potatoes



cup minced onion

¼ teaspoon sea salt

Freshly ground black pepper to taste

1 Heat the oil in a large heavy skillet over high heat. Add the potatoes, onion, and salt and stir well, then reduce the heat to medium.

2 Using the back of a spatula, press the potato mixture to an even thickness. Cover and cook 8 to 10 minutes or until nicely browned on the bottom.

3 Using a spatula, cut the potatoes into quarters to form 4 pie-shaped pieces. Carefully turn over each quarter, press down, and continue cooking another 5 minutes or until browned on the bottom.

4 Sprinkle generously with pepper before serving.

For a Change ...

²/₃ Serve these potatoes like they do in waffle houses—*cover, smother, cap, and pepper them*. Translation: “Cover” them with grated soy cheese, “smother” them with sautéed onions, “cap” them with sautéed mushrooms, and/or “pepper” them with minced jalapeños. You may be wondering how I am so familiar with the way hash browns are served in waffle houses. I think it has something to do with being born in Kentucky.

Scrambled Tofu Carrot Curry

This recipe may sound like a clash of cultures, but almost everyone likes it—even children (as long as the curry powder isn't too hot). If you are not afraid of a cultural mélange, serve it with some salsa and whole grain toast. It also makes a delicious easy lunch or dinner.

YIELD: 3 to 4 servings
2 tablespoons olive oil

3 cups grated carrots

1 tablespoon curry powder

16 ounces extra-firm or firm tofu

1 teaspoon sea salt

½ cup chopped scallions

1 Heat the olive oil in a large skillet over medium heat. Add the carrots and cook, while stirring, for 2 minutes. Reduce the heat to low, cover, and cook another 2 to 3 minutes or until tender.

2 Add the curry powder to the carrots and mix well. Continue to cook while stirring for about 30 seconds.

3 Push the carrots to the sides of the skillet. Place the tofu in the center and mash with a fork or potato masher. Add the salt, mix well, and cook 1 or 2 minutes until heated through. Add the scallions, mix all the ingredients together, and serve hot.

6. *Drink Up!*

From dairy-free milks and refreshing smoothies to soothing teas and nourishing juices, healthy beverages are delicious ways to enrich your diet. In this chapter, you will find recipes and ideas for making all types of nutritious drinks.

Kicking off the chapter are recipes for what I call “moo-less” milks. Although most grocery stores carry nondairy drinks—rice milk, soymilk, oat milk, nut milks—I’ll show you how to make your own. And making your own

has a number of advantages. From an environmental standpoint, anything you make from scratch cuts down on energy consumption from both packaging and transportation. Homemade milks are also fresher and less expensive than commercial, and making your own allows you to control the ingredients (many store-bought varieties are very sweet). The only special equipment you will need is some cheesecloth, which can be purchased in most supermarkets. Just keep in mind that, unlike many commercial milks, the ones you make yourself will not be enriched with calcium, vitamin B₁₂, or vitamin D.

Almost everyone loves smoothies, and in this chapter I share some of my

favorites with you, along with lots of suggestions for creating your own. At the very least, all you really need is some fruit, a little juice (or other type of liquid), and a blender. A breakfast smoothie is a great way to greet the morning; and during the day, you can always count on one to provide an energizing boost when you need it. You can even enjoy smoothies as occasional light meals, especially if they contain some vegetables.

Also included on the following pages are some terrific drinks made from freshly extracted vegetable and fruit juices. Especially when you're feeling a bit rundown, they can be excellent choices. Best of all, you'll

discover that juiced drinks don't have to taste bad to be good for you! Rounding out the chapter are some delicious herb tea recipes for both soothing hot brews and refreshing cold drinks.

No matter what type of drink you're in the mood for, you'll find it in this chapter. As an added bonus, they are all quick and easy to make.

Oat Milk

Mild-tasting oat milk has a beautiful rich texture. For this recipe, the oats don't have to be cooked, but they do have to soak at least eight hours.

YIELD: About 4 cups

1/2 cup oat groats

2 cups water

1 tablespoon maple syrup or a few drops stevia (optional)

1/2 teaspoon vanilla (optional)

1 Place the oats in a bowl, cover with an inch or so of water, and let soak 8 hours or overnight.

2 Drain the soaked oats and place in a blender with 2 cups fresh water. Blend on high speed about 5 minutes. Let set about 45 minutes, or until the solids settle at the bottom of the blender.

3 To strain the milk, line a colander with 4 layers of damp cheesecloth and place over a bowl. (Wetting the cloth after it is placed in the colander will prevent it from slipping during the next step.)

4 Without stirring, slowly pour the blended oat mixture in the colander. Gather up the ends of the cheesecloth, twist, and press the cloth against the colander to extract the milk into the bowl below.

5 Measure the milk (there should be about 2 cups), then add enough fresh water to make 4 cups. Add maple syrup and vanilla (if using) and stir well.

6 Refrigerate the milk in a covered bottle or jar up to four days, or freeze up to three months. The milk will separate upon standing, so shake before using.

Cashew Milk

Smooth and creamy cashew milk gives added richness to smoothies, soups, and sauces. It is also a favorite splashed over granola or your favorite hot cereal. If using this milk in savory dishes, do not add sweetener or vanilla. And although straining the milk (Step 2) makes it smoother, this step is optional—especially if you intend to use it on cereal.

YIELD: About 3¼ cups

½ cup raw cashews

3 cups water

*½–1 tablespoon maple syrup, rice
syrup, or a few drops stevia
(optional)*

½ teaspoon vanilla (optional)

1 Place the nuts and 2 cups of the water in a blender and blend about 3 minutes. Add the remaining water along with the maple syrup and vanilla (if using).

2 To strain the milk, line a colander with 4 layers of damp cheesecloth and place over a bowl. (Wetting the cloth after it is placed in the colander will prevent it from slipping during the next step.)

3 Pour the blended nut mixture in the colander. Gather up the ends of the cheesecloth, twist, and press the cloth against the colander to extract the milk into the bowl below.

4 Refrigerate the milk in a covered bottle or jar up to three days, or freeze up to three months. The milk will separate upon standing, so shake before using.

Almond Milk

Almond milk has a pleasant light, nutty taste that makes it a good choice for a wide variety of beverages and dishes. If using this milk in savory recipes, do not add sweetener or vanilla. And although straining the milk (Step 2) makes it smoother, this step is optional—especially if you intend to use it on cereal.

YIELD: About 3¼ cups

½ cup blanched almonds

3 cups water

*½–1 tablespoon maple syrup, rice
syrup, or a few drops stevia
(optional)*

½ teaspoon vanilla (optional)

1 Place the nuts and 2 cups of the water in a blender and blend about 3 minutes. Add the remaining water along with the maple syrup and vanilla (if using).

2 To strain the milk, line a colander with 4 layers of damp cheesecloth and place over a bowl. (Wetting the cloth after it is placed in the colander will prevent it from slipping during the next step.)

3 Pour the blended nut mixture in the colander. Gather up the ends of the cheesecloth, twist, and press the cloth against the colander to extract the milk into the bowl below.

4 Refrigerate the milk in a covered bottle or jar up to three days, or freeze up to three months. The milk will separate upon standing, so shake before using.

Rice Milk

Whenever you cook rice, think about making a little extra for this dairy-free milk. Rice milk is a little thinner than soy and nut milks and has a slightly sweet taste. This makes it a good choice to enjoy as a beverage or to use with cereals and in dessert-type recipes. I don't use it for savory or salty dishes.

YIELD: About 4 cups

1 cup cooked brown rice

4 cups water

*1 tablespoon rice syrup or a few
drops stevia (optional)*
½ teaspoon vanilla (optional)

1 Place the rice and 2 cups of the water in a blender, and blend about 3 minutes. Add the remaining water along with the rice syrup and vanilla (if using), and blend another 15 seconds. Let set about 45 minutes, or until the solids settle at the bottom of the blender.

2 To strain the milk, line a colander with 4 layers of damp cheesecloth and place over a bowl. (Wetting the cloth after it is placed in the colander will prevent it from slipping during the next

step.)

3 Without stirring, slowly pour the blended rice mixture in the colander. Gather up the ends of the cheesecloth, twist, and press the cloth against the colander to extract the milk into the bowl below.

4 Refrigerate the milk in a covered bottle or jar up to three days, or freeze up to three months. The milk will separate upon standing, so shake before using.

For a Change ...

$\frac{2}{3}$ For rice milk with a creamier texture,
use only $\frac{1}{2}$ cup cooked brown rice and



add
raw cashews.

cup

Coconut Milk

Amazingly easy to make, this delicious drink is made from dried coconut. I pour it over cereal and fresh fruit, and add it to a number of curries and soups.

YIELD: About 1¼ cups

*1½ cups hot filtered water**

*1 cup dried shredded coconut
(unsweetened)*

* If using tap water, heat it in a pot on the stove. Do not use hot water directly from the

tap.

1 Place the coconut and 1 cup of the water in a blender, and blend for 3 to 4 minutes.

2 Line a colander with 4 layers of damp cheesecloth and place over a bowl. (Wetting the cloth after it is placed in the colander will prevent it from slipping during the next step).

3 Pour the blended coconut mixture in the colander. Gather up the ends of the cheesecloth and twist firmly around the coconut (see drawings at right). Press

the cloth against the colander while continuing to twist it and extract as much milk as possible into the bowl below. (When you are finished, there should be



just about
cup of coconut pulp left.)

4 Refrigerate the milk in a covered bottle or jar up to three days, or freeze

up to three months. The milk will separate upon standing, so shake before using.

EXTRACTING COCONUT MILK



1. Add the blended mixture.



2. Twist the ends to extract the milk.

Making Homemade Soymilk

Soymilk is my favorite nondairy milk. Of all the “moo-less” varieties, it is the most versatile and nutritious. Before soymilk was available in stores, I made my own by hand—a fairly simple but somewhat tedious process that required a bit of physical effort. Today, thanks to soymilk machines, it’s a breeze to make your own. If you use a lot of soymilk, making your own can also save you money and you don’t have to worry about possible residue from packaging. When purchasing a machine, be sure any parts that touch the soy are made of

stainless steel. For more information, including product recommendations, see the Resources, beginning on [page 293](#).

Simple Berry Smoothie

Isn't it great when something so wonderfully delicious is also healthy? Make this luscious smoothie with either strawberries or blueberries.

YIELD: 1 serving

$\frac{3}{4}$ –1 cup soy, nut, oat, or rice milk

1 frozen ripe banana

1 cup whole strawberries, or $\frac{1}{2}$ cup blueberries (fresh or frozen)

$\frac{1}{2}$ teaspoon vanilla

1 Place all the ingredients in a blender and blend until smooth and creamy.

2 Pour into a tall glass and enjoy.

For a Change ...

$\frac{2}{3}$ Substitute fresh orange or apple juice for the milk.

$\frac{2}{3}$ Omit the banana and use $1\frac{1}{2}$ cups strawberries or 1 cup blueberries.

$\frac{2}{3}$ For an exotic touch, add 1 teaspoon rosewater.

$\frac{2}{3}$ For added sweetness, add a few drops of stevia.

$\frac{2}{3}$ For a frosty version, add 3 to 6 ice cubes.

²/₃ For increased health benefits, add probiotic powder (see inset on [page 83](#)).

*Peachy Morning Smoothie**

This refreshing “peachy” smoothie is one of the reasons I always try to keep frozen peaches on hand. Whenever peaches are in season, I select a few that are perfectly ripe and at their peak of sweetness. Then I pit them, cut them into chunks, and freeze the chunks in plastic bags.

YIELD: 1 serving

1/2–3/4 cup soy, nut, oat, or rice milk

1/2 cup plain soy yogurt

1/2 cup frozen peaches

1/2 cup frozen cherries

1/2 teaspoon vanilla

1 Place all the ingredients in a blender and blend until smooth and creamy.

2 Pour into a tall glass and enjoy.

* This recipe is an adaptation of the one presented by Cherie Calbom in her book *The Ultimate Smoothie Book*.

For a Change ...

$\frac{2}{3}$ For added sweetness, add a few drops of stevia.

$\frac{2}{3}$ For an even frostier version, add 3 to 6 ice cubes.

$\frac{2}{3}$ For increased health benefits, add probiotic powder (see inset on [page 83](#)).

SMOOTHIES—EASY DO-IT-YOURSELF DRINKS

Almost everyone loves smoothies ... and for good reason. These blended

drinks can be great breakfast choices to start the day, wonderful pick-me-ups when you need a little energy boost, and gratifying ways to satisfy those mid-day or late-night hunger pangs. Many days when I've been really busy and suddenly realize that it's way past dinnertime and I haven't eaten, a smoothie will often hit the spot.

Smoothies are also fun to make and can include an incredible range of ingredients. In other words, you can really get creative with them! The foundation of any smoothie is fruit and some liquid (sometimes thickened with ice). But there are lots of other ingredients that can turn a basic smoothie into a fabulous drink with

added flavor, richness, and nutritional value.

If you are inexperienced at creating your own smoothies, but want to give it a try, start out simply with one or two types of fruit and a liquid. Before you know it, you'll gain the confidence to start experimenting—enriching your smoothie with nuts and yogurt and flavoring it with sweeteners and spices. Just be careful when blending together too many colorful fruits and/or veggies. Keep in mind that mixing red or orange with green will turn the drink an unappealing brown color. Adding blueberries to the brown liquid will turn it an equally unattractive grey. On the other hand, blending blueberries into a

green smoothie can make the drink look very appealing. If you have ever mixed paint colors you know what I mean. Smoothies that are brown or grey aren't bad for you ... they are simply not pretty.

If your smoothie is too thick, simply add a little more liquid (even water works). If it's too thin, try adding a banana or a tablespoon or two of chia seeds, which will thicken it beautifully. Like flaxseeds, chia seeds are a great source of beneficial omega 3s. They also they provide lots of fiber. For an ice cold smoothie, use frozen fruit or add a few ice cubes.

Listed below are lots of possible smoothie ingredients to mix and match.

Start with your choice of liquid, add it to the blender along with your ingredient choices, and then blend away.

LIQUIDS

Use about 1 cup per serving.



Amasake



Fruit juice (any type)



Fresh water



Herbal tea



Green tea



Leftover water from soaking dried fruit



Nondairy milk (soy, nut, rice, oat, coconut)

FRUITS

Core fresh fruits such as apples and pears. Remove the pits from fruits like cherries and peaches. Avoid varieties that are filled with hard seeds like pomegranates and cactus pears. Use up to 2 cups per serving.



Apples



Apricots



Bananas



Blackberries



Blueberries



Cantaloupe



Cherries



Cranberries (may need sweetener)



Honeydew



Kiwis



Mangoes



Nectarines



Papayas



Peaches



Pears



Persimmons



Pineapple



Raspberries



Strawberries



Star fruit

ENRICHERS

Try the following for added richness and nutrition. Use 1 to 2 tablespoons nuts and/or seeds (or butters) per serving. Use probiotic powder or green powder supplements according to package instructions. Remember not to add green powder to orange- or red-colored smoothies as it will turn the drink brown.



Nuts/nut butters



Seeds/seed butters



Green powder supplements



Stabilized rice bran



Probiotic powder (see inset below)



Wheat grass juice

SWEETENERS

Sweeteners are not necessary for most smoothies, but a small amount can be a welcome addition.



Malt syrup



Maple syrup



Rice syrup



Soft dates



Stevia

FLAVOR ENHANCERS

Have fun experimenting with different flavor enhancers. Be sure to start with a very small amount, and then add more to taste.



Almond extract



Cardamom



Carob powder



Chocolate nibs



Cinnamon



Citrus peel



Cocoa powder



Nutmeg



Vanilla extract

*Judy's Banana Custard Smoothie**

*This smoothie is rich and delicious.
The walnuts give it a nice boost of
omega 3s.*

YIELD: 1 serving

¾ – 1 cup water

1 frozen ripe banana

2 large soft dates

¼ cup walnuts

*¼ teaspoon ground cinnamon
(optional)*

Pinch nutmeg (optional)

1 Place all the ingredients in a blender and blend until smooth and creamy.

2 Pour into a tall glass and enjoy.

* This recipe is an adaptation of the one created by Judy Pokras, publisher of RawFoodsNewsMagazine.com.

For a Change ...

²/₃ For a frosty version, add 3 to 6 ice cubes.

²/₃ For increased health benefits, add probiotic powder (see below).

Probiotics

Probiotics are the “friendly” or “good” bacteria found in the digestive tract. Bolstering these bacteria through foods or supplements will help keep your digestive system healthy. Yogurt, miso, and raw sauerkraut are some good food sources of probiotics. Supplements, which are available in powder or capsule form, are sold in most health foods stores. Adding a little probiotic powder to your smoothie will boost its health benefits without altering taste.

Favorite Papaya Smoothie

When I make this smoothie with the optional tangerine peel, it reminds me of the orange-flavored creamsicles I used to get from the ice cream man when I was a kid. Because frozen papaya is not readily available in stores, you'll have to make your own. Simply peel, seed, and dice a ripe papaya, then seal the chunks in a plastic bag and freeze.

YIELD: 1 serving

¾–1 cup soy, nut, oat, or rice milk

1 cup frozen diced papaya

1 teaspoon vanilla

Juice from ½ lime or lemon

*½-inch square lime, lemon, or
tangerine peel (optional)*

1 Place all the ingredients in a blender and blend until smooth and creamy.

2 Pour into a tall glass and enjoy.

For a Change ...

$\frac{2}{3}$ For added thickness, include a fresh or frozen banana.

$\frac{2}{3}$ For richer texture, add a big spoonful of soy yogurt.

$\frac{2}{3}$ For added sweetness, add 1 or 2 soft pitted dates.

$\frac{2}{3}$ For increased health benefits, add probiotic powder (see inset on [page 83](#)).

Green Power Smoothie

Getting more vegetables into your diet has never been easier than with this delicious smoothie. The hemp seeds give it a protein boost, and the cucumbers are especially good for your hair, skin, and nails. You can also make this smoothie with water instead of milk.

YIELD: 1 serving

1 cup soy, rice, or oat milk

1 ripe banana, fresh or frozen

½ medium cucumber

2 soft pitted dates

1 handful sunflower sprouts (see [page 164](#))

2 tablespoons hemp seeds

½ teaspoon vanilla

½-inch square lemon peel

1 Place all the ingredients in a blender and blend until smooth and creamy.

2 Pour into a tall glass and enjoy.

For a Change ...

²/₃ Instead of sunflower sprouts, use a handful of lettuce leaves or baby spinach, or one collard or kale leaf.

²/₃ For a frosty version, add 3 to 6 ice cubes.

²/₃ For increased health benefits, add probiotic powder (see inset on [page 83](#)).

Holiday Red Spice Smoothie

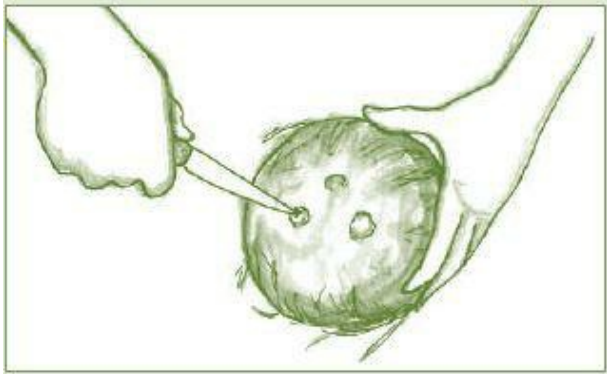
The beet and cranberries give this unusual smoothie its striking magenta color. And it's as delicious as it is visually beautiful!

YIELD: 1 large serving

1 cup freshly squeezed orange juice

1 ripe banana

2-inch beet cube



cup frozen cranberries

2 large soft dates

2 tablespoons chia seeds

½-inch square tangerine peel

½ teaspoon cinnamon

¼ teaspoon ground cloves

1 Place all the ingredients in a blender and blend until smooth.

2 Pour into a tall glass and enjoy.

For a Change ...

$\frac{2}{3}$ For added sweetness, add a few drops of stevia.

$\frac{2}{3}$ For a frosty version, add 3 to 6 ice cubes.

$\frac{2}{3}$ For added nutrition, add $\frac{1}{2}$ cucumber.

$\frac{2}{3}$ For increased health benefits, add probiotic powder (see inset on [page 83](#)).

*Curb-Your-Cravings Smoothie**

With such an unusual blend of ingredients, this smoothie has a surprisingly fabulous flavor. (It's one of my favorites.) It also contains a number of nutrients that help curb cravings, especially for carbohydrates.

YIELD: 1 serving

2 large sweet apples

½ cup spinach

1 celery stalk

1 ripe banana

1 heaping tablespoon tahini

6 ice cubes

1 Juice the apples, spinach, and celery. Transfer the juice to a blender along with the remaining ingredients. Blend until smooth.

2 Pour into a tall glass and enjoy.

* This recipe is an adaptation of the one presented by Cherie Calbom in her book *The Ultimate Smoothie Book*.

For a Change ...

²/₃ For added sweetness, include 1 or 2 soft dates or a few drops of stevia.

²/₃ For increased health benefits, add 1 teaspoon probiotic powder (see inset on [page 83](#)).



Tropical Hibiscus Punch

Hibiscus flowers add an exotic flavor and beautiful ruby color to this refreshing summertime punch—perfect to serve at an afternoon luncheon or party. The flowers are available at most stores that sell Middle-Eastern or Mexican foods.

YIELD: About 5 cups

2 cups water

*1 tablespoon dried hibiscus flowers**

*1 tablespoon dried mint, or ½ cup
fresh**

*2 cups freshly squeezed grapefruit
juice*

*1 cup freshly squeezed orange or
tangerine juice*

2 cups ice

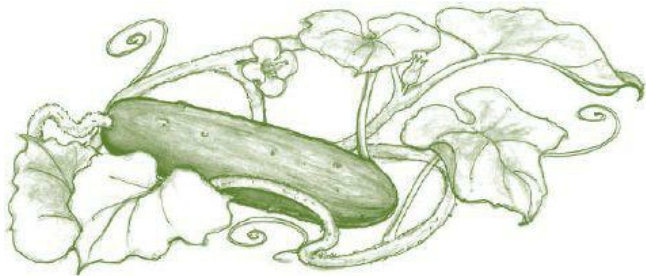
Few drops stevia (optional)

* Instead of hibiscus flowers and mint, you can use 4 Celestial Seasoning brand Red Zinger tea bags.

1 Bring the water to a boil in a medium-size saucepan over high heat. Add the hibiscus and mint, cover, and remove from the heat. Let steep for 10 minutes.

2 Add the grapefruit juice, orange juice, and hibiscus liquid to a pitcher and mix well. Add the ice and stevia (if using).

3 Refrigerate at least 1 hour before serving.



*Peaceful Cocktail**

If you're feeling irritable or anxious, this colorful drink will lift your spirits and lower your stress level.

YIELD: 2 servings

1 medium pear

1 medium ruby red grapefruit, peeled

8 large strawberries, green tops included

¼-inch piece fresh ginger root (optional)

1 cup freshly brewed lemon-balm tea

1 Cut the pear to fit your juicer's feed tube.

2 Juice the pear, grapefruit, strawberries, and ginger.

3 Add the juice to the tea and mix well. Sip the drink while breathing slowly and deeply.

* This recipe, contributed by Susan Smith Jones, is from her book *Recipes for Health Bliss*.

A Word About Lemon Balm

Among its many health benefits, lemon balm—a member of the mint family—is believed to help reduce mild anxiety and irritability. It should be avoided by pregnant women and people with hypothyroidism.

A Word About Chamomile

Chamomile is an herb with mildly sedating properties. Tea made from it has a calming effect that some people have found helpful for treating insomnia. Be aware, however, that chamomile belongs to the same plant family as daisies and dandelions. So if you are allergic to these plants, avoid chamomile.

*Easy Sleepy Time Cocktail**

Taken an hour before bedtime, this delicious juice cocktail is guaranteed to help you fall asleep without having to count sheep.

YIELD: 1 to 2 servings

2 apples

2 stalks celery

¼ cup chopped fresh parsley

1 cup freshly brewed chamomile tea

1 Cut the apples and celery to fit your juicer's feed tube.

2 Juice the apples, celery, and parsley.

3 Add the juice to the tea and mix well. Sip slowly.

* This recipe, contributed by Susan Smith Jones, is from her book Recipes for Health Bliss.

*Susan's Energizing Tonic**

This spicy drink—kind of a minty version of chai or Yogi tea—helps stimulate circulation and rev up the body's metabolism by creating heat and energy. You can double or even triple this recipe to keep some on hand. You can also freeze it in ice cube trays, then use the frozen cubes to flavor the water for tea.

YIELD: 2 servings

3 cups water

*4 slices (1/4-inch thick) fresh ginger
root*

4 cinnamon sticks, cut in half

*1 tablespoon dried peppermint, loose
or in a tea bag*

1/2 teaspoon cardamom seeds

4–5 cloves

1 Place all of the ingredients in a medium saucepan over medium-low heat. Simmer about 10 minutes.

2 Strain the mixture through a strainer. Enjoy hot or cold.

* This recipe, contributed by Susan Smith Jones,

is from her book Recipes for Health Bliss.

A Word About Peppermint

Peppermint leaf is effective in reducing nausea, gas, and intestinal cramps. It is strictly off limits for women who are pregnant or for anyone who has gallstones or a hiatal hernia.

*Cherie's Salsa in a Glass**

This delicious drink raises ordinary tomato juice to refreshing new heights.

YIELD: 1 serving

1 medium tomato

½ cucumber, peeled

½ lime, peeled

1 small handful cilantro

Dash hot sauce (optional)

1 Cut the tomato and cucumber to fit your juicer's feed tube.

2 Juice the tomato, cucumber, lime, and cilantro. Add the hot sauce, if using, and stir well.

3 Pour the juice into a glass and drink as soon as possible.

* This recipe was created by Cherie Calbom, coauthor of Juicing for Life.

Vicki's Favorite Green Juice

I have been making this juice for years. If I am feeling a bit run down, it always seems to pep me right up. It's delicious, too!

YIELD: 1 serving

2 large sweet apples

½ fennel bulb, or 2 stalks celery

½ cucumber, peeled

*1 collard or kale leaf, or 3 to 4
dandelion leaves*

½ lemon with peel

1 Cut the apples, fennel, and cucumber to fit your juicer's feed tube.

2 Juice all the ingredients and stir well.

3 Pour the juice into a glass and drink as soon as possible.

7. *Dips and Spreads*

Delicious, nutritious, and easy to prepare, most dips and spreads—including pâtés and nut butters—are versatile enough to lead double lives. For instance, in addition to being scooped up by chips, crackers, or fresh raw veggies, many dips can liven up your favorite sandwich, top a piping hot baked potato, or garnish a fresh green salad. Not to be outdone, spreads can be just as versatile. You can sandwich them between two slices of whole grain bread, wrap them up in tortillas, or

transform them into beautiful hors d'oeuvres. Some can even be thinned and turned into a sauce.

In this chapter, you'll find a wide variety of my favorite dips and spreads—from classic choices like Guacamole, Hummus, and Baba Ganoush to a number of my own personal creations such as Pumpkin Seed Pâté, Tahini-Carrot Spread, and Faux Cheez Whiz. I'll also show you how easy it is to create your own savory nut and seed butters with their rich, fresh flavors and appealing textures. (All you need is a little help from your blender or food processor.) You'll also discover how to roast a head of garlic and use the honey-colored cloves as a heavenly bread spread or

incorporate them into lots of delicious dishes, including appetizing purées, tapénades, and much more.

And don't be afraid to add your own creative twists to the dips and spreads you find in this chapter. Feel free to add different herbs or additional spices to the recipes; increase or decrease the recommended liquid; or think of interesting new ways to serve them. In other words, just because I may have recommended making the Olive and Almond Pâté ([page 98](#)) part of a hearty sandwich, it doesn't mean you should limit yourself to serving it that way. You can, for instance, cut the chilled pâté into diamonds or squares and place them on individual Bibb

lettuce leaves. After arranging them on a platter, surround these elegant little appetizers with grape tomatoes or roasted red pepper strips, and top with a garnish of chopped fresh parsley. Then serve them with crisp crackers or fresh sourdough rolls. My point here is simple—be adventurous in the kitchen.

No matter which dips, spreads, pâtés, or nut butters you choose from this chapter, and no matter how you decide to prepare or serve them, you will find them all versatile and delicious enough to impress even the most discriminating foodies. Enjoy!

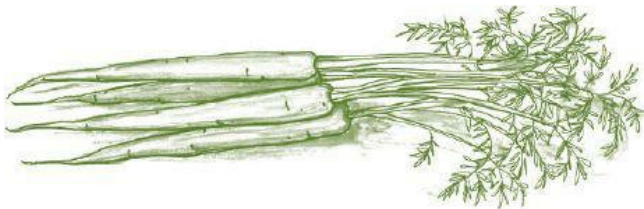
Savory Peanut Spread

Who made the rule that a peanut butter sandwich had to be sweet and contain jam or jelly? Here's a savory, nourishing peanut spread that's quick to prepare and makes a great sandwich filling—either on its own or paired with some fresh lettuce, sprouts, or arugula. It also makes a delicious spread for crackers, chips, or crisp celery sticks.

YIELD:

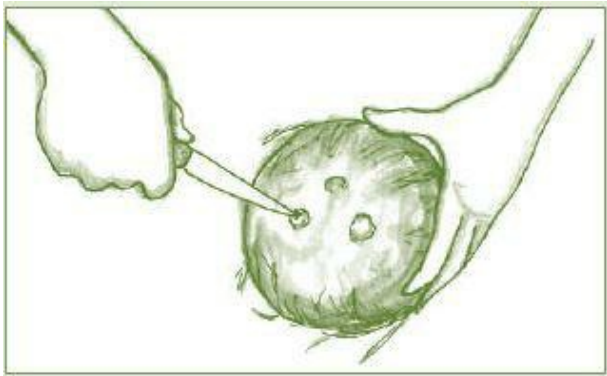
About

1



cups

1/4 cup unsalted peanut butter



cup minced celery

1/4 cup grated carrots

1/2 teaspoon barley miso

1 clove garlic, pressed, optional

2—3 tablespoons water

1 Place all the ingredients except the water in a small bowl and mix well.

2 Gradually stir in enough water to achieve the desired spreading consistency.

3 Serve immediately or refrigerate in a covered container up to three days.

For a Change ...

²/₃ Instead of (or in addition to) the celery, try some diced pickles or finely chopped red and/or green bell pepper.

Tahini-Carrot Spread

Be sure to use the small holes of a hand grater (not a food processor) to grate the carrots for this nutritious spread. Enjoy it as a sandwich spread or as a snack with crackers.

YIELD: About 1 cup

½ cup tahini

2 tablespoons water

1 tablespoons balsamic vinegar

1 tablespoon tamari

1 cup finely grated carrots

¼ cup nutritional yeast

1–2 cloves garlic, pressed

1 Place the tahini, water, vinegar, and tamari in a medium bowl. Mix well with a fork until thick and creamy.

2 Add the remaining ingredients and continue to mix. If the spread is too dry, add another tablespoon of water.

3 Serve immediately (it's best served fresh), or refrigerate in a covered container up to three days.



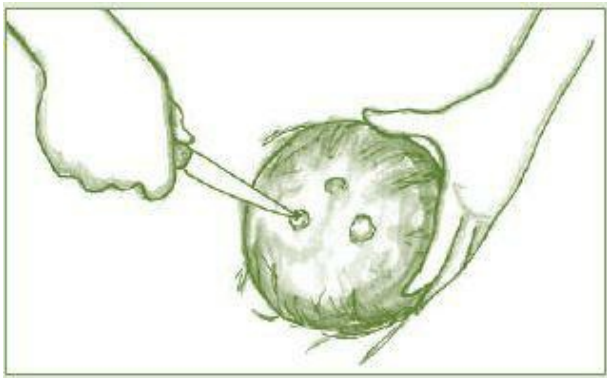
Faux Cheez Whiz

The amazingly bright orange color of this versatile spread resembles the color of Cheez Whiz (although it doesn't taste much like the processed food product). For Halloween, I spread it on black sesame crackers topped with a pinch of Arame Condiment ([page 184](#)) for a stunning orange-and-black appetizer.

YIELD: About 1½ cups

*12.3-ounce package firm silken tofu
1 small or ½ large red bell pepper,*

cut into large chunks



cup raw cashews

¼ cup chopped sweet onion

1 tablespoon Dijon mustard

1 tablespoon yellow miso

1 Place the cashews in a food processor and grind to a powder.

2 Add the remaining ingredients and continue to blend until very smooth and creamy.

3 Transfer the mixture to a bowl and serve. Refrigerate any leftovers in a covered container up to three days.

For a Change ...

²/₃ To turn this spread into a sauce, add a little soymilk and adjust the seasonings if necessary. You can heat the sauce, but do not boil.

Baba Ganoush

I usually serve this traditional Middle Eastern eggplant appetizer with whole wheat pita. For a delicious salad, place a mound over a bed of fresh mixed greens along with some olives, chopped tomatoes, and sliced cucumbers. Drizzle with olive oil and lemon juice before serving.

YIELD: About 1½ cups

1 medium eggplant

¼ cup tahini

2 tablespoons lemon juice, or to

taste

1 clove garlic, pressed, or more to taste

½ teaspoon sea salt

1 tablespoon olive oil

2 tablespoons minced fresh parsley

Paprika

1 Preheat the oven to 350°F.

2 Wash the eggplant, pierce it all over with a fork, and place on a baking sheet. Bake for about 1 hour or until very soft.

3 When the eggplant is cool enough to handle, cut it in half lengthwise. Scoop

out the flesh into a medium bowl. Discard the skin.

4 Using a fork, mash the eggplant to a thick, chunky paste. Add the tahini, lemon juice, garlic, salt, and olive oil, and mix well.

5 Transfer the mixture to a serving bowl, sprinkle with parsley and paprika, and serve. Refrigerate any leftovers in a covered container up to three days.

For a Change ...

²/₃ For an authentic version of baba ganoush, cook the eggplant on an outdoor grill over medium heat. Turn it often until charred on the outside and soft on the inside.

Umeboshi Cream

This simple recipe is a favorite with my cooking students. Because of its mild flavor, you can use it in many ways—as a dip for crackers or raw veggies, as a topping for baked or steamed potatoes, and as a garnish for a bowl of borscht. I even use it to dress a green salad.

YIELD: About 1 cup

*12.3-ounce package firm silken tofu
1 tablespoon umeboshi paste, or 3
umeboshi plums
2 tablespoons flaxseed oil*

1 clove garlic

1 Place all the ingredients in a blender and blend until very smooth and creamy.

2 Transfer the mixture to a bowl and serve. Refrigerate any leftovers in a covered container up to three days.

For a Change ...

$\frac{2}{3}$ To turn this dip into a sauce, add a little water or soymilk and adjust the seasonings if necessary. You can heat the sauce, but do not boil.

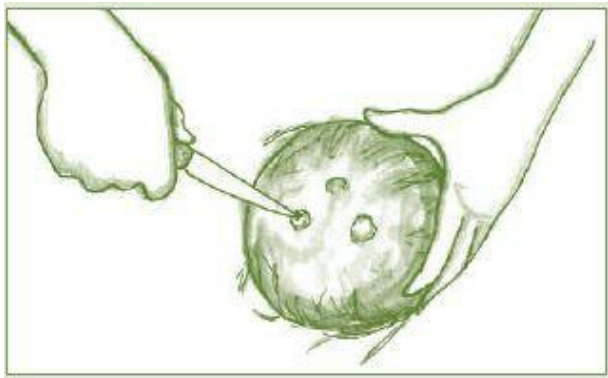


Hummus

This classic Middle Eastern hummus is always a favorite.

YIELD: About 2 cups

*2 cups cooked chickpeas**



cup tahini

2–4 tablespoons lemon juice, or to taste

1–2 cloves garlic

½ teaspoon sea salt

2 tablespoons minced fresh parsley

Paprika

* If cooking the beans from scratch, reserve some of the cooking liquid to thin the hummus if necessary. If using canned beans, use water or unsalted vegetable broth.

1 Place the chickpeas, tahini, lemon juice, garlic, and salt in a food processor and blend until smooth. If the mixture is too thick, add as much liquid as needed to achieve the desired

consistency.

2 Transfer the mixture to a serving bowl and garnish with parsley and a sprinkle of paprika. Serve chilled. Refrigerate any leftovers in a covered container up to four days.

For a Change ...

²/₃ For another wonderfully rich hummus, use black beans instead of chickpeas, 1 tablespoon tamari instead of salt, and 1 tablespoon balsamic vinegar instead of lemon juice. Also add $\frac{1}{2}$ teaspoon ground cumin.

Guacamole

People tell me that this guacamole is the best they have ever eaten. Just one more example of how fresh organic ingredients make everything better—thanks to the beautiful avocado tree in my garden.

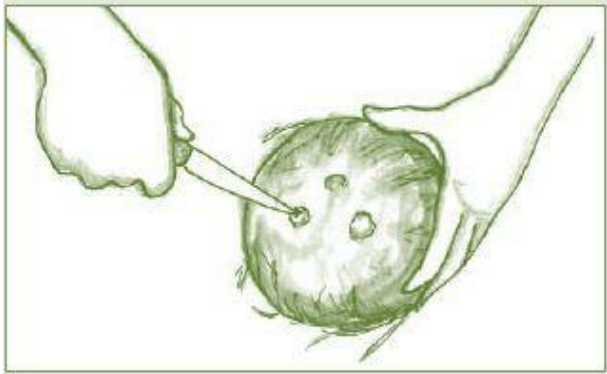
YIELD: About 3 cups

2–3 small avocados or 1 large

2–3 tablespoons lemon or lime juice

1–2 cloves garlic, pressed

1 small tomato, finely chopped



cup finely chopped green bell pepper or poblano chile pepper

2 tablespoons finely minced sweet onion

½ teaspoon ground cumin

Sea salt to taste

Pinch cayenne pepper (optional)

Fresh cilantro leaves for garnish

1 Cut the avocados in half lengthwise and remove the pit. Scoop out the flesh into a mixing bowl. Add the lemon juice and garlic, and mash with a potato masher.

2 Add the tomato, pepper, onion, cumin, salt, and cayenne pepper to the bowl and mix until well blended.

3 Transfer the mixture to a serving bowl and garnish with cilantro. Serve immediately (it's best served fresh) or refrigerate in a covered container for one day.

Poblano Pepper and Red Bean Dip

Poblano chile peppers give this dip added zing. Serve it with the usual chips and salsa, or try it mounded on a bed of greens and garnished with sliced avocado and raw sweet corn.

YIELD: About 2 cups

2 cups cooked red kidney beans

2 tablespoons lemon juice

*1 tablespoon Bragg Liquid Aminos
or tamari*

½ teaspoon finely grated lemon zest

1 teaspoon dried basil

1½ teaspoons ground cumin

¼ cup finely chopped sweet onion

*¼ cup finely chopped poblano chile
pepper*

1 Place all the ingredients except the onion and poblano in a food processor. Blend until smooth. Add the onion and poblano and mix well.

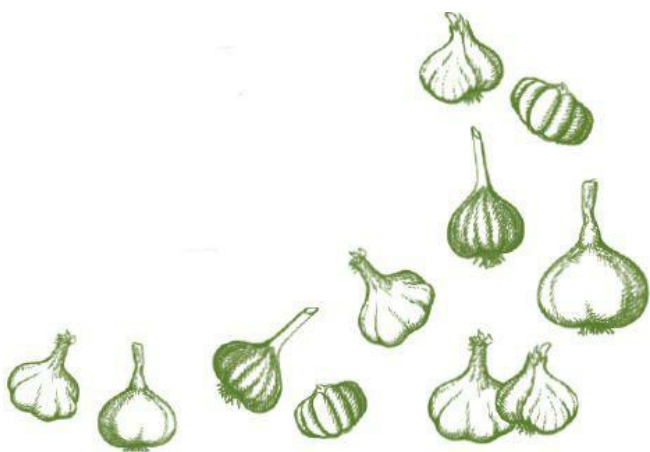
2 Transfer the mixture to a bowl and serve. Refrigerate any leftovers in a covered container up to three days.

For a Change ...

$\frac{2}{3}$ Use black beans or pinto beans instead of kidney beans.

$\frac{2}{3}$ For a milder dip, use bell pepper instead of the poblano.

$\frac{2}{3}$ For a spicier dip, add a pinch of cayenne pepper or a minced jalapeño.



Robin's Easy Mushroom Pâté

One year I taught a vegan Thanksgiving cooking class with my friend and local cooking instructor Robin Rosen, who created this outstanding pâté.

YIELD: About 2 cups

2 tablespoons olive oil

1 large onion, diced

3 cups sliced mushrooms

6 cloves garlic, sliced

1 cup almonds

*1/4 cup coarsely chopped fresh
parsley*

Sea salt to taste

Freshly ground black pepper to taste

*Whole grain bread crumbs, as
needed*

1 Heat the olive oil in a large skillet over medium heat. Add the onions and sauté 2 to 3 minutes or until translucent. Add the mushrooms and a little more than half the garlic. Continue to sauté about 5 minutes or until the mushrooms are soft.

2 Place the almonds in a food

processor and grind well.

3 Using a slotted spoon, transfer the onion-mushroom mixture to the food processor along with the parsley. Process until smooth. Add the salt, pepper, and remaining garlic (if desired) and mix well. Depending on the moisture content of the mushrooms, the mixture may be too dry or too moist. If it's too dry, add a little water. If it's too moist, add some bread crumbs.

4 Transfer the mixture to a bowl and serve. Refrigerate any leftovers in a covered container up to three days.

Malted Peanut Spread

Peanut butter won't stick to the roof of your mouth when it's prepared like this. I enjoy it on toast for breakfast. To make your own peanut butter for this recipe, see "Making Nut and Seed Butters" on [page 97](#).

YIELD: About ½ cup

¼ cup peanut butter

1 tablespoon malt syrup

3 tablespoons water or apple juice

*Pinch ascorbic acid powder
(optional)*

1 Place the peanut butter and malt syrup in a bowl and mix well. Stirring vigorously, slowly add enough water to achieve the desired consistency. Add the ascorbic acid powder (if using) and mix well.

2 Use immediately, or refrigerate in a covered container up to three days.

For a Change ...

$\frac{2}{3}$ Sweeten this spread with maple syrup instead of malt syrup.

Roasting Garlic

Simple pleasures are sometimes the best—and what could be more pleasurable than the incomparable taste of roasted garlic? When they are slow-roasted, garlic cloves are transformed into mild-tasting, honey-colored morsels that literally melt in your mouth. And the soft caramelized cloves are deliciously versatile! You can spread them on bread and crackers or add them to a variety of dishes.

Although special terra cotta roasters are available, you can easily oven-roast your own garlic without them. Just follow these simple

instructions:

1. Remove the loose papery outer skin from a head of garlic, but don't peel or separate the cloves. Turn the head on its side and cut away about $\frac{1}{4}$ inch from the top to expose some of the cloves.

2. Place the head on a sheet of aluminum foil. Drizzle a teaspoon or so of olive oil over the top, seal the head in the foil, and bake in a 375°F oven for 45 minutes or until the cloves are soft.

3. Remove the roasted cloves from their skins either with a knife, or by squeezing them out with your fingertips.

4. Refrigerate any leftovers in a covered

container for a few days. If you have a lot, you can also freeze it. I mash the cloves a little, then spoon the mixture into an ice cube tray in 2-tablespoon portions. Once frozen, I transfer the portions to a freezer bag, where they will keep up to six months.

Roasted Garlic Tapénade

Here is a roasted garlic version of a basic tapénade (minus the anchovies) to serve with bread or crackers.

YIELD: About 1¾ cups

1 cup pitted kalamata olives

2 tablespoons olive oil

*2 tablespoons mashed roasted garlic
(see inset at right)*

½ teaspoon dried thyme

Pinch cayenne pepper (optional)

1 Place all the ingredients in a food processor and blend until fairly smooth.

2 Transfer the mixture to a bowl and serve. Refrigerate any leftovers in a covered container up to one week.



Vegetable Pâté

This scrumptious pâté is mild and not too rich. Spread it on crackers or serve it with crusty whole grain bread and a salad for a light lunch. If you want to make your own millet flour for this recipe, simply grind some raw millet in a blender.

YIELD: 6 servings

2½ cups water

2½ cups grated sweet potato

1 cup shelled sunflower seeds

¼ cup millet flour or whole wheat

pastry flour

1/4 cup chopped onion

1/4 cup tamari

2 tablespoons olive oil

2 tablespoons nutritional yeast

1 teaspoon dried tarragon

1 teaspoon dried basil

Pinch cayenne pepper

1 Preheat the oven to 350°F. Lightly oil and flour an 11-x-7-inch baking dish and set aside.

2 Place all the ingredients in a blender or food processor and blend until smooth. (If using a blender, this may have to be done in more than one batch.)

3 Pour the mixture into the prepared baking dish and bake for 40 minutes or until it begins to brown on top and become slightly crisp around the edges. Remove from the oven and allow the pâté to cool (it will become firmer as it cools).

4 Refrigerate the pâté until chilled. Cut into squares or triangles and serve. Refrigerate any leftovers in a covered container up to three or four days.

Pumpkin Seed Pâté

Inspired from a mistake, this delicious spread is a good example of creative cooking. It started when my attempt to make pumpkin seed butter in a food processor turned out to be more like pumpkin seed crumbles. But the flavor was so good that I just couldn't throw it out. So I added a few ingredients and turned it into what has become one of my favorite spreads for crackers and sandwiches.

YIELD: About 1 cup

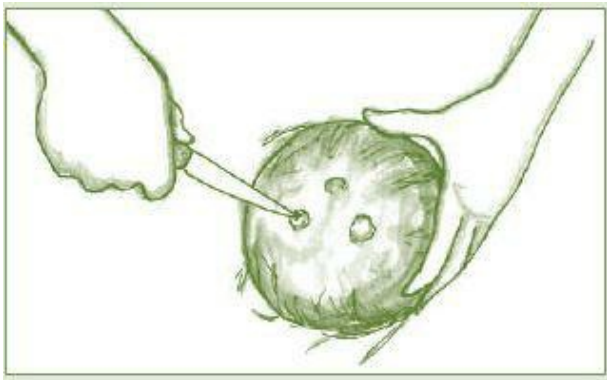
1 cup shelled pumpkin seeds

1–2 cloves garlic

1 teaspoon dried basil

¼ teaspoon sea salt

¼ teaspoon freshly ground black pepper, or to taste



cup tomato paste

1 Place the pumpkin seeds in a dry

skillet over high heat. Stir constantly until they begin to brown. Reduce the heat to low and continue stirring until the seeds are toasted.

2 Transfer the seeds to a food processor along with the garlic, basil, salt, and pepper, and process to a fine powder. Add the tomato paste and continue to blend until well mixed.

3 Transfer the mixture to a bowl and serve. Refrigerate any leftovers in a covered container up to five days.

Making Nut and Seed Butters

I have made a variety of delicious nut and seed butters—including peanut, cashew, hazelnut, pecan, almond, and sunflower seeds—in both my blender and food processor. (For some reason, pumpkin seeds didn't work very well.) By making these spreads yourself with fresh nuts or seeds, not only will you be saving yourself some money, but also (and more important) you can be assured of products that are not rancid, moldy, or filled with preservatives.

In her book *The Cure for All Diseases*, researcher Hulda Clark says

that nuts and seeds can harbor invisible molds, which can have a detrimental effect on health. To neutralize these molds, she recommends soaking nuts and seeds in an ascorbic acid solution. Simply place them in a bowl with enough water to cover. Add a half teaspoon of ascorbic acid powder for every two cups of nuts/seeds, and soak about ten minutes. After draining, either dry the nuts/seeds in a dehydrator or toast them. It is important to make sure that they are completely dry, because any remaining moisture can allow new mold to grow. When making nut or seed butters, you can forgo the soaking, and simply blend the ascorbic acid powder in with the butter.

You can toast nuts (whether they have been soaked or not) in the oven or on the stove. For oven-toasting, spread them out on a baking sheet and place in a preheated 350°F oven. Stirring often, toast for ten to fifteen minutes—cooking time will depend on the type of nuts and whether or not they have been soaked (soaked nuts will take longer). Seeds like pumpkin and sunflower toast much faster than most nuts, so I recommend toasting them in a skillet over medium-high heat on the stovetop. And make sure to stir them often as they toast, which typically takes about three to five minutes. You'll know nuts and seeds are done when they turn golden brown and begin to give off a wonderful nutty

aroma. Be sure to remove them from the heat at that point, because once they begin to toast, they tend to burn in an instant.

Use the nuts/seeds immediately, or store after cooling in a covered container (preferably a glass jar) in the refrigerator or freezer.

To make any type of nut or seed butter, use the following general instructions as a guide:

YIELD: About 1 cup butter

*1½ cups raw or toasted nuts or seeds
2–4 tablespoons flaxseed, sesame, or
olive oil**

* If using flaxseed oil and freshly toasted nuts, make sure the nuts are cool.

IN A BLENDER

Place about half the nuts in a standard blender. Grind while slowly adding enough oil to make a thick paste. Continue blending until the desired consistency is achieved. Repeat with the remaining nuts.

IN A FOOD PROCESSOR

Place all the nuts in a food processor. Process on high speed for three to four minutes while slowly adding enough oil to make a thick paste. Continue blending until the desired consistency has been achieved.

Olive and Almond Pâté

This is one of my old stand-by recipes. It is always well received and has the texture and appearance of pâté de foie gras (but made without the cruelty). Delicious on bread or crackers, this pâté also makes a great savory sandwich filling—I usually spread it on whole grain bread along with some spicy Dijon mustard and crisp lettuce.

YIELD: 6 servings

*6-ounce can pitted black olives,
drained*

½ cup almonds

½ cup chopped onion

¼ cup whole wheat pastry flour

1 tablespoon tamari, or to taste

½ teaspoon dried thyme

½ teaspoon dried sage

1 cup water

1 Preheat the oven to 350°F. Lightly oil and flour an 8-inch-square cake pan and set aside.

2 Place all the ingredients except the water in a blender or food processor and blend, while slowly adding the water until the mixture is very smooth. (If using a blender, this may have to be done in

more than one batch.)

3 Pour the mixture into the prepared cake pan and bake for 45 minutes or until it begins to dry around the edges and is set. Remove from the oven and allow the pâté to cool (it will become firmer as it cools).

4 Refrigerate the pâté until chilled. Cut into squares and serve. Refrigerate any leftovers in a covered container up to three or four days.

Raw Almond Pâté

Try rolling up spoonfuls of this pâté in large lettuce leaves for a delicious raw appetizer.

YIELD: About 2 cups

1 cup raw almonds, soaked 8 hours

1 cup sliced carrots

½ cup sliced celery

¼ cup chopped sweet onion

½ teaspoon fennel seeds

*1 tablespoon Bragg Liquid Aminos
or tamari*

¼ teaspoon white pepper, or to taste

1 Place all the ingredients in a food processor and process until fairly smooth.

2 Transfer the mixture to a bowl and serve. Refrigerate any leftovers in a covered container up to three days.

Pecan Butter

This rich, delicious butter has an exquisite velvety texture, and doesn't require any oil.

YIELD: About 1 cup

2 cups raw or toasted pecans

1 Place the pecans in a food processor and grind until the nuts are powdery. Continue grinding a few minutes until a thick butter forms.

2 Use immediately, or store in a tightly sealed container (preferably a glass jar) and refrigerate up to one month.

White Bean & Roasted Garlic Purée

This thick, creamy purée is wonderful on bread or crackers, but just as delicious mounded on a bed of salad greens.

YIELD: About 2 cups

*2 cups cooked Great Northern, navy,
or other white beans*

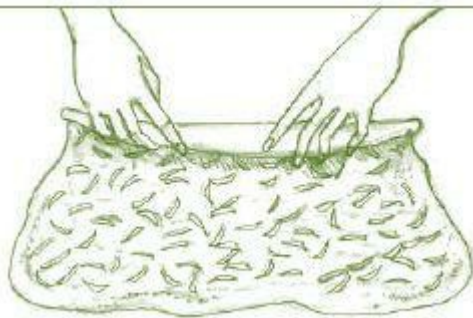
2 tablespoons olive oil

*1 tablespoon mashed roasted garlic
([page 95](#))*

1 tablespoon white balsamic vinegar
½ teaspoon dried sage
¼ teaspoon sea salt, or to taste

1 Place all the ingredients in a food processor and blend until smooth.

2 Transfer the mixture to a bowl and serve. Refrigerate any leftovers in a covered container up to three or four days.



Vegan “Chopped Liver”

Here's my vegan version of the Passover favorite. Hemp seeds, as well as walnuts, give it a boost of protein and essential fatty acids.

YIELD: About 2 cups

1 tablespoon olive oil

2½ cups chopped onions

3–4 cloves garlic, minced

1 teaspoon thyme

½ teaspoon sage

8 ounces green beans, cut into 1-inch pieces (2 cups)

½ cup walnuts

½ cup hemp seeds (or another ½ cup walnuts)

1 tablespoon dark miso, or more to taste

1 tablespoon tomato paste

White pepper to taste

Freshly ground black pepper to taste

1 Heat the olive oil in a medium-size skillet over medium-low heat. Add the onions and sauté about 15 minutes, or until they have reduced by about half. Add the garlic, thyme, and sage. Increase the heat to medium-high and continue to

sauté the onions until browned.

2 While the onions are cooking, steam the green beans until tender.

3 Transfer the cooked beans to a food processor along with the onions and the remaining ingredients. Purée until somewhat chunky.

4 Use immediately, or refrigerate in a covered container up to four days.

Cashew-Olive Spread

You won't believe how easy this savory sandwich spread is to make. It is quite delicious too. Spread it on bread or toast, or use it as a stuffing for celery sticks or endive leaves.

YIELD: About 1¾ cups

1½ cups raw cashews

5-ounce jar pimento-stuffed olives

1 Place the cashews in a small bowl and add enough water to cover by 1

inch. Let soak 8 hours or overnight.

2 Drain the soaked cashews and place in a food processor or blender. Drain the olives and add to the cashews.

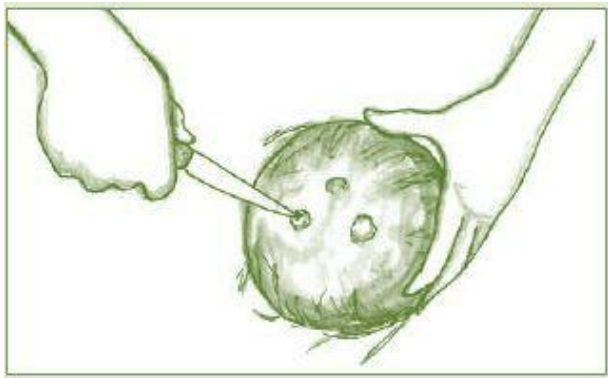
3 Blend the ingredients to a spreadable, somewhat chunky consistency. Use immediately, or refrigerate in a covered container up to four days.

Green Hummus

Here's a delicious twist on the classic Middle Eastern spread.

YIELD: About 2 cups

2 cups cooked edamame or split peas



cup tahini

2 tablespoons lemon juice

1–2 cloves garlic

2 tablespoons chopped fresh mint

½ teaspoon sea salt

Paprika

1 Place all of the ingredients except the paprika in a food processor and blend until smooth. If the mixture is too thick, add as much liquid (water or unsalted vegetable broth) as needed to achieve the desired consistency.

2 Transfer the mixture to a serving bowl and garnish with mint and a sprinkle of paprika. Serve chilled.

Refrigerate any leftovers in a covered container up to four days.

Whipped Tahini

It is amazing how thick and fluffy tahini becomes when water is added. Serve it on toast or mochi for breakfast or as a snack.

YIELD: About ½ cup

¼ cup tahini

3 tablespoons water or apple juice

½ teaspoon vanilla

*1 tablespoon rice syrup or maple
syrup*

*Pinch ascorbic acid powder
(optional)*

1 Place the tahini in a bowl. Stirring vigorously with a fork, slowly add about half the water.

2 Add the vanilla, rice syrup, and ascorbic acid powder (if using) and mix well. Slowly add the remaining water while continuing to stir until the mixture has a light, fluffy consistency.

3 Use immediately, or refrigerate in a covered container up to three days.

8. Breads, Muffins, and Pie Crusts

Delicious baked goods are sometimes viewed as guilty pleasures, but they don't have to be. When made with fresh whole grain flour, good-quality oil, and a sensible amount of sweetener, homemade breads, muffins, and other oven-baked treats can be a healthy addition to a diet that is rich in fruits, vegetables, nuts, beans/legumes, and grains.

This chapter begins with a

wonderful variety of delectable yeast breads, including my all-time favorite whole wheat classic. I have been making this bread for years and I never tire of it. What makes it doubly wonderful is that the dough is so versatile. You can use it to make Raisin Bread, Cinnamon-Pecan Sticky Rolls, Delicious Onion Rolls, and more. This chapter also has easy-to-make recipes for hearty Sourdough Rye, flavorful Rosemary and Garlic Focaccia, and light Golden Squash Bread. Non-yeast favorites like Vegan Cornbread and Petit Coconut-Ginger Scones are also included.

In addition to breads, this chapter has a wide array of muffin recipes. You'll find mildly sweet choices like

Best Blueberry Muffins and Vicki's Flaxseed Muffins—perfect to enjoy with a cup of coffee or tea. There are also a number of recipes for savory choices like the Savory Corn Muffins and the Savory Tomato-Basil-Corn Muffins, which are wonderful to serve alongside a fresh green salad or bowl of soup. And talk about quick and easy—most can be prepared in under thirty minutes from start to finish.

Everyone knows that a pie is only as successful as its crust. And in this chapter, you will discover how to make perfect crusts that are suitable for sweet desserts as well as quiches and other savory fillings. The basic, easy-to-make Whole Wheat Pie Crust is thin, tender,

and crisp—and very versatile. There is also a crust made with mashed potatoes, and another made with bread crumbs! A variety of press-in pie crusts is also included.

To make sure that your baked creations are healthful, it is important to use whole grain flour that is preferably freshly ground. Breads and muffins that are made with whole grain flour are rich in fiber, which allows you to feel full and satisfied without overindulging. So be sure to give these healthy breads and other baked goodies a try. And remember, not all pleasures have to be guilty ones.

Basic Whole Wheat Bread

The dough for this recipe is so versatile, you can use it to create many different types of bread and rolls. For detailed step-by-step instructions, see “The Bread-Making Method,” beginning on [page 55](#).

YIELD: 2 medium loaves

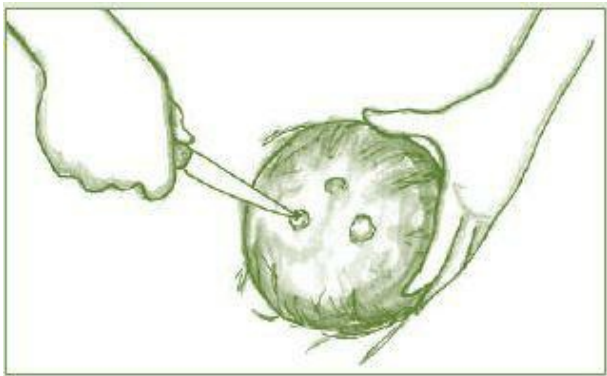
*2 tablespoons active dry yeast (two
1/4-ounce packets)
1/2 cup warm water*

*1 tablespoon maple syrup, molasses,
or other sweetener*

¼ cup olive oil

2 teaspoons sea salt

2 cups warm water



cup vital wheat gluten

5–6 cups whole wheat bread flour

1 Place the yeast, ½ cup warm water,

and a drop of the sweetener in a small bowl. Stir and let sit a few minutes until the yeast dissolves.

2 In a large bowl, add the maple syrup, oil, sea salt, 2 cups warm water, and the dissolved yeast. Stir well. Add the vital wheat gluten and about 2 cups of flour to the bowl and beat with a wooden spoon for 2 minutes. Continue adding more flour a little at a time until the dough becomes too stiff to stir and begins to pull away from the sides of the bowl.

3 Turn out the dough onto a well-floured surface and knead for at least 10 minutes or until soft and elastic. (For

kneading instructions, see Steps 5 through 7 on [page 56](#).)

4 Transfer the kneaded dough to a large, oiled bowl, then turn it over so the top is coated with oil. Cover the bowl with a clean damp cloth and place in a warm spot for about an hour or until the dough doubles in bulk.

5 Punch down the risen dough, then fold it over and press out any air bubbles.

6 Cut the dough in half, shape each half into a loaf, then place the loaves in two well-oiled and floured 8.5-x-4.5-inch

bread pans. Lightly cover the pans and let the loaves rise again about 45 minutes or until doubled.

7 Place the pans on the middle rack of a 350°F oven, and bake for 45 minutes or until the tops are brown and hollow-sounding when rapped on the bottom with your knuckle. Cool on a wire rack before serving.

Delicious Onion Rolls

When you're looking for savory rolls to serve with dinner, look no further than these.

YIELD: 13 to 15 rolls

*½ recipe Basic Whole Wheat Bread
dough (at left)*

1 tablespoon olive oil

2½ cups chopped onion

1 teaspoon dried basil

½ teaspoon dried oregano

½ teaspoon dried thyme

½ teaspoon sea salt

2 tablespoon dried onion flakes

1 Begin preparing the dough. When it has doubled in bulk after the first rising, punch it down. Cover with a damp dishtowel and let rest 10 minutes.

2 While the dough is resting, heat the oil in a skillet over medium heat. Add the onion, basil, oregano, thyme, and salt, and sauté for 8 to 10 minutes or until the onions are very soft and tender. Remove from the heat and let cool a little until warm. (If the mixture is too hot, it will kill the yeast when added to the dough in the next steps.)

3 Flatten the dough into a 10-x-15-inch rectangle that is ½-inch thick. Spread the onion mixture over the surface and sprinkle with onion flakes.

4 Roll up the dough very tightly like a jelly roll, then pinch the edges together to form a seam (see Steps 1 and 2 at right.) Slice the dough into rolls about 1-inch thick (see Step 3) and set aside.

5 Coat the bottom and sides of a 10- or 11-inch cast iron skillet (or shallow baking dish) with the olive oil. Place the cut rolls on top (see Step 4).

6 Cover the rolls with a damp cloth and let rise for about 30 minutes or until doubled in bulk. Because of the warm onion filling, these rolls may rise a bit faster.

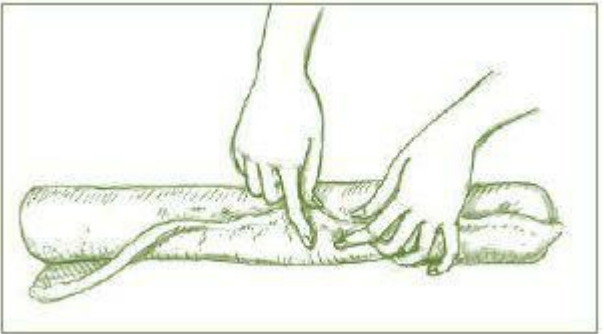
7 Bake the rolls in a 350°F oven for 20 to 25 minutes or until golden brown. Serve warm.

HELPFUL TIP

The Basic Whole Wheat Bread recipe ([page 102](#)) yields enough dough to form two loaves. You can use one right away and freeze the other to enjoy later. I usually slice it before freezing, so I can easily pop the slices into the toaster. You can also use half the dough to make one loaf, and use the remaining dough to create rolls or a different type of bread. This dough is perfect for Delicious Onion Rolls (page 102), Sesame Cloverleaf Rolls (page 105), Cinnamon-Pecan Sticky Rolls (page 105), and loaves of Raisin Bread (page 104) and Cinnamon-Raisin Swirl (page 104).



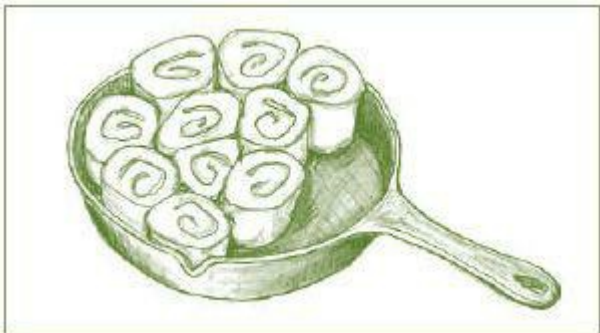
FORMING THE ROLLS



1. Roll up the dough.



2. Pinch the edges.



3. Cut into 1-inch pieces.



4. Place in an oiled skillet.

Cinnamon-Raisin Swirl

This flavorful loaf makes delicious toast for breakfast.

YIELD: 1 medium loaf

*½ recipe Basic Whole Wheat Bread
dough ([page 102](#))*

¾–1 cup raisins

1 heaping tablespoon cinnamon

1 Begin preparing the dough. When it

has doubled in bulk after the first rising, punch it down. Add the raisins and knead them into the dough. Cover with a damp dishtowel and let rest for 10 minutes.

2 Generously oil and flour an 8.5-x-4.5-inch bread pan. Flatten the dough into a ½-inch-thick rectangle that is a little longer than the bread pan. Sprinkle with cinnamon.

3 Starting with the short side of the rectangle, roll up the dough very tightly like a jelly roll (see Step 10 on [page 58](#)). Pinch the ends together to form a seam. Turn the dough over so the seam is

on the bottom, then pinch the ends and tuck underneath.

4 Place the loaf in the prepared bread pan. Cover and let rise about 30 minutes.

5 Place the pan on the middle rack of a 350°F oven. Bake 45 minutes or until the loaf is brown and hollow-sounding when rapped on the bottom with your knuckle. Cool on a wire rack before serving.

Raisin Bread

Homemade whole wheat raisin bread is truly a healthy comfort food.

YIELD: 1 medium loaf

*½ recipe Basic Whole Wheat Bread
dough (page 102)*

¾–1 cup raisins

1 Begin preparing the dough. When it has doubled in bulk after the first rising, punch it down. Add the raisins and knead them into the dough. Cover with a

damp dishtowel and let rest for 10 minutes.

2 Shape the dough into a loaf (see Step 10 on [page 58](#)) and place in a well-oiled and floured 8.5-x-4.5-inch bread pan. Cover and let rise about 30 minutes.

3 Place the pan on the middle rack of a 350°F oven. Bake 45 minutes or until the loaf is brown and hollow-sounding when rapped on the bottom with your knuckle. Cool on a wire rack before serving.

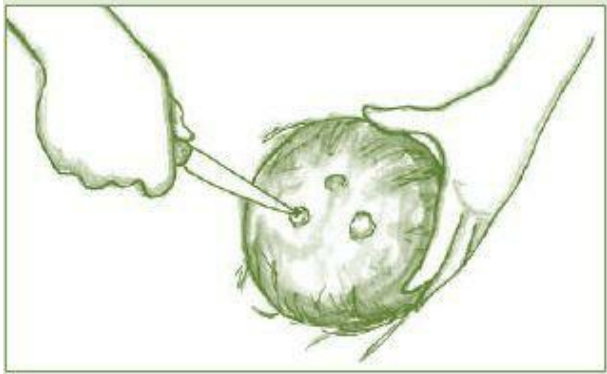


Sesame Cloverleaf Rolls

For me, these rolls always conjure up the image of a country kitchen and a table laden with homemade garden-fresh food. You can easily double this recipe and freeze some rolls to enjoy at a later time.

YIELD: 12 large rolls

*½ recipe Basic Whole Wheat Bread
dough ([page 102](#))*



cup sesame seeds (or more as needed)

Oil for coating the muffin tin

1 Begin preparing the dough. When it has doubled in bulk after the first rising, punch it down. Cover with a damp dishtowel and let rest for 10 minutes.

2 Cut the dough into 36 pieces of equal size. (This is easiest to do if you roll the dough into a log first.) Roll each piece into a ball, then roll each ball in the sesame seeds. Gently press the seeds into the dough as you roll.

3 Oil and flour the 12 cups of a standard muffin tin. Place 3 balls in each cup. (Be sure to oil around the top of the cups because the rolls will rise over the sides.)

4 Cover the tin with a damp cloth and let the dough rise about 40 minutes or until doubled in bulk.

5 Bake the rolls in a 350°F oven for 20 minutes or until golden brown. Serve warm.

Cinnamon-Pecan Sticky Rolls

These rolls are a real treat—and a great choice when you have houseguests and want to serve them something special for brunch.

YIELD: 13 to 15 rolls

*½ recipe Basic Whole Wheat Bread
dough (page 102)*

¾ cup raisins

2 heaping teaspoons cinnamon

6 tablespoons malt syrup

3 tablespoons coconut oil
1 cup chopped pecans

1 Begin preparing the dough. When it has doubled in bulk after the first rising, punch it down. Add the raisins and knead them into the dough. Cover with a damp dishtowel and let rest for 10 minutes.

2 Flatten the dough into a 10-x-15-inch rectangle that is ½-inch-thick. Sprinkle with cinnamon, then drizzle with 2 tablespoons of the malt syrup.

3 Roll up the dough very tightly like a

jelly roll, then pinch the edges together to form a seam (see Steps 1 and 2 on [page 103](#).) Slice the dough into rolls about 1 inch thick (see Step 3) and set aside.

4 Coat the bottom and sides of a 10- or 11-inch cast iron skillet (or a shallow baking dish) with the coconut oil. Sprinkle the pecans on the bottom, and drizzle with the remaining malt syrup. Place the cut rolls on top (see Step 4).

5 Cover the rolls with a damp cloth and let rise about 40 minutes or until doubled in bulk.

6 Bake the rolls in a 350°F oven for 20 to 25 minutes or until browned and bubbly.

7 Run a knife around the edge of the pan to loosen the rolls. Turn them onto a plate and serve.

Rosemary and Garlic Focaccia

For a wonderful meal, serve this flavorful bread with a big bowl of homemade soup and a fresh green salad. You can partially bake it early in the day, and then finish baking it right before serving. Simply place it in a 400°F oven for fifteen minutes, then remove and cover with a clean dishtowel. Before serving, pop the partially baked bread back into the oven about five minutes. Fresh-from-the-oven delicious!

YIELD: 9-x-13-inch flat loaf

Dough

1 cup warm water

*1 tablespoon maple, malt, or rice
syrup*

1 tablespoon olive oil

½ teaspoon sea salt

1 tablespoon active dry yeast

2 tablespoons vital wheat gluten

2–3 cups whole wheat bread flour

Topping

2–3 tablespoons olive oil

*1½ tablespoons finely minced fresh
rosemary*

6 cloves garlic, pressed
¼ teaspoon sea salt

1 To make the dough, place the water in a large mixing bowl. Add the syrup, oil, salt, and yeast. Let sit a few minutes until the yeast dissolves. (The mixture will bubble up and foam if the yeast is active. If it doesn't, discard it and begin again with fresh yeast.)

2 Add the vital wheat gluten and 1 cup of the bread flour. Mix well with a wooden spoon.

3 Gradually mix in more flour, a little

at a time, until the dough becomes too stiff to stir and begins to pull away from the sides of the bowl. Turn out the dough onto a well-floured surface and knead about 10 minutes, adding as much flour as necessary to make a soft, elastic dough that is not sticky.

4 Place the dough in a large oiled bowl, then turn it over so the top is coated with oil. Cover the bowl with a clean, damp dishtowel and let it sit in a warm spot for about 45 minutes or until the dough doubles in bulk.

5 Punch down the risen dough. Fold it a few times and press out any air bubbles

with your palm.

6 Place the dough on an oiled baking sheet and flatten it into a 9-x-13-inch rectangle that is about $\frac{1}{2}$ inch thick. With your finger, press little “dimples” into the surface of the dough every $1\frac{1}{2}$ inches or so.

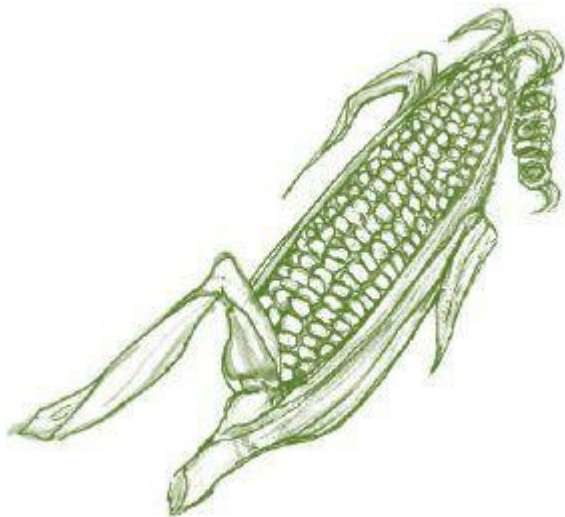
7 Place all the topping ingredients in a small bowl and mix well. Brush this mixture over the top of the dough. Cover with a damp cloth and let rise about 30 minutes.

8 Place the dough on the bottom rack of

a cold oven. Set the oven to 400°F and bake the bread about 20 minutes or until golden brown. Cut into squares and serve hot.

For a Change ...

$\frac{2}{3}$ Use this dough for pizza crust.



Golden Squash Bread

Light, moist, and slightly sweet, this yeast bread is one of my favorites. For best results, be sure to knead the dough thoroughly.

YIELD: 2 medium loaves

2 cups warm water

¼ cup maple syrup, malt syrup, or rice syrup

¼ cup olive oil

1 teaspoon sea salt

2 tablespoons active dry yeast

2 cups grated raw winter squash or

pumpkin

1/4 cup gluten flour

5–6 1/2 cups whole wheat bread flour

1/4–1/2 cup rolled oats

1 To make the dough, place the water in a large mixing bowl. Add the maple syrup, oil, salt, and yeast. Let sit a few minutes until the yeast dissolves. (The mixture will bubble up and foam if the yeast is active. If it doesn't, throw it out and begin again with fresh yeast.)

2 Add the grated squash to the bowl and mix well with a wooden spoon. Add the vital wheat gluten and 1 1/2 cups of the bread flour. Mix well with a wooden

spoon.

3 Gradually mix in more flour, a little at a time, until the dough becomes too stiff to stir and begins to pull away from the sides of the bowl. Turn out the dough onto a well-floured surface and knead for at least 10 minutes, adding as much flour as necessary to make a soft, elastic, non-sticky dough.

4 Place the dough in a large lightly oiled bowl, then turn it over so the top is coated with oil. Cover the bowl with a damp dishtowel and let it sit in a warm spot for about 1 hour or until the dough doubles in bulk.

5 Punch down the risen dough. Fold it over a few times and press out any air bubbles with your palm. Cover the dough and let rest for 10 minutes. (You can also let it rise a second time until doubled, and then punch it down again.)

6 Generously oil and flour two 8.5-x-4.5-inch bread pans and sprinkle some rolled oats on the bottom. Cut the dough in half and shape each half into a loaf (see Step 10 on [page 58](#)), and place in the pans. Sprinkle the top of the loaves with rolled oats, cover the pans, and let the dough rise again for about 30 minutes or until doubled in bulk.

7 Place the pans on the middle rack of a 350°F oven. Bake for 50 minutes or until the loaves are golden brown and hollow-sounding when rapped on the bottom with your knuckle. Cool on wire racks before serving.

Sourdough Bread

It Starts with a "Starter"

Rustic and distinctively flavorful, sourdough bread has a chewy texture, a thick crunchy crust, and an incomparably delicious taste. The dough goes through a fermentation process that gives the bread its tangy flavor and wonderful pungent aroma. A healthful choice, sour-dough bread, in my opinion, is truly special.

Sourdough bread begins with a starter—a flour and water mixture that is left in a warm spot for a few days to ferment (see [page 108](#)).

Sourdough Starter

When making starter for sourdough wheat bread, use wheat flour; for sourdough rye bread, use rye flour. Unless you want a completely wheat-free bread, you can use starter made with wheat flour in rye bread and vice-versa.

YIELD: About 3 cups

2 cups whole wheat or rye flour

2 cups warm water

1 Place the flour and water in a glass, ceramic, or plastic container and stir with a wooden spoon until well blended (it doesn't have to be smooth). Make sure the container is large enough that the mixture can double without overflowing. Loosely cover the container with a cloth, a paper towel, or a piece of plastic that has a hole punched in it.

2 Place the container in warm spot (within a few hours, the mixture will begin to bubble). Let it sit for three or four days. During this time, it will bubble up and fall several times. It will also begin to emit a sour but pleasant

aroma. If the starter turns pink or orange, or it develops an unpleasant odor, throw it out and start again.

3 The starter is ready when it has a strong yeasty smell, is slightly yellow in color, and has the consistency of pancake batter.

Helpful Guidelines ...

When making a sourdough starter, keep the following general guidelines in mind:

²/₃ Starters can react to metal, so don't use metal bowls, spoons, or other utensils during their preparation.

²/₃ As the starter ferments, it is normal for a clear yellowish liquid to form on top. Just stir it back into the mixture.

²/₃ If you are not going to use the starter right away, cover it with plastic wrap (punch a few holes in the plastic so the

starter can breathe) and store in the refrigerator.

²/₃ A starter uses up nutrients as it ferments, so you can “feed” it to keep it active. Just add a little mixture of flour and water (about $\frac{1}{2}$ cup of each) to the starter, and let it sit in a warm spot for 3 or 4 hours before returning it to the refrigerator. The older a starter gets the better it becomes, so it is worthwhile to keep it going.

²/₃ Each time you use some of your starter, replace it with an equal amount of flour and water to keep it going. For instance, if you use 1 cup of starter, add $\frac{1}{2}$ cup flour and $\frac{1}{2}$ cup water to the

container. Stir it well with a wooden spoon, then let it sit in a warm spot for 3 or 4 hours. Stir it again, cover tightly, and return to the refrigerator.

Sourdough Rye

Sourdough bread is one of the easiest, most healthful, and delicious breads you can make. But don't expect loaves that are light and fluffy—this bread is hearty, dense, and very satisfying.

YIELD: 1 medium loaf

1 cup Sourdough Starter (at left)

1 cup warm water

*2 tablespoons molasses or other
sweetener*

1 teaspoon sea salt

1½–2½ cups whole wheat bread

flour

1½–2½ cups whole rye flour

*1–2 tablespoons cornmeal or rolled
oats*

1 Place the sourdough starter, water, molasses, salt, and wheat flour in a large bowl, and mix well with a wooden spoon. Gradually add the rye flour, a little at a time, until the dough becomes too stiff to stir and begins to pull away from the sides of the bowl.

2 Turn out the dough onto a well-floured surface (with rye flour) and knead for at least 10 minutes, adding as much rye flour as necessary to make a

soft, elastic dough. (This bread really profits from a long and thorough kneading.)

3 Generously oil an 8.5-x-4.5-inch glass or ceramic bread pan and sprinkle some cornmeal on the bottom. Shape the dough into a loaf (see Step 10 on [page 58](#)), and place in the pan. Sprinkle the top of the loaf with cornmeal, cover the pan lightly with a damp dishtowel, and let sit in a warm spot about 8 hours or until the dough doubles in bulk.

4 Place the pan on the middle rack of a 350°F oven. Bake for 1 hour or until the loaf is golden brown and hollow-

sounding when rapped on the bottom with your knuckle. Cool on a wire rack before serving.

For a Change ...

²/₃ For a wheatless version, replace the whole wheat bread flour with the same amount of rye flour. A heavier but very flavorful bread will result.

²/₃ For a “seeded” version, knead 1 tablespoon caraway seeds into the dough. Or roll the dough in flaxseeds before it rises for a delicious crunch.

²/₃ For a lighter bread, add 1 tablespoon yeast to the dough and knead in about ¹/₄ cup vital wheat gluten. With added yeast, the dough should rise much faster

(about 1 hour). The time will vary depending on the temperature. Just make sure to let the dough double before baking.

Savory Tomato-Basil-Corn Muffins

These muffins are full of flavor and make a wonderful accompaniment to salads or soups.

YIELD: 12 muffins

2 cups cornmeal

2 teaspoons baking powder

1 teaspoon baking soda

½ teaspoon sea salt

1 cup fresh corn kernels, or frozen and thawed

½ cup chopped fresh basil

*About 6 ounces firm silken tofu (half
12.3-ounce package)*

¼ cup olive oil

¼ cup tomato paste

1 cup plain unsweetened soymilk

1 Preheat the oven to 350°F. Generously oil and flour a standard 12-cup muffin tin and set aside.

2 Combine the 2 cups cornmeal, baking powder, baking soda, and salt in a large bowl. Add the corn and basil, and mix well.

3 Place the tofu, oil, tomato paste, and soymilk in a blender, and blend until smooth and creamy. Add to the cornmeal mixture and stir just until mixed. Do not overstir.

4 Spoon equal amounts of batter into the prepared muffin cups. (I use a $\frac{1}{4}$ -cup measuring cup with a handle to ladle the batter.)

5 Bake for 15 to 20 minutes or until a toothpick inserted in the center of a muffin comes out clean.

6 Remove the muffins from the tin and serve.

Savory Corn Muffins

These muffins are especially good to enjoy with a fresh green salad or a hearty soup.

YIELD: 12 muffins

2 cups cornmeal

2 teaspoons baking powder

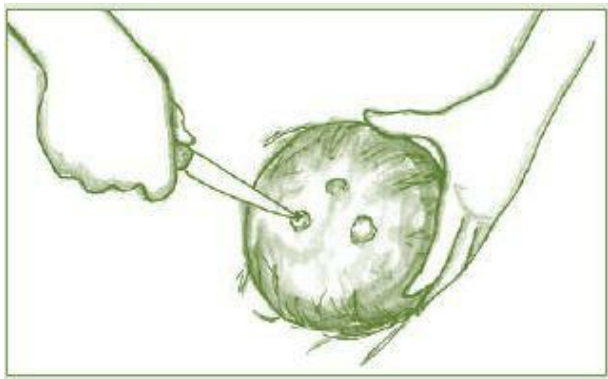
1 teaspoon baking soda

½ teaspoon sea salt

*Pinch ascorbic acid powder
(optional)*

*½ teaspoon freshly ground black
pepper*

*1 cup fresh corn kernels, or frozen
and thawed*



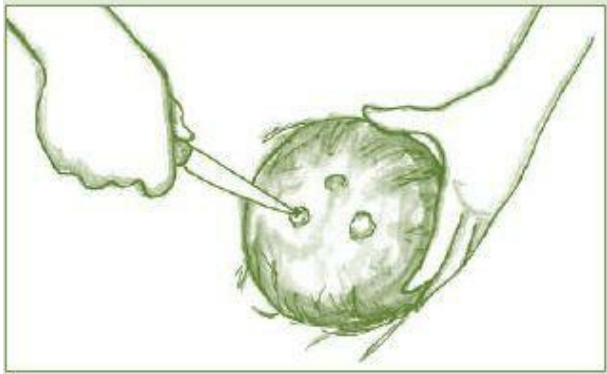
*cup coarsely chopped fresh sage,
or 2 teaspoons dried*

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

*About 6 ounces firm silken tofu (half
12.3-ounce package)*

$\frac{1}{4}$ cup olive oil

1 cup water



*cup coarsely chopped fresh
parsley*

1 Preheat the oven to 375°F.
Generously oil and flour a standard 12-
cup muffin tin and set aside.

2 Combine the 2 cups cornmeal, baking

powder, baking soda, salt, ascorbic acid (if using), and black pepper in a large bowl. Add the corn, sage, and onion, and mix well.

3 Place the tofu, oil, water, and parsley in a blender, and blend until smooth and creamy. Add to the cornmeal mixture and stir just until mixed. Do not overstir.

4 Spoon equal amounts of batter into the prepared muffin cups. (I use a $\frac{1}{4}$ -cup measuring cup with a handle to ladle the batter.)

5 Bake for 15 to 20 minutes or until a

toothpick inserted in the center of a muffin comes out clean.

6 Remove the muffins from the tin and serve.

Best Blueberry Muffins

Who says you have to use white flour and eggs to make a muffin that's light, moist, and fluffy?

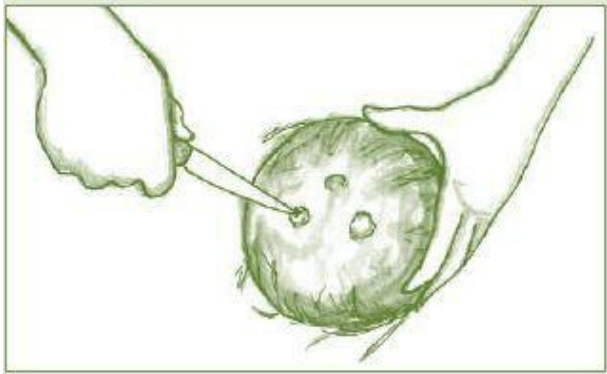
YIELD: 12 muffins

2½ cups whole wheat pastry flour

1 tablespoon baking powder

12.3-ounce package firm silken tofu

½ cup malt syrup



cup coconut oil

½ cup soymilk

*1 tablespoon raspberry, wine, or
cider vinegar*

1 teaspoon vanilla

½ teaspoon liquid stevia (optional)

1½ cups frozen blueberries

1 Preheat the oven to 350°F.

Generously oil and flour a standard 12-cup muffin tin and set aside.

2 Combine the flour and baking powder in a large bowl.

3 Place the tofu, malt syrup, coconut oil, soymilk, vinegar, vanilla, and stevia (if using) in a blender, and blend until creamy. Add to the flour mixture, and stir until just mixed. Fold the blueberries into the batter. Mix well but do not overstir.

4 Spoon equal amounts of batter into the prepared muffin cups. (I use a $\frac{1}{4}$ -cup

measuring cup with a handle to ladle the batter.)

5 Bake for 25 to 30 minutes or until a toothpick inserted in the center of a muffin comes out clean.

6 Remove the muffins from the tin and serve.

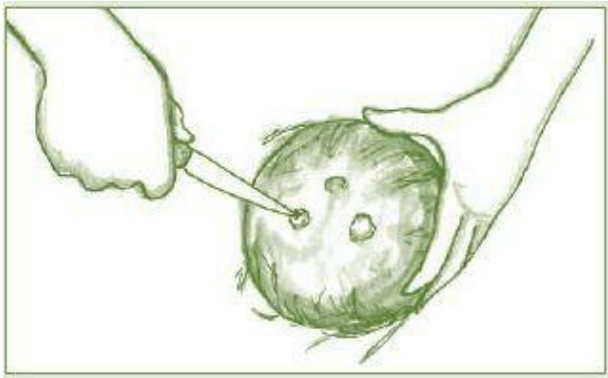
Banana-Walnut Muffins

I love these muffins! They are soft and moist with just a touch of sweetness.

YIELD: 12 muffins

2½ cups whole wheat pastry flour
2 teaspoons baking powder
2 teaspoons baking soda
1 cup mashed ripe bananas
1 teaspoon vanilla
¼ cup maple syrup
12.3-ounce package firm silken tofu

½ cup chopped walnuts or pecans



cup water or soymilk

1 Preheat the oven to 375°F. Generously oil and flour a standard 12-cup muffin tin and set aside.

2 Combine the flour, baking powder,

and baking soda in a large bowl.

3 Place the bananas, vanilla, maple syrup, and tofu in a blender, and blend until smooth and creamy. Add to the flour mixture and stir until just mixed. Fold the nuts and water into the batter. Mix well but do not overstir.

4 Spoon equal amounts of batter into the prepared muffin cups. (I use a $\frac{1}{4}$ -cup measuring cup with a handle to ladle the batter.)

5 Bake for 15 to 20 minutes or until a toothpick inserted in the center of a

muffin comes out clean.

6 Remove the muffins from the tin and serve.

Vicki's Flaxseed Muffins

Rich in beneficial omega-3 fatty acids, nutty-flavored flaxseeds add fiber and vitamin E to these luscious muffins. They are also an excellent source of lignins—a cancer-fighting phytonutrient.

YIELD: 24 muffins

2 cups ground flaxseeds

1¾ cups whole wheat pastry flour

1 tablespoon baking powder

½ teaspoon baking soda

¼ cup Sucanat

1 tablespoon cinnamon

1 cup raisins

*2 tablespoons finely minced
tangerine peel (optional)*

3 cups soymilk

1 Preheat the oven to 350°F. Generously oil and flour two standard 12-cup muffin tins and set aside.

2 Combine the flaxseeds, flour, baking powder, baking soda, Sucanat, and cinnamon in a large bowl. Add the raisins and tangerine peel (if using), and mix well.

3 Add the soymilk to the dry ingredients. Quickly stir just until mixed. (If you stir too slowly, the batter will become thick and difficult to mix.) Do not overstir.

4 Spoon equal amounts of batter into the prepared muffin cups. (I use a $\frac{1}{4}$ -cup measuring cup with a handle to ladle the batter.)

5 Bake for 25 minutes or until a toothpick inserted in the center of a muffin comes out clean.

6 Remove the muffins from the tins and serve.

Apple, Spice & Oatmeal Muffins

As these muffins bake, the heavenly aroma of apples and cinnamon will fill the air.

YIELD: 12 muffins

1½ cups whole wheat pastry flour

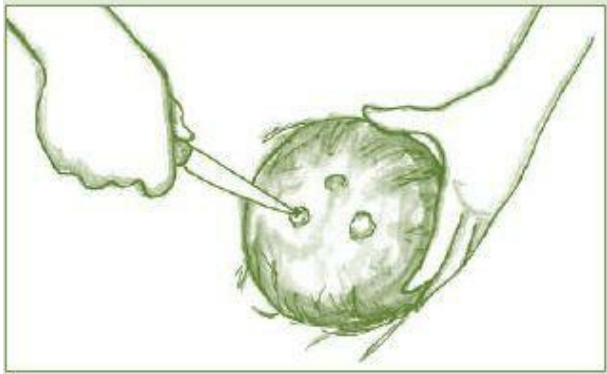
1 cup rolled oats

1 tablespoon baking powder

2 teaspoons cinnamon

½ teaspoon nutmeg

¼ teaspoon ground cloves



cup Sucanat

1 cup raisins

12.3-ounce package firm silken tofu

2 tablespoons olive or coconut oil

½ cup apple juice

1 cup grated apple

1 Preheat the oven to 350°F.
Generously oil and flour a standard 12-

cup muffin tin and set aside.

2 Combine the flour, oats, baking powder, cinnamon, nutmeg, and cloves in a large bowl. Add the Sucanat and the raisins, and mix well.

3 Place the tofu, oil, and apple juice in a blender, and blend until smooth and creamy. Add to the flour mixture and stir until just mixed. Fold the grated apple into the batter. Mix well but do not overstir. (This batter will be thicker than most muffin batters.)

4 Spoon equal amounts of batter into

the prepared muffin cups. (I use a $\frac{1}{4}$ -cup measuring cup with a handle to ladle the batter.)

5 Bake for 15 to 20 minutes or until a toothpick inserted in the center of a muffin comes out clean.

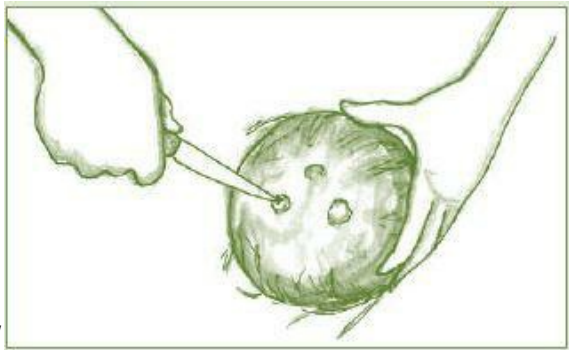
6 Remove the muffins from the tin and serve.

Cinnamon-Raisin Muffins

These wheat-free, soy-free muffins don't contain added sweetener. Crisp on the outside and light and moist inside, enjoy them hot from the oven or at room temperature.

YIELD: 12 muffins

½ cup plus 2 tablespoons flaxseeds



1

cups rice bran

1 cup barley flour

1 tablespoon cinnamon

2 teaspoons baking powder

1 teaspoon baking soda

1 cup raisins

3 cups water

2 tablespoons apple cider vinegar

1

Preheat the oven to 350°F.

Generously oil and flour a standard 12-cup muffin tin and lightly sprinkle with 1 tablespoon of the flaxseeds.

2 Place the rice bran, barley flour, cinnamon, baking powder, baking soda, and raisins in a large bowl, and mix well.

3 Add $\frac{1}{2}$ cup of the flaxseeds to a blender along with the water and vinegar. Blend until smooth. Add to the flour mixture and stir quickly until just mixed.

4 Spoon equal amounts of batter into

the prepared muffin cups. (I use a $\frac{1}{4}$ -cup measuring cup with a handle to ladle the batter.)

5 Bake for 35 to 40 minutes or until a toothpick inserted in the center of a muffin comes out clean.

6 Remove the muffins from the tin and serve.

Vegan Cornbread

Several people—including non-vegans—have told me that this cornbread, which is made in a cast iron skillet, is the best they have ever had. It is moist on the inside and wonderfully crisp on the outside.

YIELD: 8 servings



1

cups cornmeal

1 tablespoon baking powder

¼ teaspoon sea salt

*1 cup fresh corn kernels, or frozen
and thawed*

½ cup grated soy cheese

12.3-ounce package firm silken tofu

½ cup soymilk

3 tablespoons coconut oil

1 Preheat the oven to 375°F.

2 Combine the cornmeal, baking powder, and salt in a large bowl. Add the corn and soy cheese, and mix well.

3 Place the tofu and soymilk in a blender, and blend until smooth and creamy. Add to the cornmeal mixture and stir until well blended.

4 On the stovetop, heat the oil in a 10-inch cast iron skillet over medium-high heat. (The oil should be hot, but not boiling.) Add the batter and spread it evenly to the edges of the pan with a rubber spatula. Some of the oil will seep out around the edges. With the spatula,

quickly spread this oil as best as you can over the top of the batter. Cook the cornbread for 2 or 3 minutes.



5 Transfer the skillet to the top rack of the oven. Bake the cornbread about 20

minutes or until a toothpick inserted in the center comes out clean. Turn the broiler on for a minute or so to brown the top, if necessary.

6 Cut the bread into wedges and serve.

HELPFUL TIP

If you have just made a fresh batch of cornbread and have extra, freeze portions to enjoy at a later time. Before freezng, I often cut the pieces in half to form a top and a bottom. When I remove a piece from the freezer, I brush the inside of each half with olive or coconut oil, and then lightly toast them under the broiler. Then I top the halves with a ladleful of well-seasoned pinto, black, or kidney beans; spoon on some salsa; and top with a garnish of fresh cilantro, scallions, or parsley. Delicious!

Petit Coconut-Ginger Scones

These are not your standard big fluffy scones. They are somewhere between a scone and shortbread. The fresh ginger and lightly toasted coconut make them delightful. Serve fresh from the oven with coffee or tea, or freeze to enjoy at a later time.

YIELD: 16 small scones

*½ cup unsweetened shredded
coconut*

2 cups whole wheat pastry flour

½ cup date sugar

2 teaspoons baking powder

1 teaspoon baking soda

½ teaspoon nutmeg

½ cup coconut oil

*1½ tablespoons finely grated fresh
ginger*

1 cup plain soy yogurt

1 Preheat the oven to 400°F. Oil a baking sheet and set aside.

2 Place the coconut in an unoiled skillet over high heat and stir constantly about 3 minutes or until it begins to brown. (Once the coconut starts to brown, it can

quickly burn, so be sure to keep an eye on it.)

3 Transfer the coconut to a large bowl along with the flour, date sugar, baking powder, baking soda, and nutmeg. Mix well.

4 Cut the coconut oil into the flour mixture with a fork until it resembles coarse crumbs. (If the oil is solid, rub it into the flour with your fingertips). Add the ginger and mix well.

5 Make a well in the center of the flour mixture and add the yogurt. With

minimal stirring, mix the ingredients together to form a soft, moist dough.

6 Turn out the dough onto a lightly floured surface and knead just enough to make a dough that holds together.

7 Divide the dough in half, and place both halves on the baking sheet. Using your hands, pat each half into a circle about 4 inches in diameter. With a knife, score each circle into eighths.

8 Bake the scones for 20 minutes or until browned. Cut into wedges and serve.

For a Change ...

$\frac{2}{3}$ Divide the dough into 8 pieces and shape into larger individual scones.



Potato Pie Crust

This crust is tender, easy to roll out, and has a delicious flavor. It is perfect for savory vegetable pies. There is enough for either a 9- or 10-inch pie. The 9-inch crust will be thick, but light and delicious.

YIELD: 9- or 10-inch single crust

*1 cup unseasoned mashed potatoes,
at room temperature*

¼ cup olive oil

1 cup whole wheat pastry flour

1 teaspoon baking powder

¼ teaspoon sea salt

1 tablespoon water, or more as needed

1 Place the potatoes and oil in a medium bowl and combine with a whisk or fork.

2 Combine the flour, baking powder, and salt in a small bowl, and add it to the potato mixture. Using a fork or your hands, blend the ingredients well, but do not overmix. If the dough is too dry to hold together, add a little water.

3 Roll the dough into a ball, place it on

a sheet of waxed paper, and flatten it a bit. Sprinkle with a little flour to prevent the rolling pin from sticking, and roll out the dough to a circle that is about 2 inches bigger than the pie pan. (To prevent the paper from slipping as you roll, lightly sprinkle the work surface with water.)

4 Pick up the dough by the edges of the paper. Place it paper side up in a 9- or 10-inch pie pan (see Step 1 on [page 117](#)). Carefully peel off the paper (see Step 2) and gently press the dough into the pan.

5 Flute the edges (see Step 3), then fill

and bake according to the recipe.

Pie Crust Pointers

A good crust is the foundation of any pie. Not only is a delicious crust easy to make, it doesn't require many ingredients. The recipe for Whole Wheat Pie Crust on [page 116](#) shows you that wheat pastry flour and unrefined vegetable oil are all you need to make a basic pie crust that is thin, crisp, and melt-in-your-mouth tender. And talk about versatile! It is a marvelous base for sweet dessert-type fillings, as well as the perfect vessel for quiches and other savory main-dish recipes.

When preparing pie crusts, keep the following general tips in mind to help

ensure successful results:

²/₃ When making the dough, don't overmix the ingredients. Too much mixing and handling will activate the gluten in the flour, resulting in a tough crust. Mix the ingredients until they are just blended and able to form a dough that holds together.

²/₃ If the dough appears too dry to hold together, sprinkle it with a little water as you are rolling it out.

²/₃ If the dough is too moist, sprinkle it with a little flour as you are rolling it out.

²/₃ To roll out the dough to an even

thickness, avoid rolling in only one direction. Roll back and forth, from side to side, and diagonally.

²/₃ Unless otherwise instructed, bake pies and pie crusts on the bottom rack of the oven.

For a Change ...

²/₃ You can also make a thin 9-inch double crust. Divide the dough into two pieces with one piece slightly larger than the other. Roll out the larger piece for the bottom, and the smaller piece for the top.

No-Excuse Quick Bread Crumb Crust

Technically, this is not a real pie crust, but it works for any kind of tofu quiche. It's a snap to make, a great way to use up stale bread, and surprisingly good. This recipe is made in a 9-inch pie pan, but you can also use an 11-x-7-inch casserole dish (you'll have to increase the bread crumbs to 2 cups).

YIELD: 9-inch single crust
2 tablespoons olive oil

*1½ cups fine whole grain bread
crumbs*

1 Coat the bottom and sides of 9-inch pie pan with the olive oil. Firmly and evenly press the crumbs against the oiled surface.

2 Fill and bake according to the recipe directions. (The filling will hold the bread crumbs together as it bakes.)

HELPFUL TIP

Making your own bread crumbs is easy and a great way to use up leftover bread. Break the bread into small pieces and process in a blender or food processor to the desired crumb size.

A Word About Prebaked Pie Crusts

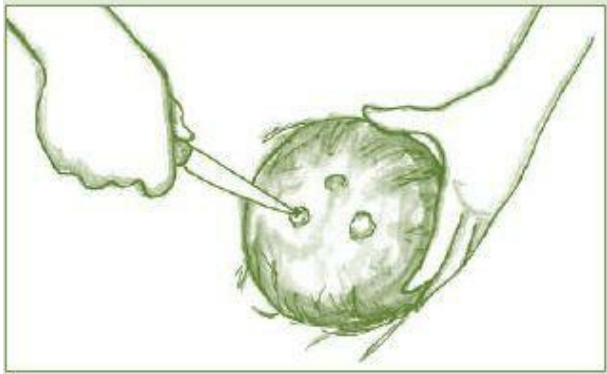
To help keep most prebaked pie crusts crisp, allow them to cool before adding the filling. If, however, agar is going to be added to the filling, brush the crust when it's "hot from the oven" with a tablespoon or so of coconut oil, and then chill in the refrigerator. Also chill any fruit that is used in the filling before adding the hot agar.

Whole Wheat Pie Crust

I have made this basic pie crust for years. It is thin, tender, and crisp. If you use coconut oil for this recipe, it should be liquid. If it is solid, place the jar in a hot water bath for a few minutes. You can also use olive oil, but you will have to increase both the water and the oil by about 1 tablespoon.

YIELD: 9-inch double crust

1½ cups whole wheat pastry flour



*cup unrefined sesame, rice bran,
or coconut oil*

1/4 cup hot water

1 Place the flour in a medium-size bowl. In a separate smaller bowl, add the oil and water but do not mix. Slowly pour the oil and water over the flour, mixing with a fork as you pour. Mix just

enough to form a dough that will hold together. Do not overmix.

2 Divide the dough into two pieces, with one piece slightly larger than the other.

3 Place the larger piece of dough between two sheets of waxed paper and roll it out to an 11- or 12-inch circle. (To prevent the paper from slipping as you roll, lightly sprinkle the work surface with water.)

4 Carefully peel off and discard the top sheet of paper. Pick up the dough by the

corners of the bottom paper and place it paper side up in a 9-inch pie pan (see Step 1 at right). Carefully peel off the paper (see Step 2) and gently press the dough into the pan. Add the desired filling.

5 Roll out the remaining dough to a 10-inch circle and drape it over the filled pie. Flute the edges (see Step 3) and cut some holes in the top crust to allow steam to escape as the pie bakes (see Step 4).

6 Bake according to the recipe directions.[*](#)

* If prebaking a single crust without filling, after placing the dough in the pan, generously poke holes in it with a fork. Bake at 350°F for about 20 minutes or until crisp and golden brown.

Whole Wheat Press-In Crust

The dough for this crust is made right in the pan! And it doesn't require rolling. It is a good choice for quiches and pies that don't need a top crust.

YIELD: 9-inch single crust

1 cup whole wheat pastry flour

1/4 cup olive oil

3 tablespoons water, or as needed

1 Place the flour in a 9-inch pie pan. Gradually add the oil and mix with a fork until well blended. Gradually stir in enough water to make a dough that holds together.

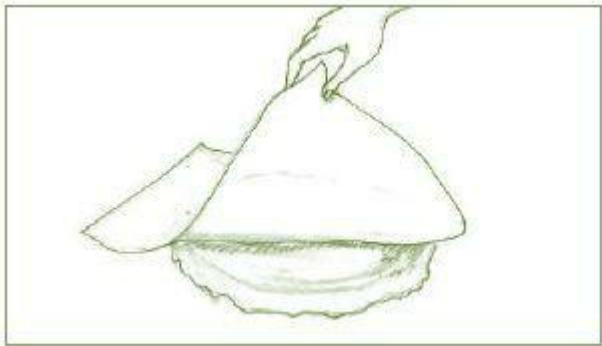
2 Using your hands, press the dough evenly against the sides and the bottom of the pan. Flute the edges of the crust, as shown in Step 3 at right.

3 Fill and bake according to the recipe directions.*

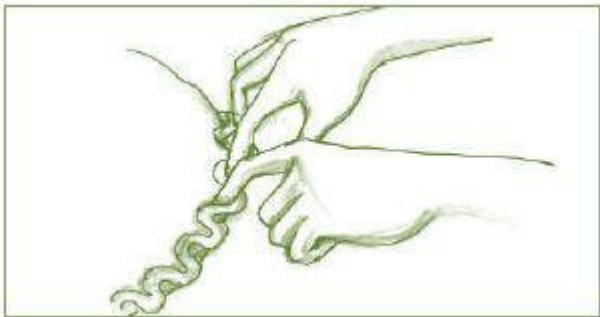
* If prebaking this crust without filling, after placing the dough in the pan, generously poke

holes in it with a fork. Bake at 375°F for 15 to 20 minutes or until crisp and golden brown.

PLACING PIE CRUST IN A PAN



1. Place the dough in the pan paper side up.



2. Carefully peel off the paper.



3. Flute the edges.



4. Cut holes for steam to escape.

Pecan Pie Crust

This is a quick and easy press-in crust for dessert pies. If you don't have oat flour, you can make some by grinding rolled oats in a blender.

YIELD: 9-inch single crust

¾ cup whole wheat pastry flour

¾ cup oat flour

½ cup pecans

¼ cup coconut oil

3 tablespoons water, or more as needed

1 Place the whole wheat flour, oat flour, and pecans in a food processor, and blend until the nuts are finely ground. Slowly add the oil, while continuing to blend.

2 Transfer the mixture to a 9-inch pie pan. Gradually mix in enough water with a fork to make a dough that holds together.

3 Using your hands, press the dough evenly against the sides and the bottom of the pan.

4 Fill and bake according to the recipe directions.*

* If prebaking this crust without filling, after placing the dough in the pan, generously poke holes in it with a fork. Bake at 350°F for 15 to 20 minutes or until crisp and golden brown.

For a Change ...

²/₃ For a wheat-free crust, delete the whole wheat pastry flour and increase the oat flour to 1½ cups.

²/₃ For a flavorful change, add 2 teaspoons cinnamon to the dough.

Coconut Pie Crust

Little bits of coconut add flavor and texture to this easy-to-make press-in crust.

YIELD: 9-inch single crust

$\frac{3}{4}$ cup whole wheat pastry flour

$\frac{1}{2}$ cup rolled oats

$\frac{1}{2}$ cup finely shredded unsweetened coconut

$\frac{1}{4}$ cup coconut oil

3 tablespoons water, or more as needed

1 Place the flour, oats, and coconut in a 9-inch pie pan, and mix well with a fork. Slowly add the oil and mix until well blended. Gradually stir in enough water to make a dough that holds together.

2 Using your hands, press the dough evenly against the sides and the bottom of the pan.

3 Fill and bake according to the recipe directions.*

* If prebaking this crust without filling, after placing the dough in the pan, generously poke holes in it with a fork. Bake at 375°F for 15 to 20 minutes or until crisp and golden brown.

For a Change ...

²/₃ For a wheat-free crust, delete the whole wheat pastry flour and increase the oat flour to 1½ cups.

²/₃ For a flavorful change, add 2 teaspoons cinnamon to the dough.



9. Soups and Sandwiches

Is there anything more warm and comforting than the heady aroma of homemade soup as it simmers gently on the stove? Whether light and brothy or thick and hearty, soup is always a welcome choice. And why not? Soup has sustained people throughout the world since ancient times, often created out of the need to feed hungry families with whatever little food was on hand. It is also warm, comforting, and easy to

digest. For those who are feeling under the weather, soup has long been the perfect choice.

Soup making lends itself to creativity. When made with fresh whole foods, soup is both nutritious and delicious, but don't forget about adding leftovers or any other ingredients that may be on hand. This is also what makes cooking soup so much fun. You can toss in a little of this and a bit of that to come up with new twists on recipes you have been making for years. When served with a slice of whole grain bread and a green salad or paired with a sandwich, soup can be perfect lunchtime fare. It can also serve as the first course of a meal or—depending on how nourishing it is—

a hearty entrée.

In this chapter, you'll find some of my all-time soup favorites from light choices like Early Spring Miso Soup and Soupe Provençal to creamy options like Chestnut Porcini Bisque and Cream of Three-Mushroom Soup. There are hearty vegan bean classics like Tuscan White Bean Soup and a stick-to-your-ribs Lentil Soup, as well as veggie-based selections like Ruby Red Borscht and Southwestern Tomato Squash Soup. For those hot days of summer, you'll find the incomparable Creamy Pine Nut Gazpacho hard to beat.

Many soups become even more delectable a day or two after they are made. For this reason, I sometimes

double or triple the recipe. That way, there is some to enjoy the next day or I can freeze a portion to have on hand for “last-minute” dinners, or to serve unexpected guests that happen to drop by around dinnertime.

No matter what type of soup suits your mood, you’ll find it in this chapter. And to accompany your delicious soup, this chapter also presents a fabulous assortment of luscious sandwich ideas for your enjoyment. If you have always thought of vegan sandwiches as being limited, you’re going to be in for a delectable surprise.

So whether you’re planning to make a hearty dinner or a light lunch, it’s time to get the soup pot simmering and the

sandwich fixins' ready. Let's get started!

SOUP-MAKING TIPS

Making soup is easy—a handful of ingredients and a large pot are pretty much all you need for most recipes. And because it lends itself to creativity, making soup is also fun! Although I have made the soups in this chapter over and over, quite frankly, I don't know if I have made any of them the same way twice. For some reason, including the same ingredients in the same proportions never seems to occur a second time, and no matter how good a recipe may be, if I happen to be missing an ingredient, I usually substitute it with something on

hand that works just as well.

Before you get started on your soup-making adventures, here are some general guidelines to follow, along with some helpful tips for adjusting soups that may not have turned out exactly as desired.

START WITH A NO-FUSS SOUP STOCK

Good soup starts with a flavorful stock. The good news is that you don't have to bother making stock from scratch. Instead of throwing out the leftover water that is used to steam vegetables or to soak dried mushrooms, save it! Instead of getting rid of any extra juice after chopping a tomato, save it! Pour these liquids into a tightly sealed container and pop it in the freezer. Continue adding more flavorful liquid whenever you have some, then use it to replace all or part of the liquid in a soup recipe. This will add flavor as well as

vitamins and minerals.

WHEN ADDING BEANS

It's important for beans to be soft and tender. With the exception of lentils, adzuki beans, split peas, and mung beans (which cook quickly and don't require presoaking), when adding dried beans to soup, first soak them at least eight hours. Also cook them at least partially before adding any vegetables to the soup. Otherwise the veggies will be ready before the beans.

AVOID A MUDDY MESS

When making a blended soup, don't blend green vegetables with red (or orange)—the resulting color will be an unappealing muddy brown. If, however, you want to use veggies of both colors in the same soup, you can—just don't blend them together. First, cook the different colored vegetables separately. Next, blend only the vegetables of one color, and leave the other color in chunks. Add the chunky vegetables to the blended mixture for visually appealing results. (See the Sprouted Pea Soup on [page 122](#).)

WHEN ADDING PASTA

A small amount of uncooked pasta can be a welcome addition to brothy vegetable soups or bean soups that are not too thick. Just be sure to add the pasta during the last ten minutes or so of cooking—adding it too early will cause overcooked, mushy results. You can also add precooked or leftover pasta to a cooked soup.

GET IT DONE RIGHT

When a soup contains many different types of vegetables, cut the slower-cooking varieties, such as collards, rutabagas, and potatoes, smaller or more finely than the quicker-cooking choices, like mushrooms and bell peppers. This will help ensure that all of the vegetables are done at the same time.

MAKE IT PRETTY AS A PICTURE

Like all foods, soup should be as visually appealing as it is tasty. For picture-perfect presentations, consider adding a garnish (see [page 124](#)). And try not to overcook vegetable soups, as this will dull the color of the vegetables.

GET CREATIVE WITH PURÉES!

When making a puréed soup that contains both light and dark-colored ingredients, try swirling the colors together rather than mixing them. You can do this when blending a colorful ingredient like carrots or beets with a purée of white potatoes or a light-colored nut or grain cream. First spoon the darker-colored purée into the bowl, then pour some of the lighter-colored purée on top in a spiral stream. Simply beautiful!

IF IT'S TOO THICK ...

Lots of people like their soup thick, but if you're not one of them, just add some liquid. Depending on the kind of soup you are making, you can add water, vegetable stock, tomato juice, or plain unsweetened soymilk, rice milk, or nut milk. After you've added the liquid, taste the soup and adjust the seasonings as necessary.

IF IT'S TOO WATERY ...

There are several ways to thicken a thin soup. Here are a few suggestions:



Mix a little whole wheat pastry flour, barley flour, millet flour, or rice flour with some cold water to form a

tablespoon or two of paste. Add it to the hot soup and stir for a couple of minutes as the soup simmers. If the soup hasn't thickened enough after a minute or two, add a bit more flour paste. Just be careful not to add too much or you will end up with an enormous quantity of gravy!



Purée some cooked rice or millet in a blender with enough soup stock to form a creamy liquid, then add it to the cooked soup.



Purée a handful of cashews in a blender with enough soup stock to form a creamy liquid, then add it to the cooked soup. Be sure the nuts are blended well or the

soup will be gritty.



Purée a cooked potato in a blender with a little stock, then add it to the cooked soup. You can use a sweet potato in some recipes.

IF IT'S TOO BLAND ...

If a soup lacks flavor, a little salt may help. Just don't overdo it. Adding salt is generally my last choice for flavoring soup. First try one or more of the following:



Add some tamari soy sauce, miso, or Bragg Liquid Aminos. I find that tamari and dark miso work well in clear brothy soups and tomato-based vegetable soups, while white and yellow misos are best in cream soups. Bragg Liquid Aminos is good for flavoring most soups, but will darken the color and interfere with the flavor of delicate creamy soups. Also be aware that all of these seasonings contain sodium.



Press a raw clove of garlic into a tomato or bean-based soup at the end of cooking.



Add a splash or two of lemon juice or vinegar at the end of cooking time to awaken the flavor of soups that contain beans/legumes or greens.



For added flavor and richness, stir a little oil into the soup. Olive oil is a wonderful addition to vegetable or bean soups, while a few drops of toasted sesame oil are especially good for enhancing tamari and miso-based soups. And a drizzle of flaxseed oil will improve the flavor of just about any soup.



Don't forget the herbs and spices. Almost any soup will profit from an added bay leaf or a sprig or two of rosemary as it simmers. Fresh basil is good in soups that contain tomatoes or corn, while savory enhances soups made with beans or potatoes. Hearty grain soups benefit from a little thyme, as do soups made with root vegetables.

Tarragon is good in borscht (beet soup) and vegetable soups; and a pinch of nutmeg will complement most cream soups. By experimenting with herbs and spices, you will discover which ones you like best.

Sprouted Pea Soup

This soup tastes like traditional split pea, but because the peas are sprouted, it cooks faster and is easier to digest. Enjoy it with some whole grain bread and a green salad for a simple but hearty meal.

YIELD: 4 servings

1 cup dried whole peas, sprouted for 3 days (see [page 164](#))

4 cups water or unsalted vegetable stock

4 bay leaves

2 tablespoons olive oil

1 large onion, chopped

2 stalks celery, chopped

2 carrots, thinly sliced

1 teaspoon savory

1 teaspoon sea salt

1 Place the peas, water, and bay leaves in a large heavy kettle over high heat. Cover and bring to a boil. Reduce the heat to low and simmer, stirring occasionally, for about 20 minutes or until the peas are tender.

2 While the peas are cooking, heat the oil in a medium skillet over medium heat. Add the onion and celery, and sauté about 5 minutes or until the onions are translucent. Add the carrots and sauté another 5 minutes or until tender.

3 Remove and discard the bay leaves. Transfer the cooked peas and cooking water to a blender, and purée until smooth and creamy.

4 Return the purée to the pot. Add the sautéed vegetables, savory, and salt. Simmer for 2 or 3 minutes. Serve piping hot!

Lentil Soup

Nourishing, inexpensive, and quicker to make than most bean soups, lentil soup is a hearty vegan classic.

YIELD: 4 servings

2 tablespoons olive oil

1 large onion, chopped

4 bay leaves

4–6 cloves garlic, minced

1 teaspoon ground cumin

1 cup dried lentils, rinsed and drained

5 cups water or unsalted vegetable stock

2 tablespoons balsamic vinegar

2 tablespoons tamari, or to taste

Pinch cayenne pepper, or to taste

1 Heat the oil in a large heavy kettle over medium heat. Add the onion and bay leaves, and sauté about 10 minutes or until the onion is almost tender. Add the garlic and the cumin, and sauté 2 to 3 minutes more.

2 Add the lentils, water, and vinegar to the kettle. Increase the heat to high, then

cover and bring to a boil. Reduce the heat to low and simmer, stirring occasionally, for about 45 minutes or until the lentils are tender.

3 Add the tamari, and continue to simmer about 20 minutes or until the soup is rich and thick.

4 Stir in the cayenne pepper before serving.

For a Change ...

²/₃ For a super-garlicky version, press a raw garlic clove into the cooked soup before serving.

Baby Lima Bean Soup

Tahini adds to this soup's luscious richness.

YIELD: 8 servings

*2 cups dried baby lima beans,
presoaked ([page 252](#)), rinsed, and
drained*

*5 cups water or unsalted vegetable
stock*

1 large onion, chopped

2 stalks celery, chopped

2 medium carrots, sliced

*2 tablespoons fresh rosemary, or 2
teaspoons dried*

*1/4 cup Bragg Liquid Aminos, or
tamari*

1 tablespoon balsamic vinegar

1/4 cup tahini

3 cloves garlic

Pinch cayenne pepper, or to taste

1 Place the beans in a large heavy kettle over high heat. Add the water, cover, and bring to a boil. Reduce the heat to low and simmer, stirring occasionally, for 1 hour or until the beans are tender.

2 Add the onion, celery, carrots, rosemary, liquid aminos, and vinegar to the kettle. Simmer another 30 minutes or until the vegetables are tender.

3 Stir the tahini into the soup and mix well. Increase the heat and bring to a boil, stirring for a minute until the soup thickens. Remove the kettle from the heat.

4 Press the garlic cloves into the soup, add the cayenne pepper, and stir well. Spoon into bowls and serve.

Kale, Cabbage & White Bean Soup

Hearty, flavorful, and very nutritious.

YIELD: 4 to 6 servings

*1 cup dried Great Northern,
cannellini,
or other white beans, presoaked
([page 252](#)), rinsed, and drained
5 cups water or unsalted vegetable*

stock

6-inch strip kombu, rinsed

3 cups finely chopped kale

2 cups finely chopped cabbage

1½ cups chopped onion

1 teaspoon savory

1–2 tablespoons lemon juice, or to taste

¼ cup barley, yellow, or white miso

1 Place the beans in a large heavy kettle over high heat. Add the water, cover, and bring to a boil. Reduce the heat to low and simmer, stirring occasionally. After 30 minutes, add the kombu. Continue to simmer another 30 minutes or until the beans are tender.

2 Add the kale, cabbage, onion, and savory to the pot. Simmer another 30 minutes or until the vegetables are tender. Remove the kettle from the heat.

3 Stir the lemon juice and miso into the soup. Remove the kombu, cut it into bite-size pieces, and return to the soup. Mix well and serve.



Great Garnishes

Crowning your soup with the right garnish adds visual appeal as well as flavor and texture. Consider the following garnish suggestions before serving your next bowl of soup:

$\frac{2}{3}$ Chopped fresh parsley, basil, dill, chives, tarragon, rosemary, oregano, or scallions.

$\frac{2}{3}$ Feathery fennel tops.

$\frac{2}{3}$ Thin strips of fresh greens like arugula and spinach.

²/₃ Basil, mint, or cilantro leaves.

²/₃ Sprouts or microgreens ([page 164](#)).

²/₃ Dusting of paprika or nutmeg (on cream soups).

²/₃ Plain or flavored croutons.

²/₃ Dollop of Umeboshi Cream ([page 92](#)).

²/₃ Finely chopped nuts (on cream soups).

²/₃ Drizzle of flaxseed oil, olive oil, sesame oil, or other flavored oil.

²/₃ Edible flowers such as peppery-

flavored nasturtiums, cucumber-flavored borage, and onion-flavored chive flowers (especially nice on cold soups).

$\frac{2}{3}$ Chopped fresh tomatoes.

$\frac{2}{3}$ Toasted sesame seeds.

$\frac{2}{3}$ Toasted nori strips or dulse flakes.

$\frac{2}{3}$ Dollop of pesto.

$\frac{2}{3}$ Thin cucumber slices (on cold soups).

$\frac{2}{3}$ Shredded carrots.

$\frac{2}{3}$ Tofu cubes, baked or sautéed.

$\frac{2}{3}$ Silken tofu (in miso soups).

²/₃ Freshly ground black pepper.

Masoor Kidal

Because red lentils are split, this classic Indian soup cooks very quickly. Your house will smell like an Indian restaurant when you make it.

YIELD: 4 servings

2 tablespoons olive oil

1 medium onion, chopped

4 cloves garlic, minced

½ teaspoon black mustard seeds

½ teaspoon fennel seeds

1 teaspoon ground turmeric

2 teaspoons ground cumin

1 cup dried red lentils, rinsed and drained

5 cups water or unsalted vegetable stock

1 teaspoon sea salt

Pinch cayenne pepper (optional)

1 Heat the oil in a large heavy kettle over medium-low heat. Add the onion and sauté about 5 minutes or until translucent. Add the garlic and sauté for 2 to 3 minutes more, then add the mustard and fennel seeds and continue to sauté another 2 minutes. Add the

turmeric and cumin, and sauté another minute.

2 Stir the lentils and water into the kettle. Increase the heat to high, then cover and bring to a boil. Reduce the heat to low and simmer, stirring occasionally, for about 15 minutes or until the beans are soft and the soup has thickened.

3 Add the salt and simmer 2 to 3 minutes. Stir the cayenne pepper (if using) into the soup before serving.

For a Change ...

$\frac{2}{3}$ For a thicker version of this soup that you can serve over a bed of rice, reduce the water to 3 cups.

HELPFUL TIP

You can vary the spices in dal and other curry recipes according to your taste and the seasons. In the summer, for instance, you may wish to omit the garlic because eating garlic makes you feel warmer. In the winter, adding a tablespoon of grated ginger will increase the warming properties. And if you are in a hurry, forgo the different spices and simply add a heaping tablespoon of good quality curry powder or garam masala.

Tuscan White Bean Soup

One spoonful of this hearty soup will transport you to a rustic Tuscan village in the midst of olive groves and vineyards.

YIELD: 6 servings

2 cups dried Great Northern, cannellini, or other white beans,

presoaked ([page 252](#)), rinsed, and drained

6 cups water or unsalted vegetable stock

1 cup chopped onion

1½ cups sliced carrots

1½ cups chopped celery

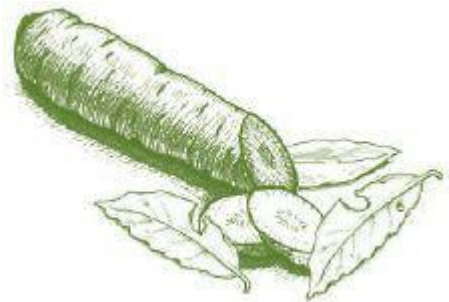
20 sun-dried tomato halves, cut into small pieces

1½ tablespoons chopped fresh rosemary, or 1½ teaspoons dried

2 tablespoons balsamic vinegar

1 teaspoon sea salt, or to taste

½ teaspoon white pepper, or to taste



1 Place the beans in a large heavy kettle over high heat. Add the water, cover, and bring to a boil. Reduce the heat to low and simmer, stirring occasionally, for about 1½ hours or until the beans are tender.

2 Add the onion, carrots, celery, sun-dried tomatoes, rosemary, vinegar, and

salt to the kettle. Simmer another 30 minutes or until the vegetables are tender.

3 Serve piping hot, topped with a sprinkling of white pepper.

For a Change ...

²/₃ For a garlicky version, press a raw garlic clove into the cooked soup before serving.

²/₃ Before serving, garnish with some finely chopped parsley and a drizzle of olive oil.

²/₃ Try this soup with Tofu Dumplings ([page 136](#)).

HELPFUL TIP

When cutting sun-dried tomatoes, it is best to use a clean pair of scissors. Cutting them with a knife can be a bit of a pain!

New Brunswick Chowder

This soup is delicious way to get some sea veggies into your diet. If the corn you are using is sweet and fresh, it does not need to be cooked before it is added to the soup. If it isn't fresh, steam it about three minutes first.

YIELD: 4 servings

2 tablespoons olive oil

2 cups chopped onion

1 cup chopped celery

2 cups sliced mushrooms

1 cup dulse, rinsed and chopped

1 teaspoon dried basil

1 teaspoon savory

2 cups fresh corn kernels

3 cups plain unsweetened soymilk

1 teaspoon sea salt, or to taste

1 Heat the oil in a large heavy kettle over medium-low heat. Add the onions and celery and sauté about 10 minutes or until the celery is tender.

2 Add the mushrooms, dulse, basil, and

savory to the kettle and continue to sauté another 5 minutes or until the mushrooms are tender.

3 Place the corn and soymilk in a blender and purée to a creamy consistency. Add to the kettle along with the salt and stir well.

4 Serve the soup piping hot. (Reheat only if necessary, but do not boil.)

For a Change ...

²/₃ If you don't want to use a blender for this recipe, simply sauté the corn along with the other vegetables. When the vegetables are tender, sprinkle 5 tablespoons whole wheat pastry flour into the soup and mix well. Slowly add the milk while stirring constantly.

Carrot and Rice Cream

This simple, satisfying soup was inspired by classic macrobiotic cuisine.

YIELD: 4 servings

3 cups sliced carrots

1 cup chopped onion

2 bay leaves

4 cups water or unsalted vegetable stock

2 cups cooked brown rice

4 tablespoons white miso
Pinch nutmeg (optional)

1 Place the carrots, onion, bay leaves, and water in a large kettle over high heat. Cover and bring to a boil. Reduce the heat to low and simmer about 10 minutes or until the vegetables are just barely tender. Remove and discard the bay leaves.

2 Place the cooked vegetables, rice, and miso in a food processor or blender and purée, adding enough stock to achieve the desired consistency.

3 Sprinkle the soup with nutmeg (if using) and serve. (Reheat only if necessary, but do not boil.)



Potato Kale Soup

Easy and super nutritious, this soup is one of my favorites. I usually make it in a pressure cooker, but you can also make it in a pot on the stovetop—just add an additional cup of water.

YIELD: 4 servings

*5 medium potatoes, scrubbed and
diced*

1 cup chopped onion

8 medium kale leaves, chopped
*2 cups water or unsalted vegetable
broth*
*1 teaspoon herbes de Provence ([page](#)
[46](#))*
2 rounded tablespoons white miso
2 cups plain unsweetened soymilk
*Pinch cayenne or white pepper, or to
taste*

1 Place the potatoes, onion, kale, water, and herbes de Provence in a pressure cooker over high heat until maximum pressure is reached. Remove the cooker from the heat and allow the pressure to come down on its own.

2 Transfer the hot mixture to a blender along with the miso, and purée while adding enough soymilk to achieve the desired consistency.

3 Stir the cayenne pepper into the hot soup and serve. (Reheat only if necessary, but do not boil.)

Potage of Cauliflower and Leek

This nondairy cream soup is especially easy to make if you have a hand-held blender, which allows you to blend it right in the pot.

YIELD: 6 to 8 servings

*2 medium potatoes, scrubbed and
diced*

- 1 medium cauliflower, coarsely chopped*
- 2 medium leeks, cleaned well and chopped*
- 2 cups water or unsalted vegetable stock*
- 1 teaspoon sea salt, or to taste*
- 2 teaspoons herbes de Provence*
([page 46](#))
- 2 cups plain unsweetened soymilk, or additional water or stock*
- ½ teaspoon white pepper, or to taste*

1 Place the potatoes, cauliflower, leeks, water, and salt in a large heavy kettle over high heat. Cover and bring to a boil. Reduce the heat to low and

simmer, stirring occasionally for 10 minutes.

2 Add the herbes de Provence to the kettle. Simmer another 5 minutes or until the vegetables are very tender.

3 Transfer the hot mixture to a blender and purée while adding enough soymilk to achieve the desired consistency.

4 Stir the white pepper into the soup and serve. (Reheat only if necessary, but do not boil.)

For a Change ...

²/₃ For Cream of Fennel Soup, add 1 chopped fennel bulb to Step 1.

Cream of Three-Mushroom Soup

A medley of mushrooms adds both flavor and texture to this heavenly soup.

YIELD: 4 to 6 servings

2 tablespoons olive oil

*½ cup chopped shallots, or 1 cup
chopped onions*

2–3 stalks celery, chopped

*1 portabella mushroom cap, halved
and thinly sliced*

*8 shiitake mushrooms, stemmed and
thinly sliced*

12 button mushrooms, thinly sliced

*1 teaspoon herbes de Provence (page
46)*

*1 small sprig fresh rosemary, or 1
teaspoon dried*

¼ cup whole wheat pastry flour

4 cups plain unsweetened soymilk

1 teaspoon sea salt

*Pinch cayenne or white pepper, or to
taste*

1 Heat the oil in a large heavy kettle

over medium-low heat. Add the shallots and celery, and sauté about 10 minutes or until the celery is almost tender.

2 Add the mushrooms, herbes de Provence, and rosemary to the kettle, and continue to sauté about 3 minutes or until the mushrooms are tender.

3 Sprinkle the flour over the ingredients and increase the heat to high. Stirring vigorously, slowly add about 1 cup of the soymilk. Continue stirring while slowly adding the remaining milk until the soup comes to a boil and thickens.

4 Remove the kettle from the heat and stir the salt and pepper into the soup. Remove and discard the rosemary sprig.

5 Ladle the hot soup into bowls, and serve.

Under-Pressure Cream of Broccoli

Instead of using a pressure cooker to make this delectably creamy soup, you can make it on the stovetop in a large pot. Just add an additional cup of water.

YIELD: 4 to 6 servings

2 medium potatoes, scrubbed and

coarsely chopped

1-pound bunch broccoli (stems trimmed), coarsely chopped

1 cup chopped onion

*2 teaspoons herbes de Provence
(page 46)*

½ teaspoon dried tarragon

*1 cup water or unsalted vegetable
broth*

2 cups plain unsweetened soymilk

¼ cup white or yellow miso

1 tablespoon Dijon mustard

Pinch cayenne pepper, or to taste

1 Place the potatoes, broccoli, onion, herbes de Provence, tarragon, and water in a pressure cooker over high heat until

maximum pressure is reached. Remove the cooker from the heat and allow the pressure to come down on its own.

2 Transfer the ingredients from the pressure cooker to a blender and purée while adding enough soymilk to achieve the desired consistency.

3 Stir the mustard and cayenne pepper into the creamy soup and serve. (Reheat only if necessary, but do not boil.)

Grandma's Potato Soup

This is a luscious vegan version of an old-fashioned favorite.

Yield 6 servings

*6 medium potatoes, scrubbed and cut
into ½-inch cubes*

2 cups chopped celery

2 cups chopped onions

*2 cups water or unsalted vegetable
broth*

4 bay leaves

½ teaspoon sea salt

2 teaspoons summer savory

2 tablespoons vegetable broth powder

3 cups plain unsweetened soymilk

2 tablespoons white or yellow miso

Pinch cayenne or freshly ground black pepper

1 Place the potatoes, celery, onions, water, bay leaves, salt, savory, and vegetable broth powder in a large heavy kettle over high heat. Cover and bring to a boil. Reduce the heat to low and simmer, stirring occasionally, for 30 minutes or until the vegetables are tender.

2 Add the soymilk to the kettle and stir well. Remove from the heat.

3 Remove a little broth from the kettle and mix it with the miso. Return the diluted miso to the soup along with the cayenne pepper and stir well. Serve immediately.

Summer Squash and Coconut Curry Soup

The color, flavor, and richness of this exotic-tasting soup make it very special. I use homemade coconut milk ([page 80](#)), which is very easy to make. Although kefir lime leaves are not common, you can usually find them fresh or frozen in stores that sell Thai foods. Even without them, this soup is still wonderful.

YIELD: 4 to 6 servings

1 tablespoon olive oil

1 cup chopped onion

3 cloves garlic, minced

1 red bell pepper, diced

*1½ pounds yellow squash, cut into
small cubes*

4 kefir lime leaves

2 teaspoons ground turmeric

*2 cups water or unsalted vegetable
broth 1 cup coconut milk*

3 tablespoons yellow miso

1 Heat the oil in a large heavy kettle over medium-low heat. Add the onion

and sauté 3 to 5 minutes or until translucent. Add the garlic and sauté another 5 minutes.

2 Add the bell pepper, squash, and lime leaves to the kettle. Cook for a minute, then add the turmeric and stir well.

3 Add the water to the kettle, increase the heat to high, and bring to a boil. Reduce the heat to low and simmer 5 minutes or until the squash is tender.

4 Place the coconut milk and miso in a blender along with 2 cups of the soup. Blend until creamy and transfer to a

large pot. Blend the remaining soup.

5 Before serving, heat the soup if necessary, but do not boil.

Chestnut Porcini Bisque

This scrumptious soup is perfect for special occasions. I usually serve it on Thanksgiving. Non-vegetarians won't believe that it's vegan!

YIELD: 4 servings

1 ounce dried porcini mushrooms

1 cup hot water

*3 medium potatoes, scrubbed and
diced*

*7.4-ounce jar whole chestnuts**

*2½ cups water or unsalted vegetable
broth*

2 tablespoons olive oil

1 cup chopped onion

4 cloves garlic, minced

¼ cup tamari, or to taste

*1 tablespoon fresh thyme, or ½
teaspoon dried*

¼ teaspoon white pepper, or to taste

Minced fresh parsley for garnish

* Use jarred chestnuts. Dried chestnuts are too hard and take longer to cook.

1 Place the porcini in a bowl, cover with the hot water, and let soak about 30 minutes.

2 While the mushrooms are soaking, place the 2 potatoes, chestnuts, and water in a large heavy kettle over high heat. Cover and bring to a boil. Reduce the heat to low and simmer for 30 minutes or until the potatoes and chestnuts are soft.

3 While the chestnuts and potatoes are cooking, heat the oil in a large skillet. Add the onions and sauté 3 to 4 minutes or until translucent. Add the garlic and sauté a few minutes more.

4 Drain the soaked mushrooms (I use a paper coffee filter), reserving the

soaking water. Rinse the mushrooms and coarsely chop. Add them to the skillet, sauté 1 or 2 minutes, then add the reserved soaking water. Cover and simmer another 5 minutes.

5 Place the cooked potato-chestnut mixture in a blender and purée. Return it to the kettle along with the sautéed onion-mushroom mixture.

6 Stir the tamari, thyme, and pepper into the soup. Sprinkle with parsley before serving.



Simple Ideas for Filling Your Lunchbox

To stop and recharge with a nourishing and relaxing noontime meal is not only a pleasure, it is important for our well-being. Americans traveling in Europe are always struck by the relaxed quality of life of the people who live there. Part of this is because every afternoon, shops close, offices close, and schools close, so that everyone can take the time to enjoy a leisurely lunch.

With today's fast-paced society, many of us feel that we don't have time for a proper midday meal. But it is important for our health and happiness

that we do. Eating three nutritious meals a day makes us less likely to binge and nibble between meals. And sitting down to enjoy lunch, rather than grabbing something on the run or skipping it altogether, forces us to experience a little leisurely “time-out.”

Make the time to enjoy three meals a day and your body will thank you. If you work, hopefully, you will have access to a refrigerator and a stove or toaster oven. If you don't, you might think about buying an inexpensive hot plate to leave there, so you can heat up your food whenever you want. And to prevent food from spoiling, consider getting an insulated container that is designed to keep food cold for several

hours.

Keep in mind that although lunches may involve a little planning, they don't necessarily require an enormous amount of time. What follows are some of my favorite lunchbox ideas:

²/₃ Leftovers from dinner can make an easy lunch. In fact, I sometimes make more than I need for dinner, just to have something to put in my lunchbox the next day.

²/₃ When making a green salad, make extra and leave part of it without dressing so you can have some the next day. When lunch rolls around, add dressing to the salad and enjoy it with a

slice of whole grain bread and some baked seasoned tofu for a wholesome meal.

²/₃ Salads that contain grains and cooked vegetables can last for two or three days. The Tuscan Spelt Salad ([page 156](#)), Arame-Rice Salad (page 157), Maritime Salad (page 155), Tabouli (page 157), and Black Bean, Corn & Tomato Salad (page 156) and are all good lunchbox choices.

²/₃ Leftover soup makes a great lunchtime meal. Heat it up in the morning and put it in a thermos to keep hot. Put cold soups like Gazpacho Supreme ([page 138](#)) into a thermos with an ice cube or two.

²/₃ Leftover nori-maki makes a great lunch. Try the recipe on [page 238](#).

When packing a lunchbox, don't forget to add the little extras that will make your meal more enjoyable—raw veggies, olives, nuts, and fresh fruit; homemade cookies, muffins, and other healthy treats. Just make sure that you bring enough to share!

Soupe Provençal

(Garlic Soup)

Don't be alarmed over the amount of garlic and onions that go into this recipe. Slowly sautéing these ingredients contributes to the soup's amazingly mild flavor. Besides being delicious, I believe Soupe Provençal has the power to knock out an oncoming cold!

YIELD: 4 servings

1–2 tablespoons olive oil

*1 teaspoon toasted sesame oil
(optional)*

*2 whole heads garlic, peeled and
chopped*

1 medium onion, thinly sliced

*4 cups water or unsalted vegetable
stock*

*1 large potato, scrubbed and cut into
cubes*

3 bay leaves

½ teaspoon dried thyme

4 tablespoons miso

Pinch cayenne pepper

1 Heat the olive oil and sesame oil (if using) in a large heavy kettle over very

low heat. Add the garlic and onion, and slowly sauté about 20 minutes or until very soft and well cooked.

2 Add the water, potato, bay leaves, and thyme to the kettle. Increase the heat to high, cover, and bring to a boil. Reduce heat to low and simmer about 15 minutes or until the potatoes are tender. Remove the kettle from the heat.

3 Remove a little broth from the kettle and mix it with the miso. Return the diluted miso and cayenne to the soup and stir well. Serve immediately.

For a Change ...

²/₃ Instead of potatoes, try this soup with Tofu Dumplings ([page 136](#)).

²/₃ Instead of miso, add ¹/₄ cup tamari in Step 2.

Early Spring Miso Soup

Fresh, tender asparagus and mild-tasting scallions make this delicate soup a welcome change from heartier winter fare.

YIELD: 4 servings

1 tablespoon toasted sesame oil
4 ounces shiitake mushrooms,

stemmed and sliced

4 cups water

*8 ounces asparagus, trimmed and cut
into bite-size pieces*

*2–3 scallions, chopped (bulbs and
green tops)*

¼ cup mellow white miso

1 Heat the oil in a large, heavy kettle over medium-low heat. Add the mushrooms and sauté about 2 minutes. Add the water, increase the heat, and bring to a boil. Reduce the heat to low and simmer for 5 to 8 minutes.

2 Add the asparagus to the kettle, increase the heat, and return to a boil.

Reduce the heat to low, simmer 2 to 3 minutes, then remove from the heat. Add the scallions.

3 Remove a little broth from the kettle and mix it with the miso. Return the diluted miso to the soup and mix well. Serve immediately.

For a Change ...

²/₃ Add 2 tablespoons instant wakame flakes to the kettle along with the water in Step 1.

Emerald Miso Soup

When I'm feeling under the weather, I often make this soup, which I find very comforting. I think of it as vegan chicken soup.

YIELD: 4 to 6 servings

1 cup finely chopped kale or collard greens

1/4 cup instant wakame, rinsed

6 cups water or unsalted vegetable

stock

2 tablespoons toasted sesame oil

1 small onion, sliced

1 tablespoon grated ginger

2 scallions, chopped

¼ cup barley miso

1 Place the kale, wakame, and water in a large heavy kettle over high heat. Cover and bring to a boil. Reduce the heat to low and simmer about 10 minutes or until the kale and wakame are almost tender.

2 Heat the sesame oil in a medium skillet over medium-low heat. Add the onion and ginger, and sauté about 5

minutes or until the onion is translucent. Add this sautéed mixture to the kettle, increase the heat, and bring to a boil. Reduce the heat to low, cover, and simmer about 10 minutes or until the kale and wakame are tender.

3 Remove the kettle from the heat and add the scallions.

4 Remove a little broth from the kettle and mix it with the miso. Return the diluted miso to the soup and stir well. Serve immediately.

For a Change ...

²/₃ Add a medium carrot (sliced or cut into matchsticks) to the simmering kale and wakame in Step 1.

²/₃ Add 4 or 5 sliced shiitake mushrooms to the onions and ginger in Step 2.

HELPFUL TIP

It's easy to remove the skin from a garlic clove. Simply place the clove on a clean counter or other hard surface and smash it slightly with the bottom of a glass or the side of a wide knife blade. The skin will slip right off.

When Adding Miso to Soup

...

Because miso is a thick paste, it is best to first dilute it in a little of the cooked broth before adding it to the soup. And to preserve miso's health-promoting enzymes, it should not be boiled. For this reason, it is best to add miso at the end of the soup's cooking time—right before serving.



Southwestern Tomato Squash Soup

Whenever I have leftover baked squash and some cooked beans, I usually make this soup.

YIELD: 4 to 5 servings

*2 tablespoons olive oil
1 cup chopped onion
6 cloves garlic, minced*

2 stalks celery, chopped
1 poblano pepper, diced, or ½
medium green bell pepper
1 tablespoon ground cumin
1 tablespoon chopped fresh basil
3 cups cooked pinto or red kidney
beans
2 large tomatoes, puréed
1 cup baked winter squash
1 cup fresh or frozen corn kernels
3 cups water or unsalted vegetable
broth, or as needed
3 tablespoons Bragg Liquid Aminos
or tamari
1½ tablespoons balsamic vinegar, or
to taste
½ teaspoon white pepper

1 Heat the oil in a medium skillet over low heat. Add the onion, garlic, and celery, and sauté 2 minutes. Add the pepper, cumin, and basil, and sauté 5 minutes more or until the vegetables are tender.

2 Transfer the sautéed vegetables to a large heavy kettle over medium-low heat. Add the beans, tomatoes, squash, corn, and enough of the water to achieve the desired consistency. Cover and simmer 5 to 10 minutes.

3 Stir the liquid aminos, vinegar, and pepper into the soup. Mix well and

serve.

For a Change ...

²/₃ Instead of adding the corn and tomato purée to the simmering soup in Step 2, stir them into the soup raw right before serving.

Greens and Rice Soup

Rich with collard greens, garlic, and sun-dried tomatoes, this delectable soup is as healthy as it is delicious.

YIELD: 6 servings

2 tablespoons olive oil

*1 large Spanish onion, thinly sliced
into half moons*

12 cloves garlic, minced

4 bay leaves

*2 cups firmly packed chopped
collard greens*

*5 cups water or unsalted vegetable
stock*

*1½ cups cooked brown rice**

*20 sun-dried tomato halves, cut into
small pieces*

*3 small sprigs fresh rosemary, or 1
teaspoon dried*

1 tablespoon chopped fresh basil

¼ cup tamari

* Basmati or jasmine are recommended.

1 Heat the oil in a large heavy kettle over low heat. Add the onion, garlic, and bay leaves, and slowly sauté at least 30 minutes or until the onions are brown

and caramelized.

2 Add the collard greens to the kettle, increase the heat to high, and stir until wilted. Add all the remaining ingredients and bring to a boil. Reduce the heat to low and simmer, stirring occasionally, for 30 minutes or until the collards are tender.

3 Remove and discard the bay leaves and rosemary sprigs before serving.

For a Change ...

²/₃ For an exotic twist, omit the rosemary and bay leaves and use 3 fresh kefir lime leaves instead. Crush the leaves in your hand before adding.

²/₃ Instead of rice, try this soup with Tofu Dumplings ([page 136](#)).

Ruby Red Borscht

The vibrant color of this soup is strikingly beautiful, especially when topped with a dollop of umeboshi cream.

YIELD: 3 to 4 servings

2 cups water or unsalted vegetable stock

1 cup red wine, or additional water or stock

4 bay leaves

1 cup chopped onion

1 medium beet, scrubbed and diced

1 medium potato, scrubbed and diced

1 cup finely chopped red cabbage

½ teaspoon dried tarragon

*2 tablespoons Bragg Liquid Aminos
or tamari*

2 tablespoons balsamic vinegar

*Umeboshi Cream ([page 92](#)) for
garnish*

1 Place all of the ingredients except the umeboshi cream in a large heavy kettle over high heat. Cover and bring to a boil. Reduce the heat to low, and simmer 30 to 40 minutes or until the vegetables

are tender.

2 Serve the soup hot or cold, topped with a generous dollop of umeboshi cream.

My Best Summer Vegetable Soup

Raw tomatoes lend an unexpectedly fresh taste to what at first glance seems to be an ordinary vegetable soup. If tomatoes are out of season, you can make this soup with tomato purée and it will still be very good.

YIELD: 4 servings

*4 cups chopped turnip, collard, or
mustard greens*
2 cups diced potatoes
1½ cups sliced carrots
1½ cup green beans (1-inch pieces)
1 cup diced turnips
*2 cups water or unsalted vegetable
stock*
6 bay leaves
*3 ripe beefsteak tomatoes, or 3 cups
tomato purée*
2 tablespoons chopped fresh basil
1 tablespoon balsamic vinegar
½ teaspoon white pepper

1 Place the turnip greens, potatoes, carrots, beans, turnips, water, and bay

leaves in a large heavy kettle over high heat. Cover and bring to a boil. Reduce the heat to low, cover, and simmer 15 to 20 minutes or until the vegetables are tender.

2 Cut the tomatoes into chunks, place in a blender, and purée. Add the miso and blend again.

3 Add the tomato-miso mixture to the cooked soup along with the basil, vinegar, and pepper. Stir well and serve immediately.

For a Change ...

²/₃ For added flavor and freshness, toss some raw corn kernels into the soup in Step 3.

Tofu Dumplings

Dumplings are an old-fashioned comfort food. Surprisingly easy to make, they are a delicious addition to just about any slow-simmering soup or pot of beans.

YIELD: 18 dumplings

1¼ cups whole wheat pastry flour

1½ teaspoons baking powder

*1 cup mashed firm silken tofu**

2 tablespoons olive oil

¼ teaspoon sea salt

* Mori-Nu brand is recommended.

1 Combine the flour and baking powder in a medium bowl.

2 Place the tofu, oil, and salt in a food processor or blender, and blend until smooth and creamy. Add to the flour mixture and combine with a fork.

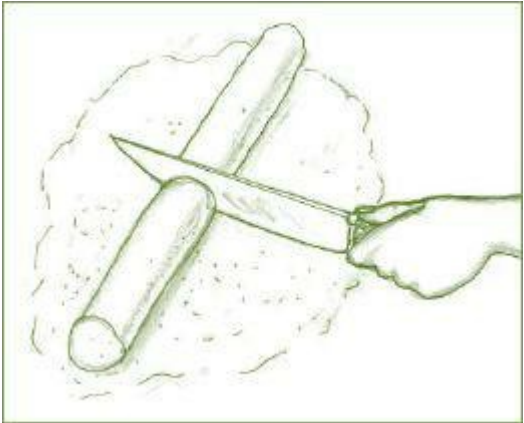
3 Turn the mixture out onto a generously floured countertop and knead lightly (about 5 times) to form a soft

dough.

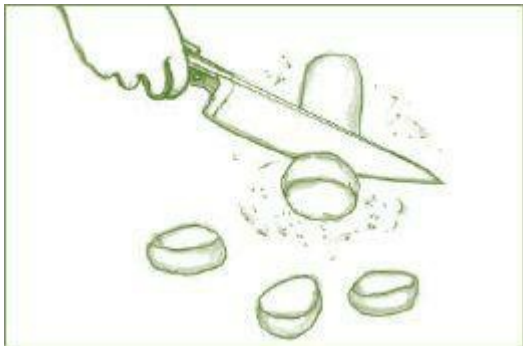
4 As shown at right, roll the dough into a 12-inch log. Cut the log in half, then cut each half into 9 pieces.

5 Drop the pieces into a rapidly boiling pot of soup, stew, or beans near the end of cooking time. When the liquid comes back to a boil, reduce the heat to low, cover, and simmer 10 minutes without stirring. The dumplings will be perfectly cooked.

HOW TO FORM DUMPLINGS



1. Roll the dough into a log.



2. Cut the log in half.



3. Cut each half into 9 pieces.

Creamy Pine Nut Gazpacho

Here is a scrumptious twist on a classic soup favorite. It is a great choice to serve at the start of a meal. Try it with Tofu-Veggie Corn Cakes ([page 267](#)) for a light summer lunch.

YIELD: 4 to 6 servings

4 medium tomatoes, coarsely

chopped

½ cup pine nuts

2 tablespoons red wine vinegar

½ teaspoon sea salt

1 medium cucumber, grated

¼ cup chopped fresh basil

1 Place the tomatoes, pine nuts, vinegar, and salt in a blender, and purée until very smooth and creamy. Transfer to a bowl.

2 Add the cucumber to the bowl and stir well. Top with the basil and serve immediately.



Avocado Vichyssoise

Avocado takes the place of cream in this refreshing vegan delight—and it takes just a few minutes to make.

YIELD: 4 to 6 servings

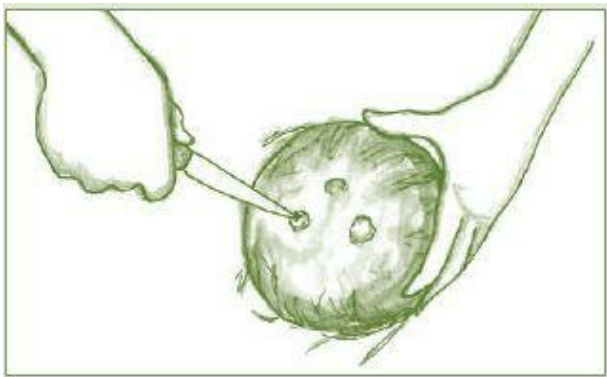
*2 cups unseasoned mashed potatoes,
chilled*

1 cup mashed avocado

3 cups plain unsweetened soymilk



*cup
chilled water or unsalted
vegetable broth, or more as
needed*



cup minced chives

½ teaspoon sea salt

¼ teaspoon white pepper

1 medium cucumber, grated

1 Place half the mashed potatoes, half the avocado, and half the soymilk in a blender. Pureé while adding enough water to achieve the desired consistency. Pour into a large bowl and repeat with the remaining potatoes, avocado, and soymilk. (If you have a large blender this can be done in one batch.)

2 Add the chives, salt, and pepper to the bowl and mix well. Spoon the soup

into individual bowls, top with grated cucumber, and serve.

Gazpacho Supreme

This refreshing soup is made in a juicer. The carrots balance the acidity of the tomatoes and impart a luscious sweetness. Make sure that all the ingredients are chilled before you begin, and serve the soup as soon as possible after it is made. People have told me that this is the best gazpacho they have ever tasted.

YIELD: 6 servings

4 medium tomatoes (enough for 3 cups juice)

3 cloves garlic

4 medium-large carrots (enough for 2 cups juice)

1 medium cucumber, grated

½ green bell pepper, very finely chopped

1 tablespoon red wine vinegar or lemon juice

1 tablespoon Bragg Liquid Aminos, or ¼ teaspoon sea salt

2 tablespoons freshly chopped basil, or 1 teaspoon dried

1 Core the tomatoes and run them through a juicer. Transfer both the juice

and the pulp to a bowl.*

2 Run the garlic through the juicer (it is not necessary to peel the cloves), then juice the carrots. Add the carrot-garlic juice to the bowl. Discard the carrot pulp or reserve it for another use.

3 Add the remaining ingredients to the bowl. Mix well and serve cold.

* It is important to juice the tomatoes before juicing the carrots because you don't want the tomato pulp, which you will be using, to be mixed with the carrot pulp, which will be discarded.

Don't Get Stuck in a Sliced Bread Rut

Bread is the foundation of any sandwich, and because it comes in such a wonderfully wide variety of tastes, shapes, and textures, you never have to use the same type for sandwiches two days in a row. Never opt for uninspired slices of processed commercial white bread or faux whole grain bread when nutritionally superior whole grain loaves are readily available.

Choose from hearty ryes, tangy sourdoughs, crusty French baguettes, multi-grain loaves, and sprouted breads, as well as flat-breads like pitas,

chapattis, lavosh, and tortillas. There are also English muffins, bagels, rolls, and much more.

Although you can purchase these breads in most health foods stores, whole foods markets, and many grocery stores, don't forget about making your own! Homemade bread has a special freshness, especially if the flour is freshly ground, too. With a bread machine and flour mill you can have fresh, nutritious bread without taking more than a few minutes of your time ... and it is so good. (See [Chapter 8](#) for a variety of homemade bread recipes.)



SANDWICHES

I love sandwiches! I find them perfect for flexing my creative culinary muscles. With just a little imagination, it is possible to make a different kind of sandwich almost every day. With such an interesting variety of whole grain breads, fillings, and garnishes from which to choose, any brown bag lunch can easily become a gourmet experience.

I do, however, have one warning for you: Don't be surprised if people start asking for samples and recipes, because unless you eat in total isolation, this will surely happen!

What follows next are some general tips for creating sandwiches, as well as some suggested fillings and garnish ideas.

AVOCADOS RULE!

Ripe avocado gives sandwiches a creamy richness that rivals that of mayonnaise or butter. As an added bonus, it is a healthy choice, so you can really lay it on for a very satisfying sandwich experience. With a perfectly ripe luscious avocado and some fresh whole grain bread, you don't need a whole lot more to make a great sandwich.

Avocado Delight

Add some finely minced parsley, a little lemon juice, and a pressed clove of garlic to some mashed avocado and mix well. Stuff the mixture in a whole grain pita along with a thin slice of vegan cheese, some arugula or lettuce, and a slice of tomato.

Avocado Seitan Reuben

Place two slices of whole grain rye bread in a toaster oven and toast one side. Turn the bread over. Place a slice of vegan cheese on one slice. Spread some mustard on the other slice and top with thin slices of seitan. Return both slices to the toaster oven and broil until the cheese is melted. Top the seitan with a generous layer of mashed avocado and some sauerkraut. Place the bread with the melted cheese on top of the other slice for a delicious sandwich.

Avocado DLT (dulse, lettuce, and tomato)

Heat a tablespoon of olive oil in a skillet over medium heat. Add a few pieces of dulse and fry until crisp. (This takes only a few seconds, so be careful not to burn.) Spread mustard on a slice of toasted whole grain bread and top with mashed avocado, dulse, sliced tomato, and lettuce. Top with another slice of toasted bread.

Avocado TLT (tempeh bacon, lettuce, and tomato)

Heat a tablespoon of olive oil in a skillet over medium heat. Add some tempeh bacon and cook until brown. Spread some mashed avocado on a slice of toasted whole grain bread. Top with the bacon, sliced tomato, and lettuce. Cover with another slice of toasted bread.

VEGAN CHEESE, PLEASE

Vegan cheeses come in different textures—firm, soft and spreadable, grated, and sliced. They also come in a variety of flavors like cheddar, mozzarella, and Parmesan, and are good sandwich additions. Vegan cheese is, however, a processed food, so I don't recommend it as an everyday staple. That said, it does satisfy the occasional cheese craving that some vegans experience, and a little bit goes a long way. Almond and oat cheeses are other options. Just be sure to read all labels carefully to make sure the product does not contain nonorganic soy, casein, calcium caseinate, whey, rennet

or any other animal product.

Croque Monsieur

Place a thick slice of whole grain bread in a toaster oven or under a broiler and lightly toast one side. Turn the bread over and top with sliced tomato, thin strips of bell or poblano peppers, sliced mushrooms, sliced onions, and a handful of sprouts. Cover with a thin slice of vegan cheese and broil until hot and bubbly.

Croque Sante

Place a thick slice of whole grain bread in a toaster oven or under a broiler and lightly toast one side. Turn the bread over and top with a slice of vegan cheese. Sprinkle with pumpkin seeds, sunflower seeds, and chopped scallions. Broil until hot and bubbly. Garnish with sprouts before serving.

Minute Pizza

Lightly toast an English muffin, a pita round, or a slice of whole grain bread. Spread tomato sauce on top, then add sliced mushrooms, thinly sliced bell peppers, and chopped onions. Top with grated vegan mozzarella, sprinkle with vegan Parmesan, and broil until hot and bubbly.

Cheese Whiz Pita

Generously spread some Faux Cheez Whiz ([page 91](#)) in a whole wheat pita pocket. Add slices of red bell pepper and your choice of salad greens.

SEITAN SUBTERFUGE

Seitan, which has the taste and texture of meat and comes in variety of flavors, makes a great sandwich filling. It's available ready-to-eat in health foods stores and whole foods markets. It is also fairly easy to make at home (see recipe on [page 246](#)).

Speedy Seitan Sandwich

Spread your favorite bread with mustard, add a few avocado slices and some thinly sliced seitan. Top with lettuce and another slice of bread.

Seitan Hot Shot

A traditional dish called a Hot Shot Platter is still served in diners throughout the Southeast and Midwest. Basically, it's a slice of white bread piled high with some sort of meat and served with mashed potatoes. The entire dish is covered with gravy.

For a healthy vegan version of this American retro classic, heat some olive oil in a skillet over medium heat. Add thin slices of seitan and fry until hot and starting to crisp around the edges. Place the hot seitan on a thick slice of whole grain bread. Add a scoop of mashed potatoes next to this open-faced

sandwich. Make a well in the middle of the potatoes and pour lots of gravy over everything. Play an Elvis CD.

VEGGIE DELIGHTS

Just about any vegetable—raw or cooked—can make a great sandwich addition or filling.

Summer Sandwich

Mix a generous amount of Umeboshi Cream ([page 92](#)) with some chopped cucumbers and scallions. Stuff the mixture into a whole wheat pita pocket. Garnish with arugula and lettuce.

Veggie Burger

A heated veggie burger on a toasted English muffin is a great sandwich choice. Season with a little spicy mustard and a handful of sprouts. When buying veggie burgers, read product labels carefully. Be aware that most contain hydrolyzed vegetable or soy protein, which contains MSG. Many others contain non -organic soy, which is often genetically engineered.

Veggie Loaf Sandwich

Leftover meatless loaves are great in cold sandwiches. Try a thick slice of Lentil-Carrot Loaf ([page 255](#)) on multi-grain bread. Spread with mustard and garnish with tomato slices and lettuce.

SPREAD THAT BREAD!

Any of the spreads and pâtés found in [Chapter 7](#) make great sandwich additions as well as main fillings. Enjoy them with your favorite breads along with some tasty garnishes. Here are a couple ideas:

Health Nut Pita

Stuff a whole wheat pita with the Tahini-Carrot Spread ([page 90](#)), and add a generous helping of lettuce or sprouts. Or spread the filling on slices of whole grain toast, top with sprouts, and enjoy as an open-faced sandwich.

Faux Foie-Gras Baguette

Slice open a baguette and cover with a thick smear of Olive and Almond Pâté ([page 98](#)). Serve open-faced topped with Bibb lettuce leaves.

THERE IS NO FU LIKE A TOFU

There are lots of prebaked and seasoned tofu varieties on the market. Most taste pretty good and all make great sandwiches. In a pinch, you can simply slice the tofu and place it between some bread with mustard, salad greens, sprouts, and tomato. You can also heat it in a skillet or toaster oven.

Hot Tofu-Tahini Sandwich

Place a ½-inch-thick slice of tofu in a toaster oven and broil both sides until browned. Toast two slices of whole grain bread. Generously spread tahini on one slice, and spread miso lightly on the other. Put the broiled tofu on top of the tahini and cover with a slice of tomato and a handful of spouts. Cover with the other piece of toast and enjoy.

Gingery Tofu Sandwich

Thick slices of Gingered Tofu ([page 266](#)) make a wonderful sandwich filling. Enjoy it topped with kimchee (pickled cabbage) and lettuce between slices of your favorite bread.

BEANS TO THE RESCUE!

Leftover cooked beans (even canned varieties) of any kind can be mashed with a bit of olive oil, minced parsley, tamari or miso, and finely chopped raw veggies to make a sandwich spread. Here are some other ideas:

Hot Bean Sandwich

A ladle full of well-cooked seasoned beans, such as pinto, black-eyed peas, or lima beans is delicious over a thick slice of whole grain bread or cornbread. Top this open-faced sandwich topped with minced parsley and chopped scallions.

Tex-Mex Supreme

Lightly brush a corn tortilla with oil and crisp under the broiler for a minute. Spread with a generous layer of Hummus ([page 92](#)) and top with minced fresh tomatoes and sweet onions, some raw corn kernels, and cilantro leaves.

Garlicky White Bean Sandwich

Top toasted slices of whole wheat baguette with White Bean & Roasted Garlic Purée ([page 99](#)). Garnish with roasted red peppers and a handful of young pea shoots or sunflower sprouts.

Create a Wrap

Launched during the early nineties, the sandwich wrap—basically a spin-off of the burrito—was all the rage. Although their popularity has calmed down somewhat, wraps are definitely here to stay. Not only are they fast and fun to make, they are also easy to handle. You can prepare one in the morning, cover it tightly with waxed paper, then refrigerate and enjoy later. Simply peel away a little wrapping from one end and continue to peel away the wrapping as you work your way down.

Although whole wheat tortillas make fine wrappers, so do other whole

grain flat breads like pitas, chapattis, and lavosh. What's most important when it comes to the bread (apart from choosing a nutritious whole grain variety) is that it is fresh. If it isn't, there's a good chance that it will crack during the rolling. Also be aware that although these "wrap" breads are available in grocery stores, most are made with refined flour and many are high in fat, including saturated fat. This is something to be especially aware of when buying premade wrap sandwiches at the grocery store or local deli. The wrappers used for the sandwiches are often made with lard because they are less expensive than those made with unsaturated fat.

One of the reasons wraps are so popular is because you can fill them with just about anything ... the sky's the limit! Any of the sandwich filling suggestions listed earlier in this chapter can be used in wraps, as can the spreads in [Chapter 7](#). No doubt you will have plenty of creative ideas of your own. Here are a few filling combinations to help get you started:

²/₃ Belgian endive, radicchio, toasted pine nuts, chopped fresh basil, diced tomatoes, and Umeboshi Cream ([page 92](#)).

²/₃ Black beans, grated vegan cheddar, chopped cilantro, diced onions, and

salsa.

$\frac{2}{3}$ Grilled eggplant slices, roasted red pepper strips, Hummus ([page 92](#)), and minced fresh parsley.

$\frac{2}{3}$ Cooked seitan strips, shredded romaine lettuce, thin slices sweet onion, and Soyannaise ([page 182](#)).

$\frac{2}{3}$ Scrambled tofu and diced tomatoes. (Best when eaten warm.)

$\frac{2}{3}$ Shredded red cabbage, grated carrots, chopped tomato, diced red onion, chopped bell, and Faux Cheez Whiz ([page 91](#)).

$\frac{2}{3}$ Cannellini beans mashed with a little

Favorite Flax Oil Dressing ([page 148](#)), chopped bell pepper and onion, minced garlic, oregano, and arugula.

²/₃ Marinated sun-dried tomatoes, baked or fried tofu slices, and mixed sprouts or micro greens.

²/₃ Vegetable Pâté ([page 96](#)), Dijon mustard, and crisp watercress.

Putting It Together

Before “wrapping it up,” here are a few simple tips to keep in mind:

²/₃ Top with filling, but leave a half-inch border around the edge—or the filling will seep out.

²/₃ Don't overfill. The wrap won't roll up properly.

²/₃ If using rectangular bread, start rolling up one of the long ends. If using round bread, start anywhere.

²/₃ Roll up the bread with firm pressure,

but not too firm or the filling will ooze out.

²/₃ Roll up the wrap in waxed paper and twist the ends to seal. If serving immediately, cut the wrap in half with a serrated knife. Peel back the waxed paper to eat. If serving later, refrigerate.

“WRAPPING” METHODS



1. Fold the sides of the bread over the filling.

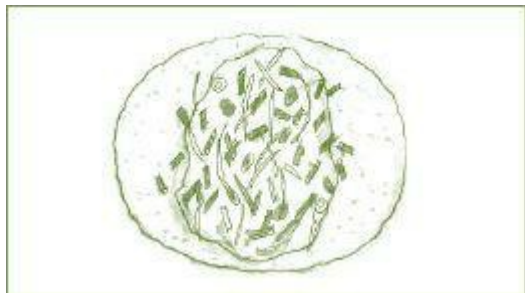


2. Roll the bread from the bottom up.

Method One: Fold the right and left sides of the bread over the filling. Starting at the bottom, roll up the bread into a neat package that is sealed at both ends.



1. Fold one side of the bread over the filling.

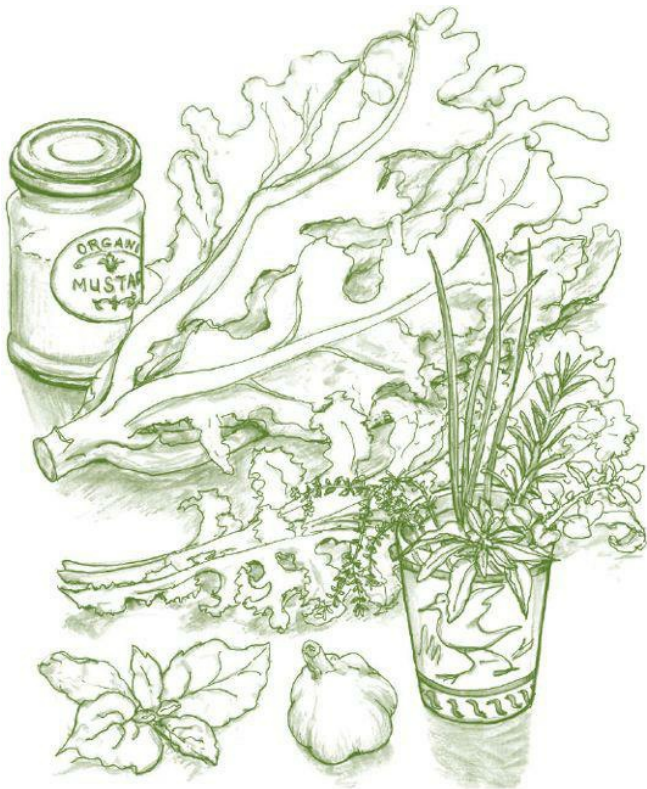


2. Roll the bread from the bottom up.

Method Two: Fold one side of the bread over the filling before rolling it up. The wrap will be sealed at one end and open at the other.



1. No folding necessary.



2. Simply roll up the bread.

Method Three: No folding necessary. Simply roll up the bread over the filling. Because both ends of the wrap will be open, a fairly tight roll is suggested to keep the filling from falling out.

10. Salads and Dressings

The salad is so versatile. You can enjoy it as a meal's first course, as a side dish, or as a substantial entrée. It can range from a simple mix of fresh greens tossed with a splash of dressing to an elaborate presentation of both cooked and raw ingredients, grains, and beans. Today's incredible selection of lettuce varieties and other salad greens, with their wide spectrum of colors, flavors, and textures, can elevate even

the simplest of salads to impressive culinary heights.

Kicking off this chapter are some helpful salad- making basics, including guidelines for simple green salads as well as complete-meal creations. Green salads are so healthful and easy to make, I try to include them with most lunches and dinners. There are times, however, when I want my salad to be the meal itself. For those of you who are like me, I have offered an extensive list of recommended ingredient choices that are guaranteed to transform any simple green salad into a well-balanced, satisfying meal.

Of course, there are lots of salads that veer from the fresh green varieties,

and you'll find a number of them in this chapter. (They are among my all-time favorites.) There is an exotic Arame-Rice Salad that never fails to garner compliments, a flavorful classic Tabouli made with bulgur wheat, and a hearty Tempeh Salad that can double as a sandwich filling. Crisp apples, raisins, walnuts, and chopped fennel make the Fennel Waldorf a memorable choice, while the Florida Salad pairs refreshing citrus fruit with chunks of creamy avocado. Looking for a simple recipe with striking visual beauty? Look no further than the Red Gem Salad—a fiery red blend of beets, red onion, radicchio, red Bibb lettuce, and pomegranate seeds, topped with a generous dollop of

creamy Avocado-Yogurt Dressing. And speaking of dressings, there is nothing better than a fresh dressing that you make yourself with wholesome, ingredients.

All of the dressings in this chapter—from tangy vinaigrettes to rich, creamy blends—are delicious and easy to make. Above all, you can enjoy them with the pleasure of knowing that their zest and flavor comes from your own creative combination of nutritious ingredients and that they are as fresh and healthy as the vegetables on which you serve them.

Rounding out the chapter is a section on Sprouting with easy-to-follow instructions for growing your own sprouts and microgreens. You will be amazed at how quickly these nutrient-

rich greens grow and the minimal amount of effort it takes to cultivate them.

Fresh and versatile, salads are true adventures in creativity. Whether served as an appetizer, a light side dish, or a substantial main course, salads add a welcome dimension to any meal.

When Making Green Salads



Clean-tasting, crisp, and rich in enzymes, a fresh green salad is always appreciated. When choosing greens—whether for a complete-meal salad or a simple side dish—remember that lettuce varieties and other salad greens range in flavor from very mild to strong and even bitter. Unless you really like strong-flavored greens, it is best not to use them exclusively in a salad. Most people enjoy them best when they are mixed with mild varieties. Just don't exclude them completely, as they are highly nutritious and delicious. Always be

generous with your portions of raw greens. One cup of lettuce contains just eight to ten calories, so eat all you want!

Before you get started, keep the following helpful guidelines in mind:

²/₃ Wash greens thoroughly in cool water. Place them in a bowl or the sink, fill with water, then swish them around. Remove the greens, drain the water, and repeat. Three washing like this should clean even the grittiest of greens.

²/₃ After rinsing greens, try to dry them as well as possible so they stay crisp. I find that a salad spinner is wonderful gadget

for this; however, if you don't have one, you can make your own. Place the freshly washed greens in a clean dishtowel, gather the corners in one hand, then go outside and swing it around like a lasso. Have fun watching the water fly!

²/₃ To help remove possible pathogens from raw greens, soak them in a vinegar-water solution for about ten minutes. Use two tablespoons white vinegar for every gallon of water. Don't soak raw greens too long or add too much vinegar—it will cause them to wilt.

²/₃ It is best to wash lettuce right before using it. But if you want to wash it ahead

of time, just be sure to dry it very well and keep it in a tightly closed plastic bag in the refrigerator.

²/₃ When tearing greens for a salad, be sure to do so with a light hand. Don't twist handfuls as if you're strangling a chicken! This will bruise the leaves—and is one of my pet peeves.

²/₃ When cutting or tearing greens for salads, do not make the pieces too small. Larger pieces stay fresher longer and are visually more appealing.

²/₃ To avoid a limp salad, add the dressing right before serving. Also toss the salad lightly—overmixing will encourage the greens to wilt.

²/₃ I recommend using vinaigrettes for salads that are tossed, and drizzling thick creamy dressings over individual servings.

²/₃ If you have made more green salad than you can use, serve the dressing on the side. Refrigerate the leftovers in a plastic bag (remove as much air as possible before sealing).

²/₃ Lettuce and spinach are on the Environmental Working Group's "Dirty Dozen" list for produce containing the highest levels of pesticide residue. So even if you can't buy all organic foods, make a special effort to get organic

lettuce and spinach.

SALAD DRESSINGS

All of the following salad dressings are quick and easy to make. I use flaxseed oil in many of these recipes because it has so many nutritional benefits (and most people like it). If, however, you do not wish to use flaxseed oil, you can use fresh nut oils like walnut or hazelnut with similar results. Be aware, however, that these oils become rancid very quickly and may not be fresh when they are purchased. You can also use olive oil or unrefined sesame oil with equally good results, just be aware that the taste of the dressing will be different.

Lemon-Shoyu Dressing

This dressing is an old favorite and very versatile. Serve it on green salads, marinated vegetable salads, and over cooked vegetables. It is especially good as a dipping for artichokes. I even use it to marinate cooked beans.



**YIELD: About
cup**

1/4 cup lemon juice

1/4 cup olive oil or flaxseed oil

1–2 tablespoons shoyu or tamari

1 or more cloves garlic, pressed

*1 heaping tablespoon Dijon mustard
(optional)*

1 teaspoon tarragon

1 Place all the ingredients in a small glass jar. Cover tightly and shake well.

2 Use immediately or refrigerate up to two weeks.

Tahini-Umeboshi Dressing

This simple low-fat dressing is a great choice for green salads.

YIELD: About $\frac{3}{4}$ cup

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

*3–4 pitted umeboshi plums, or 3
teaspoons umeboshi paste*

$\frac{1}{4}$ cup tahini

1 Place all the ingredients in a blender and blend until smooth and creamy. (If it is too thick, add a little water.)

2 Use immediately or refrigerate in a covered container up to three or four days.

For a Change ...

$\frac{2}{3}$ For a milder taste, add another tablespoon or so of tahini and water.

$\frac{2}{3}$ For added zip, add a clove of garlic or a little more umeboshi.

Favorite Flax Oil Dressing

I use this dressing more than any other. It's also a big hit with my students. Great tossed with salad greens, it is also perfect over raw or cooked vegetables and simple bean or grain dishes.

YIELD: About 1 cup

½ cup flaxseed oil

¼ cup balsamic vinegar

¼ cup tamari

Optional Additions

1 teaspoon tarragon

1 heaping tablespoon Dijon mustard

1 or more cloves garlic, pressed

2 tablespoons roasted garlic ([page 95](#))

1 Place the flaxseed oil, vinegar, and tamari in a small jar along with any, all, or none of the optional additions. Cover the jar and shake well.

2 Serve immediately or refrigerate up to two weeks.

For a Change ...

$\frac{2}{3}$ Substitute olive oil for the flaxseed oil.

$\frac{2}{3}$ Use raspberry vinegar, red wine vinegar, or lemon juice instead of balsamic vinegar.



Avocado-Yogurt Dressing

This dressing has a beautiful green color and rich creamy texture. I often use it on one of my favorite but simple complete-meal salads—a bed of greens topped with red kidney or black beans and garnished with chopped or sliced tomatoes. Delicious!

YIELD: About 1½ cups

1 cup mashed avocado

2 tablespoons lemon juice

½ cup plain unsweetened soy yogurt

1 scallion, sliced

¼ teaspoon sea salt, or to taste

1 Place all the ingredients in a blender and blend until smooth and creamy.

2 Use this dressing shortly after it is made, because the avocado tends to discolor quickly. (Although the lemon juice will help the dressing retain its color, a pinch of ascorbic acid powder will help even more.)

For a Change ...

²/₃ For added flavor, include some minced onion, garlic, chives, or parsley.

Roasted Garlic and Bell Pepper Dressing

Although you can use roasted peppers from a jar for this dressing, it tastes better with freshly roasted peppers.

YIELD: About 1¼ cups

1 roasted bell pepper ([page 184](#))

½ cup olive oil

2 tablespoons balsamic vinegar

*1 tablespoon mashed roasted garlic
([page 95](#)), or 1 clove fresh
1 tablespoon chopped fresh basil, or
1 teaspoon dried
½ teaspoon sea salt*

1 Slice the pepper, remove the seeds, and place in a blender with all the remaining ingredients. Blend until smooth.

2 Use immediately or refrigerate in a covered container up to a week.



Sesame Oil Dressing

Light, simple, and very flavorful, this dressing is great over thinly sliced cucumbers and radishes as well as green salads. Whenever I use it, I usually sprinkle a tablespoon or two of toasted sesame seeds—both black and white—over the salad.



**YIELD: About
cup**

1/4 cup sesame oil, or to taste

1/4 cup rice vinegar

1/2—1 teaspoon toasted sesame oil

2 tablespoons tamari

1 clove garlic, pressed (optional)

1 tablespoon ginger juice

1 Place all the ingredients in a small glass jar. Cover tightly and shake well.

2 Use immediately or refrigerate up to two weeks.

Pine Nut Dressing

Although you can blend this dressing until it's completely smooth, I like it best with a little nutty crunch.

YIELD: About $\frac{3}{4}$ cups

$\frac{1}{2}$ cup olive oil

$\frac{1}{2}$ cup pine nuts

1 clove garlic

Juice of 1 lemon

1 tablespoon Dijon mustard

¼ teaspoon sea salt

1 Place all the ingredients in a blender and blend until to the desired consistency.

2 Use immediately or refrigerate in a covered container up to two weeks.

Hazelnut Vinaigrette

Hazelnuts lend unique flavor and crunchy texture to this delicious dressing.

YIELD: About 1½ cups

¼ cup olive oil

3 tablespoons cider vinegar

2 tablespoons rice malt

½ teaspoon sea salt, or to taste

Freshly ground black pepper to taste

*1 cup toasted, coarsely ground
hazelnuts*

1 Place all the ingredients except the hazelnuts in a small bowl and mix well. Add the hazelnuts.

2 Use immediately or refrigerate in a covered container up to two weeks.

Roasted Garlic Vinaigrette

Roasted garlic makes almost anything better, including this salad dressing, which is also great over steamed or baked vegetables.

YIELD: About 1 cup

*½ cup flaxseed oil or olive oil
¼ cup balsamic vinegar*

2 tablespoons roasted garlic ([page 150](#))

2 tablespoons tamari

1 Place all the ingredients in a blender and blend until smooth and creamy.

2 Use immediately or refrigerate in a covered container up to two weeks.

Mango Dressing

I usually drizzle this mango-sweetened dressing over (rather than toss it with) salad greens.

YIELD: About 1¼ cups

1 cup diced ripe mango

¼ cup flaxseed oil

¼ cup red wine vinegar

¼ teaspoon sea salt

1 Place all the ingredients in a blender and blend until smooth and creamy.

2 Use immediately or refrigerate in a covered container up to four days.

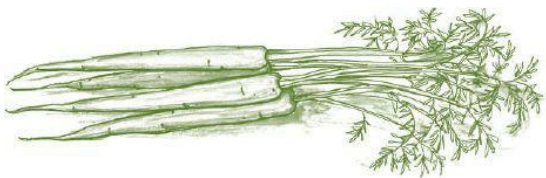
Creamy Hemp Seed Dressing

Rich in protein and omega 3s, this dressing is also great over steamed veggies like broccoli or carrots.

YIELD:

About

1



cups

1 cup olive oil

½ cup hemp seeds

2 tablespoons lime juice

2 tablespoons cider vinegar

2 tablespoons light miso

1 clove garlic (optional)

1 Place all the ingredients in a blender and blend until very smooth and creamy.

2 Use immediately or refrigerate in a covered container up to two weeks.

Savory Lemon Dressing

This delicious salad dressing is inspired by one I had at the Vegetarian Soul Food restaurant in Atlanta. It is low-fat and extra rich in B vitamins.

YIELD: About 1 cup

1/4 cup olive oil or flaxseed oil

1/4 cup water

¾ cup nutritional yeast flakes
2 tablespoons Bragg Liquid Aminos,
or sea salt to taste
2 tablespoons lemon juice or apple
cider vinegar
1 clove garlic, pressed

1 Place all the ingredients in a blender and blend until smooth.

2 Use immediately or refrigerate in a covered container up to a week.



Misa-Mustard Dressing

This is another of my all-time favorite salad dressings.

YIELD: About $\frac{3}{4}$ cup

2 tablespoons white miso

2 tablespoons Dijon mustard

$\frac{1}{4}$ cup lemon juice

$\frac{1}{4}$ cup olive oil

1 clove garlic, pressed

1 Place the miso and mustard in a small bowl and mix well. Add the remaining ingredients and beat with a fork until well blended.

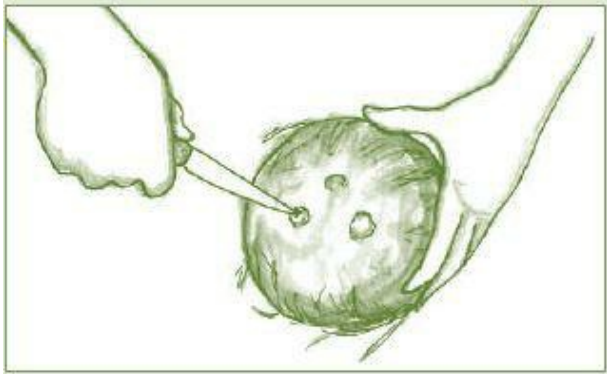
2 Use immediately or refrigerate in a covered container up to a week.

Sun-Dried Tomato Dressing

This especially flavorful dressing is delicious over green salads as well as cooked greens like collards or kale.

YIELD: About 1½ cups

1 cup olive oil



cup sun-dried tomatoes
¼ cup balsamic vinegar
1 to 2 cloves garlic
1 teaspoon dried basil
Sea salt, if needed

1 Place all the ingredients in a blender and blend for 2 to 3 minutes or until smooth.

2 Use immediately or refrigerate in a covered container up to two weeks.

Creating a Complete Meal Salad

Some of my favorite meals are what I call “complete meal salads,” which typically include a variety of cooked and/or raw ingredients served on a bed of fresh greens. Especially when the weather is warm, I often find this kind of salad more appealing than a hot meal. To be nutritionally complete and gratifying, this type of dish must be well-balanced. If it consists solely of raw or cooked vegetables or fruit, it won't be very satisfying. If, however, you add some nuts, beans, or a soy food like tofu or tempeh, and serve it with some whole

grain bread, a simple salad will become much more nutritious. Starches, such as cooked potatoes or grains, can also help to turn a light salad into a balanced meal.

What follows is a step-by-step guide to making a nutritious and wholesome complete meal salad. The only thing needed to transform it into a culinary masterpiece is your own taste and imagination. Think of yourself as a painter. Your palette is composed of brilliantly colored vegetables and a wide range of beans, grains, herbs, and garnishes, while your plate serves as your canvas. Your objective is to produce a harmonious design of tone, taste, and texture.

If you use truly fresh organic ingredients, your homemade creations will be better than anything you get in a restaurant, and if you buy what is in season locally, you will have a selection of produce that goes together naturally.

1. START WITH A BED OF GREENS

On your plate, create a bed of greens from the vast selection available. Make sure the greens are washed, dried, and torn into bite-size pieces. Remember that unless you are a fan of bitter greens, it is best to mix them with milder types.

Mild-flavored greens

Belgian endive

Boston (Bibb) lettuce

Buttercrunch lettuce

Green leaf lettuce

Iceberg lettuce

Mache

Oak leaf lettuce

Red leaf lettuce

Romaine lettuce

Spinach

Sunflower and other micro greens

Strong or bitter greens

Arugula

Borage leaves

Curly endive

Dandelion leaves

Escarole

Mustard greens

Radicchio

Salad burnet

Sorrel

Turnip greens, baby

Watercress

ABOUT CURLY ENDIVE

I love green salads with curly endive, sometimes called *frisee*. For years, however, I did not appreciate this green because it is so tough and bitter. Then I discovered that if I chop it very finely before adding it to the other salad ingredients, it's really delicious. When prepared this way, I'm amazed at how much of it I can eat.

2. ADD SOME FRUIT OR VEGETABLES

Choose a colorful variety of fruit or raw and/or cooked vegetables—depending on what is in season and what you like best—and arrange them on the bed of greens. Listed below are some suggestions:

Fruits

$\frac{2}{3}$ Apples (sliced).

$\frac{2}{3}$ Berries, any variety.

$\frac{2}{3}$ Oranges (sliced or sectioned).

$\frac{2}{3}$ Papaya, green (finely grated); or ripe (cubed).

$\frac{2}{3}$ Peaches (sliced).

$\frac{2}{3}$ Pears (sliced).

$\frac{2}{3}$ Pomegranate seeds.

Vegetables

$\frac{2}{3}$ Artichoke hearts or bottoms, canned (whole, halved).

$\frac{2}{3}$ Asparagus spears (whole, pieces, or tips)—lightly steamed or broiled.

$\frac{2}{3}$ Avocado (diced, sliced, mashed).

$\frac{2}{3}$ Beets (grated, sliced, diced)—raw, steamed, or baked.

$\frac{2}{3}$ Bok choy (sliced).

$\frac{2}{3}$ Broccoli flowerets—raw or lightly

steamed.

$\frac{2}{3}$ Cabbage, red or green (chopped, or shredded).

$\frac{2}{3}$ Carrots (diced, sliced, grated, julienned, matchsticks, curls)—raw or steamed.

$\frac{2}{3}$ Cauliflower flowerets—raw or lightly steamed.

$\frac{2}{3}$ Celery (sliced).

$\frac{2}{3}$ Celery root (grated).

$\frac{2}{3}$ Corn kernels—raw or lightly steamed.

$\frac{2}{3}$ Cucumbers (diced, thinly sliced,

grated).

$\frac{2}{3}$ Dulse (soaked).

$\frac{2}{3}$ Eggplant (diced, thinly sliced)—grilled or broiled.

$\frac{2}{3}$ Fennel bulbs (thinly sliced).

$\frac{2}{3}$ Green beans (whole, cut into pieces)—raw or lightly steamed.

$\frac{2}{3}$ Hearts of palm, canned (whole, cut into pieces).

$\frac{2}{3}$ Jerusalem artichokes or sunchokes (thinly sliced, grated).

$\frac{2}{3}$ Jicama (thinly sliced, grated,

julienned).

$\frac{2}{3}$ Peppers, bell (diced, sliced)—raw or steamed.

$\frac{2}{3}$ Potatoes (sliced or diced).

$\frac{2}{3}$ Radishes, red, white, black, or daikon (whole, sliced, grated).

$\frac{2}{3}$ Sauerkraut or kimchee.

$\frac{2}{3}$ Snow peas (whole, diagonally cut)—raw or lightly steamed.

$\frac{2}{3}$ Sugar snap peas (whole, diagonally cut)—raw or lightly steamed.

$\frac{2}{3}$ Tomatoes, beefsteak (diced, sliced,

wedged).

$\frac{2}{3}$ Tomatoes, cherry or grape (whole, halved).

$\frac{2}{3}$ Yellow squash (sliced)—raw, grilled, or lightly steamed.

$\frac{2}{3}$ Zucchini (sliced, shredded)—raw, grilled, or lightly steamed.

3. MAKE IT SATISFYING

For added nutrition and to help keep you feeling full and satisfied, include a source of protein and/or a starch to your salad. Here are some suggested additions:

$\frac{2}{3}$ Brown rice.

$\frac{2}{3}$ Beans/legumes.

$\frac{2}{3}$ Hummus ([page 92](#)) or other bean dips or spreads.

$\frac{2}{3}$ Raw or toasted nuts and seeds.

$\frac{2}{3}$ Nut spreads.

$\frac{2}{3}$ Pan-fried seitan strips or cubes.

$\frac{2}{3}$ Crunchy Tempeh Topping ([page 272](#)).

$\frac{2}{3}$ Fresh, baked, or pan-fried tofu cubes or slices.

$\frac{2}{3}$ Umeboshi Cream ([page 92](#)) dressing.

$\frac{2}{3}$ Whole grain pasta with vinaigrette.

And you don't necessarily have to add grains or a starch directly to the salad. You can simply serve the salad with some whole grain bread—plain or

topped with nut butter.

4. ADD A GARNISH (OR TWO)

Now your beautiful salad is ready for a finishing touch! The following garnishes are good choices—choose one or more:

 Croutons.

 Edible organic flowers (borage, chrysanthemum, nasturtium, squash blossoms, violets).

 Fresh herbs.

$\frac{2}{3}$ Microgreens (see [page 168](#)).

$\frac{2}{3}$ Toasted nori.

$\frac{2}{3}$ Raw or toasted nuts.

$\frac{2}{3}$ Olives.

$\frac{2}{3}$ Onion rings.

$\frac{2}{3}$ Pickles.

$\frac{2}{3}$ Chopped scallions.

$\frac{2}{3}$ Raw or toasted seeds.

$\frac{2}{3}$ Sprouts (see [page 164](#)).

5. FINISH WITH A DRESSING

As a final step, it's time to crown the salad with your choice of dressing, which can be as plain or as complex as you desire. Whether it's a bold and flavorful vinaigrette, a rich and creamy ingredient blend, or a simple splash of wine vinegar and a drizzle of olive oil, your dressing choices are practically limitless. (Be sure to try the ones in this chapter, beginning on [page 147](#).) Once your salad is dressed, take a moment to admire the object

of beauty you just created—
because it won't be around for
long! For added enjoyment, serve
your delicious salad with some
fresh whole grain bread.

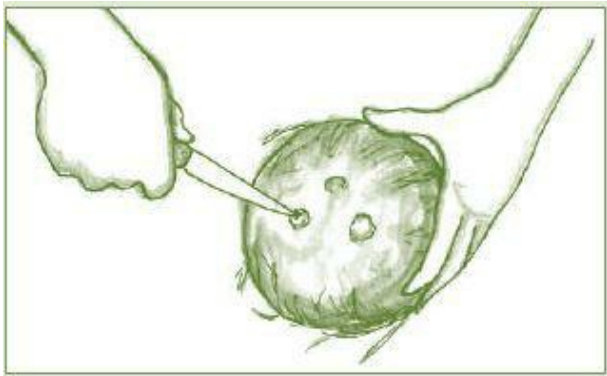
Lemony New Potatoes with Chives

This dish is delicious warm, cold, or at room temperature. I often serve it with steamed green beans or as an accompaniment to tofu or tempeh dishes.

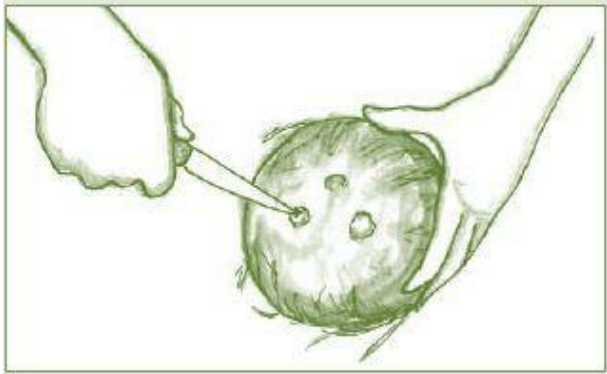
YIELD: 4 servings

1½ pounds new potatoes or

fingerlings, cut into 1-inch pieces
1½ tablespoons lemon juice
2 teaspoons finely grated lemon peel



cup finely minced parsley



cup chopped chives

2 tablespoons olive oil

¼ teaspoon sea salt, or to taste

Freshly ground black pepper to taste

1 Place the potatoes on a steamer basket that is set in a pot over an inch or so of water. Bring the water to a boil, cover the pot, and steam for 20 minutes

or until the potatoes are tender.

2 Transfer the potatoes to a bowl. Add all of the remaining ingredients and mix well.

3 Serve immediately or refrigerate and serve chilled.

Maritime Salad

Potatoes and the sea vegetable dulse combine beautifully in this mineral-rich salad.

YIELD: 4 to 6 servings

5 cups diced potatoes

1 cup finely chopped onion

1½ cups chopped watercress

½ cup rinsed, chopped dulse

Dressing

¼ cup olive oil

3 tablespoons lemon juice

1 tablespoon Dijon mustard

2–4 cloves garlic, pressed

Sea salt to taste

1 Place the potatoes in a large pot and add about 1½ inches of water. Cover the pot, bring to a boil, then reduce the heat to medium-low. Cook the potatoes, stirring occasionally, about 10 minutes or until tender.

2 Drain the potatoes and transfer to a

bowl. Add the onion and mix.

3 Place the dressing ingredients in a small bowl, stir well, and pour over the potato-onion mixture. Mix well and refrigerate for an hour or so until well chilled.

4 Add the watercress and dulse to the chilled salad and mix well. Garnish with watercress sprigs before serving.

Tuscan Spelt Salad

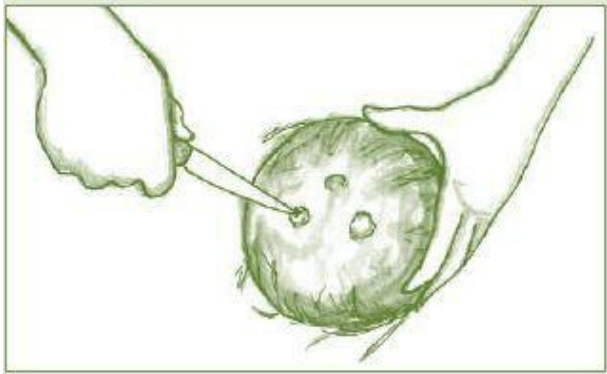
This hearty salad is perfect for potluck dinners (to make sure there is something satisfying on hand).

YIELD: 4 to 6 servings

1 cup whole spelt berries, soaked 6 to 8 hours

2 cups water

8 ounces green beans, cut into 1/2-inch pieces



cup thinly sliced red onion

½ cup pine nuts

2 tablespoons olive oil

1½ tablespoons balsamic vinegar

¼ teaspoon sea salt, or to taste

Freshly ground black pepper to taste

1 Drain and rinse the soaked spelt berries and place in a medium pan with

2 cups water. Place over medium-high heat, cover, and bring to a boil. Reduce the heat to low and simmer 45 minutes or until the spelt is tender but chewy and the water is absorbed.

2 While the spelt is cooking, steam the green beans until just tender. Set aside to cool.

3 Transfer the cooked spelt to a large bowl along with the green beans. Add all the remaining ingredients and mix well. Serve warm, at room temperature, or chilled.

For a Change ...

²/₃ For complete meal, add a 10-ounce package of baked, seasoned tofu that has been cut into cubes and browned in a little olive oil. Serve over fresh greens.

Black Bean, Corn & Tomato Salad

This colorful salad is a meal all by itself. Enjoy it as is or served over a bed of baby greens. For an added spark of flavor, spoon a little spicy salsa on top.

YIELD: 4 servings

4 cups fresh corn kernels

2 cups cooked black beans

2 medium tomatoes, diced

*$\frac{3}{4}$ cup chopped scallions, including
green tops*

1 teaspoon dried basil

$\frac{1}{2}$ teaspoon ground cumin

*$\frac{1}{2}$ teaspoon white pepper, or pinch
cayenne*

*Favorite Flax Oil Dressing ([page
148](#)) to taste*

1 avocado, sliced

1 Place the corn on a steamer basket that is set in a pot over an inch or so of water. Bring the water to a boil, cover the pot, and steam for 2 to 3 minutes. Transfer the corn to a large bowl and let

cool.

2 Add the beans, tomatoes, scallions, basil, cumin, pepper, and dressing to the cooled corn and mix well. Garnish with avocado slices and serve.

For a Change ...

²/₃ If the corn you are using is fresh and sweet, don't bother steaming it. It will be delicious raw.

Arame-Rice Salad

The black strands of arame give this salad an exotic appearance. Simple as it is, this dish will always bring you compliments.

YIELD: 4 servings

1 cup Arame Condiment ([page 184](#))

3 cups cooked long-grain brown rice

1½ cups grated carrots

1 cup fresh snow peas, sliced on a

diagonal

1 cup chopped fresh parsley

2 tablespoons rice vinegar

2 tablespoons sesame oil

1–2 cloves garlic, pressed (optional)

¼ teaspoon sea salt (optional)

1 Place all the ingredients in a salad bowl and mix well.

2 Refrigerate an hour or so until chilled. Serve on a bed of crisp lettuce.

For a Change ...

²/₃ Instead of snow peas, use lightly cooked fresh or frozen green peas.

HELPFUL TIP

When adding rice or other grains to a salad, it is always better to use freshly made. Leftover grains are usually too dry.

Tabouli

Enjoy this refreshing salad as part of a classic Middle Eastern-style platter accompanied by Hummus ([page 92](#)) and Baba Ganoush (page 91). Serve with fresh whole wheat pita bread.

YIELD: 4 servings

*¾ cup bulgur wheat
1 cup boiling water
¼ cup olive oil*

1/4 cup lemon juice

1–2 cloves garlic, pressed

1/2 teaspoon sea salt

1 cup finely minced fresh parsley

1/4 cup finely chopped scallions

*2 tablespoons finely chopped fresh
mint, or 1 teaspoon dried
(optional)*

1 medium tomato, chopped

1 Place the bulgur in a bowl and add the boiling water. Cover and let stand about 30 minutes or until the water is completely absorbed.

2 Add the olive oil, lemon juice, garlic, and salt to the bulgur and mix well.

Refrigerate at least 30 minutes to allow the bulgur to absorb the flavors.

3 Add the parsley, scallions, and mint (if using). Mix well and refrigerate until well chilled.

4 Serve over a bed of salad greens and garnish with chopped tomatoes.

For a Change ...

²/₃ For Quinoa Tabouli, instead of bulgar, use 1 cup quinoa cooked in 2 cups water (see [page 230](#)), and decrease the olive oil to 2 tablespoons.

Green Bean Salad

There is a point at which green beans are perfectly cooked—bright green and tender yet somewhat firm and crisp. Unfortunately, this cooking time varies depending on the size and freshness of the beans. So be sure to check them often as they cook, and remove them when they are “au point.”

YIELD: 4 to 6 servings

1 pound fresh green beans, stems trimmed

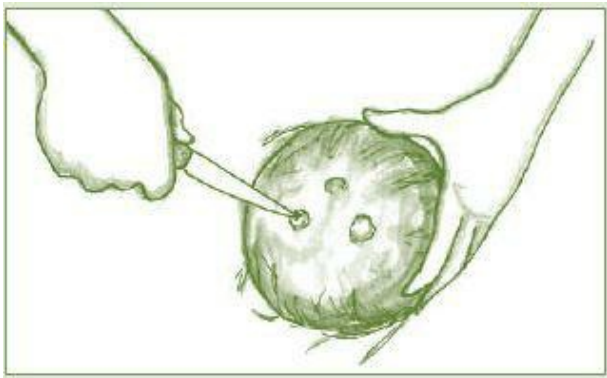
2 tablespoons olive oil

1–2 tablespoons shoyu or tamari

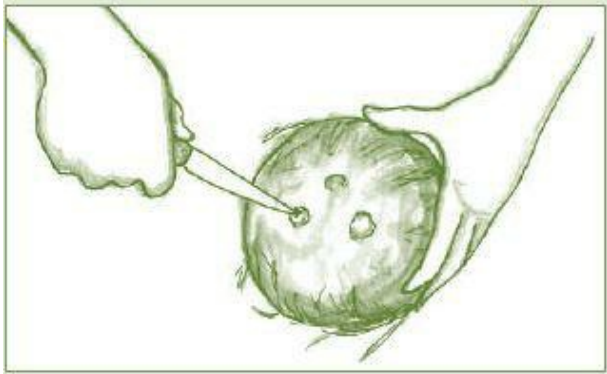
2 tablespoons Dijon mustard

2 tablespoons lemon juice

2 cloves garlic, pressed



cup thinly sliced sweet onion



cup thinly sliced red bell pepper
3 tablespoons minced fresh parsley

1 Place the beans on a steamer basket that is set in a pot over an inch or so of water. Bring the water to a boil, cover the pot, and steam until the beans are tender-crisp. Transfer to a large shallow bowl or casserole dish.

2 Mix together the oil, shoyu, mustard, lemon juice, and garlic in a small bowl and pour over the beans.

3 Add all the remaining ingredients and toss gently. Serve warm, at room temperature, or chilled.

For a Change ...

²/₃ For Green Bean Salad Almandine, use flaxseed oil instead of olive oil. Also use balsamic vinegar instead of lemon, and add ½ cup toasted sliced almonds in Step 3.

Jody's Marinated Carciofi

Carciofi is the Italian word for “artichokes.” In this recipe, which was created by one of my students, artichoke hearts are flavored in a fresh lemony marinade. They are so easy to prepare and so much better than most commercial varieties, which often contain additives and inferior quality oil.

YIELD: 4 servings

1/4 cup olive oil

2 tablespoons lemon juice

1 tablespoon finely grated onion

2 teaspoons tamari, or to taste

1 bay leaf

*16 small cooked artichoke hearts,
fresh or canned*

*1–2 tablespoons minced fresh
parsley*

1 Place the olive oil, lemon juice, onion, tamari, and bay leaf in a large bowl and mix well. Add the artichoke hearts and toss lightly.

2 Refrigerate an hour or so, stirring occasionally, until chilled and well marinated. Sprinkle with parsley before serving.



Carrot-Almond Salad

In traditional Chinese medicine, tangerine peel is highly esteemed for its many health-enhancing functions. It is a delicious addition to this recipe—just be sure it's organic.

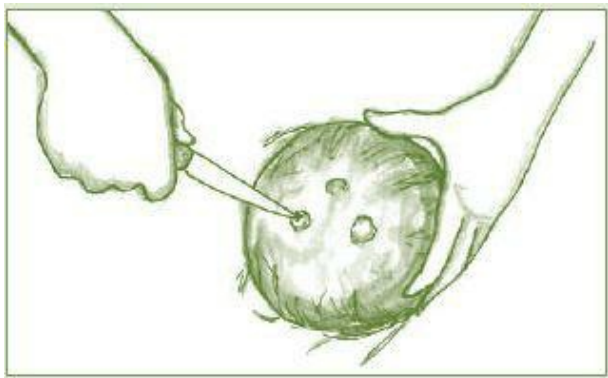
YIELD: 3 to 4 servings

1 tablespoon white miso

1 tablespoons flaxseed oil

2 tablespoons lemon juice

teaspoon Dijon mustard
2 cups grated carrots



cup sliced or chopped toasted almonds
2 teaspoons minced tangerine peel
½ teaspoon ground cumin

1 Place the miso, oil, lemon juice, and mustard in a medium bowl and stir until

well combined.

2 Add the carrots, almonds, tangerine peel, and cumin. Mix well and serve.

For a Change ...

$\frac{2}{3}$ Reduce the grated carrots to 1 cup and add 1 cup grated jicama.

$\frac{2}{3}$ Add seeded orange slices and



cup

sliced, pitted black olives to Step 2.

²/₃ Add ¹/₄ cup raisins.

Tempeh Salad

This salad also makes a great sandwich filling.

YIELD: 2 complete-meal salads

8 ounces tempeh, cut into bite-size pieces

1/4 cup tahini

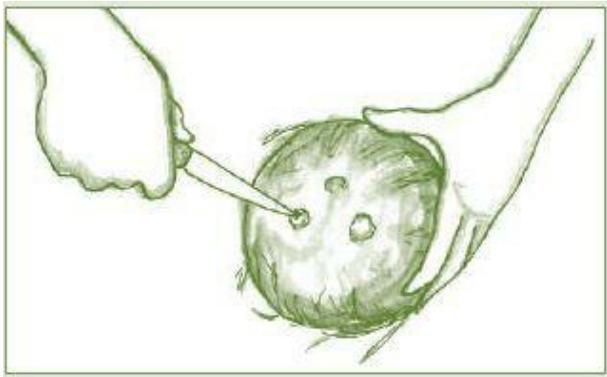
2 tablespoons olive oil

2 tablespoons lemon juice

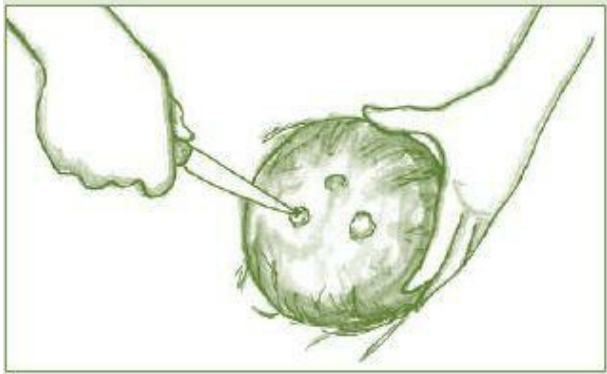
2 tablespoons shoyu

1/4 teaspoon thyme

1/2 cup grated carrots



cup minced onion



cup minced celery

1–2 cloves garlic, pressed

2 tablespoons minced fresh parsley

1 Place the tempeh on a steamer basket that is set in a pot over an inch or so of water. Bring the water to a boil, cover the pot, and steam for 20 minutes. Transfer the tempeh to a medium bowl.

2 In a separate bowl, mix together the tahini, olive oil, lemon juice, shoyu, and thyme. Pour over the tempeh and mix well. Refrigerate an hour or so until well chilled.

3 Add the remaining ingredients to the chilled tempeh and mix well.

4 Serve over a bed of fresh greens. Refrigerate any leftovers up to three days.

For a Change ...

²/₃ For added flavor, include some finely chopped dill pickles and/or bell peppers to this salad.

Cucumber-Yogurt Salad

It took me a long time to realize that unsweetened soy yogurt works well in savory dishes. A little garlic and lemon is all you need.

YIELD: 4 servings

*1 medium cucumber
5 radishes, thinly sliced*

2 scallions, chopped

3 tablespoons chopped fresh parsley

¼ cup finely chopped walnuts

1 cup plain soy yogurt

¼ teaspoon sea salt

¼ teaspoon dill seeds

1 tablespoon lemon juice

1 clove garlic, pressed

1 If the cucumber is waxed, peel it. If it isn't, simply slice it into paper-thin rounds (a mandolin is good for this).

2 Place all the remaining ingredients in a salad bowl and mix well. Add the cucumbers and mix again. Enjoy immediately or refrigerate and serve

chilled.

For a Change ...

$\frac{2}{3}$ Add some sliced avocado to this delicious salad.



Florida Salad

Citrus fruit and avocados are wonderful together. This refreshing salad is one that I enjoy often. Not only is it delicious, it's also visually beautiful, combining the pink color of the grapefruit with the ruby red of the radicchio and the green of the avocado. A handful of pomegranate seeds makes this salad even more spectacular.

YIELD: 4 to 6 servings

1 large avocado, diced

2 pink grapefruits or 1 pummelo,
seeded and cut into bite-size
pieces*

*½ bulb fennel, thinly sliced
(optional)*

*1 small head radicchio, sliced or
chopped*

2 cups arugula, coarsely chopped

¼ medium red onion, thinly sliced

*Favorite Flax Oil Dressing (page
148) to taste*

* Sometimes called a Chinese grapefruit, the pummelo is similar to pink grapefruit only larger and sweeter, but not as juicy.

1 Place all the ingredients except the dressing in a large salad bowl and mix well.

2 Add the dressing and toss well. Serve immediately over lettuce leaves or finely chopped curly endive.

For a Change ...

²/₃ To make this salad a complete meal either add a 10-ounce package prebaked and seasoned tofu, cut into cubes, or top with Crunchy Tempeh Topping ([page 272](#)).

Red Gem Salad

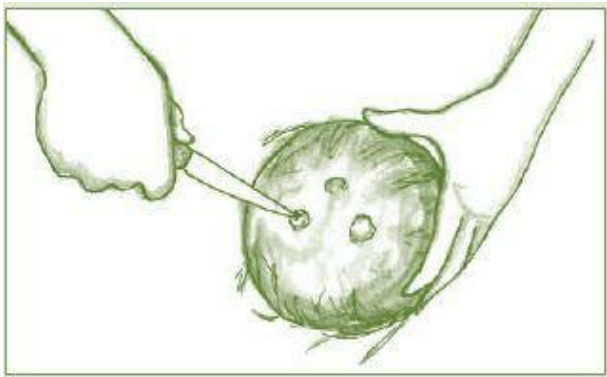
This visually striking yet simple salad combines a variety of purple and red veggies with a handful of pomegranate seeds. The green dressing complements the ingredients beautifully. Although pomegranate makes this salad extra special, if it's out of season, you can omit it.

YIELD: 4 to 6 servings

*1 small head red Bibb lettuce, torn
into large pieces*

*½ medium head radicchio, sliced or
chopped*

1 medium raw or baked beet, grated



*cup thin slices red onion, cut into
half moons*

*Seeds from ½ medium pomegranate
(optional)*

Avocado-Yogurt Dressing ([page 148](#))

1 Divide the lettuce between individual salad plates and top with the radicchio. Cover with beets, top with onion slices, and sprinkle with pomegranate seeds (if using).

2 Spoon a generous dollop of dressing in the center of the salad and serve.

For a Change ...

$\frac{2}{3}$ Use Favorite Flax Oil Dressing ([page 148](#)) instead of Avocado-Yogurt.



Cucumber-Wakame Salad

This classic natural foods salad is from one of the many delicious dishes found in “Greens and Grains on the Deep Blue Sea Cookbook” by Sandy Pukel and Mark Hanna. It is an excellent way to include mineral-rich sea vegetables in your diet.

YIELD: 6 to 8 servings

- 1 rounded tablespoon instant wakame flakes*
- 2 medium cucumbers, thinly sliced*
- 2 cups radishes, thinly sliced into half moons*
- 3 tablespoons rice vinegar*
- 1 tablespoon umeboshi vinegar*
- 1 teaspoon fresh ginger juice (optional)*
- 2 tablespoons toasted sesame seeds*
- 1 tablespoon toasted black sesame seeds*

1 Place the wakame in a medium bowl and cover with an inch or so of water. Let soak for about 10 minutes or until soft. Drain.

2 Place the cucumbers and radishes in a salad bowl along with the wakame, rice and umeboshi vinegars, and ginger juice (if using). Sprinkle with sesame seeds and toss well.

3 Serve as is or refrigerate and serve chilled.

Fennel Waldorf Salad

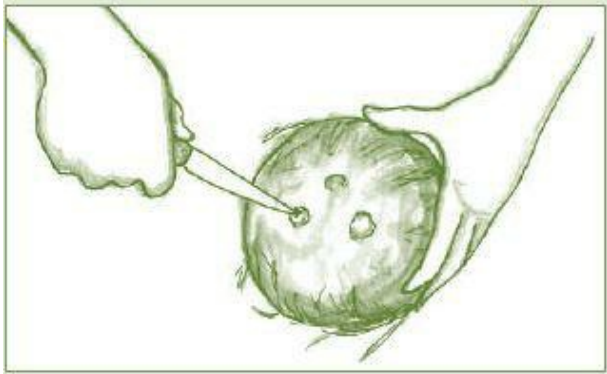
Here is an old favorite, slightly revised.

YIELD: 4 servings

1 small fennel bulb, cut into bite-size pieces

1 stalk celery, chopped

2 crisp apples, diced



cup raisins

½ cup walnuts

¼ cup Soyannaise ([page 182](#))

4 large red Bibb lettuce leaves

Freshly ground black pepper to taste

Feathery fennel tops for garnish

1 Place the fennel, celery, apples, raisins, walnuts, and Soyannaise in a

large bowl and mix well.

2 Spoon the mixture onto lettuce leaves, add a twist or two of black pepper, and garnish with fennel tops before serving.

Pearl Buck Radishes

In one of Pearl Buck's novels, she describes the preparation of a radish dish. It sounded so good that I decided to try it. Whether it is what Ms. Buck intended, I will never know, but it is my favorite way to eat radishes.

YIELD: 4 servings

*10–12 medium to large red radishes
½ teaspoon toasted sesame oil*

2 tablespoons rice vinegar or cider vinegar

1 tablespoon tamari

3 tablespoons cold water

1 Trim both ends of the radishes and slice them into paper-thin rounds (a mandolin is good for this). Place the slices in a shallow bowl.

2 Place all the remaining ingredients in a small bowl, stir until well combined, then pour over the radishes. Mix well and serve immediately, or refrigerate and serve chilled.

Tomato Avocado Salad

This salad is pretty, popular, and easy to make. You can also use it to dress up any number of grain or bean dishes.

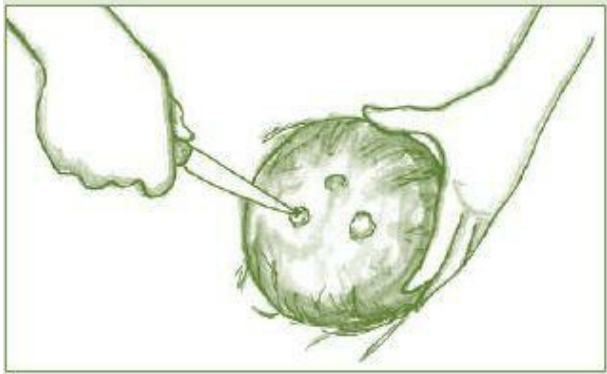
YIELD: 4 to 6 servings

1 pint cherry or grape tomatoes

1 large avocado, diced

1 small cucumber, diced

1 yellow bell pepper, diced



cup thinly sliced red onion

¼ cup fresh basil leaves

Favorite Flax Oil Dressing ([page 148](#)) or Lemon-Shoyu Dressing (page 147)

1 Place the tomatoes, avocado, cucumber, pepper, and onion in a large bowl and mix well.

2 Add the dressing and toss. Garnish with basil leaves before serving.

Arame-Orange- Watercress Salad

This deliciously exotic salad is oil free.

YIELD: 6 to 8 servings

2 cups dried arame (half 1.75-ounce package)

2 cups apple juice

3 tablespoons shoyu

3 oranges, peeled and cut into bite-

size pieces

5 cups watercress (large stems removed)

1/4 cup lightly toasted slivered almonds

1 Rinse and drain the arame, then place in a medium saucepan with the apple juice. Let soak 10 minutes.

2 Bring the arame-apple juice mixture to a boil, then reduce the heat to low and simmer uncovered for 10 minutes. Add the shoyu and simmer 5 minutes more. Drain the arame and let cool.

3 In a large salad bowl, combine the cooled arame, oranges, and watercress. Toss gently, garnish with almonds, and serve immediately.

For a Change ...

²/₃ Substitute hijiki for the arame.

²/₃ Toss in some julienne-cut daikon.

²/₃ Instead of orange pieces, use grapefruit pieces and grapefruit juice, or apple pieces and apple juice. (If using apples, add 1 tablespoon lemon juice to prevent them from turning brown.)

Lambie's Raw Kale Salad

I usually prefer cooking coarse greens like kale, but John Lambie from Dwell Green, Inc. taught me how to use it raw in this delicious salad. It makes a great side dish or starter, but you can also make a whole meal out of it. Raw food purists can choose not to toast the sunflower seeds, but toasting does make them—and the salad—even tastier!

YIELD: 4 to 6 servings

16-ounce bunch kale, washed and dried

1 cup mashed avocado

Juice of 1 lemon, or 2 to 3 Key limes

1 to 2 cloves garlic, pressed

½ cup lightly toasted sunflower seeds

¼ cup chopped scallions

¼ teaspoon sea salt, or to taste.

1 Remove and discard the tough stems and ribs from the kale. Place the leaves in a large bowl.

2 Now comes the fun part. Take up as much kale as you can in your hands and twist it as if you were wringing out a dishcloth. Twist it until it tears, and then fold it and twist again. Continue until the leaves are bruised and torn into small pieces.

3 Transfer the kale to a large cutting board, chop it finely with a sharp knife, then return it to the bowl.

4 Add the avocado to the kale and mix well (I use my hands to make sure the avocado is well distributed throughout the kale). Add the lemon juice and

garlic, and mix well.

5 Add the sunflower seeds, scallions, and salt. Toss well and serve.

Sprouting—A Garden in Your Kitchen

Sprouting is great for anyone who wants to enjoy fresh high-quality produce throughout the year. Fresh sprouts, which are grown from the seeds of various edible food plants, add a flavorful crunch to salads and sandwiches and make attractive garnishes for soups. Seeds from a number of greens and vegetables can also be sprouted and left to grow into delicate *microgreens*—the plants' tiny, perfectly formed first leaves—which are often added to salads or used as a garnish.

Sprouting requires surprisingly

little effort (only a minute or two a day). It doesn't take up much room in the kitchen and is cost efficient. The growing process is also quick and fascinating—both children and adults marvel at the miracle of how a few dry seeds can be transformed into a bouquet of luscious greens in a matter of days. When dried beans and seeds are sprouted, their nutritional content increases significantly, especially vitamin C. They also become easier to digest and require little or no cooking. (Even people with wheat intolerance are often able to eat wheat sprouts, which are sweet, delicious, and easy to grow.) Sprouts and micro-greens that are grown from organic seeds are also free from

pesticides and other additives. Depending on the type of seed, sprouts range in flavor from sweet and delicate to strong and piquant. Unlike microgreens, which tend to be delicate and tender, sprouts are fairly crisp.

Another reward of sprouting is the simple satisfaction that one derives from growing a portion of his or her own food. It gives even the busiest people a great opportunity to participate in the art of food cultivation.

WHAT TO SPROUT

Any whole unbroken raw seed or grain can be sprouted. Of course, you'll want to use seeds from plants that have not been chemically treated. You can buy sprouting seeds in natural foods stores or through online sources (see the Resources beginning on [page 293](#)). Always make sure to use seeds that are sold for sprouting, because seeds sold for gardening are sometimes treated with chemicals. Here are some popular choices:

^{2/3}**GRAINS.** Barley, buckwheat, millet, oats, quinoa, rye, spelt, wheat berries.

^{2/3}**BEANS/LEGUMES.** Adzuki beans, whole peas, lentils, mung beans.

^{2/3}**VEGETABLES.** Alfalfa, arugula, broccoli, chives, clover, fenugreek, garlic, kale, mustard, onions, radishes.

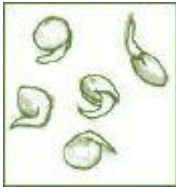
^{2/3}**SEEDS.** Pumpkin, sunflower.



Whole peas



Fenugreek



Sunflower seeds



Lentils



Alfalfa



Mung beans

HOW TO SPROUT

Here are two very easy methods for successful sprouting—the *jar method* and the *bowl-and-strainer method*. The size of the seeds will determine which method to use. For both methods, the seeds must be soaked about eight hours. Because grapefruit seed extract (GSE) is effective in killing pathogens that may be found in sprouts, soaking the seeds for the first twenty minutes in a GSE solution (1 cup water mixed with 2 to 3 drops GSE) is an option.

Bowl-and-Strainer Method

This method is recommended for sprouting beans and larger seeds like wheat and sunflower. It is unbelievably easy, but it works! Be sure to pick them over and remove any broken ones before starting. I recommend starting with one cup.

1. Place the seeds/beans in a bowl that gives them enough room to more than double in size without being crowded. Add enough room-temperature filtered water to generously cover the seeds, and let them soak about eight hours.

2. Drain the soaked seeds/beans through a strainer, rinse under running water, and drain well.

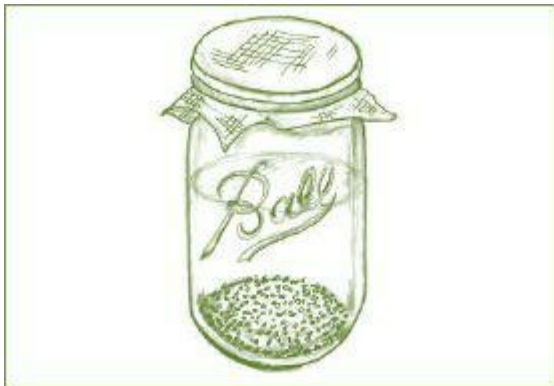
3. Return the drained seeds/beans to the bowl and leave on the kitchen counter. Continue rinsing and draining the seeds two or three times a day for one to three days (in warm climates it may take less time). The sprouts are ready when they have grown to their optimal length and have little more than doubled in size.



1. Soak the seeds in a bowl.



2. Drain the soaked seeds through a strainer.



3. Grow the sprouts.

Jar Method

This sprouting method is perfect for small seeds like alfalfa, mustard, clover, fenugreek, and radish. You will need a quart-size wide-mouth jar—a mason jar is good—and either a piece of cheesecloth or a nylon stocking that is big enough to stretch across the opening. (Special sprouting jars with screen tops are also available.) For this size jar, use two tablespoons of seeds. When you first start sprouting, I recommend alfalfa seeds because they are so easy to sprout. Either use all alfalfa seeds or mix them with other small seeds.

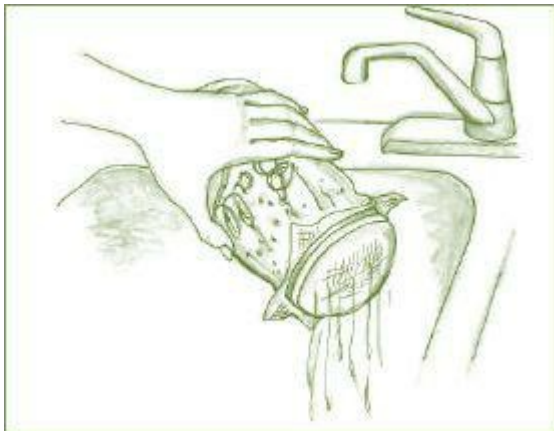
1. Place the seeds in the bottom of the jar. Add enough room-temperature filtered water to generously cover the seeds, and let them soak about eight hours. Cover the opening of the jar with a piece of cheesecloth or clean nylon stocking and secure it tightly with a rubber band.

2. After the seeds have soaked, drain the water from the jar. The fabric covering the top will catch the seeds and keep them in the jar.

3. After draining the water, add fresh water to the jar (through the fabric top) and rinse the seeds thoroughly. *Immediately* drain the water from the jar. *Don't let the seeds stand in water*

after the initial soaking. To make sure the seeds are drained well, keep the jar tilted for a few minutes to remove as much water as possible.

4. Leave the jar on the kitchen counter, and continue rinsing and draining the seeds two or three times a day for four to five days (in warm climates it may take less time). The sprouts are ready when they have grown to their optimal length and practically fill the jar.



1. Soak the seeds in a wide-mouth jar.



2. Drain the soaked seeds.



3. Grow the sprouts.

SPROUTING TIPS

For successful sprouting, keep the following guidelines in mind:

²/₃ Some sources recommend growing sprouts in a cupboard or other dark spot, but I have never found this to be necessary. Mine grow beautifully right on the kitchen counter; and because they are in sight, I never forget to rinse them.

²/₃ While the sprouts are growing, be sure to rinse them frequently or they will dry up.

²/₃ After rinsing the seeds, be sure to

drain them well. Allowing the seeds to stand in water will cause them to rot or become moldy.

²/₃ Don't grow sprouts in a spot that is too warm. This will encourage mold.

²/₃ If you notice that some of the sprouts in the batch are moldy, pick them out and discard. Rinse the remaining sprouts well and they will still be good to eat.

²/₃ Adding a pinch of ascorbic acid or a drop of grapefruit extract to the soaking water will help prevent mold from developing.

²/₃ Do not sprout grains for more than a day or two. They will become too

fibrous to chew if allowed to grow longer.

²/₃ If you sprout mung beans, don't expect them to grow as large as the commercial varieties sold in stores. When home-grown, these sprouts usually turn brown or grow moldy when they get big. So use them when they are small.

USING SPROUTS

Here are just a few of the ways that I enjoy using sprouts:

²/₃ Not only do I use fresh sprouts as a garnish and add them to sandwiches and salads, I also blend them in some soups.

²/₃ When sprouting mild-flavored alfalfa seeds, I sometimes include some tangy radish or mustard seeds to the mix. This gives the sprouted mixture a little “bite.”

²/₃ After letting wheat, rye, quinoa, or buckwheat sprout for just one day, I enjoy the sprouts as a cold or hot

breakfast cereal (or I add them to another cereal). I also toss them in fruit salads, add them to stir-fries, or mix them in rice or grain dishes, pancake or muffin batters, and bread dough.

²/₃ I find fenugreek sprouts an especially good garnish for curries and grain dishes.

²/₃ Lentil sprouts cook very quickly. I sometimes toss them into stir-fried vegetables for a fast and nourishing entrée.

²/₃ I add mung bean sprouts to stir-fries and soups during the last few minutes of cooking. When sprouted only slightly, mung beans can be cooked like any other

bean.

GROWING MICROGREENS

Microgreens—the miniature, perfectly formed first leaves of certain salad greens, herbs, grains, edible flowers, and leafy vegetables—are growing in popularity on restaurant menus and dinner tables everywhere. Arugula, basil, celery, and chard are just a few popular microgreen choices. These delicate leaves appear right after the sprouting stage; they are smaller and more tender than “baby” versions of the plants, yet more robust and flavorful than sprouts. Unlike sprouts, which are eaten root and all, only the stem and “micro”

leaves are eaten. They are often used as a garnish or added to salads for enhanced color and flavor. Salads made entirely of assorted microgreens are also popular.

When it comes to growing your own microgreens, I recommend buckwheat groats, whole dried peas, and sunflower seeds. They are delicious and easy to grow, but keep in mind that growing microgreens of any kind requires a little more time and effort than simple sprouts. You will need:

²/₃ Potting soil or a mixture of half perlite and half vermiculite (sold at gardening centers).

²/₃ A shallow container or tray that is ideally about 12-x-16-inches and deep enough to hold at least ³/₄ inch of growing medium. (An old baking pan, a shallow wooden box or drawer, or a plastic tray for holding flats of plants are good choices.) Once you have chosen a container, you may have to poke or drill a few holes in the bottom for proper drainage.

To grow sunflower, buckwheat, or whole pea microgreens in the size container described above, start with about ¹/₂ cup of seeds. Buckwheat and sunflower seeds will work with or without the hulls. Peas need their hulls intact.

Follow these steps:

1. Use the bowl-and-strainer sprouting method ([page 165](#)) for about two days, or until the seeds have sprouted tails that are around $\frac{1}{4}$ -inch long.

2. Fill your sprouting tray with potting soil (or perlite-vermiculite mixture) and scatter the baby spouts on top. Sprinkle additional soil over the sprouts to barely cover them. Using a spritzer bottle, water the sprouts until the soil on the surface is nice and moist.

3. Place the tray outside in a sunny spot, but not in direct sunlight. During cold weather, you can put the tray on an indoor windowsill. Spritz the soil with

water as needed to keep it moist.

4. Within two to four days you should have beautiful bright green sprouts. Within another two or three days, the sprouts should be about 2 inches tall with little micro leaves. At this point, the leaves are ready to harvest. Clip the stems close to the soil with scissors. Rinse the leaves before using.

You can use the same soil to grow several batches of these greens. Eventually, however, the soil will be come filled with roots. At that point, dump the soil in your outdoor garden and fill the tray with fresh soil.



11. Sauces and Condiments

When many people think of sauces, they think of unhealthy high-calorie indulgences that are bad for the waistline and often difficult to make. Not in my kitchen! Not only are the sauces in this chapter easy to prepare, they contain healthy ingredients that add as much nutritional value as flavor. The absence of traditional non-vegan sauce ingredients like butter, cream, and animal fat is more than made up for by

such delicious and nutritious choices as tahini, nuts, and olive oil. I'll show you how to achieve deceptively creamy textures by blending products like silken tofu or raw cashews with soymilk, as well as how to give a ho-hum sauce marvelous richness by adding tamari, nutritional yeast, toasted sesame oil, or miso.

And what a wide range of recipes you'll find on the following pages—from savory tomato-based choices and classic pestos to sweet chutneys and fruit sauces. Creamy toppers like Spinach Green Sauce, Golden Cashew Cream, and my vegan version of classic French Béchamel are wonderful over steamed vegetables, baked potatoes, and

grain dishes, while the Mushroom Wine Sauce, Tahini-Miso, and Spicy Peanut Sauce are perfect to serve with tempeh, meatless loaves, and tofu dishes. You'll find a Fresh Mango Chutney to complement just about any curry dish and a recipe for Down South "Milk" Gravy to spoon over mashed potatoes, grains, or flaky biscuits. For stir-fries, there is a sesame-flavored Light Tamari-Sesame Sauce that is very low in fat and calories, and a Pot Liquor Sauce—made with the leftover liquid from steamed vegetables.

In addition to all of the savory choices, there is a wide variety of sweet sauces to crown your hot and cold cereals, pancakes and waffles, and fresh

fruit salads. Choose from such flavorful options as Apple-Tahini, Sunny Citrus Sauce, and Wild Blueberry Coulis. And finally, rounding out this chapter is a collection of popular condiments to further enhance the flavor of your favorite foods.

For me, pairing the right sauce with the right dish is part of the fun and satisfaction I feel when cooking. Use my recommendations as starting points, but never be afraid to experiment on your own.

Quick'n Easy Tomato Sauce

This sauce, which is made with canned or jarred tomatoes, is a good choice when fresh tomatoes aren't in season. Great to serve with pasta, veggie burgers, meatless loaves, and your favorite vegetables.

YIELD: About 4 cups

1 tablespoon olive oil

½ cup chopped onion

1–3 cloves garlic, minced

Pinch ground cloves (optional)

28-ounce jar/can tomatoes

*¼ cup chopped fresh basil or 1
teaspoon dried*

5.5-ounce can tomato paste

1 Heat the oil in a large skillet over medium-low heat. Add the onion, garlic, and cloves (if using), and sauté about 5 minutes or until the onion is translucent.

2 Add the tomatoes and basil to the skillet and continue simmering another 5 minutes.

3 Add the tomato paste, mix well, and return the sauce to a simmer.

4 Use immediately or refrigerate in a covered container up to three days.

For a Change ...

²/₃ Add some vegetables to the onions and garlic in Step 1. Mushrooms, celery, bell peppers, carrots, and summer squash are all good choices. You may need to add another tablespoon of oil for this.

Luscious Tomato-Garlic Sauce

It's best to make this classic sauce during the summer, when garden-fresh organic tomatoes are available. It's great over pasta, polenta, and most grain dishes.

YIELD: About 2 cups

6 medium tomatoes

2 tablespoons olive oil
1 cup chopped onion
12 cloves garlic, sliced
6 bay leaves
½ cup fresh basil leaves
½ teaspoon sea salt

1 Drop the tomatoes into a kettle of boiling water for about 3 seconds, then remove with a slotted spoon. When they are warm enough to handle, peel off the skin and cut away the core. Set aside.

2 Heat the oil in a large heavy kettle over medium-low heat. Add the onion and sauté 3 to 4 minutes or until translucent. Add the garlic and bay

leaves, and continue to sauté another 5 minutes.

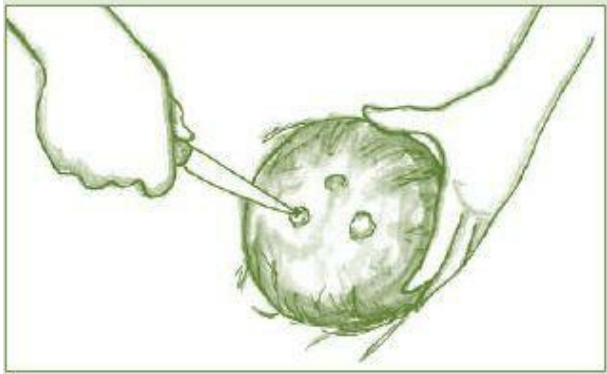
3 Coarsely chop the tomatoes with a sharp knife and add them to the kettle. Increase the heat and bring the mixture to a boil. Reduce the heat to low and simmer the sauce, stirring often, for at least an hour or until it has reduced by about half. Add the basil and salt, and simmer a few minutes more.

4 Use immediately or refrigerate in a covered container up to three days.

Easy Tahini Sauce

I have used this versatile sauce, which is delicious over grain and vegetable dishes as well as salads, for years. And it's so easy to make—just mix the ingredients together. If you want this sauce to be warm, use hot water.

YIELD: About 1 cup

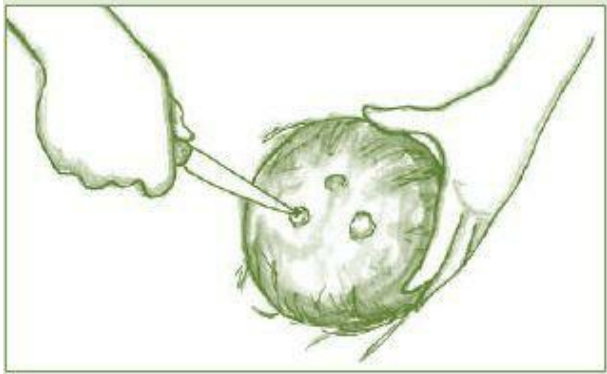


cup tahini

1 clove garlic, pressed

3–4 tablespoons balsamic vinegar

2 tablespoons tamari



— $\frac{1}{2}$ cup water or unsalted vegetable stock

1 Place all the ingredients except the water in a small bowl and mix well.

2 While vigorously stirring the ingredients, slowly add the water until

the desired consistency is reached.

3 Use immediately or refrigerate in a covered container up to three days.

For a Change ...

²/₃ For a more classic version, use lemon juice instead of balsamic vinegar and sea salt (to taste) instead of tamari.

Cilantro Pesto

People who claim not to like cilantro often like it prepared this way. Like classic basil pesto, toss it with pasta, spread it on bread or crackers, or add it to baked potatoes.

YIELD: About 1 cup

*4 cups coarsely chopped cilantro
1/2 cup pine nuts
1 clove garlic, pressed*

2 tablespoons flaxseed oil

¼ cup dulce flakes

Pinch ascorbic acid (optional)

1 Place the cilantro, pine nuts, garlic, and oil in a food processor. Blend until the cilantro and nuts are well chopped and the mixture is well blended.

2 Transfer the mixture to a bowl, add the dulce and ascorbic acid (if using), and mix well.

3 Use immediately or refrigerate in a covered container up to four days. You can also freeze the pesto up to six

months.

For a Change ...

$\frac{2}{3}$ Substitute equal amounts of walnuts or pumpkin seeds for the pine nuts, olive oil for the flaxseed oil, and soy Parmesan for the dulse.



Garden Sauce

In this recipe, the tomatoes are barely cooked, which gives the sauce a nice fresh taste.

YIELD: About 6 cups

5 medium tomatoes

2 tablespoons olive oil

1 large onion, chopped

3 cloves garlic, minced

2 small zucchini or yellow squash,

diced

3 cups sliced mushrooms

*¼ cup fresh basil or 2 teaspoons
dried*

½ teaspoon dried oregano

3 bay leaves

¼ teaspoon ground cloves

1 tablespoon tamari

1 cup fresh or frozen peas (optional)

½ cup tomato paste

Freshly ground black pepper to taste

1 Cut the tomatoes into large chunks and purée in a blender or food processor. Set aside.

2 Heat the oil in a large heavy kettle

over medium-low heat. Add the onion and garlic, and sauté 2 to 3 minutes. Add the zucchini, cover, and cook, stirring occasionally, for another 3 minutes or until the zucchini begins to get tender.

3 Add the mushrooms, basil, oregano, bay leaves, and cloves to the kettle. Continue to cook another few minutes or until the mushrooms are soft.

4 Add the puréed tomatoes and tamari to the kettle along with the peas. Increase the heat a bit and bring the sauce to a boil, stirring often. Add the tomato paste and black pepper and mix well. (For a thicker sauce, add

additional tomato paste.)

5 Use immediately or refrigerate in a covered container up to three days.

For a Change ...

²/₃ Instead of (or in addition to) the zucchini and mushrooms, try some broccoli flowerets, carrot matchsticks, or diced bell peppers.

Vegan Pesto

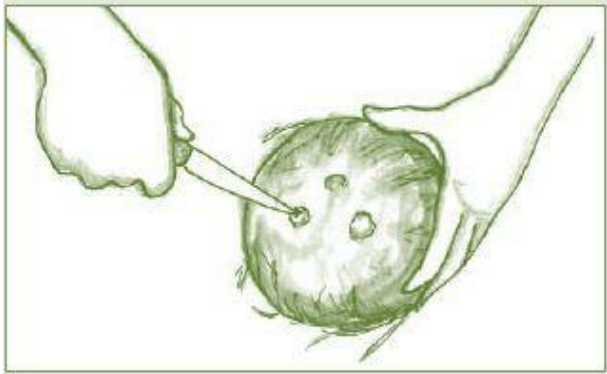
Toss this flavorful pesto with your favorite pasta or use it as a spread for bread or crackers.

YIELD: About 1½ cups

2 cups fresh basil leaves

1 cup pine nuts

3 cloves garlic



cup nutritional yeast

¼ cup olive oil

1 tablespoon yellow miso

Pinch ascorbic acid (optional)

1 Place all the ingredients in a food processor. Blend until the basil and nuts are well chopped and the mixture is well blended.

2 Use immediately or refrigerate in a covered container up to four days. You can also freeze the pesto up to six months.

For a Change ...

²/₃ Substitute equal amounts of walnuts or pumpkin seeds for the pine nuts, and use olive oil instead of flaxseed oil.

Light Tamari-Sesame Sauce

*Not only is this Asian-style sauce
flavorful, it's low in fat and calories.
Perfect over stir-fries.*

YIELD: About 1 cup

*1 cup cold water or unsalted
vegetable stock
1½ tablespoons arrowroot*

2 tablespoons tamari

½ teaspoon toasted sesame oil

1 Combine all the ingredients in a small saucepan and stir to dissolve the arrowroot. (Be sure the water is cold or at room temperature, or the arrowroot won't dissolve well.)

2 Place the pan over medium-high heat and bring the mixture to a boil while stirring constantly. Cook while stirring for 1 to 2 minutes or until the sauce thickens.

3 Use immediately.

For a Change ...

²/₃ For a Sweet and Sour version of this sauce, add 1½ tablespoons rice syrup and 1½ to 2 tablespoons rice or cider vinegar.

²/₃ For a Light Mushroom version, add 1 cup sliced mushrooms.

²/₃ For a Ginger Sauce, add 2 tablespoons grated ginger or 1 tablespoon ginger juice.

Béchamel Sauce

Here is a delicious version of the classic French white sauce, minus the butter and cream.

YIELD: About 1 cup

2 tablespoons olive oil

*3 tablespoons whole wheat pastry
flour*

1 cup plain unsweetened soymilk

¼ teaspoon sea salt

Pinch nutmeg

1 Heat the oil in a small saucepan over medium-high heat. Add the flour and mix well.

2 Remove the pan from the heat. While stirring vigorously, add a small amount of milk to form a paste. Return to the heat and add a little more milk, while continuing to stir vigorously. Continue adding milk while stirring until all the milk is used and the sauce is thick.

3 Add the salt and nutmeg and mix well. Use immediately.

For a Change ...

$\frac{2}{3}$ For Béchamel aux Fines Herbes, add some finely minced fresh parsley, chives, tarragon, rosemary, and/or any other herb of choice to the sauce when it is returned to the heat for the second time.

$\frac{2}{3}$ For Béchamel Piquante, add $\frac{1}{2}$ teaspoon dry mustard, 2 teaspoons Dijon-style mustard, or a pinch of cayenne pepper to the sauce when it is returned to the heat for the second time.

$\frac{2}{3}$ For Mushroom Béchamel, sauté 1 cup

sliced mushrooms in the oil (in Step 1)
before adding the flour.

Mushroom Wine Sauce

This sauce is especially delicious over veggie burgers and meatless loaves. Try it with the Pecan-Stuffed Thanksgiving Loaf on [page 271](#).

YIELD: About 3½ cups

3 tablespoons olive oil

¼ cup whole wheat pastry flour

1½ cups chopped onion

2½ cups sliced mushrooms

1 cup dry red wine

1 cup water or unsalted vegetable stock

1 teaspoon herbes de Provence ([page 46](#))

3 tablespoons tamari or Bragg Liquid Aminos

White pepper to taste

1 Heat 2 tablespoons of the oil in a skillet over medium heat. Add the flour while stirring constantly until it starts to turn brown in color and give off a nutty aroma. Transfer the mixture to a small bowl and set aside.

2 Heat the remaining tablespoon of oil

in the skillet, add the onion, and sauté 3 to 5 minutes or until translucent. Add the mushrooms and continue to sauté until tender. Add the flour mixture and mix well.

3 Add the wine, water, and herbes de Provence to the skillet. Increase the heat to high, and bring to a boil while stirring constantly. Reduce the heat to low and continue to cook while stirring for 1 or 2 minutes or until the sauce thickens. Add the tamari and pepper and mix well.

4 Use immediately or refrigerate in a covered container up to four days.

Red Pepper Sauce

The beautiful color and mild flavor of this sauce make it a wonderful choice for veggie croquettes and meatless loaves.

YIELD: About 1½ cups

*1 red bell pepper, cut into chunks
½ cup plain unsweetened soymilk
2 tablespoons tahini
4 teaspoons arrowroot*

¼ teaspoon sea salt

Pinch cayenne pepper, or to taste

1 tablespoon minced fresh basil

1 Place the bell pepper, milk, tahini, and arrowroot in a blender. Blend until very smooth and creamy.

2 Transfer the mixture to a small saucepan over medium-high heat. While stirring constantly with a wire whisk, bring the mixture to a boil. Reduce the heat to low, add the salt and cayenne pepper, and mix well.

3 Remove from the heat and sprinkle

with basil.

4 Use immediately or refrigerate in a covered container up to three days.

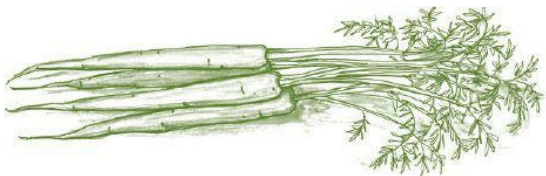
Spinach Green Sauce

Enjoy this creamy spinach sauce over meatless loaves, grain dishes, and mashed potatoes. To save time, use prewashed baby spinach.

YIELD:

About

1



cups

1 tablespoon olive oil

*3 tablespoons whole wheat pastry
flour*

*2 cups chopped fresh spinach, tightly
packed*

1 cup plain unsweetened soymilk

½ teaspoon dry mustard

¼ teaspoon sea salt



teaspoon

nutmeg

1 Heat the oil in a medium saucepan

over medium-high heat. Add the flour and mix well. Add the spinach and cook, stirring constantly, for about 3 minutes or until the spinach is wilted.

2 Continuing to stir, slowly add the milk and bring to a simmer. Add the mustard, salt, and nutmeg, and mix well.

3 Transfer the sauce to a blender and blend until smooth. Serve immediately or refrigerate in a covered container for two or three days.

4 If serving the sauce at a later time, be aware that as it cools, it will thicken.

When reheating, add a little more soymilk to reach the desired consistency.

Tofu-Mushroom Sauce

This versatile sauce is a flavorful topper for lots of grain dishes and vegetable sides, as well as grain-and-vegetable combinations. I love it spooned over a bed of brown rice or millet that's topped with green beans, Swiss chard, or sautéed spinach. Delicious!

YIELD: About 2½ cups

1 tablespoon olive oil

½ cup chopped onions

2–3 cloves garlic, minced

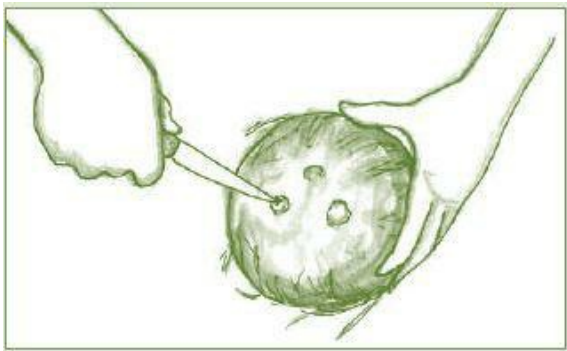
½ teaspoon dried tarragon

1 cup sliced mushrooms

12.3-ounce package firm silken tofu

1 tablespoon tamari, or to taste

¼–



*cup water or unsalted vegetable
stock, or as needed*

¼ teaspoon white pepper, or to taste

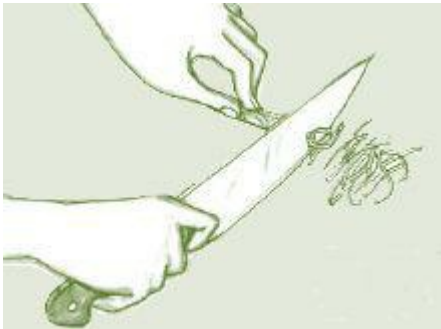
1 Heat the oil in a skillet over medium-low heat. Add the onions, garlic, and tarragon, and sauté 3 to 5 minutes or until the onions are translucent. Add the mushrooms and continue to sauté until tender.

2 Place the tofu and tamari in a blender, and blend until very smooth and creamy, adding as much water as necessary to achieve the desired consistency.

3 Transfer the tofu mixture to the skillet and mix with the sautéed vegetables. Continue stirring until the mixture is warm (do not bring to a boil). Add the

pepper and mix well.

4 Use immediately.



Sun-Dried Tomato Cream Sauce

*A luscious sauce to toss with pasta or
to spoon over baked potatoes!*

YIELD: About 2½ cups

½ cup marinated sun-dried tomatoes

12.3-ounce package firm silken tofu

½–¾ cup water, or as needed

1 tablespoon olive oil, or oil from

the sun-dried tomatoes
1¼ cups chopped onion
3–4 cloves garlic, minced
1 teaspoon herbes de Provence (page 46)
¼ teaspoon white pepper, or to taste
2 tablespoons chiffonade of fresh basil ([page 177](#))

1 Place the sun-dried tomatoes, tofu, and ½ cup of water in a blender. Blend until smooth and creamy, adding more water as needed to reach the desired sauce consistency. Set aside.

2 Heat the oil in a medium saucepan over medium-low heat. Add the onion

and sauté 3 to 5 minutes or until translucent. Add the garlic and herbes de Provence, and continue to sauté for another 3 to 4 minutes.

3 Transfer the tofu cream to the saucepan and stir well. When the sauce is heated through (do not boil), garnish with basil.

4 Use immediately or refrigerate in a covered container up to three days.

For a Change ...

$\frac{2}{3}$ Sauté a cup of sliced mushrooms with the onions.

$\frac{2}{3}$ Add 1 small chopped fresh tomato to the sauce.

$\frac{2}{3}$ To turn this sauce into a dip, use only



cup

water and chill before serving.

Tahini-Miso Sauce

This richly flavored sauce is good over grains, tofu, meatless loaves, and mashed potatoes.

YIELD: About 1¾ cups

*1 tablespoon unrefined sesame, or
olive oil*

*3 tablespoons whole wheat pastry
flour*

¼ cup tahini

1¼ cups water or unsalted vegetable stock

2 tablespoons barley or white miso

¼ teaspoon white pepper, or to taste

1 Heat the oil in a small saucepan over medium heat. Add the flour and cook, stirring constantly, until it is lightly browned and gives off a nutty aroma.

2 Remove the pan from the heat, add the tahini, and stir well. Add a small amount of water and stir vigorously to form a paste.

3 Return the pan to the heat and slowly

add the remaining water. Stirring continuously, cook the sauce until rich and creamy.

4 Remove from the heat, add the miso and pepper, and mix well.

5 Use immediately or refrigerate in a covered container up to four days. If you reheat the sauce, be careful not to boil it or the miso's beneficial properties will be destroyed.

For a Change ...

²/₃ Sauté $\frac{1}{2}$ cup of finely chopped onion in the oil (in Step 1) before adding the flour.

Golden Cashew Cream

Rich-tasting and nutritious, this nutty sauce is wonderful over plain steamed vegetables.

YIELD: About 2 cups



cup

whole raw cashews

1 1/4 cups water

1 tablespoon Dijon mustard

2 tablespoons nutritional yeast

2 tablespoons yellow or white miso

1/2 teaspoon turmeric

Pinch cayenne pepper, or to taste

1 Place all the ingredients in a blender and blend 2 to 3 minutes or until very smooth.

2 Transfer the mixture to a medium saucepan. While stirring constantly, bring to a boil over high heat. Reduce the heat to medium-low and continue to stir until the sauce is thick and creamy. (If it becomes too thick, add a little water.)

3 Use immediately.

Cashew Béchamel

I usually enjoy this rich, creamy white sauce over steamed vegetables—especially broccoli, asparagus, and cauliflower.

YIELD: About 1¼ cups

¼ cup whole raw cashews

2 tablespoons whole wheat pastry flour

1 cup water or unsalted vegetable

stock

1/4 teaspoon sea salt, or to taste

Pinch cayenne pepper

tablespoons finely minced parsley

1 Place all the ingredients except the parsley in a blender and blend 2 to 3 minutes or until very smooth.

2 Transfer the mixture to a small saucepan. While stirring constantly, bring to a boil over high heat. Reduce the heat to medium-low, add the parsley and continue to stir until the sauce is thick and creamy. (If it becomes too thick, add a little water.)

3 Use immediately.

Basil Chiffonade

When using fresh basil as a garnish, the easiest and prettiest way to cut it is in thin strips called *chiffonade*. Just stack a few large basil leaves on top of each other and slice them into the thinnest strips possible with a sharp knife. If the leaves are large, you can roll them up before cutting.



Cutting basil chiffonade

Down South “Milk” Gravy

Not far from my childhood home in Kentucky, there was a little diner near the famous Churchill Downs racetrack. Biscuits topped with milk gravy was a breakfast staple there. This recipe is my vegan version of that gravy. Enjoy it over mashed potatoes, grain dishes, and—you guessed it—biscuits.

YIELD: About 1½ cups

1 tablespoon olive oil

*2 tablespoons whole wheat pastry
flour*

1/4 cup tahini

1 1/4 cups plain unsweetened soymilk

1/4 teaspoon sea salt, or to taste

White or cayenne pepper to taste

1 Heat the oil in a small, heavy saucepan over medium heat. Add the flour and cook, stirring constantly, until lightly browned and beginning to give off a nutty aroma.

2 Remove the pan from the heat, add the tahini, and stir well. Add a small

amount of the soymilk and stir vigorously to form a paste.

3 Return the pan to the stove over medium-high heat. Stirring continuously with a wire whisk, slowly add the remaining soymilk. Bring to a gentle boil and cook, stirring constantly, until the sauce is thick and creamy.

4 Remove from the heat, add the salt and pepper, and mix well. Use immediately. (This sauce will thicken upon standing. If it becomes too thick, stir in enough soymilk to achieve the desired consistency.)

Pot Liquor Sauce

When I steam vegetables or cook them through modified boiling, I often turn the leftover water—called “pot liquor” by folks in the South—into a nutrient-rich sauce. It’s easy to make and perfect to serve along with the freshly cooked vegetables.

YIELD: About 1 cup

¼ cup cold water

*1 slightly rounded tablespoon
arrowroot or kudzu*

*¾ cup leftover liquid (from cooking
vegetables)*

*1 tablespoon tamari, shoyu, or Bragg
Liquid Aminos*

1 Place the water in a small saucepan, add the arrowroot, and stir to dissolve. Add the cooking liquid and stir well.

2 Place the saucepan over medium-high heat and bring to a boil while constantly stirring. (It will thicken as it comes to a boil.)

3 Remove from the heat, add the tamari, and stir well.

4 Use immediately or refrigerate in a covered container up to three days.

For a Change ...

²/₃ To increase the flavor of this simple sauce, add some chopped fresh parsley or other fresh herbs. You can also stir in a little lemon juice, balsamic vinegar, ginger juice, black pepper, chopped scallions, or a pressed clove of garlic.

Spicy Peanut Sauce

This traditional Indonesian sauce is often served over tempeh, tofu, grains, or vegetables.

YIELD: About 1½ cups

½ cup natural unsweetened peanut butter

1 tablespoon lemon juice

1 tablespoon shoyu or tamari

1–2 cloves garlic, pressed

Pinch cayenne pepper, or to taste
1¼ cups water

1 Place the peanut butter, lemon juice, shoyu, garlic, and cayenne pepper in a saucepan. Stir until well blended and smooth. Slowly add the water and continue to stir.

2 Place over medium-high heat. Stir constantly with a wire whisk until the sauce boils and becomes thick.

3 Use immediately or refrigerate in a covered container up to four days.

For a Change ...

$\frac{2}{3}$ For an even richer taste, use balsamic vinegar instead of lemon juice.

Fresh Mango Chutney

Use this sweet, spicy chutney to complement any curry dish.



**YIELD: About 1
cups**

1½ cups diced ripe mango

½ cup raisins

2 tablespoons balsamic vinegar

1 tablespoon grated fresh ginger

1 cinnamon stick

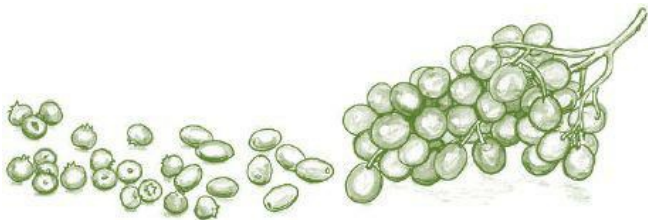
Pinch cayenne pepper, or to taste

1 Place all the ingredients except the cayenne pepper in a medium pot over medium-high heat. Stirring constantly, bring the mixture to a boil, then reduce the heat to low. Simmer, stirring occasionally, for 5 to 10 minutes or until the raisins are plump.

2 Remove and discard the cinnamon

stick, then transfer the mixture to a food processor. Blend briefly, leaving it a bit chunky.

3 Transfer the chutney to a bowl and refrigerate until chilled before serving. Refrigerate any leftover chutney in a covered container up to a week.



Cranberry Fruit Sauce

Here is a cranberry sauce that is not overly sweet, but sweet enough. The plum jam and fresh orange juice help balance the tartness of the cranberries. I usually serve it with Pecan-Stuffed Thanksgiving Loaf ([page 271](#)).

YIELD: About 3½ cups

*12-ounce package fresh cranberries,
rinsed and drained*

1¼ cups freshly squeezed orange juice

1 tablespoon minced orange peel

¼ cup fruit-sweetened plum jam

3–4 tablespoons maple syrup, or to taste

1 Place all the ingredients in a medium pot over medium-high heat, cover, and bring to a boil. Reduce the heat to low and simmer, stirring occasionally, about 20 to 25 minutes, or until the cranberries burst and the sauce begins to thicken.

2 Transfer the sauce to a bowl and refrigerate until chilled before serving. Refrigerate any leftover sauce in a

covered container up to a week.

Wild Blueberry Coulis

This luscious sauce was created by Judy Pokras, editor and founder of the online “Raw Foods News Magazine.” Those who follow a raw foods diet can enjoy it over fresh fruit like sliced bananas, apples, and peaches. Those who are not raw food purists can also enjoy it with pancakes and waffles.

YIELD: About 2 cups

1 cup black seedless grapes

*4 large soft dates, pitted**

1 cup frozen blueberries (preferably wild)

* Can also use dried dates that have been soaked.

1 Place all the ingredients in a blender and blend until smooth.

2 Use immediately or refrigerate in a covered container up to three days.



Cashew Cream Sauce

Try this nutty-flavored, apple-sweetened topping over hot cereal, muesli, or fresh fruit.

YIELD: About 1¼ cups

½ cup raw cashews

1 cup apple juice

1 Place the cashews in a small bowl,

cover with water, and let soak 8 hours or overnight.

2 Drain the soaked cashews and place in a blender along with the apple juice. Blend about 3 minutes or until very smooth and creamy.

3 Use immediately or refrigerate in a covered container up to four days.

For a Change ...

²/₃ For an orange-flavored version of this sauce, substitute orange juice for the apple juice. Also add a ½-inch square of orange peel, if desired.

Sunny Citrus Sauce

This bright, refreshing sauce is wonderful over fruit salad, porridge, or crisp pieces of mochi.

YIELD: About 1¼ cups

½ cup shelled sunflower seeds

½ cup freshly squeezed orange juice

½-inch square orange peel

2 tablespoons lemon juice

1 Place the sunflower seeds in a small bowl, cover with water, and let soak 8 hours or overnight.

2 Drain the soaked sunflower seeds and place in a blender along with the orange juice, orange peel, and lemon juice. Blend about 3 minutes or until very smooth and creamy.

3 Use immediately or refrigerate in a covered container up to four days.

Safe Citrus Peel

A bit of grated skin from citrus fruits like oranges, tangerines, limes, and lemons can add a wonderful spark of flavor to many breakfast dishes like porridge and pancakes, baked goods like muffins and scones, and a wide variety of sauces, smoothies, dips, and spreads. Just make sure the fruit is organic to guarantee that its skin is free of pesticides.

If you happen to have a lot of citrus fruit on hand, wash and finely mince the peel, then place it in freezer bags and store in the freezer. You can also dry the peel in the sun or a dehydrator,

pulverize it to a flavorful powder in the blender, and then use it as a seasoning. Store in a glass jar in the pantry.

Herbed Pecan Condiment

This recipe was inspired by a French chef who makes a similar condiment out of walnuts and rosemary. Delicious when sprinkled over beets, greens, or grains, this condiment is especially good for those who tend to use a lot of salt. It also makes a wonderful gift—place it in a small jar and decorate with a bit of ribbon.

YIELD: About 1 cup

1 cup pecans

1 teaspoon sea salt

2 teaspoons dried tarragon

*2 teaspoons dried tangerine peel**

½ teaspoon cinnamon

* You can dry the peel of any organic citrus in a warm oven or food dehydrator.

1 Place the pecans in a skillet over medium heat and stir constantly for about 3 minutes. Add the salt and continue to stir for another 3 minutes, or until the nuts give off an aroma and become lightly toasted.

2 Add the tarragon, tangerine peel, and cinnamon.

3 Transfer the mixture to a food processor or blender and coarsely grind. Let cool and place in a jar with a lid. Refrigerate up to three weeks.

For a Change ...

²/₃ Substitute walnuts for the pecans, lemon peel for the tangerine peel, and rosemary for the tarragon.



Soyannaise

For an authentic French mayonnaise taste, use high-quality olive oil and mustard for this creamy condiment, which is perfect for dressing a salad or topping a sandwich. When blending the ingredients, be sure to add the oil in a very slow, thin stream.

YIELD: About 1¼ cups

6–7 ounces firm silken tofu[*](#)

1½ tablespoons lemon juice

1 tablespoon Dijon mustard

½ teaspoon sea salt

½ teaspoon agave syrup

½ cup olive oil

* I recommend using half of a 12.3-ounce package Mori Nu brand silken tofu.

1 Place all the ingredients except the oil in a blender, and blend until smooth and creamy.

2 With the blender still running, slowly add the oil in a thin, steady stream. (Don't add too much oil at once or too quickly or the dressing will separate.)

Continue to blend until well mixed.

3 Use immediately or refrigerate in a covered container up to four days.

For a Change ...

²/₃ To turn this dressing into aioli, add 1 clove of garlic to the blender in Step 1.

Tomato Salsa

Fresh salsa is so quick and easy to make. Enjoy it as a dip with chips or use it to liven up a plain dish of beans and rice.

YIELD: About 2 cups

*1 medium tomato, finely chopped
1/2 cup finely diced bell pepper
1/4 cup minced sweet onion
1 jalapeño pepper, seeded and*

minced

1/4 cup fresh cilantro leaves

1 tablespoon chopped fresh basil

2 tablespoons lemon juice

1/2 teaspoon sea salt

1 Place all the ingredients in a bowl and mix well.

2 Serve immediately or refrigerate and enjoy chilled. Store in a covered container in the refrigerator for up to a week.



Bell Pepper Relish

I once hosted an America-themed party for a group of friends and served grilled veggie hot dogs on whole wheat buns with this pepper relish. My non-vegan guests thought that they were eating the real thing!

YIELD: About 2 cups

*½ medium red bell pepper, finely
diced*

*½ medium green bell pepper, finely
diced*

*½ medium yellow bell pepper, finely
diced*

*½ medium cucumber, seeded and
finely chopped*

¼ cup finely chopped red onion

¼ cup apple cider vinegar

*2 tablespoons maple, malt, or rice
syrup*

¼ teaspoon sea salt

½ teaspoon dry mustard

½ teaspoon ground celery seeds

½ teaspoon cinnamon



allspice

teaspoon

1 Place all the ingredients in a large bowl and mix well.

2 Refrigerate and chill at least 1 hour before serving. Store in a covered container in the refrigerator for up to a week.

Arame Condiment

Even non-sea vegetable lovers will enjoy this arame condiment, which can be eaten cold, warm, or at room temperature.

YIELD: About 1 cup

1 cup dried arame

2 tablespoons tamari

2 tablespoons water

1 teaspoon toasted sesame oil

1 Cover the arame with warm water and soak 5 minutes or until soft. Drain and rinse.

2 Place the arame and all the remaining ingredients in a small saucepan over medium-low heat. Simmer uncovered for 5 to 10 minutes.

3 Refrigerate in a covered container up to a week. Use warm, cold, or at room temperature.

Gomashio

This centuries-old Japanese condiment adds a salty, nutty flavor to dishes without adding as much sodium as regular table salt.

YIELD: About 1 cup

*1 cup sesame seeds
4 teaspoons sea salt*

1 Place the sesame seeds and salt in a small skillet over medium-high heat. Stir constantly until the seeds start to pop, begin to brown, and emit a fragrant nutty aroma. Be careful not to burn.

2 Quickly transfer the lightly browned seeds to a blender and grind briefly (there is no need to finely grind the seeds).

3 Let the gomashio cool before using. Refrigerate in a covered container up to one month.

Roasting Bell Peppers

Especially when bell peppers are in season, I find myself roasting several at once to always have some on hand. And it's so easy!

1. Place the peppers whole on an ungreased baking sheet under the broiler. Every minute or so, turn the peppers until the skin is charred on all sides. (This takes about five minutes.)

2. Remove the peppers from the oven and quickly cover with an inverted bowl to trap the steam and loosen the skin.

3. When the peppers are cool enough to handle, cut them in half and carefully peel off the skin and remove the seeds.

4. Slice the peppers and place them in a jar or other container along with a little olive oil. Refrigerate until ready to use. If you prefer, marinate the peppers with your favorite dressing. Lemon-Shoyu Dressing ([page 147](#)), Favorite Flax Oil Dressing (page 148), and Roasted Garlic Vinaigrette (page 150) are recommended. You can also simply add oil and vinegar.

Apple Tahini

No soaking required for this sauce. I love it over mochi.

YIELD: About 1¼ cups

1 small apple, cored and cut into chunks

2 large soft dates, pitted

2 tablespoons tahini

¼ cup water or apple juice

1 teaspoon vanilla

1 Place all the ingredient in a blender and blend until smooth and creamy. If necessary, add more water to achieve the desired consistency.

2 Use immediately or refrigerate in a covered container up to three days.

Tartar Sauce

Be sure to enjoy this tasty tartar sauce with Tofu “Fish” Sticks ([page 268](#)).

YIELD: About $\frac{3}{4}$ cup



cup

Soyannaise ([page 182](#))

1 tablespoon minced onions

1 tablespoon minced dill pickles

1 teaspoon lemon juice

1 Place all the ingredients in a small bowl and stir until well combined.

2 Use immediately or refrigerate in a covered container up to four days.

Prune-Date Sauce

Another wonderful topper for pancakes, waffles, mochi, and toasted whole grain bread.

YIELD: About 1 cup

5 pitted dates

5 pitted prunes

½ cup water

Pinch ascorbic acid (optional)

1 Place all the ingredients in a small bowl and let soak 8 hours or overnight.

2 Transfer the soaked ingredients and soaking water to a blender and blend until smooth.

3 Use immediately or refrigerate in a covered container up to four days.

Daikon Condiment

In macrobiotic cooking, daikon radish is often served with fried or oily food because it is believed to help digest fats.

YIELD: About 1¼ cups

1½ cups grated daikon radish

2 tablespoons rice vinegar

1 tablespoon shoyu or tamari

¼ teaspoon toasted sesame oil

(optional)

1 Place all the ingredients in a bowl and mix well.

2 Refrigerate at least 30 minutes before using. Store in the refrigerator up to a week.



12. Pasta and Pizza, Please

When it comes to food favorites—among adults and children alike—you can always count on pasta and pizza to be ranked near the top. Both choices offer the vegan cook a multitude of delightful culinary possibilities. And as an added bonus, whole wheat pasta and pizza are nutritious and economical. They are also quick and easy to prepare, as well as versatile—you can serve them as light meals, satisfying snacks, or

substantial entrées.

In this chapter, you will find some of my favorite pasta recipes, which can be made with commercial pasta as well as homemade. Of course, when it comes to buying pasta, it is important to choose a good-quality product, so I have included a few helpful guidelines for selecting the best. If, however, you are adventurous and would like to try making your own, there's a recipe for that also. Although most homemade pasta recipes contain eggs, I have developed a wonderful vegan version that's made without them. The pasta is truly delicious, but it does take a little time to make. On the other hand, the process itself is relatively simple. And

you can use the dough to make long noodles like linguini and fettuccine, as well as wider noodles for lasagna and ravioli. Be sure to try the Homemade Stuffed Ravioli ([page 192](#)), and the delectable Vegan Lasagna (page 190), which you can make with either homemade or commercial noodles.

A wide range of pasta dishes—satisfying and delicious—is included on the following pages. There are recipes for such mouthwatering favorites as Pasta with Spinach and Red Pepper Sauce, Sautéed Eggplant over Fettuccine, Lazy Guy's Favorite Spaghetti, and Penne with Black Olives and Rosé Sauce. There are also macaroni casseroles and quick-skillet

dishes like Chili Mac, as well as Asian-inspired choices like Udon Noodles with Asparagus, and Cold Japanese Noodles with Tofu.

Not to be outdone, healthy and delicious pizza shares the spotlight in this chapter. After presenting a wonderful whole wheat crust that is thin, crisp, and delicious, a number of quick and easy pizza recipes follow.

When made with the right ingredients, both pasta dishes and pizza are healthful and satisfying choices. Indulge without guilt.

Whole Wheat Noodles

With the dough for this recipe, you can create noodles of various widths, from thin spaghetti to wide lasagna noodles.

YIELD: 4 servings

½ cup water

¼ cup vital wheat gluten

1–1½ cups whole wheat flour

1 Place the water in a medium bowl. Add the gluten and ½ cup of the flour and stir well with a wooden spoon.

2 Gradually add more flour, a little at a time, until the dough becomes too stiff to stir and begins to pull away from the sides of the bowl. Turn out the dough onto a work surface that has been lightly sprinkled with flour mixture. Knead the dough about 10 minutes, adding as much flour as necessary to make a soft, elastic dough that is not sticky. (For kneading instructions, see [page 56](#).) There will be flour left over.

3 Cover the dough with an inverted mixing bowl and let it rest 5 to 10 minutes.

4 Roll the dough into a thick log, then cut it into four equal pieces. Put three pieces back under the bowl, and leave one out for rolling.

5 Sprinkle the work surface with flour and place the ball of dough on top. With your hands, flatten out the dough to a rectangle of even thickness (see Step 1 at right).

Buying Commercial Pasta

Need I say that eating pasta made from bleached white flour is not much different from eating spongy white bread? If one gets in the habit of eating good-quality whole grain pasta, it becomes impossible to enjoy the pasty white commercial stuff. And be aware that the pasta sold in natural foods stores is often made with white flour, sometimes containing just enough whole wheat flour, buckwheat flour, or dried vegetables to make it “look” natural.

When buying commercial pasta, be sure that it's made from 100-percent organically grown whole grains. And

avoid buying it in bulk out of a bin—when stored this way, the pasta is exposed to air and possibly light, which will cause the natural oils in the grain to quickly become rancid. There are a number of companies that make good-quality whole wheat pasta; one of my favorites is Bionaturae. Imported from Italy, the pasta always tastes like it is made from fresh flour. I have never found it to have the rancid smell that whole wheat pasta sometimes has. The company also makes a glutenfree variety for people with an intolerance or allergy to gluten. (Companies that sell quality whole wheat pasta, are listed in the Resources beginning on [page 293](#).)

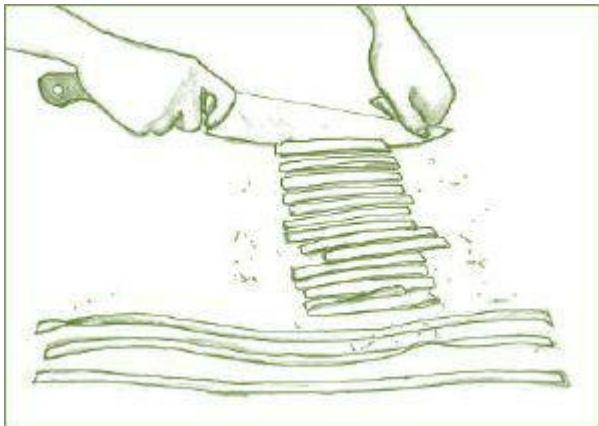
MAKING NOODLES



1. Flatten the dough.



2. Roll out the dough.



3. Fold the dough into thirds.



4. Cut the dough and unfold the noodles.

6 Begin rolling out the dough to a thin rectangle, sprinkling it and work surface with flour (as needed) to keep the dough from sticking to the rolling pin and the work surface (see Step 2). Continue rolling out the dough, and turning it over frequently, until it is about 8-x-11-inches in size and a little thicker than a sheet of construction paper. Remember to keep sprinkling the dough and your work surface with flour to keep it from sticking.

7 Sprinkle a little flour over the top of the dough and rub it lightly over the surface. Starting at one of the shorter sides, loosely fold the dough over three times (see Step 3). Using a sharp knife, cut the folded dough into ½-inch noodles, and then unfold them one by one (see Step 4).

8 Repeat with the remaining dough.

9 Cook the pasta immediately, or let it dry and store for later use. (See drying and cooking guidelines on [page 191](#).)

For a Change ...

²/₃ To make lasagna noodles, simply cut the folded dough into 2-inch-wide strips in Step 4.

Vegan Lasagna

This is one of my older recipes, but it's one that I have always enjoyed. And unlike traditional lasagna, the noodles don't have to be cooked before putting the dish together.

YIELD: 4 to 6 servings

*8 ounces whole wheat lasagna
noodles*

½ cup grated vegan Parmesan

*1 cup shredded vegan
mozzarella*

Sauce

2 tablespoons olive oil

½ cup chopped onion

4 cloves garlic, minced
1 teaspoon dried basil
1 teaspoon dried oregano
¼ teaspoon ground cloves
2 stalks celery, finely chopped
1½ cups sliced carrots
1 medium zucchini, sliced
1 yellow squash, sliced
2 cups sliced mushrooms
16-ounce can crushed tomatoes
6-ounce can tomato paste
1 tablespoon tamari, or to taste

Filling

*12.3-ounce package extra-firm
silken tofu*
3 cloves garlic, minced
¼ teaspoon sea salt

1 Preheat the oven to 350°F. Oil a 7-x-11-inch baking dish and set aside.

2 To make the sauce, heat the olive oil in a large heavy pot over medium heat. Add the onion, garlic, basil, oregano, and cloves, and sauté 1 or 2 minutes. Add the celery and sauté another 2 minutes, then add the carrots and sauté a minute more.

3 Add the zucchini and yellow squash to the pot, reduce the heat to medium-low, and cover. Stirring occasionally,

cook about 5 minutes or until the vegetables start to become tender. Add the mushrooms and continue to cook another 2 to 3 minutes.

4 Stir the crushed tomatoes and tomato paste into the pot and mix with the sautéed vegetables. Add the tamari, stir well, then remove from the heat and set aside.

5 To make the filling, place the tofu, garlic, and salt in a food processor or blender, and blend until smooth and creamy. Set aside.

6 To put together the lasagna, first spoon a thin layer of sauce (about 1 cup) over the bottom of the oiled baking dish, then place a layer of lasagna noodles on top. Spread the filling over the noodles, and top with half of the remaining sauce. Sprinkle with about one-fourth of the Parmesan. Repeat with the remaining ingredients.

7 Cover the dish with foil and place in the oven. Bake for 40 minutes, then uncover and bake another 10 minutes.

8 Remove from the oven and let sit at least 15 minutes before cutting into

squares and serving.

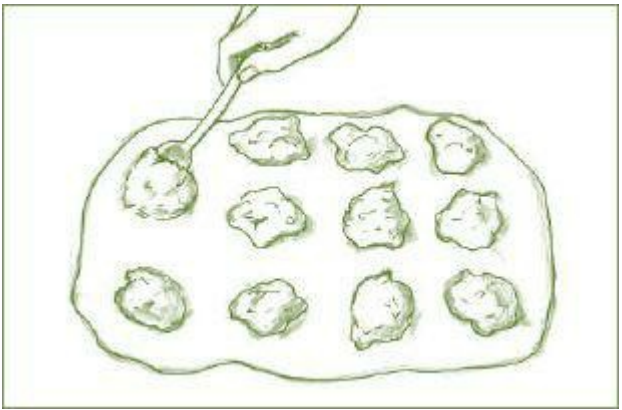
Making Homemade Pasta

Making pasta takes a little time, but it's really not difficult. My vegan Whole Wheat Noodles recipe on [page 188](#) will show you how. All you need is a bowl, a countertop, a rolling pin, and a sharp knife. As far as ingredients, you'll need fresh, high-quality whole wheat flour. (When I don't grind my own flour, I use a good-quality brand like Anson Mills or Bob's Red Mill.) And instead of eggs, which are typically used to hold pasta dough together, I've found that a mixture of vital wheat gluten and water serves the same purpose—and adds a protein boost at the same time.

Keep in mind that pasta making can be a fun, relaxing activity that you can share with children or friends. Although the process is easy, it does take time, so be sure to pick a day when you don't have anything else scheduled and you're in the mood to create something simply for the joy of it ... now get yourself rolling!

Drying Fresh Pasta

After making the pasta, if you aren't going to use it immediately, let it dry a bit and then store for later use. To air-dry pasta, carefully drape the strands over a horizontally fixed dowel or broom handle. I use a bamboo pole balanced between two chairs. You can also hang the strands over a makeshift clothesline, or spread them out on a counter that is sprinkled with flour. After an hour or two, place the partially dried pasta in a plastic bag and store in the refrigerator, where it will keep about three or four days. Frozen, it will keep for a couple months.



Air-drying pasta.

Cooking Fresh Pasta

Homemade pasta cooks more quickly than dry commercial varieties. Although cooking time will vary depending on the thickness of the noodles, as a general rule, do the following: Add the noodles to a pot of boiling water. Reduce the heat to medium-low and simmer, stirring gently, about three to five minutes. (After three minutes, remove a strand and taste it to see if it is cooked to the desired doneness.) When the pasta is done, drain it through a colander or strainer and then top with your favorite sauce.

Homemade Stuffed Ravioli

These ravioli are as good as any I have ever had—even the ones I've eaten in Italy. They aren't hard to make, but don't be in a hurry.

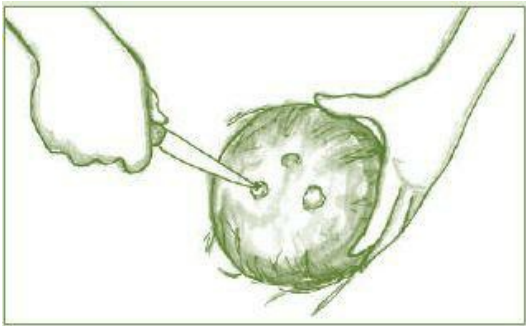
YIELD: About 26 ravioli

Dough from Whole Wheat Noodles recipe ([page 188](#))

Filling

*12.3- ounce package firm silken
tofu*

1 tablespoon olive oil



cup sun-dried tomato bits
¼ cup finely chopped walnuts
1 clove garlic, pressed
1 teaspoon dried basil
¼ teaspoon sea salt

Garnish

*2 cups halved or quartered
cherry tomatoes*
¼ cup chopped fresh basil
2 tablespoons olive oil

*Sea salt and pepper to taste
(optional)*

1 To make the filling, place the tofu and olive oil in a blender and blend until smooth. Transfer the mixture to a medium bowl and add the dried tomatoes, walnuts, garlic, basil, and salt. Mix well and set aside.

2 Roll out the first of the four pieces of dough to a thin 8-x-11-inch rectangle.

3 At equal intervals, place 12 heaping teaspoons of the tofu mixture in little

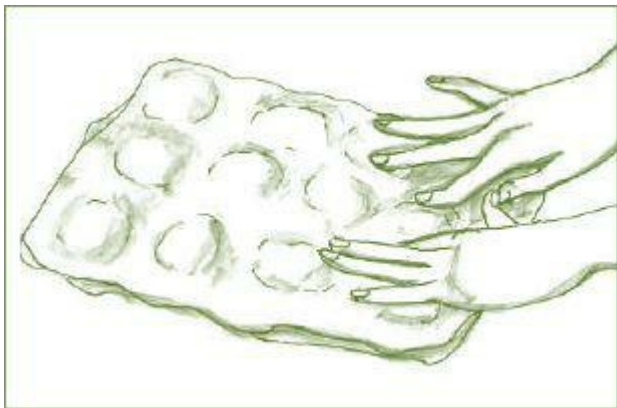
mounds on the dough—4 lengthwise and 3 widthwise. Make sure there is at least 1 inch between each mound (see Step 1 below).

4 Roll out another piece of dough to the same size as the first and place it over the sheet with the filling. Using your fingers, lightly press down the top sheet of dough in the spaces surrounding the mounds of filling (see Step 2).

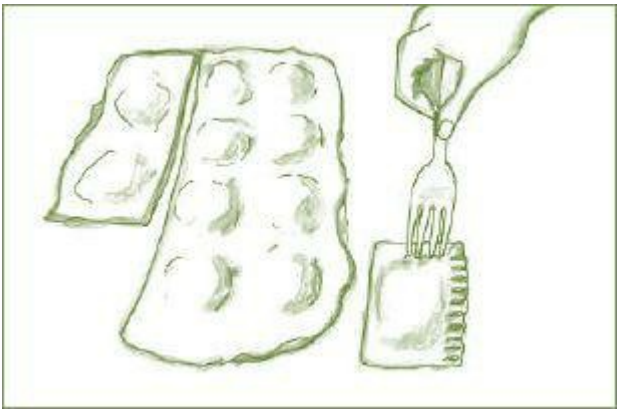
5 With a sharp knife or clean scissors, cut out squares of ravioli, reserving any extra scraps or pieces of dough. Place the ravioli on a lightly floured board and seal the edges by pressing them firmly

with a wet fork (see Step 3). Be careful not to press into the filling or it will leak out during cooking.

MAKING RAVIOLI



1. Spoon mounds of filling on the dough.



2. Press down the dough between the mounds.

6 Repeat the process with the remaining two pieces of dough. (There should also be enough scraps of dough, and filling to make at least 2 more ravioli.)

7 To cook, bring a large pot of water to boil. Add 1 tablespoon olive oil and pinch of salt to the water. Carefully add the ravioli and cook about 5 to 8 minutes. After about 5 minutes, remove a ravioli and test for doneness by carefully cutting off a corner and tasting it.

8 Remove the cooked ravioli from the pot with a large strainer or slotted spoon. Don't dump them into a colander as you would other pasta, or they may fall apart. Drain well.

9 Transfer the hot ravioli to individual plates. Top with cherry tomatoes and

basil, drizzle with olive oil, and season with salt and pepper if desired.

HELPFUL TIP

You can make these ravioli three to four days ahead of time. Arrange them in two or three layers (no more than three) in an airtight container with a sheet of waxed paper between each layer. Store in the refrigerator.



3. Seal the edges with a fork.

Penne with Black Olives and Rosé Sauce

Anyone who likes olives will enjoy this flavorful dish.

YIELD: 3 to 4 servings

*8 ounces whole wheat penne
pasta*

2 tablespoons olive oil

1 cup chopped onion

3 cloves garlic, minced

1 teaspoon dried basil

2½ cups sliced mushrooms

1 cup sliced pitted black olives

Rosé Sauce

*12.3- ounce package firm silken
tofu*

1 cup tomato sauce

*Piinch cayenne pepper, or to
taste*

1 Bring a large pot of water to boil, and cook the pasta according to package directions.

2 While the pasta is cooking, heat the oil in a large skillet over medium heat. Add the onions and sauté about 5 minutes or until they start to soften. Add the garlic and basil, sauté a minute, then add the mushrooms. Continue to sauté

another 5 minutes or until the onions and mushrooms are tender. Add the olives and mix well.

3 Place the tofu and tomato sauce in a blender or food processor, and blend until smooth and creamy.

4 Drain the cooked pasta well and return to the pot. Add the sautéed vegetables and sauce, and mix well. Heat up over medium heat but do not boil. Serve immediately.

Fettuccine with Porcini Wine Sauce

Although I prefer to make this recipe with whole wheat fettuccine, any type of whole grain pasta works. The dish itself is also pretty quick to put together.

YIELD: 4 servings

12-ounce bunch kale, finely chopped

1 recipe Whole Wheat Noodles ([page 188](#)), or 10 ounces commercial whole wheat fettuccine

16 cherry tomatoes, halved or

quartered, for garnish

Wine Sauce

*2 ounces dried porcini
mushrooms*

2 cups hot water

2 tablespoons olive oil

*2 cups red onions in half-moon
slices*

3 bay leaves

1 teaspoon dried tarragon

½ cup red wine

3 tablespoons tamari

1 tablespoon balsamic vinegar

1 tablespoon kudzu powder

2 tablespoons cool water

½ teaspoon white pepper

1 Place the mushrooms in a medium bowl, cover with the hot water, and let soak 20 minutes. While the mushrooms soak, steam the kale until tender. (It must be tender, not crisp.)

2 Reserving the liquid, drain the soaked mushrooms through a fine strainer or filter, a triple layer of cheesecloth, or a clean dishtowel. Transfer to a colander, rinse briefly, and set aside.

3 Heat the oil in a large skillet over medium heat. Add the onions and bay leaves, and sauté about 10 minutes or until the onions are soft. Add the

mushrooms and tarragon, and continue to sauté for 5 minutes.

4 Add the reserved soaking liquid (from the mushrooms) to the skillet along with the wine, tamari, and balsamic vinegar. Stir well, reduce the heat to medium-low, and simmer uncovered for about 10 to 15 minutes or until the mushrooms are cooked.

5 Place the kudzu in a cup or small bowl, add 2 tablespoons cool water, and stir to dissolve. Add to the skillet and stir well with the simmering mushrooms. Increase the heat and bring the mixture to a boil while stirring. It should thicken as

soon as it boils. Season with pepper, remove from the heat, and set aside.

6 Cook the pasta according to package directions (if using fresh pasta, follow the instructions on [page 191](#)). Drain in a colander.

7 Place the pasta on individual serving plates. Top with the kale, spoon the mushroom sauce on top, and garnish with the cherry tomatoes. Serve immediately.

For a Change ...

²/₃ Substitute mustard greens, dandelion greens, or Swiss chard for the kale.

²/₃ Instead of steaming the kale, use a pressure cooker, which will cook it more quickly.

Pasta with Black Beans

This dish is a good choice when you want to throw together a hearty meal quickly.

YIELD: 2 to 3 servings

*8 ounces whole wheat shells or
other short pasta*

1 large tomato

*2 cups cooked black beans,
rinsed and drained*

*1 cup fresh or frozen corn
kernels*

1/4 cup salsa

1 teaspoon dried basil

1 teaspoon ground cumin

1 tablespoon tamari, or to taste
2 scallions, chopped

1 Bring a large pot of water to boil, and cook the pasta according to package directions.

2 While the pasta is cooking, purée the tomato in a blender (to yield about 1 cup). Transfer to a heavy, medium-size saucepan along with the beans, corn, salsa, basil, cumin, and tamari. Cover and bring to a boil, then reduce the heat to low, and simmer covered for 4 to 5 minutes.

3 Drain the cooked pasta and return to the pot. Add the bean-corn mixture and toss well. Serve with a garnish of chopped scallions.



Pasta with Spinach and Red Pepper Sauce

Here's another great dish when you're in a hurry. It calls for prewashed spinach and roasted peppers from a jar.

YIELD: 3 to 4 servings

6–8 ounces any variety whole grain pasta

6-ounce jar roasted red peppers

12.3-ounce package firm silken tofu

1–2 cloves garlic

¼ teaspoon sea salt

2 tablespoons water

*10-ounce bag prewashed baby
spinach*

*1 heaping tablespoon small
capers*

1 Bring a large pot of water to boil, and cook the pasta according to package directions.

2 While the pasta is cooking, prepare the sauce. Place the roasted peppers, tofu, garlic, and salt in a blender, and blend until smooth and creamy. Set aside.

3 Place the 2 tablespoons of water in another large pot over high heat. Add the spinach and stir until it starts to wilt. Cover the pot, reduce the heat to low, and cook for 2 minutes or until the spinach is tender. Leave the spinach in the pot, and drain the liquid. Lightly press the cooked spinach with the back of a spoon to remove any excess liquid.

4 Transfer the tofu mixture to the pot with the spinach and mix well. Heat up over low heat but do not boil.

5 Drain the cooked pasta. Place on individual serving plates and top with

the sauce. Sprinkle with capers and serve immediately.

Create-a-Pasta Dish!

Pasta dishes really lend themselves to creative cooking. They are perfect vehicles for mixing and matching different sauces, vegetables, beans, herbs, flavorful oils, and any other ingredients you might have on hand. And like soup, pasta is great for using up leftovers! Listed below are some suggested ways to enjoy pasta. Prepare the dishes as written or alter them to fit your own personal taste. And don't feel you have to use the suggested pasta shapes—use whatever type you desire. Hopefully, the following ideas will inspire you to come up with your own

delectable pasta creations.

Garden Sauce ([page 172](#)) with Tofu over Fettuccine

For a hearty meal, add a cup or two of Tofu Crumbles ([page 265](#)) to the sauce before spooning it over fettuccine. Or cut seasoned prebaked tofu into cubes, brown them in a little olive oil, then add to the sauce.

Luscious Tomato-Garlic Sauce ([page 170](#)) with Sautéed Mushrooms over Spaghettini

Sauté a cup or two of sliced mushrooms in a little olive oil, add them to the sauce, then spoon over spaghettini. Top each serving with a generous spoonful of White Bean & Roasted Garlic Purée ([page 99](#)). Garnish with fresh basil.

Vegan Pesto ([page 172](#)) with Broccoli and Cherry Tomatoes over Fusilli

Quickly toss cooked fusilli with the pesto, then top with steamed broccoli flowerets and halved fresh cherry tomatoes.

Creamy Pasta Primavera

Steam a variety of your favorite vegetables, add them to Béchamel Sauce ([page 173](#)) or Cashew Béchamel (page 177), and serve over your favorite whole wheat pasta.

Fettuccine with Golden Cashew Cream ([page 177](#)), Carrots & Peas

Add steamed baby carrots and fresh or frozen peas to the cooked pasta. Add the sauce and mix well. Serve topped with chopped scallions or chives.

Spaghetti and Wheat Balls

Serve whole wheat spaghetti and Wheat Balls ([page 248](#)) with your favorite tomato sauce.

Mushroom Wine Sauce **([page 174](#)) over Linguine**

Spoon this sauce as is over linguine or add a cup or two of Tofu Crumbles ([page 265](#)) for a more substantial dish. Garnish with some finely minced parsley.

Tofu-Mushroom Sauce **([page 175](#)) with Penne**

Toss the penne with the sauce, garnish with quartered cherry tomatoes and fresh basil.

Spinach Green Sauce ([page 175](#)) and Roasted Peppers over Rigatoni

Toss the rigatoni with the sauce, garnish generously with roasted red bell peppers ([page 184](#)), and serve.

Spaghetti alla Puttanesca

Sauté a small chopped onion and 2 or 3 sliced garlic cloves in a little olive oil. When the onion becomes translucent, add diced tomatoes (about 1 medium per person), some sliced black olives, and a tablespoon of capers. Simmer about 10 minutes and serve over whole wheat spaghetti. Garnish with finely chopped parsley and basil chiffonade ([page 177](#)).

Cold Arame Soba

Top cold soba noodles with Arame Condiment ([page 184](#)), sliced scallions, and toasted sesame seeds for a refreshing summer dish.

Light Tamari-Sesame Sauce ([page 173](#)) with Sautéed Greens over Fusilli

Top the fusilli with sautéed spinach, Swiss chard, or broccoli rabe. Add the sauce, and serve with a garnish of chopped scallions and sesame seeds.

Sun-Dried Tomato Cream Sauce ([page 176](#)) over Penne and Kale

Top the pasta with steamed kale, add the sauce, and serve with a garnish of chopped parsley.

Pasta with Walnuts and Veggies

Steam your favorite seasonal vegetables and add them to your favorite whole wheat pasta. Add a generous sprinkling of toasted walnuts, toss with Favorite Flax Oil Dressing ([page 148](#)) and serve. Chickpeas or cubes of seasoned prebaked tofu are other good additions.

Lazy Guy's Favorite Spaghetti

It doesn't get much faster than this. You must, however, use vine-ripe tomatoes that are in season. Don't even consider making this dish with tomatoes that are not.

YIELD: 3 to 4 servings

10 ounces whole wheat spaghetti

1 cup frozen peas

3 tablespoons chopped fresh basil

2 tablespoons minced fresh parsley

3—4 cloves garlic, pressed

2 tablespoons olive oil

Sea salt to taste

*Freshly ground black pepper to
taste*

*3 medium vine-ripe tomatoes
(about 1 pound)*

*Tofu Parmesan cheese
(optional)*

1 Bring a large pot of water to boil, and cook the spaghetti according to package directions.

2 While the pasta is cooking, place the peas in a colander and set aside. Finely

chop the tomatoes and transfer to a medium bowl along with their juice.

3 Drain the cooked spaghetti in the colander (over the peas). Immediately return the pasta and peas to the pot along with the basil, parsley, garlic, and olive oil. Quickly toss the ingredients.

4 Transfer the spaghetti to serving plates, top with chopped tomatoes, and serve with a garnish of basil. Enjoy as is, or seasoned with salt and pepper, and topped with a sprinkling of tofu Parmesan.

For a Change ...

²/₃ For extra flavor and protein, add some seasoned prebaked tofu to the dish (a 10-ounce package is suggested). Cut the tofu into small cubes and brown in a tablespoon of olive oil before adding to the pasta.

Fettuccine with Ratatouille

Ratatouille is a classic French Provençal dish. This version is thicker than the traditional because it uses sun-dried tomatoes instead of fresh.

YIELD: 4 servings

$\frac{3}{4}$ cup sliced oil-marinated sun-dried tomatoes (about 16 halves)*

1 large eggplant (about 1 $\frac{3}{4}$ pounds), diced

6 cloves garlic, chopped

1 medium zucchini, sliced

1 large bell pepper, diced

½ teaspoon sea salt, or to taste
Freshly ground black pepper to
taste
10—12 ounces whole wheat
fettuccine

* Choose organic tomatoes that are marinated in olive oil.

1 Heat 2 to 3 tablespoons of oil from the sundried tomatoes in a large, heavy skillet over low heat. Add the eggplant and garlic. Cover and cook for 10 minutes while stirring occasionally

2 Add the zucchini and bell pepper to

the skillet, and continue to cook another 15 minutes or until all the vegetables are tender. Add salt and pepper to taste.

3 While the vegetables are cooking, bring a large pot of water to boil, and cook the pasta according to package directions.

4 Drain the cooked pasta. Place on individual serving plates and top with ratatouille. Serve immediately.

For a Change ...

²/₃ For increased taste and nutrition, add a cup or two of chickpeas (or any white bean) to the ratatouille at the end of cooking time.

Chili Mac

Looking for a satisfying, inexpensive dish to feed a hungry family? Look no further than this hearty classic.

YIELD: 4 to 6 servings

*10 ounces whole wheat
macaroni*

2 tablespoons olive oil

1½ cups chopped onion

1 cup chopped celery

½ bell pepper, medium diced

1 jalapeño pepper, minced

1 teaspoon chili powder

1 teaspoon ground cumin

1 teaspoon dried basil

16-ounce can crushed tomatoes
2 cups cooked red kidney or
pinto beans, rinsed and
drained
1 tablespoon tamari, or to taste

1 Bring a large pot of water to boil, and cook the pasta according to package directions.

2 While the pasta is cooking, heat the oil in a large skillet over medium heat. Add the onion, celery, bell pepper, jalapeño pepper, chili powder, cumin, and basil. Sauté until the vegetables are tender. Add the tomatoes, beans, and

tamari. Stir the mixture until it begins to simmer.

3 Drain the cooked pasta and return to the pot. Add the vegetable-bean mixture, and toss well. (If the dish is too dry, add a little cooking liquid from the beans or the pasta.) Serve immediately.

For a Change ...

²/₃ Instead of (or along with) the jalapeño pepper, add salsa to taste.

Sautéed Eggplant over Fettuccine

The variations for this recipe show how just how easy it is to turn a basic dish into a variety of new ones. As you can see, the amount of garlic you use is a matter of taste. I have made this dish with anywhere from one clove to an entire head and it always comes out great.

YIELD: 4 servings

1–2 tablespoons olive oil

½ large sweet onion, chopped

*1–2 tablespoons balsamic
vinegar, or to taste*

*2 tablespoons Bragg Liquid
Aminos or tamari*

Chopped garlic to taste

*1 medium eggplant (about 1¼
pounds), diced*

*White, black, or cayenne pepper
to taste*

*10 ounces whole wheat
fettuccine*

1 Heat the oil in a large, heavy pot over medium heat. Add the onion and sauté 3 minutes. Add all the remaining ingredients except the pepper. Do not stir. Reduce the heat to low, cover, and cook slowly for 10 to 15 minutes, or until the onions are browned.

3 Stir the ingredients and continue to cook another 3 to 5 minutes or until the eggplant is tender. (If needed, add up to $\frac{1}{4}$ cup water to keep the vegetables from burning.) Add pepper to taste.

4 While the eggplant mixture is cooking, bring a large pot of water to boil and cook the pasta according to package directions. Drain in a colander.

5 Place the pasta on individual serving plates and spoon the eggplant mixture on top. Serve immediately.

For a Change ...

²/₃ For a creamy sauce, blend a 12.3-ounce package of firm silken tofu in the blender. Add it to the pot once the eggplant is cooked and stir well. Heat up over low heat, but do not boil. After spooning the sauce over pasta, garnish with chopped tomatoes and parsley.

²/₃ For a Middle Eastern version, omit the chopped garlic and add 2 teaspoons cumin. When stirring the eggplant in Step 3, add ¹/₄ cup water. And when the eggplant is done cooking, stir



cup tahini
and 1 pressed garlic clove into the mixture. Add cayenne pepper to taste. If desired, you can add 1 cup drained chickpeas. Also, try this version with brown rice or quinoa instead of pasta, and garnish with minced parsley and black olives.

²/₃ For a version with added nutrition, texture, and flavor, add 1½ cups cooked cannellini, Great Northern, or white kidney beans to the pot in Step 3. Also add about 20 sun-dried tomato halves that have been cut into small pieces. Delicious over pasta, polenta, or brown rice.



Udon Noodles with Asparagus

This recipe makes a quick yet elegant meal. For extra flavor and added color, use black sesame seeds.

YIELD: 2 to 3 servings

6 ounces udon noodles

*1 pound asparagus, trimmed
and cut into 1-inch pieces*

*1 medium red bell pepper, finely
diced*

1/4 cup water

1 teaspoon toasted sesame oil

1 tablespoon tamari or shoyu

Umeboshi Cream ([page 92](#))

1–2 scallions, diagonally sliced
2 tablespoons toasted sesame seeds

1 Bring a large pot of water to boil, and cook the noodles according to package directions.

2 While the noodles are cooking, place the asparagus, bell pepper, and water in a skillet. Cover and bring to a boil over high heat. Reduce the heat to low and simmer 3 minutes or until the asparagus is just tender.

3 Drain the cooked noodles and return to the pot. Add the sesame oil, tamari, and the asparagusbell pepper mixture. Toss well.

4 Place the noodles on individual serving plates. Top each serving with a large dollop of Umeboshi Cream and a sprinkling of scallions and sesame seeds. Serve immediately.

Cold Japanese Noodles with Tofu

Years ago, Kinya Ishikawa, a Japanese potter, taught me how to make cold soba noodles and enjoy them as a refreshing summer dish. This is not his recipe, but he inspired it—and I'm sure he would like it.

YIELD: 4 servings

*8 ounces brown rice soba
noodles*

*12 ounces smoke-seasoned
prebaked tofu, cut into ½-
inch cubes*

3 cups grated cucumber

*14-ounce jar mild kimchee
(pickled cabbage), not
drained*

*2 tablespoons toasted sesame
oil*

1 Bring a large pot of water to boil, and cook the noodles according to package directions.

2 Drain the cooked noodles, rinse under cold water or plunge into a bowl of ice water, then drain well. (The noodles should be cold.)

3 Transfer the noodles to a large bowl, add all the other ingredients, and mix well. Serve chilled.



Macaroni and Vegetable Casserole

This dish is sort of macaroni and cheesy, but the addition of veggies makes it more interesting and nutritious.

YIELD: 3 to 4 servings

2 cups whole wheat macaroni

2 tablespoons Bragg Liquid Aminos or tamari

½ cup water

1 cup chopped onions

2½ cups broccoli flowerets

1 medium yellow squash, diced

½ large red bell pepper, diced

1 teaspoon dried thyme

*12.3-ounce package firm silken
tofu*

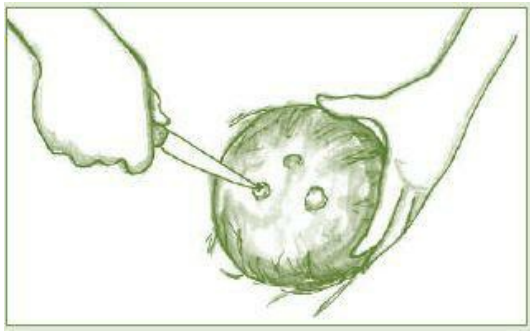
1 tablespoon yellow miso

1 tablespoon Dijon mustard

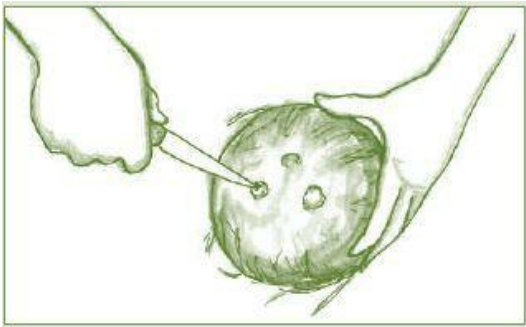
½ teaspoon ground turmeric

Pinch cayenne pepper

*2 tablespoons nutritional yeast
flakes*



cup grated soy cheese



*cup whole grain bread
crumbs*

1 Preheat the oven to 350°F. Oil a 2-quart casserole dish and set aside.

2 Bring a large pot of water to boil, and cook the pasta according to package directions, but do not overcook. (The

pasta is going to bake further in the oven.)



3 While the pasta is cooking, combine the liquid aminos, water, and onions in a large skillet over medium heat. Cover and cook for 5 minutes while stirring

occasionally. Add the broccoli, squash, bell pepper, and thyme. Cover and cook another 3 to 5 minutes or until the vegetables are just tender.

4 Place the tofu, miso, mustard, turmeric, and cayenne in a food processor, and blend until smooth and creamy.

5 Drain the partially cooked pasta and return to the pot. Add the tofu mixture and stir well, then add the nutritional yeast and stir again. Add the cooked vegetables and any leftover cooking water. Transfer the mixture to the prepared casserole dish. Top with soy

cheese and sprinkle with bread crumbs.

6 Bake for 20 minutes or until the casserole is hot and bubbly. Place under the broiler for 1 minute to brown the top. Serve hot.

Whole Wheat Pizza Crust

Here's a pizza crust that's thin and crisp. After kneading the dough, you can immediately roll it out—you don't have to let it rise first.

YIELD: 12-inch round or 10-x-15-inch crust

2—3 tablespoons cornmeal

½ cup warm water

2 tablespoons olive oil

2 teaspoons dry active yeast

1 teaspoon Sucanat

¼ teaspoon sea salt

1 tablespoon vital wheat gluten

1–1¼ cups whole wheat flour

1 Oil a 12-inch-round pizza pan (or 10-x-15-inch baking sheet) and sprinkle with cornmeal.

2 Place the water, oil, yeast, Sucanat, and salt in a medium mixing bowl. Stir and let sit a few minutes until the yeast dissolves.

3 Add the vital wheat gluten and 1 cup of the flour to the yeast mixture and stir with a wooden spoon. Turn it onto a floured surface and knead in the

remaining flour to form a soft, slightly sticky dough. Knead for 5 minutes, shape into a ball, and let rest for 5 minutes. (For kneading instructions, see [page 56](#).)

4 Transfer the dough to the prepared baking sheet and press it over the surface with your hands. Flatten it further with a rolling pin.

5 The dough is now ready for the desired topping and to be baked according to the recipe. (For topping suggestions, see “Who Doesn’t Love Pizza?” on [page 206](#).)

FOR A THICK PIZZA CRUST ...

Use the dough for Rosemary and Garlic Focaccia ([page 106](#)).

Louise's Onion Pizza

For this recipe, slowly sauté the onions until they caramelize to a rich honey-brown color (this really brings out their sweetness).

YIELD: 10-x-15-inch pizza

2 tablespoons olive oil

3 large Spanish onions, thinly sliced

6 cloves garlic, chopped

1½ teaspoon herbes de Provence ([page 46](#)), or 1 tablespoon fresh rosemary

½ teaspoon sea salt

2–3 tablespoons cornmeal

*Dough for Rosemary and Garlic
Focaccia ([page 106](#))
1 cup sliced black olives*

1 Heat the oil in a large skillet over low heat. Add the onions and garlic, and sauté, stirring occasionally, for about 2 hours or until the onions are caramelized and reduced in volume to about a quarter of the raw amount.

2 Add the herbes de Provence and salt to the onions, mix well, and let cool a bit.

3 Oil an 10-x-15-inch baking sheet and sprinkle with cornmeal. Place the dough on the sheet, and press it over the surface with your hands. Flatten it further with a rolling pin. Spread the onion mixture on top, scatter with olives, and let rise 30 minutes.

4 Bake on the bottom rack of a 400°F oven for 15 minutes, or until the bottom of the crust is golden brown.

5 Cut the hot pizza into squares and serve.

Porcini Pizza

The rich flavor of porcini mushrooms contrasts beautifully with the sweetness of the grape tomatoes in this luscious pizza.

YIELD: 10-x-15-inch pizza

*2 ounces dry porcini
mushrooms*

3 cups water

1 tablespoon olive oil

2½ cups chopped onions

6 cloves garlic, minced

*1 tablespoon chopped fresh
rosemary*

½ teaspoon sea salt, or to taste

¼ teaspoon white pepper, or to taste

1 tablespoon kudzu powder

2–3 tablespoons cornmeal

*Whole Wheat Pizza Crust dough
([page 202](#))*

1 cup grape tomatoes, halved

1 Place the porcini mushrooms in a medium bowl, cover with the water, and let soak 30 minutes or until hydrated.

2 Heat the olive oil in a large skillet over low heat. Add the onion, and sauté slowly for 15 to 20 minutes or until browned and reduced by half. Add the

garlic and rosemary, sauté a few minutes more, then stir in the salt and pepper.

3 Drain the soaked mushrooms through a coffee filter or cheesecloth over a bowl to reserve the soaking water. Quickly rinse the mushrooms and add to the skillet along with $\frac{1}{2}$ cup of the soaking water. Simmer for 5 minutes.

4 Place the kudzu and another $\frac{1}{2}$ cup of the soaking water in a cup, and stir to dissolve. Add to the skillet, increase the heat, and bring to a boil while stirring. Remove from the heat and let cool slightly.

5 Oil a 10-x-15-inch baking sheet and sprinkle with cornmeal. Place the dough on the sheet, and press it over the surface with your hands. Flatten it further with a rolling pin.

6 Spread the warm mushroom-onion mixture over the dough. Top with the grape tomatoes, cut-side-down.

7 Bake on the bottom rack of a 400°F oven for 15 to 20 minutes or until the bottom of the crust is golden brown.

8 Cut the hot pizza into squares and

serve.

Mmmm, PIZZA

For best results, keep the following pizza- making guidelines in mind:

²/₃ Always bake pizza on the bottom rack of a 400°F oven.

²/₃ Some pizza recipes call for preheating the oven, but I have never found this to matter much. When placed in a cold oven, the crust will rise just a bit more. It may also be a little crispier and cook a bit faster if the oven is preheated.

²/₃ When using a metal baking sheet, first coat it with olive oil, then sprinkle with

cornmeal, which adds a nice crunch to the crust and will keep it from sticking.

²/₃ To check if your pizza is done, lift up a corner of the crust. If the bottom is a nice golden brown, it's done.

²/₃ If you add soy or another nondairy cheese to your pizza, go lightly. These cheeses taste pretty good when used sparingly; but too much tends to taste artificial.

Artichoke & Tomato Pizza

Instead of sauce, thick slices of juicy fresh tomatoes top this delicious pizza.

YIELD: 10-x-15-inch pizza

6 cloves garlic

½ teaspoon sea salt

1 teaspoon dried oregano

1 teaspoon dried basil

2 tablespoons olive oil

*16-ounce can artichoke hearts,
drained and finely chopped*

*3–4 medium-large ripe
tomatoes*

2–3 tablespoons cornmeal

Whole Wheat Pizza Crust dough
(page 202)

*½ cup grated nondairy
mozzarella*

1 Press the garlic cloves into a medium bowl. Add the salt, oregano, basil, and oil, and mix well. Add the artichoke hearts.

2 Cut the tomatoes into ½-inch-thick slices. Select 12 center slices and set aside. (Reserve the smaller end slices to use in a salad, sandwich, soup, sauce, or stew.)

3 Oil a 10-x-15-inch baking sheet and sprinkle with cornmeal. Place the dough on the sheet, and press it over the surface with your hands. Flatten it further with a rolling pin.

4 Spread the artichoke mixture over the dough, then arrange the tomato slices in a single layer on top. Top with mozzarella.

5 Bake on the bottom rack of a 400°F oven for 15 minutes, or until the bottom of the crust is golden brown.

6 Cut the hot pizza into squares (one tomato slice per square) and serve.



Tempeh Pizza

What a delicious way to enjoy tempeh!

YIELD: 12-inch round pizza

2 tablespoons olive oil

1 cup chopped onion

*8 ounces tempeh, thinly sliced
and crumbled*

4 cloves garlic, minced

10-ounce bag spinach

2 tablespoons tamari

1 tablespoon balsamic vinegar

*2 tablespoons chopped fresh
mint, or 1 teaspoon dried*

*1 tablespoon fresh thyme, or ½
teaspoon dried*

2–3 tablespoons cornmeal

Whole Wheat Pizza Crust dough

([page 202](#))

2 tablespoons pine nuts

1 Heat the oil in a large skillet over low heat. Add the onion and garlic, and sauté for 3 to 4 minutes.

2 Add the tempeh to the skillet, and sauté another 3 minutes or until it starts to brown. Add the spinach, cover, and cook about 3 minutes or until it wilts. Sprinkle the tamari and vinegar over the ingredients and stir. Cover and steam 2 minutes.

3 Drain the liquid from the skillet. (Press the spinach with the back of a spoon to remove any excess liquid.) Add the mint and thyme, and mix well.

4 Oil a 12-inch-round pizza pan and sprinkle with cornmeal. Place the dough on the pan, and press it over the surface with your hands. Flatten it further with a rolling pin. Spread the tempeh-spinach mixture on top, and sprinkle with pine nuts.

5 Bake on the bottom rack of a 400°F oven for 15 minutes or until the bottom is golden brown. Cut the hot pizza into

wedges and serve.

Eggplant and Sun-Dried Tomato Pizza

This delicious pizza is very rich in flavor.

YIELD: 10-x-15-inch pizza

1 medium eggplant (about 1¼ pounds), cut into 1-inch squares

2 tablespoons olive oil

1 cup onion, thinly sliced into half moons

6 to 8 cloves garlic



cup sun-dried tomato bits
2 tablespoons balsamic vinegar
1 tablespoon tamari
Whole Wheat Pizza Crust dough
(page 202)
2–3 tablespoons cornmeal
1 cup vegan cheese, or ½ cup
pine nuts
2 cups baby arugula

1 Heat the oil in a large skillet over medium heat. Add the onion, cover, and cook for 3 to 4 minutes. Add the garlic, and cook another minute.

2 Add the eggplant, but don't stir. Reduce the heat to low, cook for 5 minutes, then add the tomatoes. Cover and cook without stirring another 5 minutes.

3 Add the vinegar and tamari. Cover quickly and let steam for 3 minutes. Stir the ingredients, cover, and continue to cook until the eggplant is tender. Remove from the heat. Let cool about 10

minutes.

4 Oil a 10-x-15-inch baking sheet and sprinkle with cornmeal. Place the dough on the sheet, and press it over the surface with your hands. Flatten it further with a rolling pin.

5 Spread the cooled eggplant mixture over the dough. Top with the cheese, and let rise in a warm place for about 20 minutes.

6 Bake on the bottom rack of a 400°F oven for 20 minutes, or until the bottom of the crust is golden brown. Cut the hot

pizza into squares, top each slice with a handful of arugula, and serve.

Who Doesn't Love Pizza?

Like pasta, pizza ranks high in the “favorite food” category. And because so many delicious vegan toppings are available, it's easy to play the role of a creative pizza chef. Listed below are just a few of the limitless ways you can top your delicious pizzas.

Simple Tomato and “Cheese” Pizza

Spread your favorite tomato sauce over the dough. Cover with grated nondairy mozzarella and a sprinkling of nondairy Parmesan. Scatter oregano on top.

Tomato and “Cheese” Pizza —All Dressed Up

Spread the dough with your favorite tomato sauce, then add one or more of your favorite toppings. Some popular choices include sliced mushrooms, zucchini, and summer squash; fresh basil leaves; sliced bell peppers, onions, and black or green olives; whole or sliced broccoli flowerets; pine nuts; and sliced or minced garlic. Cover with grated nondairy mozzarella and a sprinkling of nondairy Parmesan.

Tomato and Tempeh Pizza

Spread the dough with your favorite tomato sauce. Top with a mixture of sautéed onions and garlic, and thinly sliced tempeh. Sprinkle with sliced olives and/or pine nuts.

Pesto Pizza

Spread the dough with Vegan Pesto ([page 172](#)). Top with sliced fresh tomatoes.

Onion-Rosemary Pizza

Brush the dough lightly with olive oil. Top with a generous amount of sliced caramelized onions. Scatter sliced black olives on top and sprinkle with dried rosemary, sea salt, and black pepper.

Mushroom Medley Pizza

Top the dough with a combination of sliced mushrooms—button, portabella, porcini—that have been sautéed in a little olive oil and seasoned with fresh garlic, rosemary, and sea salt. Top with vegan cheese if desired.

Fresh Tomato Pizza with Arugula

Brush the dough with a mixture of olive oil, pressed garlic, and oregano. Sprinkle with sea salt and top with thick slices of ripe tomato. Just before serving, garnish with fresh arugula.

Asian Fusion Pizza

Cover the dough with sliced shiitake mushrooms that have been sautéed in sesame oil and seasoned with fresh grated ginger. Top with thin slivers of tofu that have been tossed with a little tamari. Sprinkle with sesame seeds and chopped scallions.

Tapénade Pizza

Spread the dough with Roasted Garlic Tapénade ([page 95](#)). Top with sliced fresh tomatoes.

Instant Pizza

Top a whole grain pita, tortilla, chapatti, or lavosh with a little tomato sauce and any toppings that don't need much cooking (finely sliced mushrooms, bell pepper, etc.). Sprinkle with nondairy cheese and bake until hot and bubbly. Be careful not to burn the bread. W

13. Veggie Favorites

When it comes to the subject of nutrition, there are many conflicting beliefs. One thing, however, is certain—we should eat our vegetables, and lots of them. And why not? Vegetables, especially those that are fresh and organically grown, are divinely delicious (most require minimal seasoning). They are also easy to prepare.

When buying vegetables, try to select those that are in season and locally grown. Think about it. Doesn't it

make sense that the foods nature provides at certain times of the year are the ones our bodies need at that particular time? It is, therefore, a wise decision to take our cues from Mother Nature as she guides us with her vast and ever-changing menu.

The best produce (aside from what's grown in your own garden) is organic and locally grown. And although "organic" may cost a little more, the rewards are well worth it. Not only does the food taste a great deal better than food that is grown by standard methods, you can be assured that it is clean, poison-free, and often more nutritious. Furthermore, by buying organic, you are supporting a renewable system of

agriculture that will keep the soil alive and productive for future generations.

In this chapter, you'll find recipes for a wide range of wonderfully delicious, easy-to-prepare vegetable dishes. There are simple, unadorned choices like Broiled Endives, Sautéed Leeks, and Beets with Tops, as well as more elaborate (yet still easy-to-make) selections like Cauliflower Croquettes and Garlicky Stuffed Mushrooms. Also included are luscious vegetable quiches and savory casseroles, as well as instructions for roasting your own bell peppers, cleaning and preparing leafy greens, and much, much more.

As a final word, when it comes to vegetables, don't forget to think raw.

While cooked vegetables are loaded with vitamins, minerals, and other nutrients, don't forget about raw veggies, which are also rich in enzymes. Eat plenty!

Beets with Tops

Fresh beets and their nutrient-rich leafy green tops are steamed and then tossed with a garlicky dressing in this delectable side dish. It's like having two vegetables in one.

YIELD: 4 servings

4 medium beets with tops

1–2 tablespoons olive oil

1–2 tablespoons lemon juice

*1 or more cloves garlic, pressed
(optional)*

1 teaspoon dried tarragon
Pinch sea salt, or to taste

1 Using a sharp knife, cut the leafy green tops from beets. Scrub and trim the beets, slice, and place on a steamer basket that is set in a pot over an inch of water. Wash the leafy tops well, coarsely chop, and place on top of the beet slices. (See “Cleaning and Cutting Leafy Greens” on [page 212](#).)

2 Bring the water to a boil, cover the pot, and steam for 20 minutes or until both the beets and greens are tender. (Check the water level as they cook,

adding more water if necessary.)

3 As the beets cook, combine the oil, lemon juice, garlic, tarragon, and salt in a small bowl.

4 Remove the cooked beets and greens from the pot with a slotted spoon, and transfer to a serving bowl. Add the dressing, toss, and serve.

For a Change ...

²/₃ To save time, cook the beets in a pressure cooker. Simply bring the pressure up to high for a minute, then let it come down on its own.

²/₃ You can skip the steamer basket and cook the beets and tops directly in the pot in an inch or so of boiling water—the modified boiling method ([page 39](#)). For this, be sure to use a high-quality heavy pot with a tight-fitting lid.

HELPFUL TIP

To oven-bake beets, simply scrub them well, wrap in foil (or place them without foil in a covered baking dish), and bake in a 350°F oven for about one hour or until tender. When the beets are done, you can easily pierce them with a fork. Once they are cool enough to handle, remove the skin and slice. If the beets are organic and you enjoy eating the chewy skin, coat them lightly with olive oil and bake without covering. Served warm or cold, baked beets are delicious plain or topped with your favorite dressing. I recommend Favorite Flax Oil Dressing ([page 148](#)), Roasted Garlic Vinaigrette (page 150), Soyannaise

(page 182), and Lemon-Shoyu Dressing (page 147).



Brussels Sprouts Simmered in Tomato Sauce

*This is my favorite way to serve
Brussels sprouts.*

YIELD: 4 servings

1 tablespoon olive oil

1 cup chopped onion

3 cloves garlic, minced

3 bay leaves

1 teaspoon dried basil

*1 large fresh tomato, chopped,
or 1¼ cups canned with juice*
*1 pound Brussels sprouts, stems
trimmed (see Helpful Tip at
right)*
1 tablespoon balsamic vinegar
2 teaspoons tamari

1 Heat the oil in a heavy medium-size pot over medium-low heat. Add the onion and sauté for 3 minutes or until it begins to soften. Add the garlic, bay leaves, and basil. Stir well.

2 Place the tomatoes in the pot over the onion mixture, top with the Brussels

sprouts, and sprinkle with vinegar and tamari. Cover tightly and simmer for 15 minutes, or until the sprouts are tender. (Check the liquid during cooking, and add a $\frac{1}{4}$ cup or so of water if necessary.)

3 Mix well and serve hot.

HELPFUL TIP

Before cooking Brussels sprouts, first remove any damaged or yellow outer leaves. Wash them well, then trim a very thin slice off the bottom of each stem. If the sprouts are large, you may wish to cut them in half. If not, cut an X about a half-inch deep into the bottom of each trimmed stem. This will help them become tender all the way through without getting mushy.

Local Vegetable Choices in Winter

Eating locally grown produce is advisable, but what are we supposed to eat during the winter, when fresh vegetables aren't available in many parts of the country? The good news is that many vegetables—such as cabbage, pumpkins, winter squash, and root vegetables like carrots, beets, and turnips—can be naturally stored all winter long. It is these hearty vegetables that are the most sustaining and satisfying during the cold months. In some areas, wild turnip greens are able to grow through most of the year. Leeks

are another vegetable that can often sustain winter temperatures. During the cold months of early spring, dandelions and a number of other wild greens are able to grow in many parts of the country. And don't forget about sea vegetables. They are preserved through a traditional drying method, which makes them a natural choice during the off season. Winter is also the perfect time to grow your own sprouts indoors (see [page 164](#) for growing instructions).

Cabbage in Red Wine

I learned to make this wonderful French dish—called Chou â la Bourguignon—from a Corsican sailor, who prepared it in a pressure cooker. Enjoy it as a side dish, or top with a few generous spoonfuls of protein-rich Umeboshi Cream ([page 92](#)) and a sprinkle of minced parsley for a scrumptious main dish.

YIELD: 4 servings

4 cups red cabbage, coarsely

chopped
2 large potatoes, scrubbed and
cut into medium chunks
½ cup sliced onions
1 cup dry red wine
1 bay leaf
½–1 teaspoon dried tarragon
½ teaspoon sea salt

1 Arrange the potatoes on the bottom of a pressure cooker, place the remaining ingredients on top, and set on the stove over high heat. Once the cooker has reached high pressure, remove it from the heat and let the pressure come down on its own.

2 The wine should be absorbed and the vegetables should be tender. If they aren't, return the cooker to the heat, bring it back up to high pressure, and cook a couple minutes more, adding more wine or water, if necessary.

3 Transfer the cabbage and potatoes to a serving dish and enjoy hot.

For a Change ...

²/₃ Instead of using a pressure cooker, you can prepare this dish in a large covered pot or skillet on the stovetop. You will have to add another $\frac{1}{2}$ cup of wine or water, and cook the ingredients over medium-low heat for 30 minutes or until tender.

Baked Cauliflower Purée

Baking the cauliflower gives it a wonderful dense, rich texture that resembles mashed potatoes when puréed.

YIELD: 4 servings

*1 medium cauliflower (about 1½
pounds), cut into flowerets
2–6 cloves garlic, to taste
2 tablespoons olive oil*

*½ teaspoon vegetable salt or
sea salt*

1 Preheat the oven to 350°F.

2 Place the cauliflower flowerets and garlic in a medium casserole dish, drizzle with oil, and sprinkle with salt. Cover and bake for about 1 hour or until very tender.

3 Transfer the cooked cauliflower to a food processor along with the garlic and purée until fairly smooth. (You can also use an immersion blender for this, but

avoid using a standard blender, which will make it too smooth.)

4 Transfer the purée to a serving bowl and enjoy immediately.



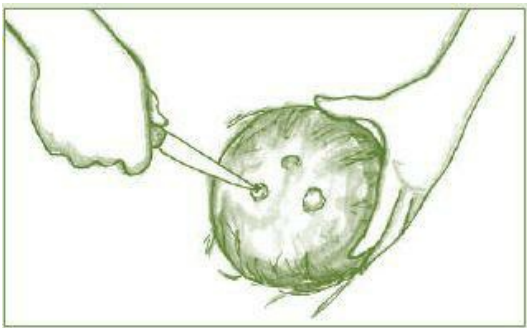
Cauliflower Croquettes

People who claim they don't like cauliflower have been known to enjoy these savory croquettes, which are crisp on the outside and soft on the inside. They are delicious plain or topped with tomato sauce. For extra flavor, try using good-quality whole grain sourdough for the bread crumbs.

YIELD: About 12 patties

1 medium cauliflower (about 1½ pounds), cut into flowerets

*3–4 cups whole grain bread
crumbs*



*cup crunchy cashew or
almond butter*

*$\frac{3}{4}$ cup chopped scallions,
including green stems*

$\frac{1}{2}$ teaspoon sea salt

$\frac{1}{4}$ – $\frac{1}{2}$ teaspoon white pepper

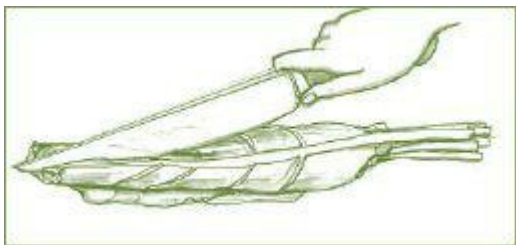
2 tablespoons olive oil

1 Place the flowerets on a steamer basket that is set in a pot over an inch or so of water. Bring the water to a boil, cover the pot, and steam for about 10 minutes or until very tender.

2 Transfer the cooked cauliflower to a mixing bowl and mash with a potato masher. (There should be about 2½ cups mashed.)

3 Add 1½ cups of the bread crumbs, the cashew butter, scallions, salt, and pepper. Mix well, using your hands if necessary. Continue adding enough bread crumbs to form a soft mixture that

holds together.



4 To form the croquettes, shape the mixture into ping-pong size balls and flatten into patties with your hands. Coat both sides with bread crumbs.

5 Heat the oil in a skillet over medium heat. Add the patties and cook until brown on both sides. Serve immediately.

For a Change ...

$\frac{2}{3}$ For added crunch, use bread crumbs that are made from a loaf that contains seeds like sunflower or sesame.

$\frac{2}{3}$ To cook the cauliflower even more quickly, use a pressure cooker. Quickly bring the pressure up to high, then place the cooker under cold running water to bring the pressure down.

Broiled Endives

Cooked endives are especially delicious with Soyannaise ([page 182](#)), or Miso-Mustard Dressing (page 151).

YIELD: 4 servings

4 medium-size heads Belgian endives, halved lengthwise

About ½ cup water

1 Preheat the oven to 500°F.

2 Place the endive halves cut side up in a shallow baking dish. Add about $\frac{1}{4}$ -inch water and cover the dish with foil.

3 Place in the oven and bake about 5 minutes or until tender. Remove the foil and broil 3 to 4 minutes or until the tops are lightly browned.

4 Enjoy the endives plain, simply seasoned with a little sea salt and pepper, or topped with your favorite dressing.

For a Change ...

$\frac{2}{3}$ Sauté the endives. Heat 2 tablespoons of olive oil in a skillet over medium-high heat, add the endive halves cut side down, and cook 3 minutes or until browned on the bottom. Turn over and cook another 2 minutes or until tender. Serve cut side up with a drizzle of your favorite vinaigrette and a sprinkle of minced parsley or chives.

Cleaning and Cutting Leafy Greens

Carefully wash leafy greens—kale, collards, mustard greens, spinach, Swiss chard, beet tops, and turnip greens, as well as all lettuce varieties—to remove any dirt, grit, or sand. Place the greens in a bowl or the sink, fill with cool water, then swish them around. Remove the leaves, drain the water, and repeat. Three washing like this should clean even the grittiest of greens.

When chopping coarse large-leafed greens like collards and mustard greens, I usually stack four or five of the washed leaves and roll them up lengthwise. I

then cut through the bunch vertically down the center, slice the leaves crosswise (usually at $\frac{1}{4}$ - to 1-inch intervals), and finely chop the stems. If the stems are extremely large and tough, which does not happen often, I remove and discard them. Keep in mind that the finer you cut coarse greens, such as collard, kale, mustard and turnip, the quicker they will cook. It is also important to remember that they will dramatically reduce in volume as they cook, so be sure to make enough!

CHOPPING LARGE-LEAFED GREENS



1. Cut the rolled-up leaves down the center.



2. Slice the leaves crosswise.

Sun Chokes with Tomatoes and Herbs

When cooked, sun chokes—also called Jerusalem artichokes—have a taste that is similar to artichoke hearts. (When raw, they taste like potatoes.) Here's a tasty way to prepare them.

YIELD: 6 servings

1 pound sun chokes, cut into 1/4-inch-thick slices

1 tablespoon olive oil

1 cup chopped onion
3 cloves garlic, minced
3 bay leaves
1 medium tomato, chopped
2 tablespoons raspberry or
balsamic vinegar
1 teaspoon dried basil
½ teaspoon sea salt

1 Heat the oil in a heavy medium-size pot over medium heat. Add the onion and sauté 1 or 2 minutes or until beginning to soften. Add the garlic and bay leaves and stir well.

2 Place the chopped tomato over the

onion-garlic mixture, then add the vinegar, basil, and salt. Top with the sun chokes, cover, and cook about 10 minutes without stirring.

3 Uncover the pot, stir the ingredients, and add a little water if necessary to keep them from sticking. Cover and cook another 5 minutes or until the sun chokes are tender, but still slightly crisp. Serve hot.

Greens with Caramelized Onions

I use my waterless cookware to prepare this dish, but you can use any good heavy pot with a lid.

YIELD: 4 to 6 servings

1 large bunch greens (12 to 16 ounces), such as kale, collards, mustard greens, or turnip greens

2 tablespoons olive oil

1 large onion, chopped

*1–2 tablespoons balsamic
vinegar, to taste*

1½ tablespoons tamari

1 teaspoon dried tarragon

½ cup water

1 Wash and chop the greens (see inset on [page 212](#)).

2 Heat the oil in a large heavy kettle over mediumlow heat. Add the onion and stir. Then add the vinegar, tamari, tarragon, and greens, but do not stir. Cover and cook without stirring for 15 minutes.

3 Remove the lid from the kettle, stir the greens, and add about $\frac{1}{2}$ cup water. Cover immediately (to catch the steam) and continue to cook for another 10 to 15 minutes or until the greens are tender. (Cooking time will largely depend on the age and toughness of the greens and how finely they are chopped.) As the greens cook, stir them occasionally, adding more water, if necessary, to prevent them from scorching.

4 Transfer the cooked greens to a serving bowl and enjoy immediately.

For a Change ...

$\frac{2}{3}$ Cut about 20 sun-dried tomato halves into small pieces and add them to the greens as they cook. Increase the water



by about
cup.

Cajun-Style Okra

Okra, which is often used in soups and stews, contains a sticky substance with thickening properties. A woman from Louisiana taught me how to bake okra, which dries it out and makes for a really delicious side dish.

YIELD: 4 servings

1 tablespoon olive oil

2½ cups sliced okra (½-inch rounds)

¼ cup cornmeal

1/4 teaspoon sea salt

1/2 teaspoon dried basil

1 Preheat the oven to 375°F. Coat a shallow cake pan or baking dish with the olive oil and set aside.

2 Place the cornmeal, salt, and basil in a medium bowl and mix well. Add the okra and stir until well coated with the mixture.

3 Add the coated okra to the prepared baking dish (pick it up with your hands so any loose cornmeal falls back into the

bowl). Bake for 25 minutes or until tender and browned. Serve hot.

Sautéed Leeks

This is such a simple yet delicious way to enjoy mild onion-flavored leeks.

YIELD: 2 to 4 servings

4 small to medium leeks

1–2 tablespoons olive oil

1 teaspoon herbes de Provence
([page 46](#))

¼ teaspoon sea salt

Freshly ground black pepper to taste

1 Clean and trim the leeks (see inset below). Coarsely chop the white and light green parts only.

2 Heat the oil in a large skillet over high heat. Add the chopped leeks and all the remaining ingredients. Stirring constantly, cook about 3 minutes.

3 Cover the skillet and reduce the heat to low. Stirring occasionally, sauté the leeks for 15 minutes or until tender. Serve hot.

Cleaning Leeks

The bulb and the tightly interlaced leaves of a leek are typically filled with dirt and sand and must be thoroughly cleaned. Simply rinsing the whole leek under running water isn't enough. I find the following method works best:

1. Cut a thin slice from the white root end of the leek.
2. With a sharp knife, cut a slit vertically down the center of the white part. Cut all the way through to the bottom.
3. Spread open the leek with your hands

and place under running water to rinse away the dirt. Also remove and discard any tough or damaged outer leaves.

Garlicky Stuffed Mushrooms

Although I sometimes enjoy these delicious morsels as a side dish, more often I serve them as an appetizer, especially when entertaining guests.

YIELD: 6 servings

*24 medium-size white button or
crimini mushrooms*

*1 cup lightly packed whole
grain bread crumbs*

6 cloves garlic, pressed

4 teaspoons tamari

*½ tablespoon minced fresh
rosemary*

¼ teaspoon white pepper

*Minced fresh parsley for
garnish*

1 Preheat the oven to 350°F. Lightly oil a large baking dish and set aside.

2 To make the stuffing, first remove the stems from the mushrooms. Mince the stems and place in a mixing bowl along with the bread crumbs, garlic, tamari, rosemary, and pepper. Mix well.

3 Fill each mushroom cap with some of the stuffing, mounding it slightly.

4 Place the filled caps in the prepared baking dish and cover with a sheet of aluminum foil. (Do not let the foil touch the mushrooms.)

5 Bake for 20 minutes, then remove the foil and bake another 10 minutes. Sprinkle with parsley and serve.

Potatoes and Turnips au Gratin

*Even people who don't like turnips will
enjoy them prepared this way!*

YIELD: 4 servings

*5 cups very thinly sliced red
potatoes*

3 cups very thinly sliced turnips

*1 medium onion, very thinly
sliced and separated into
rings*

Sea salt to taste

Freshly ground black pepper to taste

2 tablespoons minced fresh parsley

½ teaspoon savory

2 cups grated vegan cheese

1 cup whole grain bread crumbs

1 cup plain unsweetened soymilk

1 Preheat the oven to 350°F. Oil a 2-quart casserole dish.

2 Place half the potatoes in the bottom of the prepared casserole dish, cover

with half the turnips, then add half the onions. Sprinkle with salt, pepper, half the parsley, and half the savory. Cover with half the cheese.

3 Repeat the layers.

4 Top the casserole with the bread crumbs. Pour the soymilk over the crumbs and bake, uncovered, for 45 minutes or until the vegetables are tender and the top is browned. Serve piping hot.



Roasted Garlic Mashed Potatoes

Garlic lovers especially adore these potatoes. Feel free to vary the seasonings to suit your taste—no matter how you prepare them, they're always scrumptious! If possible, use organic potatoes so you can include the nutritious peel (see inset below).

YIELD: 4 to 6 servings

2 heads garlic

1 teaspoon olive oil

*2 pounds russet potatoes,
scrubbed and diced**

*1½ teaspoons finely chopped
fresh rosemary*

*¼ cup chopped parsley or
garlic chives*

2 tablespoons flaxseed oil

*¼ cup plain unsweetened
soymilk or cooking water
from potatoes*

½ teaspoon sea salt, or to taste

*¼ teaspoon white pepper, or to
taste*

** Peel if not organic.*

1 Preheat the oven to 350°F. Separate the cloves from the garlic bulbs, but do not peel the outer skin.

2 Place the garlic cloves in a small ovenproof dish, drizzle with oil, and toss to coat. Cover with aluminum foil and bake for 30 minutes or until the cloves are very soft. Remove from the oven and cool.

3 While the garlic is baking, place the potatoes in a medium pot with about an inch of water and bring to a boil. Reduce the heat to medium-low, cover, and cook about 20 minutes or until tender. Check

the potatoes as they cook and add more water if necessary. You can also cook the potatoes in a pressure cooker (see [page 39](#) for instructions).

4 While the potatoes are cooking and the garlic is cool enough to handle, squeeze the softened cloves from their skin and mash with a fork.

5 Drain the cooked potatoes and transfer to a mixing bowl. Add the garlic and all the remaining ingredients, and mash with a potato masher. If necessary, add more soymilk to reach the desired consistency. Serve immediately.

When It Comes to Potatoes

...

Here is some helpful information:

²/₃ The potato skin (and the flesh itself) is rich in nutrients like vitamin C, iron, and potassium. It is also a great source of dietary fiber and cancerfighting antioxidants. For this reason, it is best to choose organically grown potatoes, which do not have to be peeled. Leaving the skin on also helps preserve the nutrients in the potato itself, which tend to escape during cooking.

²/₃ To clean the skin of an organic potato,

simply scrub it with a vegetable brush. If there are any bad spots, cut them out.

²/₃ Remove the peel of non-organic potatoes.

²/₃ Store potatoes in a dark, cool spot.

²/₃ Avoid potatoes with green spots, which indicate the presence of a harmful toxin. This toxin forms on any part that is exposed to light.

Potato Cakes

Ever since I was a little girl, potato cakes have been one of my favorite foods in the whole world. Made from leftover mashed potatoes, these savory cakes are great to enjoy with just about any meal. They are especially good with scrambled tofu for breakfast. Just make sure the mashed potatoes aren't mushy—they have to be firm enough to hold their shape.

YIELD: 4 potato cakes

*2 cups leftover seasoned
mashed potatoes*

*¼ cup whole wheat pastry flour
or barley flour*

Pinch sea salt

*Freshly ground black pepper to
taste*

2 tablespoons olive oil

1 Shape the mashed potatoes into 4 patties that are about ½ inch thick.

2 Combine the flour, salt, and pepper in shallow bowl. Dredge the patties in the mixture to completely coat.

3 Heat the oil in a large skillet over medium heat. Add the patties and cook about 5 minutes or until brown on the bottom. Turn over and cook another few minutes until browned.

4 Transfer the cooked patties to a platter and serve hot.

For a Change ...

²/₃ For a special treat, stuff each patty with a small slice of vegan cheese before cooking.

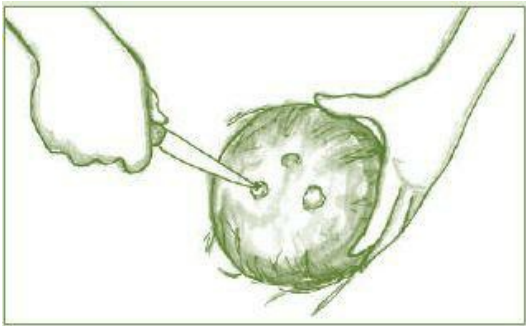
²/₃ Substitute mashed sweet potatoes for all or part of the white potatoes.

Shiitake and Arame *Sauté*

This dish is a delicious way to get your sea veggies. It's a perfect accompaniment to rice and tofu dishes.

YIELD: 3 to 4 servings

*½ cup loosely packed dried
arame**



cup white wine or mirin
2 tablespoons Bragg Liquid
Aminos or tamari
1 cup chopped onion
4 cloves garlic, minced
2½ cups sliced fresh shiitake
mushroom caps (4 ounces)

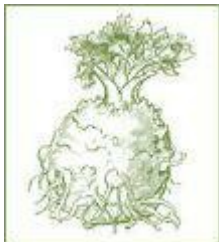
* Because dried arame consists of fine, brittle strands, it is impossible to measure accurately. For this recipe, add the strands to a ½-cup

measuring cup and let it generously flow over the top.

1 Place the arame in a medium bowl, cover with water, and soak about 15 minutes. Drain and set aside.

2 Heat the wine and liquid aminos in a skillet over medium heat. Add the onion and garlic, and sauté 5 minutes or until the onions are tender.

3 Add the arame and continue to cook another 5 minutes. Add the mushrooms and cook 3 to 4 minutes more. Serve hot.



Creamy Leek Quiche

This simple quiche has a wonderful flavor and a creamy texture.

YIELD: 9-inch pie

1 single Potato Pie Crust ([page 115](#))

2 large or 4 small leeks (about 1¼ pounds)

2 tablespoons olive oil

12.3-ounce package firm silken tofu

1 heaping tablespoon fresh

thyme, or 1 teaspoon dried
1 teaspoon sea salt
Pinch cayenne pepper, or to
taste
1 tablespoon sesame seeds
Sprinkling of paprika

1 Preheat the oven to 350°F. Roll out the pie crust and drape it into the bottom of a 9-inch pie pan and flute the edges.

2 Clean the leeks ([page 214](#)) and finely chop the white and tender green parts. (This should yield about 4½ cups chopped.)

3 Heat the oil in a large heavy skillet over medium heat. Add the leeks and sauté for 10 to 15 minutes or until tender and reduced in volume by about half.

4 Place the tofu, thyme, salt, and cayenne in a blender or food processor and blend until smooth and creamy. Add to the leeks and mix well.

5 Spoon the tofu-leek filling into the pie crust, and sprinkle with sesame seeds and paprika. Bake on the bottom rack of the oven for 40 to 45 minutes or until the crust is brown and the filling is firm.

6 Allow the quiche to cool about 10 minutes before slicing and serving.

Spinach Quiche

For a flavorful vegan quiche, this one can't be beat. The dried onion flakes give it more flavor than fresh.

YIELD: 9-inch pie

*1 single Whole Wheat Pie Crust
([page 116](#))*

*1 pound fresh spinach, cooked
and well drained (press out
any excess liquid)*

*12.3-ounce package extra-firm
silken tofu*

3 tablespoons yellow miso

½ cup dried onion flakes

1 teaspoon dried basil

½ teaspoon dried oregano

¼ teaspoon nutmeg

*Pinch cayenne pepper, or to
taste*

2 tablespoons sesame seeds

1 Preheat the oven to 350°F. Roll out the pie crust and drape it in the bottom of a 9-inch pie pan and flute the edges.

2 Place the spinach in a large mixing bowl and set aside.

3 Put the tofu and miso in a blender or food processor and blend until smooth and creamy. Add this mixture to the spinach along with the onion flakes, basil, oregano, nutmeg, and cayenne. Mix well.

4 Spoon the spinach-tofu filling into the pie crust and top with the sesame seeds. Bake on the bottom rack of the oven for 40 minutes or until the crust is brown and the filling is firm.

5 Allow the quiche to cool about 10 minutes before slicing and serving.

Silken Spinach

Try this creamy spinach over pasta, rice, millet, and even whole grain toast.

YIELD: 3 to 4 servings

1 tablespoon olive oil

1 small onion, chopped

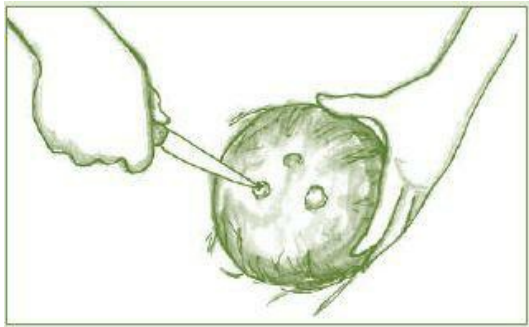
*10-ounce package fresh
spinach, chopped*

*12.3-ounce package firm silken
tofu*

*3–4 tablespoons yellow miso, to
taste*

1 teaspoon dried basil

½ teaspoon dried oregano



*—½ cup chopped pecans or
walnuts*

1 Heat the oil in a large heavy kettle over mediumlow heat. Add the onion, sauté a few minutes, then add the spinach. Cover and cook, stirring

occasionally, for 2 to 3 minutes or until the spinach is tender.

2 Place the tofu and miso in a blender or food processor, and blend until smooth and creamy. (If the mixture is too thick, add a tablespoon or so of water.)

3 Add the tofu mixture, basil, and oregano to the cooked spinach. Stir the ingredients and heat up, but do not cook.

4 Transfer the spinach to a serving bowl, top with chopped nuts, and serve.

Eggplant Quiche

This savory vegan pie is always a good choice when you want to serve something special for a luncheon or a buffet.

YIELD: 9-inch pie

*1 single Whole Wheat Pie Crust
(page 116)*

*1 medium to large eggplant
(about 1¼ pounds)*

2 cloves garlic, pressed

3 tablespoons whole wheat

pastry flour
20 sun-dried tomato halves, cut
into small pieces
1 teaspoon dried basil
1 teaspoon dried oregano
1 teaspoon sea salt

Topping

1 large tomato, cut into ½-inch-
thick slices
½ teaspoon dried basil
½ cup grated vegan cheese
(optional)

1 Preheat the oven to 350°F. Roll out the pie crust and drape it in the bottom of a 9-inch pie pan and flute the edges.

2 Slice the eggplant into ½-inch-thick rounds and place on a lightly oiled cookie sheet. Bake for 35 minutes or until soft and tender.

3 Place the cooked eggplant in a food processor and blend until smooth. Transfer to a mixing bowl along with the remaining ingredients. Stir well.

4 Spoon the eggplant mixture into the pie crust, top with tomato slices, and sprinkle with basil.

5 Bake on the bottom rack of the oven

for 40 minutes or until the crust is brown and the filling is firm. Top with cheese (if using), and bake another 5 minutes until the cheese is melted.

6 Allow the quiche to cool about 10 to 15 minutes before slicing and serving.

What Should I Do With ...

Whenever I am out shopping and pick up a fruit or vegetable that's not very common, someone will always come up to me and ask what it is and how to prepare it. What follows are just a few of these lesser-known vegetables, which I recommend adding to your culinary repertoire.

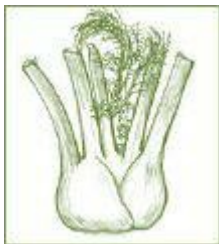
Celeriac



A variety of celery that is cultivated especially for its roots, celeriac (or celery root) is delicious raw or cooked. Dice or slice the peeled root (it must be peeled), and bake, sauté, steam, or cook through modified boiling. Celeriac is a great addition to most soups and stews,

especially those that contain root vegetables. Grated raw celeriac is delicious in salads. Select roots that are firm and heavy, but not too large.

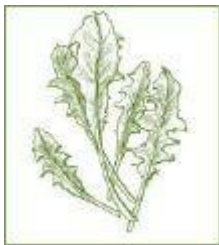
Daikon Radish



Commonly used in Asian cooking, the daikon radish looks like a gigantic white carrot. Crisp raw daikon has a fresh radish taste and is often grated or sliced and added to salads. The slices also make a nice addition to raw vegetable platters. When cooked, daikon tastes

more like a turnip—only juicier. Bite-size cubes can be added to soups or stews, while matchstick slices are popular in stir-fries. Daikon cooking time is about the same as a carrot's, and it may be used to replace carrots, turnips, or parsnips in most recipes. To clean a daikon radish, scrub it with a vegetable brush under running water. Trim and discard the top and root ends.

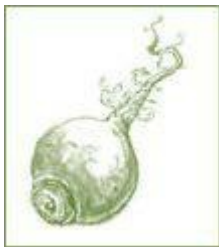
Fennel



With a texture that is similar to celery, fennel grows in a compressed bulb with green celery-like stems and feathery leaves called *fronds*. It has a subtle licorice flavor and can be enjoyed raw or cooked. As a vegetable, use only the bottom white bulb. Like celery, fennel

can be enjoyed as is (it's a nice addition to a raw vegetable platter), or sliced and tossed into salads for added flavor and crunch. It is also delicious grilled or simmered in broth. Fennel fronds make a nice garnish.

Dandelion Greens



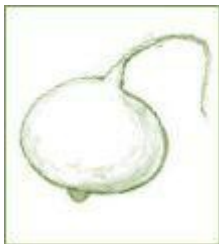
Italians have long prized tender young dandelion greens for their tasty, bitter flavor as well as their reputation as a highly nutritious spring liver tonic. One cup of cooked dandelion greens contains more calcium than a cup of cottage cheese! And it's only thirty-four

calories. Dandelion greens are also a good source of fiber, iron, and vitamin C, and an excellent source of vitamin A.

If you have dandelions growing on your lawn, and you never treat the lawn with chemicals or insecticides, you can pick the greens first thing in the spring before they flower. You can't get more local than that! Greens that are very young and tender can be added raw to salads. Older, tougher greens need to be cooked. I usually use a pressure cooker, but they can also be steamed or cooked through modified boiling. Try serving dandelion greens hot with your favorite salad dressing, or steamed and then sautéed in olive oil with garlic and a splash of balsamic vinegar. The

sweetness of the vinegar will offset the bitterness of the greens.

Rutabaga

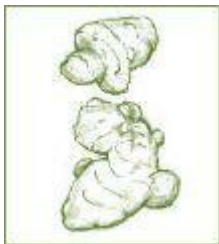


The rutabaga, also called a *yellow turnip* or *Swede turnip*, is a cross between a cabbage and a white turnip. It's in the same family as the turnip, but its flavor is quite different. Rutabagas are sweet and mild, while turnips are slightly sharp. In the supermarket,

rutabagas are sometimes covered with a coating of wax, which should always be peeled. Unwaxed varieties just require a good scrubbing with a vegetable brush. Remove the top and root ends before using.

Like turnips, rutabagas can be steamed or cooked through modified boiling; they can also be mashed or baked like potatoes, cooked in a stew, or added to stir-fries. Rutabaga takes a bit longer to cook than many other vegetables. For this reason, when adding it to a stew or casserole, cut it into smaller pieces than the other vegetables. Be sure to try the Rutabaga and Sweet Potato Casserole ([page 225](#)).

Jicama



Also called a *Mexican potato*, jicama (pronounced *HEE•ka•ma*) is a root vegetable that looks like a big brown turnip. It isn't very attractive, but jicama is surprisingly sweet and juicy with a wonderful crunch. This makes it especially good to eat raw—perfect to

toss into a salad or enjoy with a dip. When lightly cooked (adding it to a stir-fry is best), jicama stays crisp, although its flavor will become a little milder. You can also cook jicama through modified boiling and prepare it like mashed potatoes. Before eating, peel the skin and cut away the fibrous flesh just below the skin.

Sun Chokes

2/3

Sun chokes are also known as *Jerusalem artichokes*—even though they do not come from Jerusalem and are not artichokes! They are actually a type of sunflower that grows underground and is native to North America. Sun chokes look like small, knobby pieces of ginger with white flesh. When eaten raw, they have a delicious earthy taste that is similar to potatoes and makes a nice addition to salads. When cooked—

generally through sautéing or modified boiling—their taste is similar to artichoke hearts. When buying sun chokes, choose those that are firm and light-colored (they are often sold prepackaged) and store in the refrigerator. Try the recipe for Sun Chokes with Tomatoes and Herbs ([page 213](#)).

Corn-Stuffed Tomatoes

This dish offers the perfect late-summer vegetable combination.

YIELD: 4 servings

4 medium tomatoes

1 tablespoon olive oil

½ cup chopped onion

½ cup mashed tofu

*1 tablespoon white or yellow
miso*

2 cups fresh corn kernels

2 tablespoons minced fresh

parsley
½ teaspoon dried basil

Topping

1 slice whole grain bread
1 clove garlic, pressed
1 teaspoon olive oil

1 Preheat the oven to 350°F.

2 Cut a thin slice off the top of each tomato. Using a small spoon, scoop out the pulp to form empty tomato shells. Reserve the pulp for another use.

3 To prepare the filling, heat the oil in a skillet over medium heat. Add the onion and sauté about 5 minutes or until tender.

4 Place the tofu, miso, and



cup of the corn in a blender or food processor, and blend until smooth and creamy. (If the mixture is too thick to blend, add a tablespoon or so of water.)

5 Transfer the corn mixture to a mixing

bowl. Add the sautéed onions, parsley, basil, and the remaining corn, and mix well.

6 Fill the tomato shells with the corn mixture and place in a small lightly oiled baking dish.

7 To make the topping, tear up the bread, place in a blender or food processor, and grind into crumbs. While the blender is running, add the garlic and oil.

8 Sprinkle the flavored crumbs over the stuffed tomatoes and bake for 25 minutes

or until the topping is browned and the filling is somewhat firm and heated through. Serve immediately.

Curry-Roasted Sweet Potatoes

*I never get tired of this simple recipe.
Kids like it, too.*

YIELD: 2 to 3 servings

2 medium sweet potatoes

*1–2 tablespoons olive oil or
coconut oil*

*1 heaping tablespoon curry
powder*

½ teaspoon sea salt

1 Preheat the oven to 350°F.

2 Scrub the potatoes and cut into bite-size pieces. Place in a large mixing bowl along with the oil, curry powder, and salt. Stir until the potatoes are well coated.

3 Transfer the coated potatoes to a baking sheet in a single layer. Bake for 30 minutes or until tender and nicely browned. Serve immediately.

Gingery Broccoli

The sauce for this simple recipe is thickened with kudzu starch, which gives it an exquisite texture.

YIELD: 4 servings

1 pound broccoli

4 to 6 dried shiitake mushrooms

2 cups hot water

1 tablespoon tamari

*1 slightly rounded tablespoon
kudzu starch*

*1 tablespoon ginger juice**

* To make ginger juice, squeeze grated ginger over a bowl.

1 Cut the broccoli into bite-size flowerets. Peel and slice the stems. Set aside.

2 Place the mushrooms in a small bowl, cover with hot water, and let soak 10 minutes. Drain the mushrooms through a coffee filter or cheesecloth over a measuring cup to reserve the water. Add or remove water to measure 1



cups.

3 Using scissors, snip off and discard the mushroom stems. Thinly slice the caps.

4 Place the mushroom slices and soaking water in a medium skillet and

bring to a boil. Reduce the heat to low, cover, and simmer 20 minutes.

5 Add the broccoli to the cooked mushrooms. Cover and bring to a boil over high heat. Reduce the heat to medium-high and cook for 3 minutes, or until the broccoli is just barely tender and still bright green.

6 Combine the tamari, kudzu starch, and ginger juice in a small cup. Stir to dissolve the kudzu. When the broccoli is done, add the kudzu to the skillet and stir a few seconds to thicken the sauce.

7 Transfer to a bowl and serve immediately.

Pattypan Squash with Red Peppers

This Italian-style dish is colorful and very tasty. It is a wonderful accompaniment to any polenta or pasta dish. Try it with Polenta-Stuffed Portabellas ([page 234](#)).

YIELD: 4 servings

1–2 tablespoons olive oil

1 cup sliced red onion

4 cloves garlic, minced

1 teaspoon dried basil

*About 1¼ pounds pattypan or
other summer squash*

*1 medium red bell pepper,
sliced*

1 tablespoon balsamic vinegar

*1 tablespoon Bragg Liquid
Aminos or tamari*

1 Cut the squash into ¼-inch-thick slices, then cut the slices in half.

2 Heat the oil in a large skillet over medium heat. Add the onion and sauté for 1 minute. Add the garlic and basil, and continue to sauté another minute.

3 Add the squash and peppers to the skillet and stir the ingredients. Increase the heat to medium-high, cover, and cook for 2 minutes. Remove the cover, stir, and add the vinegar and liquid aminos. Cover immediately (to catch the steam) and continue to cook another 3 to 5 minutes or until the vegetables are tender.

4 Transfer the piping hot vegetables to a serving bowl and enjoy immediately.



Mr. Singh's Potato-Eggplant Curry

Years ago, while working in a bronze foundry, I learned how to make this delicious curry from one of my co-workers, who was from East India. I was surprised that he used curry powder rather than individual spices, but he told me that if the curry powder is fresh and of good quality, it is fine to use. (I think by “good quality,” he meant hot!)

YIELD: 3 to 4 servings

2 tablespoons olive oil

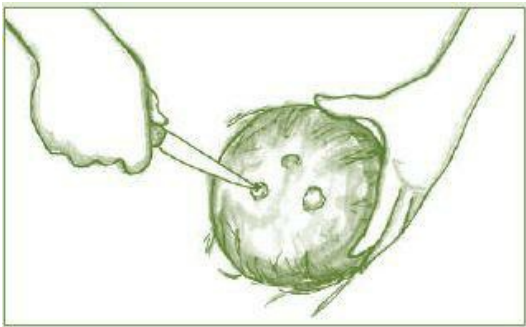
1½ cups chopped onion

1 rounded tablespoon curry powder

1 teaspoon ground cumin

4 medium potatoes (about 1½ pounds), diced

1 medium eggplant (about 1¼ pounds), diced



cup water

½–1 teaspoon sea salt

Pinch cayenne pepper
(optional)

1 Heat the oil in a large heavy kettle over medium heat. Add the onion and sauté about 2 minutes. Add the potatoes and continue to sauté another 2 to 3 minutes, then add the curry powder, cumin, and eggplant, and cook 2 to 3 minutes more.

2 Add the water and salt to the potato-eggplant mixture and stir well. Cover, reduce the heat to low, and simmer, stirring occasionally, for 25 minutes or

until the potatoes are tender. Add the cayenne (if using).

3 Transfer the piping hot curry to a serving bowl and enjoy.

Fried Green Tomatoes

When I was growing up in Kentucky, my mother used to make these, especially when the vines were filled with tomatoes and a frost was on the way. You can often find green tomatoes at farmer's markets.

YIELD: 4 servings

4 green tomatoes

About 1 cup cornmeal

¼ teaspoon sea salt

1 teaspoon dried basil

2 tablespoons olive oil, or as needed

1 Core the tomatoes and cut into thin slices. Discard a thin slice from the top and bottom.

2 Combine the cornmeal, salt, and basil in a small bowl. Add the tomato slices, one at a time, and coat both sides with the mixture.

3 Heat 1 tablespoon of the oil in a large skillet over medium heat. Place a few tomato slices in the skillet (as many as

will fit) and fry for 4 to 5 minutes or until browned on the bottom. Turn over and cook the other side until brown. Transfer to a platter and keep warm in the oven while you cook the remaining slices. Add more oil to the skillet as needed.

4 Serve immediately.

Maple-Baked Acorn Squash

So simple, yet so delicious!

YIELD: 2 servings

1 medium acorn squash

2 teaspoons sesame oil

2 tablespoons maple syrup

Pinch cinnamon

1 Preheat the oven to 350°F.

2 Cut the squash in half, then remove and discard the seeds.

3 Brush the inside of each half with oil and place cut-side up on a baking sheet. Spoon 1 tablespoon of the maple syrup into each half and then sprinkle with cinnamon.

4 Bake for 45 to 60 minutes, or until the squash is easily pierced with a fork. Serve hot.

HELPFUL TIP

The easiest, most basic way to cook any type of winter squash, such as acorn, Hubbard, butternut, turban, and spaghetti, is to bake it whole or halved and unpeeled. Simply poke a few holes in the squash with a sharp knife (to allow steam to escape as it bakes), place it on an unoled baking sheet, and bake about an hour or until tender. The squash is cooked when you can easily pierce it with a fork. Some larger varieties like Hubbards can take over two hours to cook.

Rutabaga and Sweet Potato Casserole

My favorite dishes are often very simple. This casserole is a perfect example—it's not very fancy, but it's easy to make and really tasty. For more information on rutabagas, see the inset on [page 221](#).

YIELD: 4 servings

1 medium rutabaga, cut into ½-inch cubes

1 large sweet potato, cut into 1-inch cubes

1 cup chopped sweet onion

1 teaspoon dried tarragon

1 cup water

4 tablespoons yellow miso

1 Preheat the oven to 350°F.

2 Place the rutabaga, sweet potato, and onion in a 2-quart casserole dish. Sprinkle with tarragon and add the water.

3 Cover and bake for 45 minutes. Stir

the vegetables, then continue to bake another about 15 to 30 minutes, or until the rutabaga is tender.

4 Remove from the oven and add the miso. Stir until the miso dissolves and the sweet potatoes become puréed. Serve hot.

Stuffed Eggplant

The shells of a halved eggplant serve as bowls for this recipe's hearty filling—enough to serve two very hungry people.

YIELD: 2 generous servings

*1 small to medium eggplant
(about 12 ounces)*

2 tablespoons olive oil

1 cup chopped onion

2–4 cloves garlic, minced

1 cup chopped mushrooms

1 teaspoon dried basil

½ teaspoon dried oregano

*14 sun-dried tomato halves, cut
into small pieces*

2 tablespoons tamari

*¾ cup whole grain bread
crumbs*

¼ cup tahini

2–3 tablespoons water.

Grain Type (1 cup)	Water Amount	Cooking Time	Approximate Yield
Amaranth	3 cups	20 minutes	3 cups
Barley, pearled/hulled	3 cups	40 to 60 minutes	3½ cups
Basmati rice, brown	2 cups	45 to 50 minutes	3 cups
Brown rice, short-grain	2 cups	45 to 50 minutes	3½ cups
Buckwheat groats (kasha)	2 cups	15 minutes	2 cups
Bulgur wheat	2 cups	5 to 10 minutes	2½ cups
Farro*	4 cups	25 to 30 minutes	4 cups
Farro piccolo	4 cups	20 to 25 minutes	3 cups
Kamut*	3 cups	30 to 40 minutes	2½ cups
Millet	3 cups	20 to 30 minutes	4½ cups
Oat groats*	3 cups	20 minutes	3 cups
Oats, rolled**	3 cups	5 to 20 minutes	2 cups
Quinoa	2 cups	15 to 20 minutes	2½ cups
Sorghum (milo)*	3 cups	45 to 60 minutes	4 cups
Spelt*	3 cups	45 to 60 minutes	2¼ cups
Teff	3 cups	20 minutes	2 cups
Wheat berries (hard red spring)*	3 cups	45 to 60 minutes	3 cups
Wheat berries (soft white spring)*	3 cups	45 to 60 minutes	3 cups
Wild rice	3 cups	45 to 60 minutes	3 to 4 cups

* Grain is soaked.

** Follow the Basic Cooking Directions, but stir occasionally.

1 Preheat the oven to 350°F.

2 Cut the eggplant in half lengthwise. With a sharp paring knife, cut out the

flesh, leaving each half with a ½-inch-thick shell. Dice the flesh and set aside.

3 To make the stuffing, heat the oil in a large heavy skillet over medium heat. Add the onion and garlic, and sauté about 5 minutes or until the onion begins to soften.

4 Add the diced eggplant, mushrooms, basil, and oregano, and stir well. Cover and continue to cook, stirring occasionally, for 5 to 10 minutes or until the vegetables are tender.

5 Add the sun-dried tomatoes and

tamari to the vegetable mixture, stir well, and remove from the heat. Let stand covered for 2 to 3 minutes or until the tomatoes have softened. Add $\frac{1}{2}$ cup of the bread crumbs and the tahini, and mix well.

6 Fill the eggplant shells with the stuffing mixture, and sprinkle the remaining bread crumbs on top. Place the filled halves in a deep baking dish, add the water to the bottom of the dish, and cover with foil (don't let the foil touch the eggplants).

7 Place in the oven and bake for 35 minutes or until the shells are tender but

still hold their shape. Remove the foil and place under the broiler for 1 or 2 minutes to brown the top. Allow to cool a few minutes before serving.

14. Mainly Grains

Dishes that are based around whole grains are economical, nourishing, and satisfying. Delicious whole grains are fiber-rich, so they fill you up and help curb between-meal cravings. On a purely energetic level, they seem to satisfy a primal need. Since the advent of agriculture, over 10,000 years ago, one of the main components of the human diet, with few exceptions, has been some sort of whole grain. I can't help but wonder if part of the reason so many people in the industrialized world have

trouble controlling their appetite is the absence of this basic food in their diets.

Today, the availability of an impressive variety of fresh whole grains offers the basis for countless nourishing meals. And this chapter will help show you how. It begins with some general information on the purchasing and storing of grains, and includes a helpful chart designed to guide you in their preparation. What follows next is a wealth of recipes—savory, satisfying choices made with such healthful grains as brown rice, quinoa, bulgur, millet, and teff. With dishes like Brown Basmati Coconut Pilaf, Buckwheat-Stuffed Cabbage Rolls, Bulgur-Pecan Balls, and Peasant-Style Kasha and

Potatoes, you'll find the choices in this chapter to be varied and plentiful. There is even a recipe for making Nori-Maki (sushi rolls) and an entire section on seitan (vegetarian "wheat meat"), including instructions on how to make your own from scratch.

No matter which dishes you try, eating whole grains is a positive step toward a balanced diet. Take the time to discover grains that may be new to you, or use familiar varieties in new dishes. Most of all, enjoy the satisfaction and vibrant health that comes from eating delicious whole foods.

Buying, Storing, and Preparing Grains

Rich in protein, fiber, and a wealth of vitamins and minerals, whole grains are also low in fat and cholesterol free. They have been considered a dietary staple throughout the world for thousands of years. Keep the following information in mind when buying, storing, and preparing delicious grains.

BUYING AND STORING

Whole grains contain a natural, oil-rich germ that is protected and kept intact by the outer bran. When improperly stored, the oil can quickly become rancid. Whole grains that have been split, cracked, rolled, or ground into meal or flour can turn rancid even more quickly. Proper storage is an important key to their freshness.

Store unbroken whole grains, such as rice, buckwheat, millet, and barley, in tightly sealed glass jars. Although keeping the jars in a cupboard is usually adequate, the refrigerator or freezer is even better. Cracked or rolled grains

should also be stored in glass jars, but be sure to keep them in the refrigerator or freezer—don't leave them out. Store each variety in its own jar and label what's inside. Also include the date, and try to use the product within six months.

Grains are typically stored for long periods of time before they reach the consumer. Rice, oats, and certain other grains have also been heat-dried, which makes them more stable. Grains that have been freshly harvested, stored properly for short periods, and have not been heat-dried are the highest quality available. They contain more moisture and must be kept in the freezer. They are also viable, which means they can sprout and grow into a living plant. You can

taste the difference in truly fresh grains. You can also purchase this type of high-quality grain online (see the Resources beginning on [page 293](#)).

To help ensure product freshness when buying grains, it is best to shop at a store with a high turnover rate. When buying grains in bulk from a bin, give them a sniff. If there is no aroma, they are probably fresh. On the other hand, an oily or rank smell is a sure sign that they have turned rancid. For packaged products, always check the expiration date. And be aware that they can also turn bad, even if they have not exceeded the expiration date. If you open a package and notice that the grains have an unpleasant odor, don't use the

product. Either return it to the store or throw it out.

RINSING

Unless otherwise instructed in a recipe, cracked or milled grains do not need to be rinsed before cooking. Whole grains, however, such as rice, barley, buckwheat, kamut, millet, oat groats, quinoa, rye, sorghum, spelt, and wheat, should be rinsed. It is especially important to *thoroughly* rinse quinoa, which has a natural bitter coating. Drain the rinsed grains through a fine mesh strainer. (Teff and amaranth are so tiny that they must be drained through a *very fine* mesh strainer or one that is lined with cheesecloth.)

SOAKING

Although it isn't necessary to soak grains before cooking, it *can* be beneficial. In fact, it is recommended for farro, oat groats, rye, spelt, and wheat, which tend to become tough if not soaked. Soaking is not necessary for toasted buckwheat and white rice, and optional for farro piccolo. Quinoa and raw buckwheat groats are generally soaked for sprouting, not cooking.

Soaking reduces cooking time from one-quarter to one-half the time it takes to cook unsoaked grains. It also eliminates excess *phytic acid*, which is naturally found on grains and inhibits the

bioavailability of calcium, zinc and a number of other minerals. Adding a pinch of ascorbic acid powder or tablespoon of lemon juice to the soaking water also helps eliminate phytic acid, as well as any mold, which sometimes harbors on dry grains.

To soak grains, place them in a bowl with the amount of water they would normally be cooked in (see the Cooking Grains chart on [page 230](#)). Add a pinch of ascorbic acid powder or lemon juice to the soaking water, if you like. Let the grains soak for six to eight hours, then cook as usual right in the soaking water.

Unless stated otherwise, the recipes in this book do not require the grains to

be soaked.

WHEN COOKING GRAINS...

Cooking times for grains and the necessary water amounts will vary depending on the particular grain type. For this information, as well as basic instructions for stovetop cooking, see the Cooking Grains chart on [page 230](#). What follows next are some helpful tips to keep in mind:

²/₃ FOR LIGHT AND FLUFFY GRAINS, DON'T PEEK! Unlike veggies, try not to check the grains as they cook, unless you want them to be creamy or sticky. Constantly uncovering the pot interrupts

the cooking process. If, however, you want to check the grains, do so near the end of cooking time. Pick up the lid, then quickly insert a knife through the grains to the bottom of the pot. Move the knife slightly to one side so you can see the bottom of the pot. If you see water, quickly replace the cover, and continue to cook until the water is absorbed. If there is no water, the grains are done.

 **TO AVOID HARD, CHEWY GRAINS.** If the grain is done cooking but it is chewier than you like, simply add a little more water, cover, and continue to cook until the desired texture is reached. Soft-cooked grains (cooked with extra water) are easier to digest and are

recommended for young children, the elderly, and people who have certain health issues. Grains cooked with extra water are also good for breakfast.

$\frac{2}{3}$ TRY USING A RICE COOKER. Rice cookers are not only for rice. Many types of grains (and even beans) cook beautifully in them. Check the manual for specific grain-cooking instructions.

$\frac{2}{3}$ TO REHEAT COOKED GRAINS. It's easy to heat up cold or leftover grains. Place them in a pot with about $\frac{1}{4}$ cup of water for each cup of grain. Cover, bring to a boil, then reduce the heat to low. Steam the grains for three to four minutes or until they are heated through.

²/₃**TO LOOSEN STUCK GRAINS.** When you cook a pot of rice or other type of grain, some of the grains may stick to the bottom of the pot. To remedy this, fluff the grains quickly without disturbing the part that is stuck. Quickly cover the pot, turn off the heat, and let it steam for three to five minutes. If the stuck grain isn't burnt, it should loosen up. If it is still stuck, add a little boiling water ($\frac{1}{4}$ cup or less) to the pot, cover, and let sit another two minutes. **COOKING GRAINS**

COOKING GRAINS

Unless otherwise specified, follow the “Basic Cooking Directions” for the

grains (unsoaked) in the chart below. Always keep in mind that there are no fast and hard rules when it comes to cooking grains. There are many variables that can affect the outcome. For this reason, keep in mind that the information presented below, including length of cooking time and water amounts, is approximate. (For detailed descriptions of the various grains, see the Glossary beginning on [page 14](#).)

Basic Cooking Directions

After rinsing the grains, place them in a pot along with the cooking water and bring to a boil. (You can also boil the water before adding the grains.) Stir once, reduce the heat to low, and simmer covered for the required time or until the grains are tender. Once cooked, let them sit about five minutes, then fluff with a fork and serve.



Peasant-Style Kasha and Potatoes

This hearty dish is very easy to prepare. It's a great choice when the temperature drops.

YIELD: 4 servings

2 tablespoons olive oil

2 medium potatoes, diced

1 medium onion, chopped

2–4 cloves garlic, minced

1 teaspoon dried thyme

1 cup buckwheat

2½ cups hot water

Tahini-Miso Sauce ([page 176](#))

or Easy Tahini Sauce (page

Chopped parsley for garnish

1 Heat the oil in a large heavy skillet over medium heat. Add the potatoes, onion, garlic, and thyme, and sauté about 5 minutes.

2 Rinse the buckwheat, add to the skillet, and increase the heat to medium-high. Stir constantly about 3 minutes or until dry.

3 Carefully pour the hot water over the buckwheat (it will sizzle and splatter).

Cover immediately, reduce the heat to low, and simmer 10 to 15 minutes or until the water is absorbed.

4 Serve topped with Tahini-Miso Sauce and chopped parsley.

Barley with Oyster Mushrooms

I usually prepare this recipe with oyster mushrooms, which I feel makes the dish special; but any mushroom variety works.

Yield: 4 servings

2 tablespoons sesame oil

1 cup chopped onion

1 teaspoon dried tarragon

1 cup barley

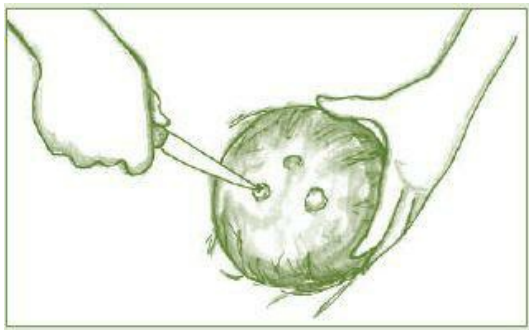
3½ cups water

2 tablespoons tamari

1½ cups sliced oyster mushrooms

1½ cups sliced white button mushrooms

1 cup toasted walnuts



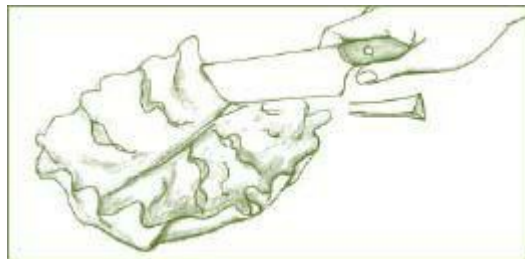
cup minced fresh parsley

1 Heat the oil in a large heavy pot over low heat. Add the onion and tarragon, and sauté slowly for 10 minutes or until the onion is tender.

2 Add the barley to the pot, increase the heat to high, and stir for a minute. Add the water and tamari. Stir once, cover, and bring to a boil. Reduce the heat to low and simmer 40 minutes or until most (not all) of the water is absorbed.

3 Add the sliced mushrooms to the pot and continue to simmer for 10 minutes or until the mushrooms are cooked and all the water is absorbed.

4 Lightly toss the mushroom-barley mixture and transfer to a serving bowl, sprinkle with walnuts and parsley, and enjoy hot.



Buckwheat-Stuffed Cabbage Rolls

I usually make these savory rolls in the winter for a hearty, warming meal. They take a little time to prepare, but the effort is really worth it.

YIELD: 8 rolls

*1 medium head white cabbage
2 cups water*

Filling

*1 tablespoon olive oil
1 cup chopped onion
3 cloves garlic, minced
1 teaspoon dried thyme*

1 cup toasted buckwheat
2 cups water
2 tablespoons tamari

Sauce

3 cups tomato purée
1 cup sauerkraut
2 tablespoons tomato paste

1 Remove and discard any tough or damaged leaves from the cabbage and cut out the core. Place the cabbage core-side down in a large pot. Add the water, cover, and bring to a boil. Reduce the heat to low and simmer about 10 minutes. Remove the cabbage and let cool. Reserve the water for soup stock

or another use.

2 To prepare the filling, heat the oil in a large skillet over medium heat. Add the onion, garlic, and thyme, and sauté 3 to 5 minutes or until the onion starts to soften.

3 Add the buckwheat and water and stir. Cover, reduce the heat to low, and cook 15 to 20 minutes or until the water is absorbed. Add the tamari and mix well. Remove from the heat and let cool.

4 Once the cabbage is cool enough to handle, remove 16 leaves. Cut away the

thick, tough part from the base of each (see Step 1 at right). Place one of the 8 smallest leaves inside each of the 8 largest leaves to form a double layer.

5 Place a heaping spoonful of the cooled filling in the center of each set of cabbage leaves (see Step 2). Fold the top and bottom ends of the larger (bottom) leaf over the filling, then fold the right and left sides over to seal the packet (see Step 3). Place each cabbage roll seam side down on a plate and set aside. Reserve any remaining cabbage to use in soups or stews.

6 Preheat the oven to 350°F. Oil a 7-x-

11-inch baking dish.

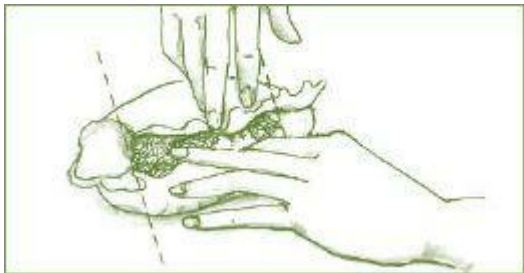
7 To make the sauce, mix together the tomato purée and sauerkraut, then spoon it into the prepared baking dish. Arrange the cabbage rolls seam side down on top (see Step 4). Cover with foil and bake 45 to 60 minutes or until the cabbage is tender.

8 Transfer the cooked cabbage rolls to a serving platter. Add the tomato paste to the sauce that is left in the baking dish and stir well. Spoon over the cabbage rolls and serve.

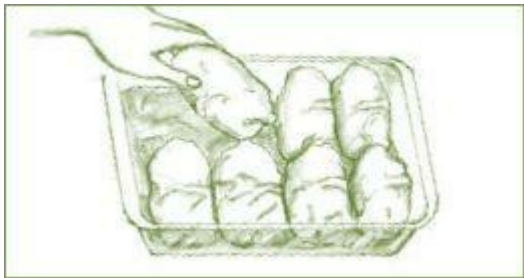
MAKING CABBAGE ROLLS



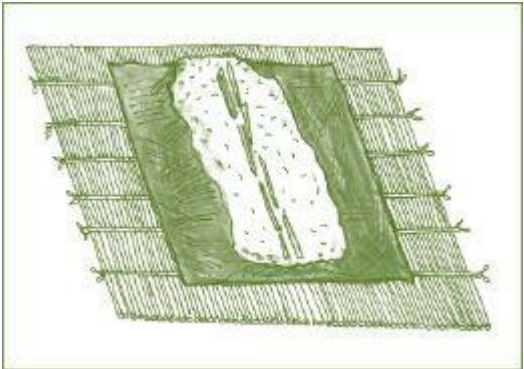
1. Cut away the tough part of each leaf.



2. Place a spoonful of filling in the center.



3. Fold the top and bottom ends of the larger (bottom) leaf over the filling, then fold the right and left sides over to seal the packet.



4. Place the filled rolls seam side down in the baking dish.

Creamy Polenta

A Northern Italian staple, polenta is actually boiled cornmeal that resembles thick mush or porridge. In this simplest form, it is usually eaten plain or topped with sauce or gravy. When polenta cools, it becomes firm and can be cut into squares and then baked or fried. For the following basic recipe, keep in mind that the more water used to cook the polenta, the softer it will be.

YIELD: About 4 cups

1 cup cornmeal

3 to 4 cups cool water

1/4 teaspoon sea salt

1 Place all the ingredients in a heavy, medium-sized pot. Stirring constantly, bring the ingredients to a boil. Reduce the heat to low, and continue to cook while stirring for 2 or 3 minutes or until the mixture starts to thicken.

2 Cover the pot. Stirring often, continue to cook over very low heat for 30 minutes or until the mixture is thick enough for a spoon to stand up straight in the pan. Serve immediately.

For a Change ...

²/₃ To make fried polenta, prepare the recipe with 3 cups water. Evenly spread the hot polenta in a lightly oiled shallow pan. Refrigerate 2 hours or until chilled. Slice the polenta into squares, rectangles, or triangles. Fry the pieces in a little olive oil over medium heat 5 minutes on each side or until crisp and golden.

²/₃ To broil polenta, prepare, chill, and cut into pieces according to the fried polenta entry above. Brush the pieces on both sides with olive oil and arrange on

a baking sheet. Place under the broiler about 5 to 7 minutes, turning once, until crisp and golden.

Polenta-Stuffed Portabellas

These stuffed mushrooms are scrumptious alongside a fresh green salad as a light meal. To serve as an appetizer, use six or eight smaller mushrooms.

YIELD: 4 servings

2 cups water, cold or room temperature

½ cup cornmeal

4 large portabella mushroom caps

1 cup finely chopped oil-marinated artichoke hearts

4 cloves garlic

¼ cup grated tofu Parmesan

Freshly ground black pepper to taste

1 To make the polenta, place the water in a medium pot. Stir the cornmeal into the water and bring to a boil while stirring constantly. Cover, reduce the heat to low, and cook for about 20 minutes while stirring occasionally.

2 While the polenta cooks, place the mushroom caps on a baking sheet gill side down. Brush the tops with oil from the artichoke marinade, and place under

the broiler for 5 minutes or until beginning to brown. Remove from the oven and drain any excess liquid.

3 Brush the mushroom tops with more oil, turn them over, and brush the gill sides with oil. Return to the broiler for 8 minutes or until the mushrooms are cooked and not too juicy. Press 1 garlic clove over each mushroom and spread it out evenly. Broil for a minute, but be careful not burn the garlic. Remove from the oven and set aside.

4 Add the chopped artichoke hearts to the cooked polenta, then fill the mushroom caps with the mixture. (If

some of the filling falls on the baking sheet, leave it.)

5 Sprinkle 1 tablespoon tofu-Parmesan on each filled cap and return to the broiler for 3 minutes or until golden brown.

6 Using a spatula, scoop up the mushrooms (be sure to include any filling that may have fallen on the baking sheet), place on a platter and serve.

Rosemary Millet Purée

Easy to prepare, this delicious purée is like a soft millet polenta. Try it with Maple-Mustard Tempeh ([page 273](#)).

YIELD: 2 to 3 servings

½ cup millet

1½ cups water

1½ tablespoons Bragg Liquid Aminos

1 tablespoon fresh rosemary leaves or 1 teaspoon dried

Finely minced fresh parsley for garnish

1 Place all the ingredients except the parsley in a blender and blend until smooth.

2 Transfer the blended mixture to a medium pot and bring to a boil while stirring constantly. Cover and reduce the heat to very low. Stirring occasionally, cook for 10 minutes or until the mixture is thick. Remove the pot from the heat, but don't uncover. Let the purée sit and steam for 3 minutes to prevent it from sticking to the bottom of the pan.

3 Transfer the purée to a serving bowl, sprinkle with parsley, and enjoy

immediately.

Snow Pea and Quinoa Stir-Fry

This dish is really divine, especially if the vegetables are super-fresh. A wonderful light summer meal.

YIELD: 3 servings

1 cup quinoa

2 cups water

2 tablespoons sesame oil

1½ pounds snow peas, trimmed

1–2 tablespoons tamari, to taste

*2 tablespoons mirin or white
wine*

3–4 scallions, chopped

6 thick avocado wedges

1 Rinse the quinoa and place in a medium pot along with the water. Bring to a boil, then reduce the heat to low. Cover and simmer 15 to 20 minutes or until the water is absorbed and the grains are tender.

2 When the quinoa is almost done, heat the oil in a large skillet or wok over high heat. Add the snow peas and stir 2 to 3 minutes or until slightly tender. Add the tamari and mirin, stir quickly, and remove from the heat. Add the scallions, cover, and let sit about a minute.

3 Divide the cooked quinoa onto individual plates. Top with the snow-pea mixture and any liquid that is left in the skillet. Garnish each serving with 2 avocado wedges and enjoy immediately.

Garlicky Butternut Squash over Quinoa

Most large winter squash varieties (like butternut) are difficult to cut when raw. Baking them whole makes cutting easier. To decrease baking time in the following recipe, you can use two smaller squash.

YIELD: 4 servings

*4-pound butternut or other
winter squash*

1 cup quinoa

2 cups water

2–3 cloves garlic, pressed

2 tablespoons white or yellow

miso

½ teaspoon white pepper

*1 cup coarsely chopped toasted
walnuts*

*2 tablespoons minced fresh
parsley*

1 Using a sharp knife, pierce the squash in a few spots, then place in a roasting pan. Bake uncovered in a 350°F oven about 1½ hours or until tender and easily pierced with a fork.

2 After the squash has baked for 1 hour, rinse the quinoa and place in a medium pot along with the water. Bring to a boil,

then reduce the heat to low. Cover and simmer 15 to 20 minutes or until the water is absorbed and the grains are tender. Remove from the heat and set aside.

3 Cut the cooked squash in half and let sit a few minutes until just cool enough to handle. Remove and discard the seeds and stringy membranes. Scoop the flesh into a mixing bowl, and coarsely mash with a fork (to yield about 4 cups). Add the garlic, miso, and pepper. Mix well.

4 Divide the cooked quinoa onto individual plates and top with the squash mixture. Sprinkle with walnuts and

parsley, and serve immediately.

Quinoa with Green Beans

Although this dish takes only about thirty minutes to prepare, the contrast between the various textures and flavors is superb.

YIELD: 2 to 3 servings

1 cup quinoa

2 cups water

3 cups cut green beans (1-inch pieces)

1 tablespoon olive oil

1 cup chopped onion

3 cloves garlic, minced

1 teaspoon dried tarragon

½ cup finely diced red bell pepper

2 tablespoons mirin or white wine

1 tablespoon lemon juice

1 tablespoon tamari

½ teaspoon sea salt

½ cup toasted hazelnuts

1 Rinse the quinoa and place in a medium pot along with the water. Bring to a boil, then reduce the heat to low. Cover and simmer 15 to 20 minutes or until the water is absorbed and the grains are tender.

2 While the quinoa is cooking, place the green beans on a steamer basket that is set in a pot over an inch or so of water. Bring the water to a boil, cover the pot, and steam for 5 minutes or until tender. Remove the beans and set aside.

3 Heat the oil in a large skillet over medium heat. Add the onion, garlic, and tarragon, and sauté 3 to 5 minutes or until the onion is nearly tender. Add the bell pepper and sauté 1 to 2 minutes more.

4 Combine the mirin, lemon juice, tamari, and salt in a small bowl, then

pour over the vegetables in the skillet. Sauté 2 to 3 minutes, add the green beans, and mix well.

5 Divide the cooked quinoa onto individual plates. Top with the green bean mixture and any liquid that is left in the skillet. Sprinkle with hazelnuts and serve immediately.

Pressure-Cooked Brown Rice

Any type of rice can be pressure-cooked, which is the preferred method of macrobiotic chefs, who believe that it makes the rice more satisfying and easier to digest.

YIELD: 6 servings

*2 cups short- or long-grain
brown rice, rinsed and
drained*

3 cups water

Pinch sea salt

1 Add the ingredients to a pressure cooker, making sure the rice is evenly distributed on the bottom. Bring to maximum pressure over high heat, then reduce the heat to very low. (Placing a flame deflector under the cooker may be necessary to keep the rice from scorching.) Cook about 40 minutes.

2 Remove the cooker from the heat and let the pressure come down on its own. Fluff the cooked rice and serve.

Brown Basmati Coconut Pilaf

This is a festive Indian-inspired brown rice dish. I usually serve it with dal and some curried vegetables.

YIELD: 3 to 4 servings

2 tablespoons coconut oil

6 cardamom pods

*1 teaspoon pink peppercorns
(optional)*

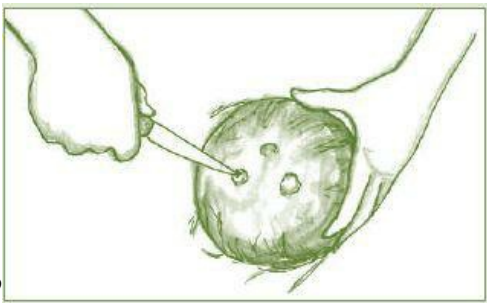
Pinch saffron

*3 tablespoons shredded dried
coconut (unsweetened)*

*1 cup brown basmati rice,
rinsed and drained*

½ teaspoon sea salt

2 cinnamon sticks



2

cups boiling water

1 Heat the oil in a large skillet over medium-high heat. Add the cardamom, peppercorns, saffron, and coconut. Stir constantly for a minute or until the coconut begins to brown. (This happens quickly, so be careful not to burn it.)

2 Add the rice to the skillet, stir a few seconds, then add the salt and cinnamon sticks. Carefully pour the boiling water over the rice, which will bubble up furiously. Cover immediately, reduce the heat to low, and cook for 45 minutes or until the water is absorbed and the rice is tender.

3 Fluff the pilaf with a fork and serve.

Simple Rice Croquettes

It is important to use freshly cooked rice for this recipe because cold, leftover rice won't stick together. Also, make sure to use shortgrain or sweet rice.

YIELD: TO COME?

*1 cup brown short-grain or
sweet rice, rinsed and
drained*

2 cups water

*2 tablespoons tahini or cashew
butter*

1 teaspoon dried basil

¼ teaspoon dried oregano

¼ cup minced scallions

½ teaspoon sea salt

*2 tablespoons minced fresh
parsley*

2 tablespoons olive oil

1 Place the rice in a medium pot along with the water. Bring to a boil, then reduce the heat to low. Cover and simmer for 45 minutes or until the water is absorbed and the grains are tender.

2 Transfer the cooked rice to a mixing bowl. Add the tahini, basil, oregano, scallions, salt, and parsley, and mix well. When rice is warm enough to

handle, shape the mixture into 8 patties.

3 Heat the oil in a large skillet over medium-high heat. Cook the patties about 3 to 4 minutes on each side or until browned. Serve immediately.

For a Change...

²/₃ For a somewhat exotic version, try Arame Rice Croquettes. Replace the basil, oregano, and salt with $\frac{1}{2}$ cup Arame Condiment ([page 184](#)). Drain the arame well before adding to the rice.

Nori-Maki

Nori-maki is the Japanese name for nori-wrapped sushi rolls—a traditional and colorful dish that is not at all difficult to make. A special sushi mat is often used to roll up the nori-maki, but a woven placemat works, too.

YIELD: 4 to 6 servings

*1 cup short-grain brown rice,
rinsed and drained*

2½ cups water

4 sheets toasted nori

*2 tablespoons brown rice
vinegar*

1 small carrot, cut into thin

matchsticks
1/2 cucumber, cut into
matchsticks

Suggested Garnishes

Shoyu or tamari

Wasabi

Pickled ginger

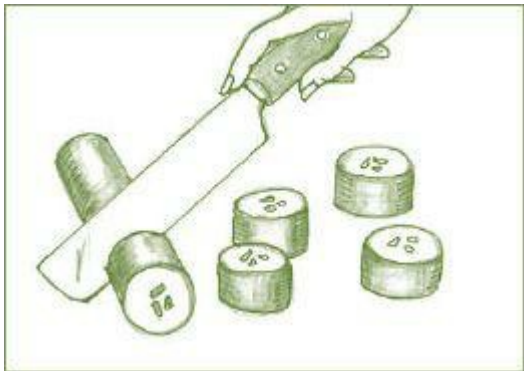
1 Place the rice in a medium pot along with the water. Bring to a boil, then reduce the heat to low. Cover and cook 45 to 50 minutes or until the water is absorbed and the rice is tender. Remove from the heat. When rice has cooled to warm, add the vinegar and mix well.

2 Place one sheet of nori on a sushi mat. Spread one-fourth of the warm rice over the nori, leaving a 2-inch border on the two longer sides. Place a row of the sliced carrots and cucumbers lengthwise down the center of the rice (see Step 1 at right).

MAKING NORI-MAKI



1. Spread the rice on the nori, and top with carrot and cucumber matchsticks.



2. Roll up the filled nori.



3. Slice into rounds.

3 Beginning at one of the long sides, roll up the nori using the sushi mat (see Step 2). Press gently as you roll to keep it firm. Once rolled, wrap it in a sheet of waxed paper. This helps the roll maintain its shape and makes the nori more tender.

4 Repeat with the remaining nori and filling.

5 You can enjoy the nori-maki immediately or refrigerate and chill. To serve, slice the rolls into ½-inch rounds

with a serrated knife (see Step 3). Serve as is or seasoned with tamari (or shoyu), wasabi paste, and/or pickled ginger.

For a Change ...

²/₃ Instead of (or in addition to) cucumbers and carrots, add thin slices of avocado, scallion, or pan-fried tofu to the filling. Just don't cram the roll with too many goodies or it won't roll up properly.



Celery-Rice Curry

This is a good recipe when you want something delicious, but have only onions and celery on hand. You will, however, still need a well-stocked spice cabinet.

YIELD: 4 servings

2 tablespoons olive oil

3 cups chopped celery

1 medium-large onion, chopped

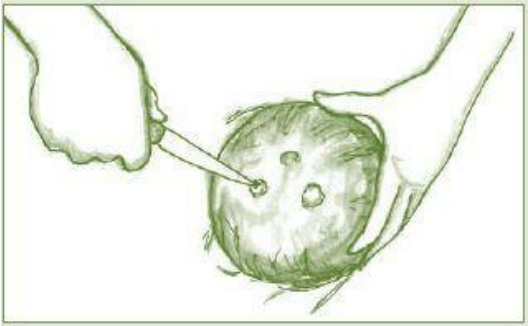
*1 tablespoon grated fresh
ginger*

2 teaspoons curry powder

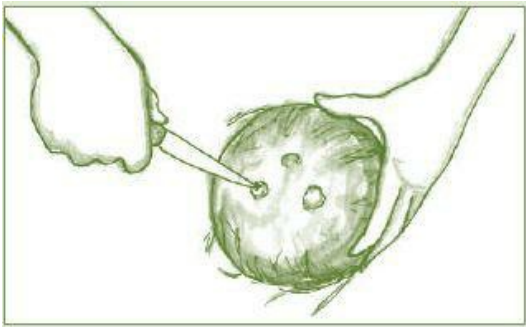
1½ teaspoons ground turmeric

1 teaspoon ground cumin

½ teaspoon mustard powder
1 cup brown basmati rice,
rinsed and drained
1¾ cups boiling water
½ teaspoon sea salt



cup raisins



*cup lightly toasted whole
cashews*

1 Heat the oil in a large skillet over medium-high heat. Add the celery, onion, ginger, curry powder, turmeric, cumin, and mustard powder. Stir for 2 to 3 minutes or until the onion and celery begin to soften and the spices are

browned and aromatic.

2 Add the rice to the skillet, and stir for a minute or so.

3 Add the salt to the boiling water and carefully pour over the vegetable-rice mixture. Stir once, cover, and reduce the heat to low. Simmer for 45 minutes or until the water is absorbed and the rice is tender. Remove from the heat.

4 Add the raisins to the skillet, fluff the rice with a fork, then cover and let steam for 5 minutes. Garnish with cashews before serving.

Bulgur & Sweet Potato Pilaf

This attractive dish has a subtle sweet flavor and the crunch of toasted walnuts.

YIELD: 3 to 4 servings

2¾ cups water

1 vegetable bouillon cube

1 tablespoon sesame oil

1 stalk celery, finely chopped

*2 medium sweet potatoes, finely
diced*

3 to 4 cloves garlic, chopped

*1 cup bulgur wheat, rinsed and
drained*

1 teaspoon ground sage

*1/4 cup thinly sliced dried
apricots*

1/2 teaspoon ground turmeric

1/2 cup toasted walnuts

1 Bring the water to boil in a small pot and add the bouillon cube, which will begin to dissolve. Reduce the heat to very low to keep warm.

2 Heat the oil in a large skillet over medium heat. Add the celery, sweet potatoes, and garlic, and sauté for 3 to 4 minutes. Add the bulgur and sage, stir a minute, then add the apricots and

turmeric. Mix well and carefully add the bouillon liquid (it will sizzle and splatter). Cover immediately, reduce the heat to low, and simmer for 10 minutes or until all of the liquid is absorbed.

3 Fluff the pilaf with a fork, top with walnuts, and serve.

Teff Patties

These mild-flavored patties have a nice firm texture.

YIELD: 6 patties

1 cup teff

3 cups water

¼ teaspoon sea salt

1 teaspoon dried thyme

2 cloves garlic, pressed

3 scallions, chopped

*2 tablespoons sesame oil or
olive oil*

1 Place the teff, water, and salt in a

medium pot. Bring to a boil, then reduce the heat to low. Cover and simmer for 15 minutes or until the water is absorbed and the teff is thick. Stir a couple times toward the end of cooking.

2 Transfer the cooked teff to a shallow dish. Add the thyme, garlic, and scallions, and mix well. Let the mixture sit until it is cool enough to handle. Shape into 6 patties and set aside.

3 Heat the oil in a large skillet over medium-high heat. Fry the patties about 5 minutes on each side or until browned.

4 Serve the patties as is or topped with your favorite sauce. The Tahini-Miso Sauce ([page 176](#)), Golden Cashew Cream (page 177), and Down South “Milk” Gravy (page 178) are my favorites.

African Stew

Teff is the national grain of Ethiopia. It has a delicious slightly sweet flavor. In this recipe, the teff thickens to a gravy that complements the cabbage and beans.

YIELD: 4 to 6 servings

½ cup teff

4½ cups water

¼ cup tamari

2 tablespoons sesame oil

*1 large onion, cut into half
moon slices*

6 cloves garlic, minced

1 tablespoon grated ginger

6 cups shredded red cabbage
2 cups sliced carrots
1 teaspoon ground turmeric
2 cups cooked chickpeas
Pinch cayenne pepper, or to
taste

1 Place the teff, water, and tamari in a large pot, and bring to a boil while stirring with a whisk or fork. Cover, reduce the heat to low, and simmer 15 minutes while stirring occasionally.

2 While the teff is cooking, heat the oil in a large heavy pot or Dutch oven over medium heat. Add the onion, garlic, and

ginger, and sauté for 5 minutes or until the onion begins to soften.

3 Add the cabbage and continue to sauté another 5 minutes, then add the carrots and turmeric, and sauté 5 minutes more.

4 Transfer the cooked teff and chickpeas to the pot and mix with the other ingredients. Cover, reduce the heat to low, and simmer for 25 minutes or until the cabbage is tender. As the ingredients simmer, add more water if needed.

5 At the end of cooking time, add cayenne pepper to the stew and mix well. Spoon into shallow bowls and serve hot.

For a Change ...

²/₃ Instead of chickpeas, use any variety of cooked beans/legumes. Red and pink beans are recommended.

²/₃ For an extra garlicky taste, press a clove of raw garlic into the stew just before serving.

²/₃ Before serving, garnish the stew with avocado slices and/or sunflower sprouts.



Bulgur-Pecan Balls

These mock meatballs have wonderful flavor and texture. Serve them as is with a side of vegetables, or enjoy them over pasta.

YIELD: 4 to 6 servings

½ cup bulgur, rinsed and drained

1 cup water

½ cup pecans

12.3-ounce package extra-firm silken tofu

1 to 2 tablespoons tamari

1 clove garlic, pressed

1 teaspoon dried thyme

½ teaspoon ground sage

¼ cup vital wheat gluten

Mushroom Wine Sauce ([page 174](#)), or your favorite tomato sauce

1 Preheat the oven to 350°F. Generously oil a baking sheet and set aside.

2 Place the bulgur and water in a medium pot. Bring to a boil, then reduce the heat to low. Cover and simmer 10 to 15 minutes or until the water is absorbed.

3 While the bulgur is cooking, coarsely grind the pecans in a blender, then transfer to a large mixing bowl.

4 Place the tofu and tamari in the blender and blend until smooth and creamy. Transfer to the bowl with the ground pecans, and add the garlic, thyme, sage, and vital wheat gluten. Mix well, then add the cooked bulgur. Stir the ingredients well to form a soft batter.

5 Drop heaping tablespoons of batter onto the prepared cookie sheet and shape into balls. The batter will be very soft, so it is best to use the back of a

spoon that has been dipped in water to shape the balls (don't expect them to be perfectly round).

6 Bake the balls for 30 minutes or until firm and brown. As they bake, heat the Mushroom Wine Sauce in a large pot.

7 When the balls have finished baking, add them to the sauce. Simmer 5 minutes before serving.

Cooking Couscous

Made from tiny grains of semolina, couscous is very easy to cook. Simply place it in a heatproof bowl and add boiling water. The couscous will absorb the water and be ready to eat within a few minutes.

In Northern Africa, where couscous is a staple, it is traditionally cooked in a special double boiler called a couscousière. The couscous is placed in the upper section of the pot, which has tiny meshlike holes in the bottom. This section is placed over the lower pot, in which stew is cooked. The rising heat from the stew steams and flavors the

couscous.

Although it isn't necessary to cook couscous in a couscousière, if you'd like to try this method, it's easy enough to improvise and make your own. You'll need a large pot for the stew and a colander that fits snugly in the pot. There must be several inches of space below the colander to allow room for the cooking stew. Line the colander with a clean dishtowel, add the couscous, then fold the towel over. Cover the pot and let the stew simmer until done. The couscous will be ready when the stew is cooked. It will also be light, fluffy, and flavorful.

Tunisian Couscous

My former husband spent ten years of his childhood in Tunisia. Years ago, I accompanied him on a tour of the country. Not only was it one of the most magical places I have ever visited, it was also a vegan's paradise—quality produce was available everywhere. Couscous with vegetable stew was served often and always accompanied by a small bowl of harissa—a very, very hot sauce.

YIELD: 4 to 6 servings

2 cups whole wheat couscous

3 cups water

Vegetable Stew

2 tablespoons olive oil

1½ cups chopped onion

3 cloves garlic, minced

3 bay leaves

1 teaspoon ground cumin

*1 teaspoon ground sumac
(optional)*

½ teaspoon ground turmeric

½ teaspoon ground cinnamon

¼ teaspoon ground cloves

2 medium turnips, medium dice

1 cup chopped celery

1 cup sliced carrots

3 cups chopped cabbage

16-ounce can crushed tomatoes

*2 medium zucchini, cut into
thick slices*

1 cup cooked chickpeas
3 tablespoons tamari

Harissa Sauce

½ cup tomato paste
1 tablespoon olive oil
¼ cup water
1 teaspoon red pepper
flakes Pinch cayenne pepper
(optional)

1 To prepare the stew, heat the oil in a large kettle over low heat. Add the onion, garlic, bay leaves, cumin, sumac (if using), turmeric, cinnamon, and cloves, and sauté for 5 minutes. Add the turnips, celery, carrots, and cabbage,

and stir for a minute.

2 Add the tomatoes and zucchini to the kettle, cover, and simmer another 15 minutes. Stir the ingredients, then continue to cook over low heat for 30 minutes or until the vegetables are almost tender. Add the chickpeas and tamari, and cook another 5 minutes or until the vegetables are tender.

3 While the vegetables are cooking, prepare the sauce. Combine the tomato paste and olive oil in a small bowl, add the water, and mix well. Stir the water into the mixture, then add the pepper flakes. Taste, then add more flakes

and/or cayenne pepper until the desired “heat” level is reached.

4 About 10 minutes before serving, prepare the couscous. Bring the 3 cups water to a boil in a medium pot. Add the couscous, stir, and cover. Remove from the heat, and let sit for 5 minutes or until the water is absorbed.

5 Fluff the couscous with a fork and place on a large platter. Make a well in the center and spoon the vegetable stew into the well. Serve immediately with harissa sauce on the side.

About Seitan “Wheat Meat”

Made from gluten (the protein portion of wheat), seitan—also known as “wheat meat”—is an amazing food that is able to take on the flavor and texture of meat. If you have ever seen “mock meat” dishes on a restaurant menu, there’s a good chance that they were made with seitan.

The growing availability of products like seitan and soyfoods has certainly made it easier to be vegan. Not only are these foods high in protein, they require very little preparation. When I first became vegetarian in the 1970s, I was living in the Laurentian Mountains

in Quebec, where we made our own soymilk, tofu, tempeh, and seitan. Although these products are now found on store shelves and no longer need to be homemade, I have always valued the experience of learning to make these foods from scratch. It allowed me to witness the amazing alchemy of their transformation and understand the simple artisanal way they are made. It also helped me to appreciate the convenience of being able to buy them ready-made at health food stores or most supermarkets.



In the following section of this chapter, you will find a number of delicious dishes that use seitan. You can prepare them with a premade commercial brand or you can use your own homemade product. For this reason, I have included a recipe for making seitan from scratch.

While it takes a little time, making

seitan is truly not difficult and it certainly has a number of advantages. It is economical and allows you to control the ingredients. If, for example, you are on a low-sodium diet, you can reduce the amount of tamari or use a low-sodium variety. You can also flavor the seitan by adding whatever herbs and spices you desire. And you can make seitan in large quantities because it freezes well.

The first step in making seitan is to make raw gluten from whole wheat flour and water (see recipe at right). This requires about twenty minutes of kneading. You can knead by hand, which will give you a nice little workout (I always put on my favorite dance music

for this), or you can let your bread maker or the food processor (provided it has the right attachments) do this for you. And if you want to skip the kneading altogether, you can use vital wheat gluten instead of flour (see Helpful Tip on [page 245](#)). When you discover how many quick, delicious, and inexpensive meals you can produce from one raw gluten recipe, you'll know that your efforts were worth it.

Whether you use commercial seitan or a product you make yourself, you're going to find it a flavorful and versatile addition to your diet. Use the recipes on the following pages as starting points for your own delicious "wheat meat" creations.

Raw Gluten

Gluten is what remains after the starch is removed from wheat flour. It is the protein that makes dough stretchy and elastic. I use bread flour (also called hard wheat flour) because of its high gluten content.

YIELD: 1½ to 2 cups raw gluten

3 cups water

*About 6 cups whole wheat bread
flour*

1 Pour the water into a large bowl. Add about 3 cups of flour and beat with a

wooden spoon for about 2 minutes. Gradually add more flour until the dough becomes too stiff to stir and has the texture of soft sticky clay.

2 Turn out the dough onto a generously floured surface and knead in enough flour until it becomes firm and nonsticky. (See [page 56](#) for kneading instructions.) Vigorously knead the dough for 20 minutes or until it is smooth and elastic. If kneading becomes too difficult, try pounding the dough with a rolling pin or your fists.

3 To test if the dough has been kneaded enough, break off a small piece and

wash it in a bowl of room-temperature water. If it is sufficiently kneaded, the starch will wash away and leave the elastic gluten, which will look like a piece of chewed gum.

4 Now it's time to wash (rinse) the dough. Place a large bowl in the sink and fill it with roomtemperature water (you can use the same bowl you used to mix the dough). Place the dough in the bowl and work it by rubbing and squeezing it with your hands. The dough will probably fall apart, but it will come back together when clean water is added (in the next step).

5 When the water becomes very cloudy, pour it (along with the dough) through a wire strainer. If you want to save the starch water and reserve it for another use (see [page 247](#)), place an empty bowl under the strainer to catch it. Add fresh water to the bowl and repeat the squeezing and rinsing process three or four times. (Don't go crazy trying to make the water run perfectly clear.) The dough will resemble a large elastic wad of chewing gum when it's done.

6 The raw gluten is now ready to shape, season, and cook.

HELPFUL TIP

If you don't have the time (or desire) to make raw gluten from whole wheat flour, there is a quicker method—using vital wheat gluten instead of flour. This method is both faster and easier. No rinsing is required and kneading time is minimal—only 5 minutes. Mixing 2 cups of vital wheat gluten with 2 cups of water will yield about 3 cups of raw gluten.

Making Seitan

It Starts with Raw Gluten

Making seitan is a two-part process. First, you have to make raw gluten; then you have to cook it. Once the raw gluten is cooked, it is called seitan.

Seitan

The seitan in this basic recipe is gently simmered in a flavorful broth. Once cooked, it can be enjoyed as is, or added to any number of dishes, including stir-fries, stews, soups, salads, and bean dishes.

YIELD: *Approximately 4 cups
(about 24 ounces)*

2 tablespoons olive oil

1 teaspoon toasted sesame oil

1 medium onion, chopped

8–10 cloves garlic, minced

4 bay leaves

2 tablespoons grated fresh

ginger
1 teaspoon dried thyme
6 cups water or vegetable broth
¼ cup tamari
1 strip kombu (optional)
Raw Gluten ([page 245](#))

1 Heat the olive and sesame oils in a large heavy kettle over low heat. Add the onion, garlic, bay leaves, ginger, and thyme. Sauté 8 to 10 minutes or until the onion is tender.

2 Add the water, tamari, and kombu (if using) to the kettle. Cover and let the broth come to a simmer.

3 While the broth is heating up, stretch and press the gluten to a $\frac{1}{4}$ - to $\frac{1}{2}$ -inch thickness. If the gluten keeps springing back to its original shape, let it rest for 5 to 10 minutes. This should make it easier to flatten out.

4 Using a sharp knife or scissors, cut the flattened slab into $\frac{1}{2}$ -inch strips or bite-size pieces and set aside.

5 Reduce the heat under the broth so that it is barely simmering. (If the broth is too hot, the seitan will become spongy, which is undesirable.) Carefully drop the gluten pieces into the broth.

Cover and cook over very low heat for 45 minutes or until the seitan is firm. Check occasionally during cooking to make sure the broth is barely simmering.

6 Use the seitan immediately, or refrigerate in an airtight container for three to four days. To freeze, place small recipe-size portions (with or without broth) in an airtight container for up to two months.

For a Change ...

²/₃ Sauté the cooked seitan strips with mushrooms and onions.

²/₃ Instead of cutting the raw gluten into strips, cut it into larger cutlet or steak-like pieces. Once the “cutlets” are cooked, bread them and fry on both sides until browned.

²/₃ Instead of the cooking raw gluten strips or pieces in broth, you can also add them to a pot of gently simmering seasoned beans during the last 45 minutes of cooking time.

HELPFUL TIP

To transform the seitan cooking broth into a thick, delicious sauce, add a little arrowroot, kudzu, flour, or the thickened starch water from the raw gluten. Serve the sauce with the seitan or over any grain, vegetable, or potato dish.

Ground Seitan

Ground seitan is great to have on hand. Used to make vegan chilis, burgers, and meatless loaves, ground seitan can also be added to casseroles and pasta sauces, tossed into salads, or used as a pizza topping.

YIELD: About 3½ cups

Raw Gluten (page 245)

1 Place the raw gluten on a well-oiled cookie sheet and flatten it out with your hands to a ½-inch-thick slab. If the gluten keeps springing back to its original

shape, let it rest for 5 to 10 minutes. This should make it easier to flatten out.

2 Bake the gluten in a 350°F for about 30 minutes or until it has a crisp golden-brown crust. (After baking for 15 minutes, it will begin to puff up a bit. It may also bubble and form air pockets. If it does, poke the bubbles with a fork to release the air and allow for more even cooking.)

3 Remove the baked gluten from the oven. Fold it in half, cover with a large inverted bowl, and let sit for 10 minutes. This will soften the crust as it cools.

4 Tear the gluten into pieces and place in a food processor. Process until the mixture has a texture like ground beef.

5 Use the ground seitan immediately, or refrigerate in an airtight container for three to four days. To freeze, place small recipe-size portions in an airtight container for up to two months.

Save the Starch Water

When making raw gluten from whole wheat flour, don't throw out the starch water. Not only does it contain starch, but also some of the bran and vitamins from the wheat. Let the water sit for a couple hours. During this time it will separate—the thinner, clearer water will rise to the top, and the thicker, starchier water will settle on the bottom. Once it separates, pour the clear water into a separate container. Here are some of the ways you can use both types of starch water.

Use the Thick Water:

$\frac{2}{3}$ To thicken sauces and gravies (use two tablespoons for every cup of liquid).

Use the Clear Water:

$\frac{2}{3}$ To replace all or part of the water or soymilk in recipes for pancakes and waffles, as well as breads and baked goods like muffins, cookies, and cakes.

$\frac{2}{3}$ To water both indoor and outdoor plants.

$\frac{2}{3}$ To starch clothes. Add it to a spray bottle.

$\frac{2}{3}$ To moisturize your skin. Add it to bath water.

Store both liquids in covered containers and refrigerate. The clear water will keep for a week; the thick water for four to six days. You can also freeze the thick liquid to always have some on hand. I usually freeze one- or two-tablespoon portions in an ice cube tray.

In addition to using the starch water as recommended above, you can also strain out the bran before the water separates. Then you can use the bran to make muffins or to add to the next day's breakfast porridge.

Wheat Balls

This recipe is especially good for new vegans who want to eat something with a meaty taste and texture. I often serve these wheat balls in a tomato or mushroom sauce, add them to pasta or rice dishes, or toss them into vegetable stews. They make great appetizers, too.

YIELD: 14 to 16 wheat balls

1½ cups Ground Seitan (page 247)

½ cup soft whole-grain bread crumbs

3 tablespoons finely minced onion

1 clove garlic, pressed
2 tablespoons peanut butter
2 tablespoons vital wheat gluten
2 tablespoons tomato paste
1–2 tablespoons olive oil
1 tablespoon tamari
½ teaspoon ground sage
½ teaspoon fennel seeds
¼ teaspoon white pepper

1 Preheat the oven to 350°F. Generously oil a baking sheet and set aside.

2 Place all the ingredient in a large bowl and mix well with your hands.

3 Shape the mixture into walnut-shaped balls and place on the prepared baking sheet. Lightly brush the top of the balls with olive oil.

4 Bake for 20 minutes or until the balls are firm and browned. Serve immediately.

For a Change ...

²/₃ For Wheat Burgers, shape the mixture into patties. Heat a tablespoon of olive oil in a heavy skillet and cook the burgers until browned on both sides.

Seitan Crumbles

Use this seasoned mix like Tofu Crumbles ([page 265](#)) in any recipe that calls for ground beef.

YIELD: About 4 cups

2 tablespoons olive oil

1 teaspoon toasted sesame oil

2 cups chopped onion

4—6 cloves garlic, minced

1 teaspoon dried thyme

1 teaspoon dried basil

½ teaspoon celery seeds

Ground Seitan ([page 247](#))

2 tablespoons nutritional yeast

¼ cup tamari, or to taste

1 Heat the olive and sesame oils in a large heavy skillet over medium-low heat. Add the onion, garlic, thyme, basil, and celery seeds and sauté for 8 to 10 minutes or until the onion is tender. Add the ground seitan and stir for 1 or 2 minutes.

2 Remove the skillet from the heat and stir the yeast into the seitan mixture. Add the tamari and continue to stir until well mixed.

3 Use immediately or refrigerate in an

airtight container for three to four days. To freeze, place small recipe-size portions in an airtight container for up to two months.

More Cooking Ideas for Seitan

²/₃ Coat seitan “cutlets” with a little flour or arrowroot powder, then brown in a tablespoon or two of olive, sesame, or coconut oil. (The coating will produce a nice crisp crust.) Serve with mashed potatoes and one of the sauces from [Chapter 11](#).

²/₃ After browning seitan in a little oil, remove it from the skillet. Then add a medley of onions, garlic, bell peppers, and mushrooms to the skillet, and sauté a few minutes. When the vegetables are

cooked, return the seitan to the skillet and mix well. Serve as is or with your choice of sauce.

²/₃ Marinate seitan strips in barbecue sauce, then grill them on an outdoor barbecue to make “ribs.”

²/₃ Sauté onion slices in a little olive oil until soft. Add sliced seitan and cook until it starts to brown. Add sliced shiitake caps and sauté until tender. Spoon the hot mixture directly from the skillet onto a bed of fresh salad greens. Drizzle with a little vinaigrette and serve immediately.

²/₃ For Seitan Stroganoff, sauté bite-size pieces of seitan in a little olive oil, then

add them to Tofu-Mushroom Sauce ([page 175](#)). Serve over pasta or noodles.

Chili Con Seitan

Here's a Mexican dish with Japanese ingredients and American imagination. Try it with Vegan Cornbread ([page 113](#)) and a fresh green salad.

YIELD: 4 to 6 servings

2 tablespoons olive oil

1 large onion, chopped

2 stalks celery, chopped

4 cloves garlic, minced

1 green bell pepper, chopped

2 cups Ground Seitan ([page 247](#))

1 teaspoon dried basil

½ teaspoon dried oregano

1 teaspoon ground cumin

2 teaspoons chili powder

¼ teaspoon ground cloves

Cayenne pepper or hot sauce, to taste

2 cups cooked red kidney beans

½ cup water or bean cooking liquid

4 cups canned crushed tomatoes

Tamari to taste

1 Heat the oil in a large heavy kettle over medium- low heat. Add the onion and celery, and sauté about 10 minutes or until almost tender. Add the garlic, green pepper, ground seitan, basil, oregano, cumin, chili powder, cloves,

and cayenne pepper. Sauté a few minutes more.

2 Add the beans, water, and tomatoes. Cover and simmer for 10 minutes, then add the tamari.

3 Ladle the piping hot chili into bowls and serve.

For a Change ...

²/₃ Substitute Tofu Crumbles ([page 265](#))
for the seitan.

“Beef” Stew

One of the beauties of this dish is that you can make it with any number of vegetables and seasonings. I make some variation of it almost weekly because it is so easy and nutritious. And because I generally make it in a pressure cooker, it is also quick.

YIELD: 2 to 4 servings

*1½ pounds potatoes, scrubbed
and diced*

1 cup chopped onion

3 stalks celery, chopped

2 medium carrots, sliced

1½ cups water

2 teaspoons herbes de Provence
([page 46](#))

8 ounces commercial or
homemade Seitan ([page 246](#)),
cut into bite-size pieces

¼ cup tahini

2 tablespoons Bragg Liquid
Aminos, or to taste

Freshly ground black pepper to
taste

1 Place the potatoes, onion, celery, carrots, water, and herbes de Provence in a large heavy pot over medium-high heat. Bring to a boil, then reduce the heat to low and cover. Simmer, stirring occasionally, about 30 minutes or until

the vegetables are tender. Add a little more water if necessary.

2 Add the seitan to the pot, increase the heat, and bring to a boil. Stir the tahini, liquid aminos, and black pepper into the stew.

3 Ladle the piping hot stew into bowls and serve.

For a Change ...

²/₃ Brown the seitan in a little olive oil before adding it to the stew. This will give it added flavor and a chewier texture.

²/₃ Try a delicious and exceptionally nutritious Jamaican version. Use sweet potatoes instead of regular, and 6 finely chopped collard leaves instead of celery. Omit the tahini, and add 1 tablespoon curry powder and a pinch of cayenne pepper to the ingredients in Step 2.

HELPFUL TIP

Preparing this stew in a pressure cooker takes a fraction of the time that it takes on the stovetop. Reduce the water to 1 cup and place it in a pressure cooker along with the potatoes, onion, celery, carrots, and herbes de Provence. Bring the pressure up then remove the cooker from the heat and let it cool down on its own. Stir the seitan, tahini, liquid aminos, and black pepper into the cooked stew before serving.

Type of Bean (1 cup)	Water Amount	Cooking Time	Approximate Yield
Adzuki*	4 cups	1 hour or less	2 to 3 cups
Black (turtle)	4 cups	2 to 3 hours	2 to 3 cups
Black-eyed peas	3 cups	1 hour or less	2 to 3 cups
Chickpeas (garbanzo)	4 cups	2 to 3 hours	2 to 3 cups
Great Northern	4 cups	2 to 3 hours	2 to 3 cups
Kidney	3 cups	1 to 1½ hours	2 to 3 cups
Lentils*	3 cups	1 hour or less	2½ to 3 cups
Lima	2 cups	1 hour or less	1½ to 2 cups
Lima, baby	2 cups	1 to 1¼ hours	2 to 2½ cups
Mung*	3 cups	1 hour or less	2 to 3 cups
Pinto	3 cups	1½ to 2 hours	2 to 3 cups
Red	3 cups	2 to 3 hours	2 to 3 cups
Soybeans	4 cups	3 to 4 hours	2 to 3 cups

*Does not require presoaking.

15. Bean-Based Bounty

“Beans, beans ...” as far as I’m concerned they truly are magical. Their virtues are many. One of the most nourishing and inexpensive foods that exist—beans (legumes) are a staple of the vegan diet. Their protein content is especially high and they are an excellent source of folate, iron, magnesium, phosphorus, potassium, and fiber. Unlike protein from animal sources, legumes contain no cholesterol, saturated fat, artificial hormones, or the high levels of environmental toxins found in many

animal products. They also contain phytochemicals that may help prevent a number of chronic diseases.

There is also great diversity among legumes. Many years ago when I was living in Montreal, I bought a sample of each kind of bean that was available and ended up with twenty-three varieties! Each with its own distinctive flavor, shape, and color. Beans also taste good, and as an added bonus, they are filling and keep you satisfied for a long time. And talk about versatile! Along with enjoying beans as a side dish, you can toss them into soups and salads, bake them into loaves, add them to stews and casseroles, combine them with grains and vegetables, and mash them to create

delicious dips and spreads.

Despite their many virtues, beans have one characteristic that may limit their popularity—"The more you eat, the more you toot." While it's true that beans do contain gas-producing *oligosaccharides*, there are ways to reduce these compounds and minimize the bloating and intestinal discomfort they often cause. As you will see in this chapter, cooking beans properly and eating them in the right combination with other foods, for instance, can help reduce this unpleasant side effect.

In addition to presenting lots of great dried bean recipes, this chapter offers other recipes that feature the popular soy foods tofu and tempeh. Also

included are guidelines for preparing and cooking dried beans from scratch, as well as a number of helpful tips to increase their digestibility. Actually, many of these tips can help assure good digestion of *all* your meals. Once you have put these tips into practice, don't be surprised if you find yourself saying, "Beans, beans for every meal."

Preparing Dried Legumes

Dried beans (legumes) are categorized as either hard, medium-soft, or soft. Soft varieties include split peas, lentils, and black-eyed peas. Medium-soft types include adzuki, black, kidney, lima, mung, navy, and pinto beans, while chickpeas and soybeans fall into the hard bean category. (For detailed descriptions of individual bean types, see the Glossary beginning on [page 11](#).) Cooking times and water amounts for beans will vary depending on a few factors, including their degree of hardness, their size, and their age (see the Cooking Dried Beans chart on [page](#)

[254](#)). What follows, however, are some standard bean preparation and cooking guidelines that apply to most varieties.

INSPECT THEM

Packages of dried beans often contain discolored, broken, or shriveled beans; empty shells; and even dirt or grit. Spread out the beans on a tray or baking sheet and sort through them, picking out and discarding those that are blemished, as well as any other unwanted debris. Next, place the beans in a bowl, cover with water, and swish them around. Discard any beans or shells that float to the top, then transfer the beans to a colander and rinse well.

PRESOAK THEM

Although some bean varieties, including split peas, lentils, mung beans, and black-eyed peas, don't require presoaking, most bean varieties will benefit from this step. Why soak? For starters, soaking shortens cooking time. It also improves a bean's digestibility by reducing the gas-producing oligosaccharides. For this reason, never cook beans in their soaking water. (Sprouting beans further increases their digestibility and shortens cooking time. See instructions, beginning on [page 164](#).)

Basically, there are two soaking

methods—one is slow and takes anywhere from four to twelve hours (or overnight), and the other quicker method takes just an hour or so. Although both are effective, the slower overnight soak is preferred for two reasons. First, the beans are soaked in cold water, which allows them to retain more of their flavor, color, and texture. Second, the slower soak is more effective in reducing oligosaccharides than the quicker soak.

The Slow Soak

Once the beans are rinsed and drained, place them in a large bowl or pot. For every cup of beans, add three to four cups of cold water. (Make sure the beans are well submerged.) Let the beans soak at least four hours and as long as twelve. Generally, hard bean varieties require six to eight hours soaking time, while medium-soft beans need four to six. As mentioned earlier, soft beans don't require soaking; however, they do profit from it. This is because it will shorten their cooking time and make them more digestible.

The Quick Soak

After rinsing and draining the beans, place them in a large pot. For every cup of beans, add about three to four cups of water. (Make sure the beans are well submerged.) Bring the pot to a boil over high heat, then reduce the heat to low and simmer the beans for about ten minutes. Cover the pot, turn off the heat, and let the beans soak for at least one hour.

COOK THEM

There are a few ways to cook dried beans—in a pot on the stove, in a slow cooker, or in a pressure cooker.

In a Pot

Cooking dried beans in a pot on the stove is the standard method. It's also pretty basic:

1. Drain and rinse the soaked beans, then place them in a pot with fresh water (see the Cooking Dried Beans chart on [page 254](#) for the water amount).

2. Bring to a boil, reduce the heat to medium-low, and cover the pot. Simmer gently, stirring occasionally, until the beans are plump and tender (see the chart for approximate cooking time).

3. The beans are done when you can easily mash them with a fork.

In a Slow Cooker

When I use a slow cooker, I usually soak the beans overnight while I sleep. In the morning, they are ready for the cooker. To cook beans in a slow cooker:

1. Drain and rinse the soaked beans, and place in the crockpot. Add enough fresh cold water to cover the beans by one inch. You can also add a strip of rinsed kombu to the pot if you like. It will disintegrate by the time the beans are finished cooking, but adding it will help tenderize the beans, as well as add flavor and nutrition.

2. Cover the pot and set it on high. Let the beans cook for one to two hours, then reduce the heat to low and continue to cook another six to eight hours (depending on their type) or until they are very tender.

3. If the beans become too dry near the end of cooking time, add a little water.

While the beans cook, try not to check on them too often. Each time you lift the lid, heat escapes, which extends the cooking time.

In a Pressure Cooker

A pressure cooker is great for cooking beans because it dramatically reduces cooking time. Just be careful not to fill the cooker more than halfway because as the beans cook and expand, they will clog the steamrelease vent. And split beans like red lentils and split peas are not recommended because they tend to foam up and can clog the vent (besides, split beans cook quickly enough on the stovetop). To cook the beans in a pressure cooker:

1. Drain and rinse the soaked beans, then place them in the cooker. Add enough

fresh cold water to cover the beans by one inch.

2. Place the cooker on the stove over high heat and bring the pressure up.

3. For quick-cooking beans like lentils, mung beans, and adzuki beans, once the cooker has reached high pressure, turn off the heat and allow the pressure to come down on its own. This should be enough to cook the beans.

4. For slower-cooking beans, once the cooker has reached high pressure, reduce the heat to low. Cook the beans at low pressure for ten to fifteen minutes, turn off the heat, and let the pressure come down on its own. If the beans are

not done, add water (if necessary) and repeat the process.

It is important to reduce the heat on the stovetop once high pressure is reached. Keep in mind that pressure cookers are not dangerous, but they do require your careful attention.

COOKING DRIED BEANS

When cooking dried beans on the stovetop, use the following table as a guide. Keep in mind that the following yields and cooking times are approximate.



Creamy Corn Bake with Red Beans

This dish is a variation of one that I learned many years ago from a Chilean friend. It is so delicious that you may be surprised at how much you can eat. The secret is to use corn that is really fresh and sweet.

YIELD: 4 servings

8 cups fresh corn kernels

2 cups cooked red kidney beans,

*rinsed and drained**
2 teaspoons ground cumin
1/4 cup coarsely chopped fresh basil
1/2 teaspoon sea salt
Pinch cayenne pepper
(optional)
3/4 cup grated soy cheese
(optional)

* Can use drained canned beans.

1 Preheat the oven to 350°F. Oil a shallow 2-quart baking dish or a cast-iron skillet and set aside.

2 Place half the corn in a blender and blend until creamy. Transfer to a bowl and repeat with the remaining corn.

3 Add the beans, cumin, basil, salt, and cayenne pepper (if using) to the corn and mix well. Spoon the mixture into the prepared baking dish and top with soy cheese (if using).

4 Bake for 35 minutes or until bubbly and brown on top. Enjoy piping hot.

Lentil-Carrot Loaf

This savory meatless loaf is always a big hit with my cooking students.

YIELD: 4 servings

3 cups sliced carrots

1½ cups cooked lentils

1 cup rolled oats

*½ cup chopped walnuts or
pecans*

½ cup finely chopped onions

*2 tablespoons finely chopped
parsley*

2 tablespoons shoyu or tamari
1 teaspoon curry powder
½ teaspoon sage

1 Preheat the oven to 350°F. Generously oil and flour an 8-x-4-inch loaf pan and set aside.

2 Place the carrots on a steamer basket that is set in a pot over an inch or so of water. Bring the water to a boil, cover the pot, and steam for 3 to 5 minutes or until the carrots are tender. Transfer to a mixing bowl.

3 Add the lentils to the carrots and coarsely mash with a potato masher. Add all the remaining ingredients and mix well.

4 Pack the mixture into the prepared loaf pan. Bake 35 to 40 minutes or until firm and golden brown.

5 Remove the pan from the oven and let stand about 5 minutes before unmolding the loaf onto a serving platter. Slice and serve as is or top with the sauce of your choice.

For a Change ...

²/₃ For an attractive presentation, before baking the loaf, decorate the top with some walnut or pecan halves.

When serving, surround the loaf with sliced tomatoes, roasted peppers, or other colorful vegetables.

Simple Red Dal with Miso

Not only is this dish tasty, it is a great choice for anyone who has trouble digesting beans. Red lentils are characteristically easy to digest, and the added fennel and miso further enhance digestion. I always serve this bean stew over brown basmati rice.

YIELD: 3 to 4 servings

2 tablespoons olive oil

1 teaspoon fennel seeds

½ cup finely chopped onion

½ cup chopped celery

1 medium red bell pepper, diced

1 tablespoon curry powder

*1 cup dried red lentils, rinsed
and drained*

3 cups water

2 tablespoons white miso

*Fresh cilantro leaves for
garnish*

1 Heat the oil in large skillet over medium-high heat. Add the fennel seeds and simmer while stirring until they begin to pop.

2 Quickly add the onion and the celery to the skillet and sauté for 5 minutes or until the onion is translucent. Add the bell pepper and curry powder and continue to sauté another 1 or 2 minutes.

3 Add the lentils to the skillet and stir the ingredients well. Stir the water into the skillet, cover, and simmer 15 to 20 minutes or until the lentils are tender and the water is absorbed.

4 Remove the pan from the heat, add the miso, and mix well.

5 Ladle the hot dal over rice, garnish with cilantro leaves, and serve.

Buckwheat with Tofu and Thyme

When you are in the mood for a warming meal, but don't have a lot of time, try this easy, nutritious recipe.

YIELD: 2 to 3 servings

1 tablespoon olive oil

*10-ounce package seasoned
baked tofu, cut into bite-size
cubes**

½ cup toasted buckwheat goats

1 tablespoon tamari

*1 teaspoon dried thyme or 2
teaspoons fresh*

1¼ cups hot water

1–2 scallions, chopped

*Freshly ground black pepper to
taste*

* Can also use Gingered Tofu ([page 266](#)).

1 Heat the oil in a large skillet over medium heat. Add the tofu and sauté 5 minutes or until browned. Transfer to a bowl and cover to keep warm.

2 Rinse the buckwheat and add it to the

skillet. Stir a few minutes until the buckwheat dries.

3 Add the tamari and the thyme to the hot water, pour into the skillet, and cover immediately (it will sizzle and splatter).

4 Reduce the heat to low and let the ingredients simmer 10 to 15 minutes, or until the liquid is absorbed. Transfer to a platter and top with the browned tofu and chopped scallions.

5 Serve as is, or topped with Easy Tahini Sauce ([page 171](#)).

Tips for Bean Digestibility

As discussed in [Preparing Dried Legumes \(page 252\)](#), presoaking dried beans is one way to reduce their gas-producing compounds. Here are some other tips to help increase bean digestibility:

$\frac{2}{3}$ DO NOT COOK BEANS IN THEIR SOAKING WATER. As beans soak, their gas-producing compounds are drawn into the soaking water. Either discard the water or use it to water your plants.

$\frac{2}{3}$ SPROUT THE BEANS BEFORE COOKING. Sprouting beans even a day or so makes

them more digestible. It also makes them cook faster. (For sprouting instructions, see [page 164](#). It's really easy!)

²/₃ **EAT BEANS IN SMALL AMOUNTS.** Many people who cannot eat a large quantity of legumes without experiencing uncomfortable side effects, have no difficulty eating small amounts of a half-cup (considered a serving) or less.

²/₃ **KEEP MEALS SIMPLE.** When you eat legumes, don't include potatoes, fruit, sweeteners (such as molasses with baked beans), or desserts in the same meal. The sugars encourage fermentation, which causes digestive discomfort. And don't combine too many

different types of food in the same meal, as this also inhibits good digestion. For an easily digestible meal that centers on beans, include a grain, a simple green salad, and/or a cooked vegetable.

²/₃EAT BEANS AND GRAINS IN A PROPER RATIO. A good ratio of beans to grains in a meal is one-part beans to two-parts grains.

²/₃COOK BEANS WELL. Beans that are eaten al dente are more difficult to digest. Crunchy is okay for veggies, but not for beans.

²/₃EAT BEANS REGULARLY. When beans are a regular part of the diet, the digestion system will begin to adapt to them

better.

²/₃**CHEW BEANS WELL.** The digestion of starches, which beans contain, begins in the mouth with enzymes found in the saliva. Chewing beans well aids in their digestibility.

²/₃**MINIMIZE DRINKING WITH MEALS.** To some extent, drinking with meals inhibits digestion because it shortens the time that the food is spent in the mouth. This means less saliva (which contains digestive enzymes) is produced and mixed with the food. It also means that the food may not be thoroughly chewed, making it more difficult to digest.

²/₃ADD KOMBU TO THE POT. Cooking the beans with a strip of kombu not only adds flavor, but also tenderizes the beans and makes them more digestible.

²/₃ADD VINEGAR TO THE COOKED BEANS. Adding a tablespoon or two of vinegar to the pot of beans near the end of cooking time is said to make them easier to digest. It also enhances their flavor.

²/₃SEASON BEAN DISHES with summer savory or fennel seeds, which have gas-relieving properties.

²/₃DRINK FENNEL TEA. Fennel relieves gas and aids digestion. After eating a meal that contains beans, drink a cup of

unsweetened fennel tea, or simply chew some fennel seeds like they do in India.

²/₃ **EAT FOODS THAT STRENGTHEN DIGESTIVE HEALTH.** Miso, raw sauerkraut, and soy yogurt furnish the body with beneficial bacteria that aid digestion. Eat these foods regularly. (Beans and sauerkraut are also delicious together.)

²/₃ **SPACE YOUR MEALS.** The food you eat needs time to digest. Eating meals without leaving enough time between them or constantly nibbling will slow down the digestion of previously eaten foods. This gives the food time to ferment in the digestive system, causing gas and discomfort.

Mung Dal

Serve this traditional Indian bean stew over brown basmati rice. The tiny korma seeds used in this dish are popular in Indian cooking. Only a small amount is needed to give the stew lots of flavor. You can find korma seeds in Indian food markets and many gourmet shops.

YIELD: 4 to 6 servings

5 cups water

1½ cups dried mung beans,

*presoaked ([page 252](#)), rinsed,
and drained**

*1 large tomato, coarsely
chopped*

1 cup coarsely chopped onion

3–4 cloves garlic

1-inch piece ginger

2 tablespoons olive oil

1 teaspoon mustard seeds

½ teaspoon fennel seeds

*¼ teaspoon korma seeds
(optional)*

1 tablespoon ground cumin

½ tablespoon ground turmeric

1 teaspoon sea salt, or to taste

Cayenne pepper to taste

** [Can substitute 4 cups cooked mung beans.](#)*

1 Bring the water and mung beans to boil in a large pot over high heat. Reduce the heat to mediumlow, and simmer covered for 45 to 60 minutes or until the beans are soft and tender.

2 Place the tomato, onion, garlic, and ginger in a blender or food processor and blend briefly (it can be somewhat chunky).

3 Heat the oil in a large heavy kettle over mediumhigh heat. Add the mustard seeds, fennel seeds, and korma seeds (if using), and stir constantly until they begin to pop.

4 Add the tomato mixture, cumin, and turmeric to the kettle and stir well. Reduce the heat to medium and cook for 10 minutes.

5 Add the cooked mung beans, salt, and cayenne pepper to the kettle. Stirring occasionally, simmer another 10 minutes. Adjust the seasonings if desired.

6 Serve hot over rice.

Pinto Beans a Ma Façon

Whenever my mother cooked pinto beans, she would simmer them slowly until they were soft and tender and a thick gravy formed. This type of savory pinto bean dish is a favorite in Southern and soul food cooking. In this version, I eliminated the traditional pork fat and added kombu and sun-dried tomatoes for extra flavor.

YIELD: 6 servings

6 cups water

*2 cups dried pinto beans,
soaked ([page 252](#)), rinsed,
and drained*

6-inch strip kombu, rinsed

*20 sun-dried tomato halves, cut
into small pieces*

1 medium onion, chopped

6 bay leaves

*3 tablespoons tamari or Bragg
Liquid Aminos*

1 tablespoon balsamic vinegar

2–3 cloves garlic, pressed

*Freshly ground black pepper to
taste*

*½ teaspoon liquid smoke
(optional)*

1 Bring the water, beans, and kombu to boil in a large pot over high heat. Reduce the heat to low and simmer covered, stirring occasionally, for about 1 hour.

2 Add the sun-dried tomatoes, onion, bay leaves, tamari, and vinegar to the pot and stir well. Continue to simmer, stirring occasionally, for another hour or until the beans are very tender and the cooking liquid has thickened. (If the beans are too dry, add more water as needed.)

3 Add the garlic, black pepper, and liquid smoke (if using) to the cooked beans. Mix well.

4 Serve as is or top with a garnish of finely chopped fresh parsley, cilantro, or basil.

For a Change ...

²/₃ Substitute Great Northern beans for the pinto beans.

²/₃ For a Tex-Mex version, add 2 teaspoons cumin, 1 teaspoon dried basil, and a pinch of cayenne pepper to the pot in Step 2. Top with fresh cilantro and salsa before serving. Enjoy with corn tortillas, avocado, and a green salad.

²/₃ For a version of this dish that is traditionally served on New Year's Day in the South, substitute black-eyed peas for the pinto beans. Black-eyed peas

symbolize prosperity for the coming year. They are served either with green cabbage or turnip greens (the green color signifies money). Keep in mind that black-eyed peas cook a little faster than pinto beans, so be sure to keep an eye on them and test for doneness as they cook.

When Cooking Beans ...

For best results when cooking dried beans, keep the following points in mind:

$\frac{2}{3}$ Generally, 1 cup of dried beans yields 2 to 3 cups when cooked. Make sure to use a pot that is big enough to allow for this expansion.

$\frac{2}{3}$ Do not add salt or acidic ingredients (lemon juice, tomatoes) to the pot until the beans are tender and almost cooked. Salt and acidic foods will cause the beans to become tough and require longer cooking time.

²/₃ Be careful not to boil the beans. This will cause the skins to burst, resulting in mushy beans.

²/₃ When adding most vegetables or herbs to the pot, do so during the last 30 to 60 minutes of cooking. Otherwise, the vegetables will get overcooked, and the herbs, especially fresh ones, will lose their flavor (bay leaves are one exception).

²/₃ When cooking at high altitudes, water boils at a lower temperature, which causes the beans to cook slower. To hasten cooking time, add a little baking soda to the pot (¹/₄ teaspoon per cup of beans). This will help soften the beans'

outer skin. Pressure-cooking ([page 39](#)) is another option.

²/₃ In addition to presoaking the beans, adding a strip of kombu to the pot as they cook helps make them more digestible. Kombu also adds flavor and nutrients. Once the beans are tender, adding miso to the pot also aids their digestibility.

²/₃ Beans that are old generally take longer to cook. If they are too old, they will not get tender no matter how long they cook. Throw them out.

²/₃ Refrigerate cooked beans in a covered container for up to four days. You can also freeze them (I do this in single portions) up to six months.

Vegetable Chili

Serve this hearty chili with vegan cornbread and a green salad for a delicious meal.

YIELD: 4 servings

2½ cups water

*1 cup dried red kidney beans,
soaked (see [page 252](#)),
rinsed, and drained**

1 cup chopped onion

2 teaspoons chili powder

1 teaspoon ground cumin

1 teaspoon dried basil

2 bay leaves

2 tablespoons wine vinegar

*1 medium green bell pepper,
diced*

1 medium yellow squash, diced

1 medium zucchini, diced

*1 cup fresh or frozen corn
kernels*

*12 to 15 sun-dried tomato
halves, cut into small pieces*

*1½ cups canned tomato purée,
or 1½ cups puréed ripe
tomatoes*

½ cup white wine (optional)

3 tablespoons tamari

Cayenne pepper to taste

¼ cup fresh cilantro leaves

2 tablespoons olive oil

* May substitute 3 cups cooked (or canned and drained) kidney beans.

1 Bring the water and kidney beans to a boil in a large pot over high heat. Reduce the heat to medium-low and simmer covered for 1 hour or until the beans are tender.

2 Add the onion, chili powder, cumin, basil, bay leaves, and vinegar to the pot and stir well. Simmer another 20 minutes.

3 Add all the remaining ingredients except the cayenne pepper, cilantro, and olive oil. Stirring occasionally, continue to simmer 15 minutes or until the squash is just tender. Stir in the cayenne.

4 Spoon the chili into individual serving bowls. Top with fresh cilantro leaves and a drizzle of olive oil.

Black Bean Stuffed Peppers

Although you can use bell peppers of any color for this recipe, I think yellow is the prettiest. The contrasting colors of the black bean stuffing topped with a slice of red tomato makes the dish visually striking.

YIELD: 4 to 8 servings

*4 bell peppers, halved
lengthwise and seeded*

8 tomato slices

1 tablespoon olive oil

½ teaspoon oregano

Filling

1 tablespoon olive oil

1 cup chopped onion

1 tablespoon chili powder

1 teaspoon ground cumin

1 teaspoon dried basil

*2 cups cooked black beans,
rinsed and drained**

2½ cups cooked brown rice

1 tablespoon wine vinegar

1 medium tomato, chopped

1 teaspoon sea salt

* May use canned black beans.

1 Preheat the oven to 350°F.

2 Place the pepper halves on a steamer basket that is set in a pot over an inch or so of water. Bring the water to a boil, cover the pot, and steam about 5 minutes or until the peppers are nearly tender but firm. Remove the peppers and let cool.

3 To make the filling, heat the oil in a large skillet over medium heat. Add the onion and sauté for 5 minutes or until translucent. Add the chili powder, cumin, and basil, and continue to sauté another 2 or 3 minutes. Add the black beans, rice, vinegar, chopped tomato,

and salt. Mix well and remove from the heat.

4 Fill the pepper halves with the bean mixture and place in a shallow baking dish. Cover with foil and bake in a preheated 350°F oven for 15 minutes, or until the peppers are tender and the filling is hot.

5 Remove from the oven and top each stuffed pepper with a slice of tomato. Brush the tomato with olive oil, sprinkle with oregano, and place under the broiler for a minute or until the tomatoes are hot and bubbly.

6 Serve immediately.

Crockpot Lima Beans & Wheat Berries

When you plan to make this dish, which is prepared in a slow cooker, try to soak the wheat and beans the night before. Then simply put them on to cook in the morning, and your dinner will be ready at night.

YIELD: 4 to 6 servings

2 cups soft wheat berries

1½ cups dried lima beans

6–8 cups water

6-inch strip kombu, rinsed

3 tablespoons tamari, or to taste

2 cloves garlic, pressed

¼ cup minced fresh parsley

1 Rinse the lima beans and wheat berries, place them in a large bowl, and cover with 6 to 8 cups water. Soak 8 hours or overnight.

2 Rinse and drain the soaked beans and wheat, and transfer to a slow cooker along with the kombu. Add enough water to cover by 1 inch. Cook on high for

about 1 hour, then reduce the heat to low and continue to cook 8 hours, or until the beans and wheat are soft and tender.

3 Add the tamari and garlic to the mixture and stir well. If it's too dry, add a little more water

4 Serve hot with a sprinkling of parsley.



Lentil Sprout Sauté

One of the beauties of this dish is that it takes just minutes to make.

YIELD: 2 servings

1 stalk broccoli

1 tablespoon olive oil

1 cup chopped onion

*1–2 medium carrots, cut into
matchsticks*

*½ medium red bell pepper,
diced*

2½ cups lentil sprouts[](#)*

- 1 tablespoon grated ginger
(optional)*
- 2 teaspoons ground cumin
(optional)*
- 1 teaspoon ground turmeric
(optional)*
- 1–2 tablespoons Bragg Liquid
Aminos or tamari*
- 1 tablespoon balsamic or rice
vinegar*
- 2 cloves garlic, pressed*
- ¼ cup water, or as needed*

* See [page 164](#) for sprouting instructions.

1 Cut bite-size flowerets from the broccoli. Peel and slice the stem.

2 Heat the oil in a large skillet over medium heat. Add the onion and sauté for 2 minutes, then add the carrots and broccoli stems, and continue to sauté another minute.

3 Add the broccoli flowerets, bell pepper, and lentil sprouts to the skillet, along with the ginger, cumin, and turmeric (if using). Stir well and continue to sauté another minute or so.

4 Add the liquid aminos, vinegar, garlic, and enough water to keep the mixture from sticking to the bottom of the skillet. Cover and simmer 5 minutes, or

until the sprouts and vegetables are tender.

5 Serve hot over cooked grains.

For a Change ...

²/₃ Remove the kernels from an ear of corn and add them to this dish. If the corn is sweet, add it raw to the cooked ingredients. Otherwise, cook the kernels along with the sprouts in Step 3.

Lentil Pie

This is a good dish to serve on Thanksgiving (or at any winter gathering, for that matter). I usually serve it with tomato sauce or relish.

YIELD: 6 to 8 servings

*1½ cups dried lentils, rinsed
and drained*

3 cups water

*1 double-crust 9-inch whole
wheat pie shell, unbaked
([page 116](#))*

1 tablespoon olive oil
1 stalk celery, chopped
1 medium onion, chopped
1 teaspoon dried thyme
1 teaspoon cinnamon
¼ teaspoon ground cloves
¾ cup finely chopped walnuts
¼ cup tomato paste
3 tablespoons tamari
½ teaspoon white pepper

1 Bring the lentils and water to boil in a medium pot over high heat. Reduce the heat to low and simmer covered for 40 minutes, or until the water is absorbed and the lentils are tender.

2 While the lentils are cooking, prepare the pie dough. Roll out the bottom crust and place in a 9-inch pie plate. Set aside.

3 Heat the oil in a large skillet over medium heat. Add the celery, onion, thyme, cinnamon, and cloves, and sauté for 5 minutes or until the celery is just barely tender.

4 Add the cooked lentils to the skillet along with the remaining ingredients, and mix well.

5 Spoon the mixture into the pie shell. Cover with the top crust, flute the edges, and cut a hole in the center to allow steam to escape as the pie bakes.

6 Bake on the bottom rack of a preheated 375°F oven for 40 minutes or until the crust is golden brown.

7 Remove the pie from the oven. Let sit 5 minutes before cutting and serving.

Bulgur with Lentil Sprouts

*This recipe makes a warm, nourishing,
tasty meal—and fast!*

YIELD: 2 to 3 servings

2 tablespoons olive oil

1 cup chopped onion

*3 small yellow squash or
zucchini, diced*

*½ medium red bell pepper,
diced*

*1½ cups lentil sprouts**

1 teaspoon ground turmeric

1 teaspoon ground cumin

½ cup bulgur wheat

1¼ cups hot water

1 tablespoon balsamic vinegar

1 tablespoon tamari

*¼ teaspoon white pepper, or to
taste*

* See [page 164](#) for sprouting instructions.



1 Heat the oil in a large skillet over medium heat. Add the onion and sauté for 3 minutes, then add the squash, bell pepper, and lentil sprouts, and sauté another 2 minutes.

2 Add the turmeric, cumin, and bulgur

to the skillet. Stir well and cook until the mixture is heated.

3 Combine the water, vinegar, and tamari in a measuring cup and carefully pour it into the skillet. Cover immediately (it will steam and splatter), reduce the heat to medium-low, and simmer for 10 minutes or until the water is absorbed and the bulgur is tender. (If the bulgur is too hard, add $\frac{1}{4}$ cup water, cover, and cook another few minutes. Repeat if necessary.)

4 Serve piping hot.

For a Change ...

²/₃ Remove the kernels from an ear of corn and add them to this dish. If the corn is sweet, add it raw to the cooked ingredients. Otherwise, cook the kernels along with the sprouts in Step 1.

Adzuki Beans with Winter Squash

This delicious stew is an adaptation of a macrobiotic classic. Serve it over a bed of brown rice or millet.

YIELD: 4 servings

4 cups water

*1 cup dried adzuki beans,
soaked ([page 252](#)), rinsed,
and drained*

6-inch strip kombu, rinsed

*3–4 cups peeled winter squash
cubes (butternut, Hubbard,
and turban are good)
1 large onion, chopped
1 teaspoon ground savory
½ teaspoon dried thyme
3 tablespoons barley or rice
miso
2 tablespoons chopped fresh
parsley*

1 Bring the water, adzuki beans, and kombu to boil in a large pot over high heat. Reduce the heat to low and simmer covered for about an hour or until the beans are tender.

2 Add the squash, onion, savory, and thyme to the pot after the beans have been cooking about 30 to 40 minutes and are almost tender. Simmer another 20 minutes or until the squash is soft and the beans are tender. Remove the pot from the heat.

3 Mix the miso with a little liquid from the pot, then return it and mix well. Sprinkle with parsley and serve piping hot.

For a Change ...

²/₃ To turn this stew into a delicious soup, just add enough water to yield the desired consistency.

Hippie Burgers

Tofu and hemp seeds add nutritional value to these tasty, easy-to-make veggie burgers, which are great hot or cold. I've been told they taste like leftover meatloaf when cold.

YIELD: 8 burgers

14 ounces extra-firm tofu

*1 cup toasted whole grain bread
crumbs*

1/2 cup hemp seeds

1/4 cup chopped scallions

2 cloves garlic

1/4 cup nutritional yeast

1/4 cup tomato paste

2 tablespoons tamari

1 teaspoon dried sage

1–2 tablespoons olive oil

1 Combine all the ingredients except the olive oil in a large bowl. Using your hands, mash the mixture until it sticks together.* Shape into 8 patties.

2 Heat the oil in a skillet over medium-low heat. Add the patties and cook about 5 minutes on each side until browned.

3 Transfer to a platter and serve immediately.

* Tofu consistency varies between manufacturers. This burger is best with extra-firm tofu; but if the brand you are using is too dry, the burgers may not stick together well. If you have this trouble, try adding one of the following: another $\frac{1}{4}$ cup bread crumbs, 1 tablespoon flour, or another tablespoon or so of tomato paste.

Tofu Crumbles

Whenever I have a little extra time, I make a batch or two of this mix, which has a similar texture to ground meat.

YIELD: About 3½ cups

2 pounds firm tofu

8 cups boiling water

2 tablespoons olive oil

1 cup chopped onion

4 cloves garlic, minced

1 teaspoon dried basil

½ teaspoon dried thyme

½ teaspoon ground sage

¼ teaspoon celery seeds

2 tablespoons tamari

2 tablespoons tomato paste

2 tablespoons nutritional yeast

¼ cup water

1 Crumble the tofu and carefully drop it into a large pot of boiling water. Bring the water back to a boil and cook for 1 minute.

2 Drain the tofu through a colander lined with a clean dishtowel (see Step 1 below). Run some cold water over the tofu to cool it off for easier handling.

3 Gather the ends of the towel and press out the excess water from the tofu (see Step 2). Continue pressing the tofu until it has a firm, ground beef-like texture. Set aside.

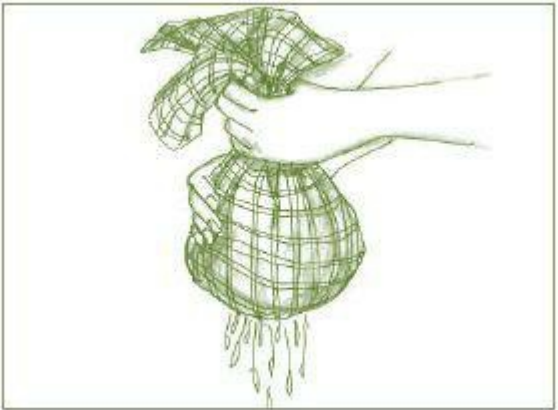
4 Heat the oil in a large skillet over medium heat. Add the onion, garlic, basil, thyme, sage, and celery seeds. Sauté for 5 minutes or until the onion is tender.

5 Add the tofu to the skillet and mix well with other ingredients. Continue to sauté the mixture another 5 to 10 minutes, stirring occasionally. Add the

tamari, tomato paste, nutritional yeast, and water. Mix well.

6 Use immediately in any recipe that calls for tofu crumbles or ground beef. Refrigerate leftovers in a covered container up to three days, or freeze up to six months.

PREPARING THE TOFU



1. Drain the tofu.



2. Press out the excess water

Gingered Tofu

Baking the tofu gives it a chewy, somewhat crisp texture that is perfect for lots of dishes. In this recipe, it is topped with sauce and served as a main dish. You can also omit the sauce, cut the tofu into cubes, and then add it to stews and stir-fries. Or you can cut it into thick slices to enjoy as a sandwich filling. I usually double this recipe and refrigerate a portion to keep on hand.

YIELD: 3 to 4 servings

16 ounces firm tofu

1½ tablespoons arrowroot

Marinade

1¼ cups water

1–3 cloves garlic, pressed

2 tablespoons tamari, or to taste

1 tablespoon fresh grated ginger

1 teaspoon toasted sesame oil

1 Cut the tofu into 1-x-2-inch slices, about ½-inch thick.

2 Combine the marinade ingredients

and pour over the tofu. Toss the tofu slices so they are well coated and let sit at least 30 minutes. (If marinating longer than an hour, place in the refrigerator.)

3 Preheat the oven to 375°F. Oil a baking sheet and set aside.

4 Place the tofu slices on the prepared baking sheet in a single layer, reserving the marinade for the sauce. Bake for 30 to 40 minutes (turning once), or until the desired texture is achieved (the longer the tofu bakes the chewier it will become).

5 To make the sauce, stir the arrowroot into the reserved marinade. Bring to a boil in a small saucepan over medium-high heat while constantly stirring. Continue to cook until thickened.

6 Serve the tofu slices over your favorite grain or pasta. Top with sauce, and enjoy hot. Refrigerate leftovers in a covered container up to four days.

A Word About Tofu

Long a staple in Asian diets, tofu is a highprotein, low-calorie, calcium-rich soy food that is convenient to use and easy to digest. It is also very versatile—depending on how it is prepared, tofu can have a dense meaty texture or it can be blended into a velvety cream. Although tofu is used in a number of recipes throughout this book, on the following pages, it is a featured ingredient.

When cooking with tofu, keep the following important tips in mind:

²/₃ When shopping for tofu, freshness is

key. Most tofu comes in a vacuum package with an expiration date—be sure to check the label before buying. If purchasing bulk tofu, find out when it was delivered.

²/₃ Prepackaged tofu can be left in the package; but once the package is opened, refrigerate the tofu in a tub of water.

²/₃ Fresh tofu should be off-white in color and have a smooth (not slimy) texture. It should also have a slightly sweet smell. A sour aroma indicates that it is beginning to spoil and should be discarded.

²/₃ Buy organic. This is especially important with soy products, because

nonorganic soybeans are often
genetically modified.

Tofu-Veggie Corn Cakes

These corn cakes are like little veggie omelets. Enjoy as a main dish, a side, or an appetizer.

YIELD: About 12 corn cakes

*1½ cups mashed firm tofu,
firmly packed*

½ cup water

1 clove garlic

2 teaspoons baking powder

½ teaspoon sea salt

1 cup cornmeal

*1 cup firmly packed grated
zucchini*

*¼ cup finely diced red bell
pepper*

1 teaspoon dried basil

1 teaspoon ground cumin

½ teaspoon ground turmeric

2 tablespoons olive oil

1 Place the tofu, water, garlic, baking powder, and salt in a blender or food processor and blend until smooth and creamy. Transfer to a medium bowl, add all the remaining ingredients except the oil, and mix well.

2 Heat half the oil in a large skillet over medium-high heat. Drop heaping tablespoons of batter onto the hot skillet and cook 3 to 4 minutes or until brown on the bottom. Turn over and brown the other side. Remove the cakes to a platter and continue with the remaining batter. (In order to hold their shape without falling apart, the cakes must be small.)

3 Serve the cakes hot or at room temperature.

Tofu Shepherd's Pie

This pie is true comfort food for vegans. If you have leftover mashed potatoes and premade tofu crumbles, you can put it together quickly.

YIELD: 6 servings

1 recipe Tofu Crumbles ([page 265](#)), or 3 to 4 cups commercial variety

1½ cups fresh or frozen peas

1½ cups fresh or frozen sweet corn

*3–4 cups mashed potatoes,
seasoned to taste*

*½ cup grated soy cheese
(optional)*

1 tablespoon olive oil

1 Preheat the oven to 350°F. Lightly oil an 11-x-7-inch baking dish and set aside.

2 Place the tofu crumbles in an even layer in the bottom of the prepared baking dish. Top with an even layer of the peas and corn.

3 Spread the mashed potatoes over the

peas and corn. Sprinkle with cheese (if using) and drizzle with olive oil.

4 Bake for 15 to 20 minutes or until the casserole is thoroughly heated and the cheese is golden brown. If necessary, place the dish under the broiler for a few minutes to brown the top.

For a Change ...

²/₃ Instead of peas and corn, use any lightly cooked vegetables (leftovers are perfect).

²/₃ Use Seitan Crumbles ([page 248](#)) or Tempeh Crumbles (page 272) instead of the Tofu Crumbles.

HELPFUL TIP

You can assemble this dish in advance and refrigerate up to two days before baking. Cover the dish with foil, bake for 30 minutes, then uncover and bake 10 minutes more.

Tofu “Fish” Sticks

Nori and cornmeal breading make a wonderful crisp crust for these tofu “fish” sticks. I usually avoid nonstick skillets, but I do use one for this recipe.

YIELD: 2 servings

*14-ounce package extra-firm
tofu*

2 tablespoons tamari

*2 sheets nori, cut into 8 equal
pieces*

1 tablespoon powdered egg

replacer
1/4 cup water
1/2 cup finely ground cornmeal
or corn flour Freshly ground
black pepper to taste
2 tablespoons olive oil

1 Cut the tofu into 8 rectangular pieces about 1/2-inch thick (like fish sticks). Firmly but carefully pat each piece dry with a clean dishtowel, making sure not to mash the tofu.

2 Place the tamari in a shallow bowl. In another shallow bowl, mix together the egg replacer and water with a fork.

In a third shallow bowl, combine the cornmeal and black pepper.

3 Dip a piece of tofu in the tamari and coat on all sides. Wrap the tofu in a piece of nori, coat with egg-replacer, then dredge in the cornmeal. Repeat with the remaining tofu pieces.

4 Heat the oil in a large skillet over medium-high heat. Add the tofu and cook 5 minutes or until the bottoms are golden brown. Turn over and brown the other side. Remove the tofu and place on paper towels to absorb any oil.

5 Arrange the “fish” sticks on a serving platter and enjoy immediately.

For a Change ...

²/₃ For a “Kentucky-fried” version of these tofu sticks, omit the nori and add 2 teaspoons paprika and ¹/₂ teaspoon rubbed sage to the cornmeal mixture. After dipping the tofu in the tamari, dredge it in the cornmeal, coat it with egg replacer, and then dredge it once more in the cornmeal.

²/₃ For another “Kentucky-fried” version of this dish, use tempeh instead of tofu. You must, however, first steam the tempeh pieces for about 5 minutes before coating and frying.

Tofu Bourguignon

The meat-like texture of this rich-tasting stew makes it a wonderful choice to serve when guests are coming to dinner. It's also a great way to introduce tofu to non-vegetarians.

YIELD: 6 servings

2 pounds firm tofu

2 tablespoons olive oil

2 cups sliced onions

4 cups sliced mushrooms

4 bay leaves

1 teaspoon dried thyme
1 teaspoon dried tarragon
4 tablespoons whole wheat
pastry flour

Marinade

1½ cups dry red wine
¼ cup tamari
4 cloves garlic, pressed

1 Cut the tofu into 1-inch squares about ½ inch thick. Place in a large shallow dish.

2 Combine the marinade ingredients and pour over the tofu. (If this does not

cover the tofu, add water.) Toss the tofu slices so they are well coated and let sit at least 30 minutes. (If marinating longer than an hour, place in the refrigerator.)

3 Preheat the oven to 375°F. Oil a baking sheet and set aside.

4 Place the marinated tofu slices on the prepared baking sheet in a single layer, reserving the marinade. Bake for 35 to 45 minutes, turning the tofu once as it bakes to brown on both sides.

5 While the tofu bakes, heat the oil in a large skillet over medium heat. Add the

onions and sauté about 5 minutes. Add the mushrooms, bay leaves, thyme, and tarragon. Mix well and continue to sauté another 10 minutes, or until the mushrooms are tender.

6 Sprinkle the flour over the mixture in the skillet and mix well. Remove from the heat and add about $\frac{1}{4}$ cup of the marinade. Continue to stir until the liquid thickens to a paste. Return the skillet to the heat and slowly add the remaining marinade while constantly stirring.

7 Add the baked tofu to the skillet, and continue to simmer until the liquid

thickens to a rich gravy. Serve immediately over pasta, rice, or millet.



Tofu with Chard and Shiitake

Sesame oil and fresh ginger give this dish a delicious Asian flair.

YIELD: 3 to 4 servings

1 teaspoon toasted sesame oil

4 cloves garlic, minced

*2 tablespoons minced fresh
ginger*

*1½ cups sliced shiitake
mushroom caps*

*12 ounces Swiss chard, coarsely
chopped (8 cups)
1 tablespoon arrowroot powder
¾ cup cool water
2 tablespoons tamari
1 tablespoon rice vinegar
10-ounce package seasoned
baked tofu, cut into bite-size
cubes**
2 to 3 scallions, chopped

* Can also use Gingered Tofu ([page 266](#)).

1 Heat the oil in a large heavy pot over medium heat. Add the garlic and ginger, sauté a minute or so, then add the mushrooms and stir well. Place the

chard on top of the mushrooms, cover, and cook for 3 minutes or until the chard is wilted. Continue to cook another minute or until the chard is tender.

2 Place the arrowroot in a small bowl. Slowly add the water, tamari, and vinegar, stirring until well blended. Pour the mixture in the pan over the chardmushroom mixture, add the tofu, and increase the heat to medium-high. Stirring constantly, bring to a boil and continue to stir until the sauce thickens.

3 Serve immediately as is or spooned over a bed of grains. Garnish with chopped scallions.

For a Change ...

²/₃ Brown the tofu in 1 tablespoon olive oil before adding it to the chard.

²/₃ Substitute spinach for the chard.

Tofu and Greens with Onion Sauce

This easy-to-prepare dish is very versatile—you can vary the greens as well as the grains on which it is served. And since there are many brands and varieties of seasoned baked tofu, you can experiment with different flavors. Because these greens take a while to cook, I usually pressure cook them. If you are preparing them on the stovetop, be sure to chop them finely—the more they are chopped, the faster they will cook.

YIELD: 3 to 4 servings

*16 ounces kale, collards, or
mustard greens, finely
chopped (10 cups)*

2½ cups water

1 cup millet, rinsed

2 tablespoons olive oil

*10-ounce package seasoned
baked tofu, cut into bite-size
cubes**

*½ teaspoon fennel seeds
(optional)*

1 cup chopped onion

*1 teaspoon herbes de Provence
([page 46](#))*

1 tablespoon arrowroot powder

1 cup cool water

2 tablespoons tamari, or to taste

1 tablespoons balsamic vinegar

¼ teaspoon white pepper, or to taste

* Can also use Gingered Tofu ([page 266](#)).

1 Place the greens on a steamer basket that is set in a pot over an inch or so of water. Bring to a boil, cover the pot, and steam for 20 minutes or until the greens are tender.

2 To prepare the millet, bring the water

to boil in a pot over high heat. Add the millet, stir once, and cover the pot. Reduce the heat to low and simmer for 20 to 30 minutes, or until the water is absorbed and the millet is tender.

3 While the millet cooks, heat 1 tablespoon of the oil in a large skillet over medium-high heat. Add the tofu cubes and cook, turning often for 5 minutes or until browned. Remove to a bowl and set aside. Cover to keep warm.

4 Heat the remaining olive oil in the skillet. Add the fennel seeds and stir until they begin to pop. Add the onion

and the herbes de Provence, and sauté for 5 minutes or until the onion is translucent. Return the tofu to the skillet and reduce the heat to medium.

5 Pour $\frac{1}{4}$ cup of the cool water in a measuring cup, add the arrowroot and mix until dissolved. Add the remaining water to the cup and pour over the onion/tofu mixture in the skillet. Stir continuously until the sauce thickens. Add the tamari, vinegar, and pepper, and mix well.

6 Divide the millet onto individual serving plates and top with the cooked greens. Spoon the tofu and onion sauce

over the greens. Serve immediately.

For a Change ...

²/₃ Substitute brown rice or polenta for the millet.

²/₃ Add some sliced mushrooms to Step 4.

Pecan-Stuffed Thanksgiving Loaf

I love to make this dish on Thanksgiving. Filled with a savory pecan stuffing, it is absolutely delicious, especially when topped with Mushroom Wine Sauce ([page 174](#)).

YIELD: 8 to 10 servings

*2 packages (14 ounces each)
firm tofu*

¼ cup tamari or Bragg Liquid

Aminos

2 teaspoons herbes de Provence
([page 46](#))

4–6 cloves garlic, pressed
½ cup vital wheat gluten

Stuffing

2 cups pecans, lightly toasted
1½ teaspoons powdered egg
replacer

2 tablespoons water

1 tablespoon olive oil

1 cup chopped onion

1 cup chopped celery

3 slices whole grain bread, cut
into ½-inch cubes (3 cups)

1 cup seasoned vegetable broth

1½ teaspoons ground sage

1 Preheat the oven to 350°F. Generously oil and flour a 9-x-5-inch loaf pan and set aside.

2 Place half the tofu and the tamari in a food processor, blend until smooth and creamy, then transfer to a large bowl. Blend the remaining tofu and add it to the bowl. Add the herbes de Provence, garlic, and gluten to the blended tofu and stir until well-combined.

3 Spoon three-quarters of the tofu mixture into the prepared pan. Using

your hands or the back of a spoon that has been dipped in cold water, smooth the mixture firmly and evenly over the bottom and sides of the pan. Place in the oven and bake for 10 minutes. Remove and set aside.

4 To make the stuffing, coarsely grind the nuts in a blender or food processor and set aside. Combine the egg replacer and water, mix well, and set aside.

5 Heat the oil in a medium skillet over mediumlow heat. Add the onion and celery, and sauté for 5 minutes or until tender. Transfer to a large bowl along with the ground nuts, egg replacer, bread

cubes, vegetable broth, and sage, and mix thoroughly.

6 Pack the stuffing into the center of the tofu-lined pan. Cover with the remaining tofu, smooth the top, and press around the edges with the back of a spoon to seal.

7 Bake for 50 minutes or until the loaf is firm and brown. Remove from the oven and let cool at least 15 minutes.

8 Run a thin knife around the edge of the loaf to loosen it from the pan. Unmold the loaf onto a serving platter,

slice, and serve.

HELPFUL TIP

You can assemble this dish a day in advance and refrigerate. If baking the loaf straight from the refrigerator, add an additional 10 to 15 minutes in the oven.

Bay-and-Orange Infused Tofu

This recipe proves that you don't need a lot of fancy ingredients to create a dish with sophisticated flavor. The fruit-sweetened marmalade adds just the right touch of sweetness. I usually serve this dish with baked sweet potatoes and steamed collard greens.

YIELD: 4 servings

14-ounce package extra-firm

tofu
8 bay leaves
2 tablespoons tamari
½ teaspoon liquid smoke
2 tablespoons fruit-sweetened
orange marmalade
2 tablespoons water
Pinch cayenne pepper, or to
taste

1 Preheat the oven to 350°F. Oil a baking sheet and set aside.

2 Slice the tofu into 8 slices about ½-inch thick. Into the side of each slice, cut a slit that is deep enough to hold a bay

leaf. Being careful not to break the tofu, insert a bay leaf into each slit. Place the slices on the prepared baking sheet.

3 Combine the tamari and liquid smoke in a small bowl. Lightly brush a bit of this mixture over the top of each tofu slice, then place in the oven. While the tofu is baking, add the marmalade to the remaining tamari mixture, stir well, and set aside.

4 After the tofu has baked for 20 minutes, turn the slices over and brush with some of the tamari mixture. Continue to bake another 10 minutes.

5 Add the water to the remaining tamari mixture, stir well, and place in a large skillet over mediumlow heat. Transfer the baked tofu to the skillet and simmer 3 to 4 minutes.

6 Serve immediately with leftover marinade.

Cooking Ideas for Tempeh

Tempeh is an easily digestible, traditional Indonesian soy food that has a firm yet tender texture. Tempeh needs to be cooked well before it is eaten. It is also highly perishable and must be used or frozen within a few days after the package is opened. Here are some great ways to enjoy tempeh:

²/₃ For a Crunchy Tempeh Topping that you can add to salads, potatoes, or grain dishes, cut the tempeh as thinly as possible (it will crumble a little, but that's okay). Add it to a skillet with a little olive or coconut oil over medium

heat and sauté until brown and crisp.

²/₃ To make Tempeh Crumbles, which add a meat-like texture to stews, sauces, and chilis, simply slice some tempeh and crumble it in a heated skillet with a little olive oil. Cook a few minutes until browned. Mix with some sautéed onions, garlic, bell pepper, and/or celery, and season with herbes de Provence, tamari, salt, and/or pepper.

²/₃ For a fast and easy Tempeh Stir-Fry, cut some tempeh into bite-size cubes and toss them in a heated wok or skillet with a little olive oil. Stirring often, cook the cubes until browned, then remove them from the skillet. Stir-fry some veggies,

add the cooked cubes, and toss with tamari and/or other seasonings of your choice.

Sweet-and-Sour Tempeh

Different marinades give entirely different tastes to baked tempeh dishes. The Orange-Sesame marinade in this recipe is one of my favorites, as is the Maple-Mustard marinade (in the For a Change section). When I have guests for dinner, I often double the amount of tempeh and use both marinades.

YIELD: 2 to 3 servings

8 ounces tempeh
1 tablespoon sesame seeds

Orange-Sesame Marinade

2 tablespoons tamari
1 tablespoon balsamic vinegar
*2 tablespoons fruit-sweetened
orange marmalade*
1 teaspoon toasted sesame oil

1 Preheat the oven to 350°F. Oil a baking sheet, sprinkle with half the sesame seeds, and set aside.

2 Place all the marinade ingredients in a small bowl and mix well.

3 Cut the tempeh into 8 pieces (rectangles or triangular wedges). Coat each piece in the marinade mixture and place on the prepared baking sheet. Sprinkle the remaining sesame seeds on top.

4 Place on the top rack of the oven and bake for 15 minutes. Remove from the oven, spoon any leftover marinade on top of the tempeh, then return to the oven for another 10 to 15 minutes or until the pieces are nicely browned.

5 Transfer the tempeh to a serving platter and enjoy hot.

For a Change ...

²/₃ Try this dish with a delicious Maple-Mustard marinade. Omit the sesame seeds from the recipe above and combine the following ingredients for the marinade:

2 tablespoons maple syrup

1 tablespoon Dijon mustard

1 tablespoon balsamic vinegar

2 tablespoons Bragg Liquid

Aminos

2–3 cloves garlic, pressed



Pan-Seared Tempeh Masala

This easy-to-prepare, Indian-inspired recipe is a real crowd pleaser.

YIELD: 2 to 3 servings

8 ounces tempeh

2 teaspoons garam masala

1 teaspoon ground turmeric



cup water
1 tablespoon tamari
1 tablespoon olive oil
Freshly ground black pepper to taste

1 Cut the tempeh into 4 triangular-shaped wedges (about $\frac{1}{2}$ -inch thick). Then slice each wedge into 2 pieces (about $\frac{1}{4}$ -inch thick).

2 Place the garam masala, turmeric, water, and tamari in a small bowl. Mix well and set aside.

3 Heat the oil in a skillet over medium heat. Add the tempeh and cook 4 to 5 minutes or until browned on the bottom. Turn the slices over, remove the skillet from the heat, and slowly pour the masala mixture on top. (Be careful, it will steam and splatter.)

4 Return the skillet to the heat and continue to cook the tempeh uncovered for about 5 minutes or until the liquid is almost completely absorbed.

5 Season with a few twists of black pepper and serve hot.

For a Change ...

²/₃ For a Japanese-inspired version, omit the masala and turmeric and add 1 tablespoon grated ginger, 2 tablespoons mirin, and 1 teaspoon toasted sesame oil. Cook the tempeh in unrefined sesame oil instead of olive oil

²/₃ For a tropical-style version, replace the water with coconut milk and add a pinch of cayenne pepper to the marinade. Cook the tempeh in coconut oil instead of olive oil.



16. Desserts to Live For

When my parents were growing up, desserts were generally reserved for special occasions. Birthdays and holidays were made even more special with a luscious homemade pie or cake. On celebrations like the Fourth of July, ice cream was the anticipated treat. When my mother was a little girl, the village in which she grew up held an annual event called a “pie supper.” The women—young and old—would bake pies and then place them in boxes, which they decorated themselves. The men and

boys of the village would then bid on the pies, hoping to get the one that was made by the person they liked. They wouldn't discover the identity of the baker until after they had made their purchase. The pie-eating that followed this sweet, innocent event was an equally sweet, innocent indulgence that took place just once a year.

It's amazing how the world has changed. No longer are pies, cakes, and other sweets reserved for special occasions. They have become a standard part of our nation's diet. The biggest problem is that, for the most part, they are commercialized products that are generally made with refined sugar, processed flour, and artificial

flavorings, and loaded with fat and preservatives. Even if you want to avoid these store-bought treats by making your own, you'll discover that many of the recipes in standard cookbooks and on Internet sites call for processed flour, granulated sugar, and lots of fat.

In this chapter, you will find a wonderful collection of desserts that are nutritionally superior to any that you can buy—and just as delicious. They are made with natural whole grain flours and moderate amounts of fat, which comes in the form of unrefined coconut oil and nuts. The sweeteners used in the recipes—maple syrup, malt syrup, Sucanat, stevia, agave syrup, rice syrup, and fruit—add just the right touch of

sweetness. And because they are only slightly refined (fruit is not refined at all), they have some nutritional value.

Perhaps the nicest thing about the delicious wholesome desserts on the following pages is that they can be the perfect introduction to vegan whole foods. Lovers of carrot cake will find it hard to believe that the moist and luscious Carrot Maple Cake is vegan, while fussy eaters who refuse to taste tofu may find themselves asking for another Tofu-Carob Brownie or a second helping of Raspberry Cream Pie. Keep in mind, however, that although these desserts are made with healthy ingredients, they shouldn't be eaten daily. Serve them on special occasions,

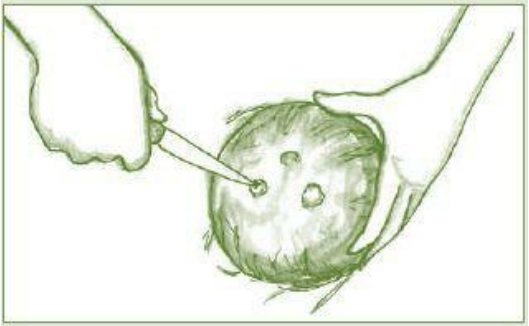
and enjoy them without guilt.

Coconut Upside-Down Cake

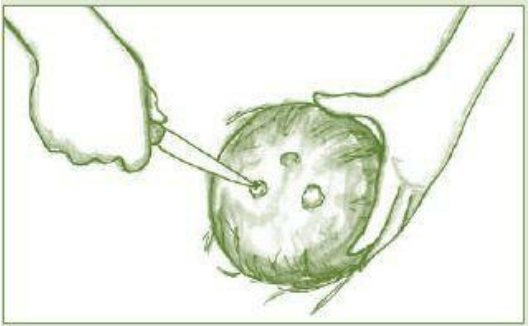
Shredded coconut—fresh or dried—is the perfect crown for this heavenly cake. Not only does it add visual beauty, it also tastes delicious! (Dried coconut is fine; fresh is even better.) I bake this cake in a cast iron skillet, but you can also use a 9-inch round cake pan.

YIELD: 8 servings

2 cups whole wheat pastry flour
2 teaspoons baking powder
1 teaspoon baking soda



cup dried shredded coconut



cup coconut oil
½ cup maple syrup
12.3-ounce package firm silken
tofu
½ cup water
1 teaspoon vanilla

Topping

2 tablespoons coconut oil
1 cup dried shredded coconut,
or 2 cups grated fresh
¼ cup maple syrup

1 Preheat the oven to 350°F.

2 To make the topping, melt the coconut

oil in a 9-inch cast iron skillet, then turn off the heat. Sprinkle the coconut evenly over the bottom, then drizzle the maple syrup over the coconut.

3 To make the cake batter, sift together the flour, baking powder, and baking soda. Add the coconut and mix well. Set aside.

4 Place the coconut oil, maple syrup, tofu, water, and vanilla in a blender, and blend until smooth. Add to the flour mixture and mix well to form a batter.

5 Spread the batter evenly over the

coconut topping in the skillet and place in the oven.

6 Bake for 30 to 40 minutes or until a toothpick inserted into the center of the cake comes out clean. Let cool at least 10 minutes before turning the cake out of the pan onto a serving platter.

7 Serve as is or topped with a scoop of Rice Dream frozen dessert.

Maple Icing

This icing's mildly sweet maple flavor is a wonderful topping for many cakes and muffins. Perfect with the Carrot Maple Cake at right.

YIELD: About 2½ cups

*8-ounce package vegan cream
cheese*

*About 6 ounces firm silken tofu
(half 12.3-ounce package)*

¼ cup maple syrup

¼ cup Sucanat

6 large soft dates, pitted

1 Place all the ingredients in a food processor and blend 3 to 4 minutes or until completely smooth. (Be patient, blending the dates takes a little time.) Refrigerate at least 1 hour or until chilled. It will firm up a bit.

2 Spread the icing over cooled cake.

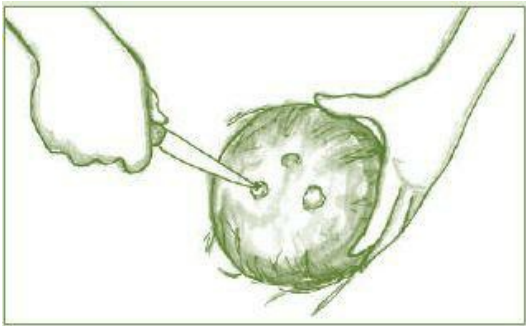
Carrot Maple Cake

This is a perfect vegan carrot cake—sweet, but not too sweet; moist, but not gooey. It is also nicely spiced. It is delicious with or without the Maple Icing at left.

YIELD: 12 servings (3-inch squares)

*12.3-ounce package firm silken
tofu*

1 cup maple syrup



cup coconut oil



cup water

3 cups whole wheat pastry flour

2 teaspoons baking powder

1 teaspoon baking soda

1 tablespoon cinnamon

1 teaspoon ground cardamom

½ teaspoon ground nutmeg

*½ teaspoon ascorbic acid
powder (optional)*

1½ cups grated carrots

½ cup raisins

1 cup chopped walnuts

1 Preheat the oven to 350°F. Generously brush a 13-x-9-inch baking pan with coconut oil and sprinkle with flour. Set aside.

2 Place the tofu, maple syrup, coconut oil, and water in a blender, and blend

until smooth and creamy. Pour into a large bowl.

3 Sift together the flour, baking powder, baking soda, cinnamon, cardamom, nutmeg, and ascorbic acid powder (if using) in a mixing bowl.

4 Add the flour mixture to the tofu mixture and stir until just mixed. Do not overstir.

5 Fold in the carrots, raisins, and walnuts. Spoon the mixture into the prepared pan.

6 Bake for 35 minutes or until a toothpick inserted in the center of the cake comes out clean. Let cool at least 10 minutes before turning the cake out of the pan onto a serving platter. If adding icing, be sure the cake is completely cool.

For a Change ...

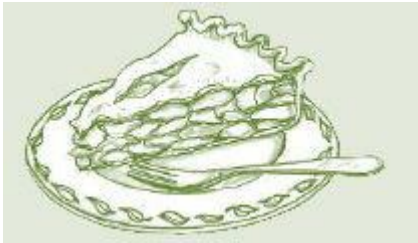
For added visual appeal, consider decorating the iced cake with any or all of the following suggestions:

²/₃ Add a sprinkling of finely chopped grated carrots to the top of the cake. (First grate the carrots, then chop them with a knife.) To help the carrots retain their bright color, add a pinch of ascorbic acid powder.

²/₃ Top the cake with a few beautiful red goji berries.

²/₃ Surround the cake with slices of fresh

mango or peaches—whatever is in season.



Tofu-Carob Brownies

These brownies have a marvelous texture and rich chocolaty flavor. Don't tell your non-vegan friends what they contain until after they've tried them.

YIELD: 16 brownies (2 inch-squares)

½ cup mashed soft silken tofu

½ cup maple syrup

1 teaspoon vanilla

2 tablespoons coconut oil

2 tablespoons carob powder



cup whole wheat pastry flour

1 teaspoon baking powder

½ cup chopped pecans

1 Preheat the oven to 350°F.
Generously oil and flour an 8-inch
square cake pan. Set aside.

2 Place the tofu, maple syrup, vanilla, oil, and carob powder in a blender or food processor, and blend until smooth and creamy. Transfer to a large bowl and set aside.

3 In another bowl, sift together the flour and baking powder. Add the pecans and mix well.

4 Add the flour mixture to the tofu mixture, and stir well to form a batter. Spread the batter into the prepared cake pan.

5 Bake for 20 minutes or until a toothpick inserted into the center of the brownies comes out clean. Let cool at least 10 minutes before cutting into squares and serving.

For a Change ...

$\frac{2}{3}$ To make chocolate brownies, use cocoa powder instead of carob. For an even “chocolatier” version, add $\frac{1}{2}$ cup chocolate chips to the batter.

$\frac{2}{3}$ To turn this into a two-layer cake, double the recipe and bake the batter in two 8-inch cake pans. Place one layer on a platter, spread with frosting (the Maple Icing on [page 276](#) is recommended), add the second layer, and top with more icing.

Old-Fashioned Apple Pie

Like Grandma used to make ... only better.

YIELD: 9-inch pie

Whole Wheat Pie Crust ([page 116](#))

6 medium apples

*2 tablespoons arrowroot
 powder*

1 tablespoon cinnamon

½ cup malt or rice syrup

1 Preheat the oven to 350°F. Line a 9-inch pie pan with dough for the bottom crust.

2 To make the filling, core and slice the apples (peel if not organic), and place in a large bowl along with the arrowroot and cinnamon. Mix well, then spoon the filling into the pie pan.

3 Drizzle the malt syrup over the filling. Cover the pie with the top crust. Flute the edges and cut a few holes in the

top to allow steam to escape as the pie bakes.

4 Bake for 45 minutes or until the filling is hot and bubbly and the crust is golden brown. Let cool at least 20 minutes before cutting and serving.

Raspberry Cream Pie

Not only is this pie scrumptious, it has an incredibly beautiful pink color. For best results, the raspberries should be at room temperature.

YIELD: 9-inch pie

*Prebaked Pecan Pie Crust
([page 118](#)), cooled**

Filling

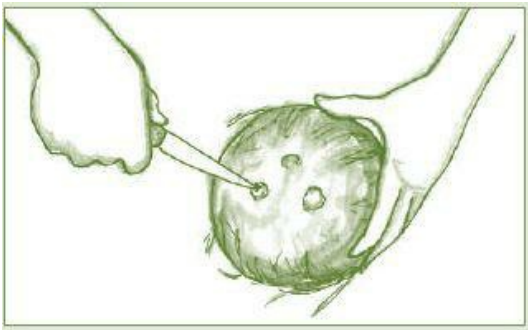
*½ cup fruit-sweetened
raspberry jam*

½ cup water

*1 slightly rounded tablespoon
agar flakes*

*12.3-ounce package extra-firm
silken tofu*

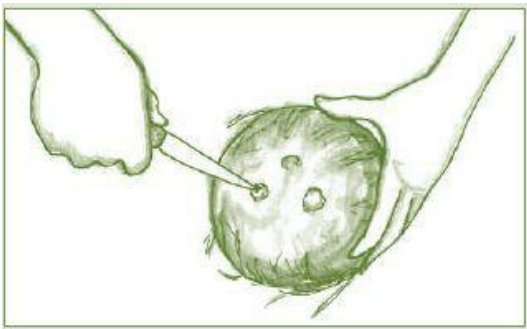
*2 cups fresh raspberries, or
frozen and thawed to room
temperature*



cup agave syrup

Glaze

*4 tablespoons fruit-sweetened
raspberry jam*



cup water
1 teaspoon agar flakes

* For extra-crispness, brush the prebaked crust with a tablespoon of coconut oil while it is still hot from the oven. Refrigerate the crust until chilled before adding the filling.

1 To prepare the filling, combine the jam, water, and agar in a saucepan and bring to a boil. Reduce the heat to low and simmer, stirring often, for 5 minutes or until the agar is completely dissolved.

2 Place the tofu, raspberries, and agave in a food processor, and blend until smooth and creamy. Add the agar mixture and continue to blend until well mixed. Pour into the pie shell and refrigerate about 2 hours or until set.

3 Combine the glaze ingredients in a saucepan and bring to a boil while stirring constantly. Reduce the heat to

low and simmer, stirring often, for 5 minutes or until the agar is completely dissolved. Carefully drizzle the glaze over the top of the pie, then return it to the refrigerator for 30 minutes or until the glaze is set.

4 Cut into wedges and serve.

Pie-Baking Tips

²/₃ When baking most pies, especially fruit pies, the filling may bubble over the sides of the pan and drip onto the oven floor. For this reason, I always bake pies on a cookie sheet.

²/₃ Allow a baked pie to cool at least twenty minutes before cutting and serving. This will allow the filling to set.

²/₃ To help keep most prebaked pie crusts crisp, allow them to cool before adding the filling. If, however, agar is

going to be added to the filling, brush the crust when it's "hot from the oven" with a little coconut oil, and then chill in the refrigerator. Also chill any fruit that is used in the filling before adding the hot agar.



Creamy Peach Pie

Celebrate the summer peach season with this scrumptious dessert.

YIELD: 9-inch pie

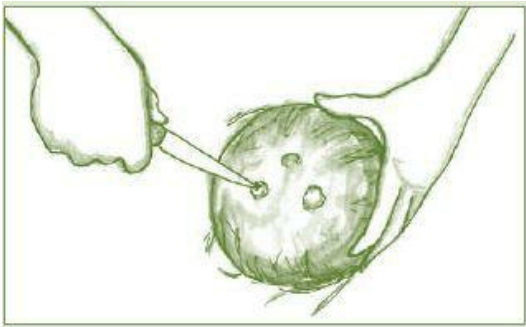
*Prebaked Pecan Pie Crust ([page 118](#)), or Coconut Pie Crust ([page 118](#)), cooled**

8 small (or 5 large) peaches or nectarines, peeled and sliced

$\frac{3}{4}$ cup orange juice

2½ tablespoons agar flakes

$\frac{3}{4}$ cup mashed firm silken tofu



cup agave syrup
1 teaspoon vanilla

* For extra-crispness, brush the prebaked crust with a tablespoon of coconut oil while it is still hot from the oven. Refrigerate the crust until chilled before adding the filling.

1 Line the bottom of the pie crust with a layer of peach slices and set aside.

2 To prepare the filling, combine the orange juice and agar in a saucepan and bring to a boil. Reduce the heat to low and simmer, stirring often, for 5 minutes or until the agar is completely dissolved.

3 Place the tofu, agave syrup, vanilla, and the remaining peaches (reserve a few slices to decorate the top of the pie) in a food processor or blender. Blend until smooth and creamy. (If using a blender, this may have to be done in two batches.) Add the agar mixture and continue to blend until well mixed.

4 Pour the filling into the crust.

Decorate the top with the reserved sliced peaches, and refrigerate about 2 hours or until set.

5 Cut into wedges and serve.

No-Bake Blueberry Pie

This nutrient-rich pie is easy to make and very, very good. I often serve it with the Silken Tofu Whipped Topping on [page 289](#).

YIELD: 9-inch pie

*Prebaked Coconut Pie Crust
([page 118](#)), or Pecan Pie
Crust ([page 118](#)), cooled**
3 cups fresh blueberries, chilled
 $\frac{3}{4}$ cup apple juice
2 tablespoons agar flakes

1/4 cup maple syrup

* For extra-crispness, brush the prebaked crust with a tablespoon of coconut oil while it is still hot from the oven. Refrigerate the crust until chilled before adding the filling.

1 Place 2 cups of the blueberries on the bottom of the pie crust.

2 Combine the apple juice, agar, and the remaining blueberries in a saucepan and bring to a boil. Reduce the heat to low and simmer, stirring often, for 5 minutes or until the agar is completely dissolved.

3 Transfer the mixture to a blender along with the maple syrup, and purée. Pour the mixture over the blueberries in the pie crust, and refrigerate about 2 hours or until set.

4 Cut into wedges and serve.

For a Change ...

$\frac{2}{3}$ Substitute sliced strawberries for the blueberries.

Blueberry Crumble

Just about everyone loves this dessert, which contains very little sweetener and is easy to make. If desired, omit the stevia and add two additional tablespoons of Sucanat. Although this crumble is delicious when made with frozen berries, it's even better with fresh.

YIELD: 6 servings

*1 cup whole wheat pastry flour
1 cup walnuts*

¼ cup coconut oil

2 tablespoons Sucanat

1 teaspoon vanilla

1 teaspoon liquid stevia

*4 cups fresh blueberries, or
frozen and thawed*

1 Preheat the oven to 350°F.

2 Place all the ingredients except the blueberries in a food processor. Blend until the nuts are finely ground and the mixture is well combined.

3 Arrange the blueberries on the bottom

of an 8-inch-square baking dish. Top with the flourwalnut mixture. Place in the oven.

4 Bake for 30 minutes or until the blueberries are bubbly and the top is lightly browned.

5 Serve immediately. Also delicious warm or chilled.

Sweet Potato Pie

To make this pie filling even more flavorful and naturally sweet, the potatoes are baked rather than boiled.

YIELD: 9-inch pie

*Coconut Pie Crust ([page 118](#)),
or Pecan Pie Crust (page
118), not prebaked*

Filling

*1½ cups mashed baked sweet
potatoes (about 2 medium)*

*12.3-ounce package firm silken
tofu*

½ cup maple syrup

1 teaspoon vanilla

½ cup Sucanat

*1 tablespoon powdered egg
replacer*

2 teaspoons cinnamon

½ teaspoon nutmeg



teaspoon

ground cloves

1 Preheat the oven to 350°F. Press the pie crust into a 9-inch pie pan and set aside.

2 Place all the filling ingredients in a food processor and blend until smooth. Pour into the pie crust.

3 Bake for 45 minutes or until the crust is golden brown and a knife inserted into the center of the filling comes out clean.

4 Let cool at least 20 minutes before cutting into wedges and serving.

For a Change ...



$\frac{2}{3}$ Scatter

cup chopped pecans or walnuts over the top of the pie before baking.

$\frac{2}{3}$ Before serving, garnish the pie with

about a tablespoon of thinly slivered fresh ginger.

Apple Crisp

This wholesome, wheat-free, easy-to-make dish can be enjoyed cold, warm, or hot from the oven. It's also delicious plain or topped with a nondairy frozen dessert like Rice Dream.

YIELD: 6 servings

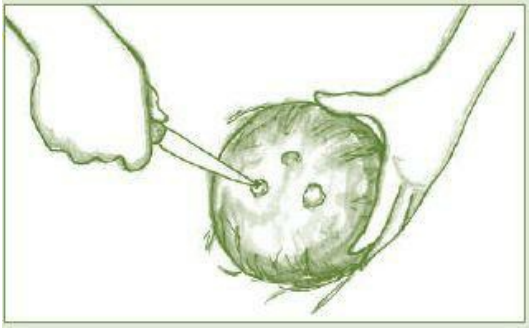
6 medium apples

2 tablespoons lemon juice

¼ cup rice syrup

Topping

2 cups rolled oats

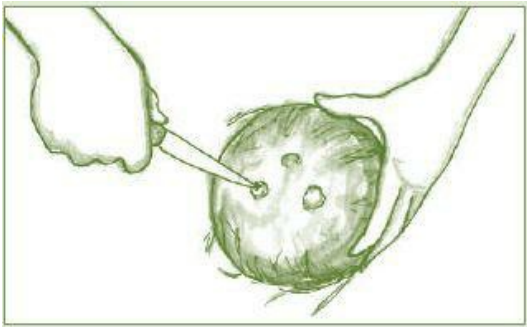


cup coconut oil

1 teaspoon vanilla

1 tablespoon cinnamon

½ teaspoon ground cardamom



cup rice or malt syrup

1 Preheat the oven to 350°F.

2 Core and slice the apples (peel if not organic), and place them in an 11-x-7-inch baking dish. Sprinkle with lemon juice and drizzle with rice syrup. Set aside.

3 To make the topping, place the oats and oil in a food processor, and blend until well combined. While continuing to blend, add the vanilla, cinnamon, cardamom, and rice syrup. Blend a few seconds more to form a sticky dough.

4 Distribute the dough over the top of the apple mixture, using a wet fork to spread it out and flatten somewhat. (Don't worry if it looks a little sloppy—it will look just fine after it's baked.)

5 Bake for 50 minutes or until the apples are tender and bubbly and the topping is crisp and brown.

6 Serve hot from the oven.

For a Change ...

²/₃ Instead of drizzling rice syrup over the apples (Step 2), add ¹/₂ cup raisins or currants and about ¹/₄ cup apple juice or water.

²/₃ Substitute blueberries, blackberries, or sliced pears for a portion of the apples.

²/₃ Add ¹/₂ cup chopped walnuts or pecans to topping.

Fruit-and-Nut Squares

This recipe is one of my long-time favorites. You can vary the types of dried fruits, sweeteners, juices, and flours, and it always comes out good. This particular version is wheat-free, but you can use whole wheat pastry flour if you want.

YIELD: 32 squares (2 inch)

2 cups coarsely chopped dates

1 cup raisins

2 teaspoons vanilla

*1¼ cups peach nectar or other
fruit juice*

2 cups walnuts

½ cup oat flour

½ cup barley flour

¼ cup Sucanat

2 teaspoons cinnamon

¼ cup coconut oil

1 Preheat the oven to 350°F. Lightly oil an 8-inch-square baking dish and set aside.

2 Place the dates, raisins, vanilla, and nectar in a saucepan and bring to a boil. Reduce the heat to low, cover, and

simmer about 5 minutes or until the liquid is absorbed and the dates have softened to a thick purée. Set aside.

3 Place 1 cup of the walnuts in a blender or food processor and coarsely grind. Coarsely chop the remaining walnuts on a cutting board with a sharp knife.

4 Place all the nuts in a large mixing bowl. Add the oat flour, barley flour, Sucanat, and cinnamon, and mix well. With a fork, slowly mix the oil into the flour mixture until it is thoroughly incorporated and resembles coarse crumbs.

5 Add a little more than half the crumbs to the bottom of the prepared baking dish. Spread the date purée evenly on top. Sprinkle the remaining crumbs over the surface and press them lightly into the purée.

6 Bake for 25 minutes or until the top is browned and firm to the touch. Remove from the oven and cut into 2-inch squares. Let cool at least 30 minutes before removing the squares from the pan.

For a Change ...

$\frac{2}{3}$ Substitute either whole wheat pastry flour or oat flour for the barley flour. (To make oat flour, grind rolled oats in a blender.)

$\frac{2}{3}$ Substitute chopped dried apricots (or other dried fruit) for all or part of the raisins.

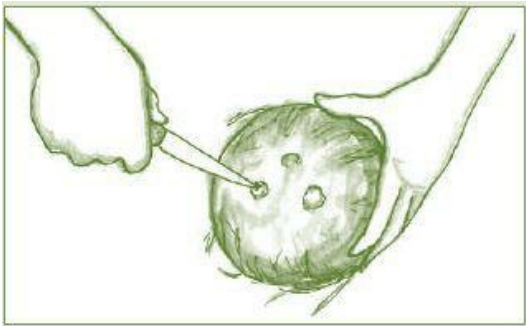
Carob Drop Cookies

You can make these delicious wheat-free cookies with either carob or cocoa powder, and you can use carob or chocolate chips.

YIELD: About 30 cookies

½ cup water

½ cup maple syrup



cup light sesame oil
1 teaspoon vanilla
 $\frac{1}{4}$ cup carob or cocoa powder
 $1\frac{1}{4}$ cups barley flour
2 teaspoons baking powder
 $\frac{1}{2}$ cup malt-sweetened
chocolate or carob chips
 $\frac{1}{2}$ cup chopped walnuts or
pecans

1 Preheat the oven to 350°F. Lightly oil a cookie or baking sheet and set aside.

2 Place the water, maple syrup, oil, and vanilla in a large bowl, and mix well.

3 In another bowl, sift together the carob powder, flour, and baking powder.

4 Add the flour mixture to the liquid mixture and stir until just blended. Do not overstir. Fold the chocolate chips and walnuts into the batter.

5 Drop rounded teaspoons of batter onto the baking sheet, leaving about an inch or so of space between them to allow for the cookies to expand.

6 Bake for 8 to 10 minutes, or until the cookies are firm and lightly browned. Cool for a minute before removing from the baking sheet with a spatula. Transfer to a wire rack to finish cooling.

Date-Filled Tahini Cookies

These cookies are absolutely delicious.

YIELD: About 18 to 20 cookies

½ cup tahini

2 tablespoons light sesame oil

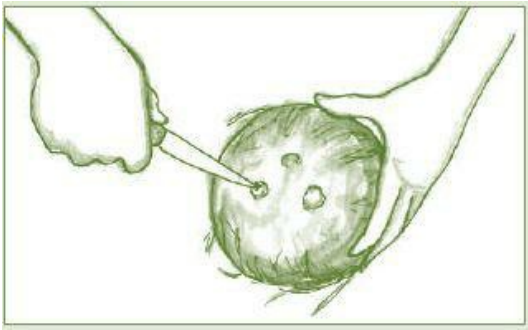
¼ cup maple syrup

1 teaspoon vanilla

1 cup whole wheat pastry flour

Filling

½ cup pitted dates



cup water

2 tablespoons maple syrup

1 Preheat the oven to 350°F. Lightly oil a cookie or baking sheet and set aside.

2 To make the filling, place the dates and water in a small saucepan over

medium heat and cook for 10 minutes. Transfer to a blender, add the maple syrup, and blend until smooth. Set aside.

3 Cream together the tahini, oil, maple syrup, and vanilla in a medium bowl. Slowly add the flour and stir to form a stiff dough. If necessary, mix the dough with your hands and knead it a few times to make it hold together. If it is still too crumbly add a tablespoon or so of water.

4 Pinch off pieces of dough, shape into balls the size of small walnuts, and place on the cookie sheet. With your thumb, press a well into the center of

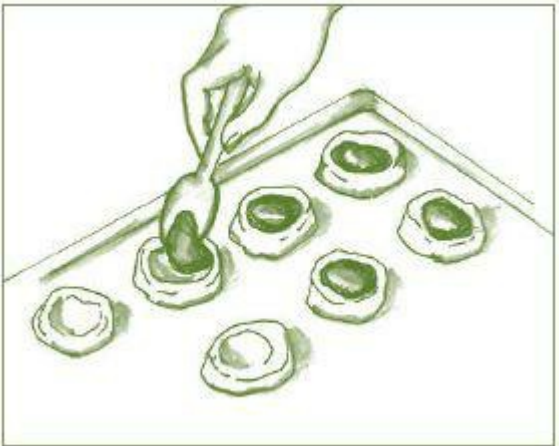
each ball. If desired, shape the outer edges with your fingers to get rid of any cracks in the dough and to give the cookies a more regular form (see Step 1 below). Drop about 1 teaspoon of filling into each well (see Step 2).

5 Bake on the top rack of the oven for 15 minutes, or until the cookies are browned on top. If they aren't browning, turn your oven to broil and cook a couple minutes more. Watch closely so they don't burn.

6 Cool the cookies for a few minutes before removing from the baking sheet with a spatula. Transfer to a wire rack to

finish cooling.

PREPARING THE COOKIES



1. Shape the dough.

$$\frac{1}{8}$$

2. Fill the cookies.

Sprouted Wheat Treats

These nutty, date-sweetened treats are at the top of my list for healthy snacks. And they don't need to be baked!

YIELD: About 30 treats

1/2 cup almonds

1/4 cup sesame seeds

*1 cup sprouted wheat (sprouted
3 days)**

*1/2 cup sunflower sprouts
(sprouted 2 days)**

1-inch square tangerine peel

8 large soft dates

*½ cup dried shredded coconut,
or as needed*

* See [page 164](#) for sprouting instructions.

1 Place the almonds and sesame seeds in a bowl and cover with water. Soak 10 minutes, then drain through a fine strainer. Set aside.

2 Place the sprouted wheat in a food processor and grind to a thick paste. Add the soaked almonds and sesame seeds, the sunflower sprouts, and tangerine peel, and continue to grind a

minute or so. Add the dates and grind to a thick, somewhat chunky paste.

3 Transfer the paste to a mixing bowl and add enough shredded coconut to form a rollable dough. Place the remaining coconut on a shallow plate and set aside.

4 Shape the dough into walnut-size balls, roll in the coconut, and serve immediately. Store leftovers in an airtight container in the refrigerator up to three days, or in the freezer for three months.

Almond Butter and Jam Cookies

The fat in these cookies comes from the almond butter, and the sweetness is from the raisins and jam. I use a fruit-sweetened plum jam, but any flavor jam or jelly will work.

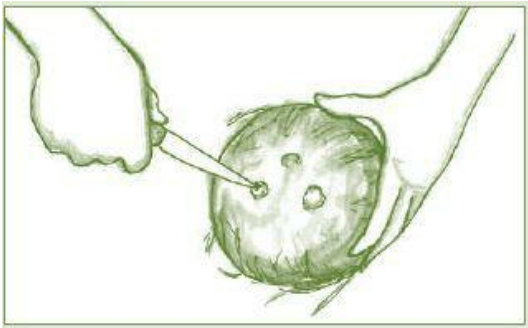
YIELD: About 14 cookies

½ cup smooth almond butter

½ cup raisins

½ cup whole wheat pastry flour

About 2 tablespoons water



*cup naturally sweetened jam
or jelly*

1 Preheat the oven to 350°F. Lightly oil a cookie or baking sheet and set aside.

2 Place the almond butter, raisins, and flour in a food processor, and process

with the blending blade until the raisins are finely ground. Gradually stir in enough water to form a rollable dough.

3 Pinch off pieces of dough, shape into walnutsized balls, and place on the cookie sheet. With your thumb, press a well into the center of each ball. If desired, shape the outer edges with your fingers to get rid of any cracks in the dough and to give the cookies a more regular form (see Step 1 at left). Drop about $\frac{1}{2}$ teaspoon of jam into the well of each cookie (see Step 2).

4 Bake on the top rack of the oven for 12 minutes or until the cookies are light

golden brown and the jam is bubbly.

5 Cool the cookies for a few minutes before removing from the baking sheet with a spatula. Transfer to a wire rack to finish cooling.

No-Bake Oatmeal Cookies

This is a healthier version of a cookie I remember from the '60s. They are wheatless, very kid friendly, and take only fifteen minutes from start to clean-up!

YIELD: About 16 cookies

1 cup Sucanat

1/4 cup cocoa powder

1/4 cup soymilk

2 tablespoons coconut oil
½ cup crunchy peanut butter
1 teaspoon vanilla
*1½ cups rolled oats**

* Regular or quick-cooking rolled oats are recommended, rather than thick-cut varieties, which result in cookies that are good, but a bit too chewy.

1 Combine the Sucanat, cocoa powder, soymilk, and oil in a medium pot. Stirring constantly, bring the mixture to a rolling boil and cook for 1½ minutes. (This boiling is necessary for the cookies to set.)

2 Add the peanut butter and vanilla to the pot and stir until well mixed. Add the oat flakes and stir well.

3 Drop rounded teaspoons of the oat mixture onto a sheet of waxed paper. The cookies will harden as they cool.

For a Change ...

$\frac{2}{3}$ Instead of peanut butter, use almond butter.

$\frac{2}{3}$ Substitute carob powder for the cocoa.

Melon Sorbet

This beautiful pastel-colored sorbet makes a light and luscious dessert—the perfect ending to an elegant dinner.

YIELD: 4 servings

1 medium cantaloupe

1 teaspoon grated lime peel

2 tablespoons agave syrup

Fresh mint leaves for garnish

1 Cut the melon in half, scoop out and discard the seeds, and cut away the rind. Cut the melon into chunks, place in a plastic storage bag, and freeze for 6 to 8 hours or until the melon is solid.

2 Remove the bag from the freezer and hit it against the countertop to separate the frozen chunks.

3 Place the chunks in a food processor, add the lime peel and agave syrup, and process quickly with the blending blade until smooth and whipped. (It may be necessary to stop the machine occasionally and stir the mixture to

ensure thorough blending.)

4 Quickly spoon the sorbet into parfait glasses and serve immediately with a garnish of mint leaves, or place in the freezer and serve within a few hours.

For a Change ...

²/₃ Instead of cantaloupe, use casaba, honeydew, papaya, or crenshaw melons.

²/₃ If you have an ice cream maker with a one-quart capacity, you can use it to make this sorbet. Simply blend together all the ingredients, adding enough melon to yield 4 cups. Then place the mixture in the ice cream maker and process according to the manufacturer's directions.

Basic Kanten

This Japanese jelled dessert is a refreshing alternative to conventional gelatin. Because it is made with any type of sweet-tasting fruit juice or juice combination, kanten lends itself to limitless flavor possibilities.

YIELD: 6 servings

*1 bar agar or 4 tablespoons
flakes*

*4 cups unsweetened fruit juice,
fresh or bottled*

1 Break the agar bar into small pieces and place in a saucepan along with the juice. (If using flakes, sprinkle them over the juice.) Bring to a boil while constantly stirring.

2 Reduce the heat to medium-low, and simmer 5 to 10 minutes or until the agar dissolves. Pour into an 11-x-7-inch baking dish.

3 Refrigerate about 2 hours or until the kanten is chilled and firm. Cut into squares, remove with a spatula, and

serve.

For a Change ...

²/₃ Add nuts or slices of fresh or dried fruit to the kanten. Just be sure to let it cool a bit first.

²/₃ Instead of using juice, use stevia-sweetened lemonade, hibiscus tea, or mint tea.

²/₃ Flavor the cooked kanten liquid with a little ginger juice, orange flower water, or rose water.

²/₃ For thinner squares, refrigerate the hot liquid in a 13-x-9-inch baking dish.

HELPFUL TIP

²/₃ To hasten the gelling process, use only 3 cups of juice to cook the agar, and leave the remaining cup at room temperature. Once the agar has dissolved, remove the pan from the heat and add the remaining juice.

²/₃ If you are making the kanten with fresh juice, use only 2 cups to cook the agar. Add the remaining juice once the agar has dissolved. Because part of the juice will be added raw, the kanten will have a fresher taste and more nutritional value.

Try Some Roasted Chestnuts

A subtly sweet, healthy treat, chestnuts are great snacks; and quick and easy to roast:

1. With a sharp knife, make a small cut or hole into each chestnut shell. (Don't forget to do this or the chestnuts will explode as they cook!) Place them in a single layer on an unoiled cookie sheet or in an ovenproof dish.

2. Place in a preheated 375°F oven and cook, stirring occasionally, for fifteen minutes or until the shells are crisp and

dry, and the chestnut inside is soft and chewable.

3. Remove the chestnuts from the oven and let sit until they are cool enough to handle. Peel away the shell and enjoy!

You can also roast chestnuts in a covered cast iron pan on the stove or, as the song goes, over the open fire of a fireplace or camp fire. Roasting time will depend on the heat of the fire (it can take as little as five minutes)—just be sure to stir them occasionally as they cook.

Chocolate Macadamia Nut Mousse

This recipe is so simple that even people who are “clueless in the kitchen” will be amazed at how easy it is. The servings are small, but the mousse is very rich and satisfying. If you want to get fancy, pipe the mousse into dessert glasses through a pastry bag. Serve with fresh raspberries and a garnish of fresh mint leaves.

YIELD: 4 servings

1/2 cup macadamia nuts

1/2 cup soymilk

1/4 cup Sucanat

1/4 cup cocoa powder

2 teaspoons vanilla

*Shaved dark chocolate and/or
chopped macadamia nuts for
garnish*

1 Place the macadamia nuts and soymilk in a blender and blend until very smooth and creamy. Add the Sucanat, cocoa powder, and vanilla, and continue to blend until well combined.

2 Spoon the mousse into small dessert bowls or glasses. Serve garnished with chocolate shavings and/or chopped macadamia nuts.

For a Change ...

$\frac{2}{3}$ Use this mousse as a “frosting” for cake.

$\frac{2}{3}$ Omit the cocoa powder and use as a sauce over fresh fruit.

Tangerine Dream Sorbet

This sorbet is a dream come true and doesn't require any added fat or sweetener.

YIELD: 4 servings

*1 cup freshly pressed tangerine
juice*

1 cup plain amasake

½ teaspoon vanilla

1 Place all the ingredients in a bowl, mix well, and pour into a shallow container (an 8-inch-square glass Pyrex dish works well). Freeze for 6 to 8 hours or until frozen solid.

2 Using a metal spatula or sharp knife, cut or break the frozen mixture into chunks. Place in a food processor, and process quickly with the blending blade until smooth and whipped. (It may be necessary to stop the machine occasionally and stir the mixture to ensure thorough blending.)

3 Quickly spoon the sorbet into parfait

glasses and serve immediately, or place the filled glasses in the freezer and serve within a few hours.

For a Change ...

²/₃ Use oranges instead of tangerines.

²/₃ If you have an ice cream maker with a one-quart capacity, you can use it to make this sorbet. Simply double the ingredients, add them to the ice cream maker, and then process according to the manufacturer's directions.

Teff Chocolate Pudding

Tiny, sweet-tasting teff grains are perfect for this amazingly good and healthful chocolate dessert. Enjoy it plain or topped with Strawberries in Rose Water Sauce ([page 290](#)).

YIELD: 4 to 6 servings

½ cup teff, rinsed and drained

2 cups water

15 large soft dates, pitted

1/4 cup cocoa powder
2 teaspoons vanilla

1 Combine the teff and water in a medium pot and bring to a boil. Reduce the heat to low, cover, and cook while stirring occasionally about 15 to 20 minutes or until the water is absorbed.

2 Transfer the cooked teff to a food processor along with the dates, cocoa powder, and vanilla. Blend about 3 minutes or until very smooth.

3 Spoon the pudding into individual

dessert bowls or glasses, and serve warm.

For a Change ...

$\frac{2}{3}$ Use carob powder instead of cocoa powder.

$\frac{2}{3}$ For added sweetness, add



teaspoon stevia or 1 teaspoon maple syrup to the food processor in Step 3. You can also add more dates.

$\frac{2}{3}$ Pour the blended ingredients into an

8-inch-square baking dish and refrigerate until chilled. Cut into squares and serve.

$\frac{2}{3}$ Pour the blended mixture into a baked pie crust (a thin crust like the Whole Wheat Pie Crust on [page 116](#) would be best) and refrigerate until chilled.

$\frac{2}{3}$ Top with chopped nuts for added taste and texture.

$\frac{2}{3}$ Before serving, top with a dollop of Silken Tofu Whipped Topping (below) or a scoop of frozen Rice Dream.

Silken Tofu Whipped Topping

Use this heavenly whipped topping to crown jelled desserts, fruit salads, plain cakes, and fruit pies.

YIELD: About 2 cups

*12.3-ounce package firm silken
tofu*

*3 tablespoons agave syrup, or
more to taste*

2 tablespoons coconut oil

1 tablespoon vanilla

1 tablespoon lemon juice

1/2-inch piece lemon peel

1 Place all the ingredients in a blender and blend until smooth and creamy. (If too thick, add a tablespoon of water or nondairy milk.)

2 Transfer the mixture to a bowl. Refrigerate until chilled. (The mixture will thicken as it chills.)

Strawberries in Rose Water Sauce

Rose water lends an exotic touch to the strawberries in this simple dessert. Try it over the Teff Chocolate Pudding ([page 289](#)).

YIELD: 4 to 6 servings

4 tablespoons kudzu

5 tablespoons water

*4 cups unsweetened mixed berry
juice*

*2 pints fresh strawberries,
cleaned and sliced
1 teaspoon rose water*

1 Place the kudzu and water in a small bowl, and stir to dissolve.

2 Combine the juice and dissolved kudzu in a medium pot. While stirring constantly, bring the mixture to a rolling boil and cook 1 to 2 minutes until it thickens. Transfer to a serving bowl and let cool.

3 Add the strawberries and rose water

to the cooled juice mixture and refrigerate. Serve chilled.

For a Change ...

$\frac{2}{3}$ Use just about any type of fruit and fruit juice for this recipe.

$\frac{2}{3}$ Substitute lemon extract or orange flower water for the rose water (or omit it altogether).

$\frac{2}{3}$ Substitute sweetened hibiscus tea for all or part of the berry juice.

Vicki's Vegan Kitchen

Eating with Sanity,
Compassion & Taste

Vicki Chelf

SQUAREONE
PUBLISHERS



Stewed Rhubarb

Contrary to what many people think, rhubarb does not have to be cooked with lots of sugar to be sweet. Raisins alone give this delicious dish its wonderful sweetness. Enjoy it as a healthful dessert or topped with soy yogurt for breakfast.

YIELD: 4 to 6 servings

5 cups rhubarb, cut into ½-inch pieces (stalks only)

1½ cups raisins

*2 tablespoons grated orange
peel (optional)*
1 teaspoon cinnamon
1 teaspoon vanilla
¼ cup water or apple juice

1 Place all the ingredients in a heavy, medium-sized pot over low heat. Stir well, cover, and cook for 15 to 20 minutes or until the rhubarb is tender. (If the rhubarb begins to stick to the bottom of the pot, add a little more water—but just enough to keep it from sticking.)

2 Transfer the cooked mixture to a serving bowl and refrigerate until

chilled.

3 Serve as is or with a dollop of Silken Tofu Whipped Topping ([page 289](#)) and/or a sprinkling of chopped nuts.

For a Change ...

²/₃ For a sweeter version, add a few drops of stevia or ¹/₄ cup maple syrup.

Stuffed Figs

Dried figs are stuffed with a luscious nutty filling in this exotic treat. Special enough to share with your favorite guests, these delicious morsels are equally good to stash in a backpack and enjoy on hiking, camping, or ski trips.

YIELD: 18 to 20

*18 to 20 large brown dried figs
Water or apple juice for
soaking (optional)*

1 cup ground pecans

*¼ cup finely shredded dried
coconut, unsweetened*

1 tablespoon maple syrup

½ teaspoon ground cardamom

18 to 20 pecan halves

1 Place the figs in a bowl, cover with water, and soak 6 to 8 hours or until soft. (If the figs are soft and fresh, soaking isn't necessary.)

2 Cut off the stem end of the soaked figs. Using your fingers, open up the figs to form a pouch.

3 Place the pecans, coconut, maple syrup, and cardamom in a bowl and mix well.

4 Stuff the figs with the nut mixture and top each with a pecan half. Store in an airtight container in the refrigerator. If the figs were soaked, they will keep for four or five days; if they weren't soaked, they will last at least two weeks.

Avocado Mousse

Avocados are not usually associated with dessert, but this light and scrumptious mousse proves just how versatile they can be. Adding ascorbic acid powder helps retain the color of the avocado, however, it's best to serve this dish shortly after it's made.

YIELD: 4 to 6 servings

1 large or 2 small avocados

¼ cup soymilk or rice milk

¼ cup agave syrup, or to taste

2 tablespoons lemon juice

1 teaspoon vanilla

½-inch piece lemon peel

*Pinch ascorbic acid powder
(optional)*

*Fresh strawberries or
raspberries for garnish*

*Finely grated coconut for
garnish*

1 Cut the avocado in half lengthwise. Remove and discard the pit. Scoop out the flesh and place it in a blender along with the soymilk, agave syrup, lemon juice, vanilla, lemon peel, and ascorbic acid powder (if using). Blend until smooth and creamy. Taste and add more

sweetener if necessary.

2 Spoon the mousse into chilled sherbet or parfait glasses. Garnish with the strawberries and a sprinkling of coconut. Refrigerate until chilled.

For a Change ...

$\frac{2}{3}$ To turn this recipe into chocolate mousse, omit the lemon juice and peel, and add $\frac{1}{4}$ cup cocoa powder, or to taste. If it's too thick, add a little soy or nut milk. Adjust the sweetener to taste.

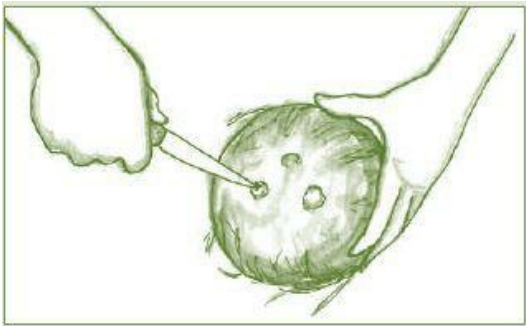
$\frac{2}{3}$ For an exotic touch, substitute goji berries for the strawberries.

Chocolate Almond Date Candy

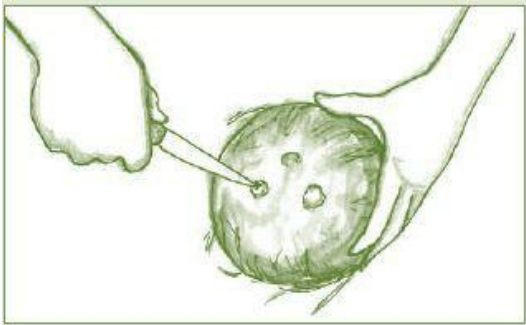
Once I made these nutritious fruit-sweetened candies for a group of mall walkers. They were amazed that such a delicious treat could be made with healthy ingredients.

YIELD: About 24 pieces

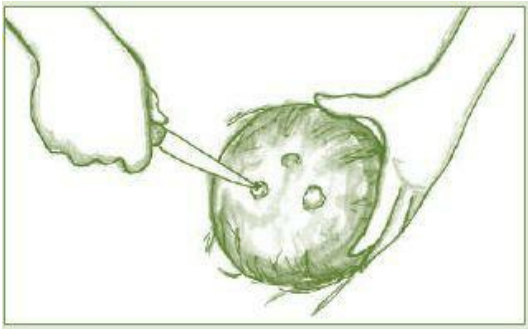
*12 ounces large soft dates
(about 18), pitted*



cup almond butter
1 teaspoon vanilla



cup ground walnuts



*cup unsweetened cocoa
powder*

½ cup raisins

*1 cup shredded dried coconut,
unsweetened*

1 Place the dates, almond butter, and vanilla in a food processor. Blend until fairly smooth.

2 Transfer the mixture to a bowl and add the walnuts, cocoa powder, and raisins. Mix well, kneading with your hands if necessary, to form a rollable dough.

3 Shape the mixture into walnut-size balls, roll in the coconut, and serve immediately. Store leftovers in an airtight container in the refrigerator up to three weeks, or in the freezer for three months.

For a Change ...

²/₃ Use carob powder instead of cocoa.

²/₃ Roll some of the balls in ground walnuts and/or cocoa powder in addition to the coconut.

Apple-Cinnamon Pizza

This sweet (but not too sweet) pizza is a perfect dessert choice. It's also good to serve with breakfast or brunch.

YIELD: 10-x-15-inch round pizza

Whole Wheat Pizza Crust dough
([page 202](#))

3 tablespoons coconut oil

*1/4 cup fruit-sweetened apricot
jam*

*2 to 3 sweet apples, cored and
sliced into very thin wedges (*



inch)

1 tablespoon Sucanat (optional)

2 teaspoons cinnamon

1 Oil a 10-x-15-inch baking sheet with a little coconut oil and sprinkle with whole wheat flour. Place the dough on the sheet, and press it over the surface with your hands. Flatten it further with a rolling pin.

2 Brush the dough with half the coconut oil, then spread the jam on top. Arrange the apple slices in a single layer over the dough. Use as many slices as needed to cover.

3 Brush the apples with the remaining coconut oil, and sprinkle with Sucanat (if using) and cinnamon.

4 Bake in a preheated 400°F oven for about 15 to 20 minutes, or until the bottom of the crust is golden brown.

5 Cut the hot pizza into wedges and

serve.

Resources

To prepare delicious healthful vegan dishes, it is important to use high-quality ingredients from reliable sources. Most of the ingredients called for in this book are available at natural foods stores, farmer's markets, and major grocery stores. If, however, you are unable to find a particular item, you can order it from one of the following companies. Also included in this section are recommended sources for kitchenware, appliances, and gardening supplies, as well as a listing of organizations and services that support a healthy vegan lifestyle.

FOODS

Anson Mills

1922-C Gervais Street

Columbia, SC 29201

(803) 467-4122

www.ansonmills.com

Fresh hand-milled goods from organic heirloom corn, legumes, rice, and grains. Flours are ground upon ordering, and grains are stored under refrigeration.

Bionaturae

5 Tyler Drive

North Franklin, CT 06254

(860) 642-6996

www.bionaturae.com

Tuscany-produced organic whole wheat pasta (including gluten-free varieties), olive oil, balsamic vinegar, fruit spreads, and tomato products.

Bluebird Grain Farms

PO Box 1082

Winthrop, WA 98862

(509) 996-3526 • (888) 232-0331

www.bluebirdgrainfarms.com

Organic heirloom grains, freshly milled whole grain flours and blends, including mixes for cereals, pancakes, and pilafs.

Bob's Red Mill

5000 SE International Way

Milwaukie, OR 97222

(800) 349-2173

www.bobsredmill.com

Certified gluten-free products and an extensive line of organic whole grains (including ancient varieties), whole grain products, nuts, and seeds.

Braga Organic Farms

10668 Road 26 ½

Madera, CA 93637

(559) 675-1743

www.buyorganicnuts.com

Organic nuts—pistachios, almonds, and walnuts—shipped directly from the farm; also nut butters, trail mix, and dried fruit.

EnerG Foods

5960 First Avenue South
Seattle, WA 98124-5787
(206) 767-6660 • (800) 331-5222

www.ener-g.com

Milk and egg substitutes, plus full line of products for wheat-free, gluten-free, dairy-free, nut-free, and/or low-protein diets.

Essential Living Foods

922 Colorado Avenue
Santa Monica, CA 90401
(310) 319-1555

www.essentiallivingfoods.com

Organic raw foods, including chocolate, dried fruits, nuts, seeds, sweeteners, herbs, and whole food powders.

Ferris Organic Farm

3565 Onondaga Road
Eaton Rapids, MI 48827
(800) 628-8736

www.ferrisorganicfarm.com

Organic grains, beans, nuts, seeds, rice, and freshly milled flours. Also seeds for sprouting.

Frontier Natural Products Co-op

3021 78th Street
Norway, IA 52318
(800) 669-3275

www.frontiercoop.com

Natural and organic herbs and spices, baking and cooking ingredients, and full line of fair-trade teas.

Gold Mine Natural Food Company

7805 Arjons Drive

San Diego, CA 92126-4368

(858) 537-9830

www.goldminenaturalfoods.com

Traditional macrobiotic foods and ingredients, and hard-to-find heirloom-quality organic grains, beans, and seeds.

Indus Organics

231 Market Place, Suite 233

San Ramon, CA 94583

(925) 895-6535

www.indusorganics.com

Certified organic and fair-trade culinary herbs, spices, and seeds from India.

Kitchen Kneads

3030 Grant Street

Ogden, UT 84401

(801) 399-3221 • (888) 881-9957

www.kitchenkneads.com

Full line of nuts that are stored under refrigeration for freshness; also sprouting seeds and supplies.

Maasdam Sorghum Mills

6495 East 132nd Street S

Lynnville, IA 50153

(641) 594-4369

www.maasdamsorghum.com

Pure sorghum syrup, produced since 1926.

Maine Coast Sea Vegetables

3 Georges Pond Road
Franklin, ME 04634
(207) 565-2907

www.seaveg.com

*Organic sea vegetables harvested from
the North Atlantic.*

Milled2Order

Amazing Grains
5315 SE 13th Terrace
Ocala, FL 34480
(352) 873-2710

www.milled2order.com

*Freshly milled whole grain flours,
including hard and soft wheat flours
and spelt flour.*

Ocean Harvest Sea Vegetable

Company

PO Box 1719

Mendocino, CA 95460

(707) 937-1923

www.ohsv.net

Macrobiotic-quality sea vegetables harvested from California's Mendicino coastline.

Purcell Mountain Farm

393 Firehouse Road

Moyie Springs, ID 83845

(208) 267-0627

www.purcellmountainfarms.com

Extensive lines of organic beans/legumes, grains and grain products, and rice (including exotic varieties).

Selina Naturally

4 Celtic Drive

Arden, NC 28704

www.selinanaturally.com

Celtic Sea Salt and full line of raw, vegan, and gluten-free products.

Simply Natural

146 Londonderry Turnpike, #10

Hooksett, NH 03106

(603) 665-9959 • (888) 392-9237

www.simply-natural.biz

Full line of natural and macrobiotic foods and cookware.

Sunfood

1830 Gillespie Way, Suite 101

El Cajon, CA 92020

(800) 205-2350 • (888) RAW-FOOD

www.sunfood.com

Specialty raw foods such as cacao nibs, goji berries, hemp seeds, nuts, sprouting seeds, and sea vegetables.

Townsend Sorghum Mill

11620 Main Street

Jeffersonville, KY 40337

(859) 498-4142

www.townsendSORGHUM.com

Traditionally made, all natural sweet sorghum.

War Eagle Mill

11045 War Eagle Road

Rogers, AR 72756

(479) 789-5343 • (866) 492-7324

www.wareaglemill.com

Full line of organic grains, stone-ground flours and meals, cereals, and baking mixes.

Whole Spice

Oxbow Public Market

610 First Street, #13

Napa, CA 94559

(707) 778-1750

www.wholespice.com

High-quality ground-to-order spices, herbs, teas, and blends.

APPLIANCES AND COOKWARE

Best Juicers

966 Woodgrove Drive

Cardiff, CA 92007

619-838-3151 • 800-679-4879

www.bestjuicers.com

Variety of name-brand fruit and vegetable juicers (including reviews and comparison charts), as well as blenders and food dehydrators.

Build It Solar

www.builditsolar.com

FREE instructions for making solar dehydrators and cookers; also ideas, plans, and information for hundreds of renewable energy and conservation projects.

Champion Juicers

Plastakat Manufacturing Co.

6220 E. Highway 12

Lodi, CA 95240

(209) 369-2154 • (866) 935-8423

www.championjuicer.com

*Champion juicing machines
(considered the ultimate in juicers) that
can also make nut butters and frozen
treats. Includes grain mill attachment.*

Excalibur Products

6083 Power Inn Road

Sacramento, CA 95824

(916) 381-4254 • (800) 875-4254

www.excaliburdehydrator.com

*Line of top-quality food dehydrators
that are the favorites of raw food
enthusiasts.*

Health Craft

6601 Memorial Highway, Suite 301

Tampa, FL 33615

(813) 885-5244

www.healthcraft.com

*Full line of high-quality
waterless/oilless cookware.*

Kitchen Kneads

3030 Grant Street

Ogden, Utah 84401

(801) 399-3221 • (888) 881-9957

www.kitchenkneads.com

*Extensive cookware and small
appliances, including grain mills,
juicers, bread machines, rice cookers,
dehydrators, pressure cookers, and
sprouters.*

Miracle Exclusives

PO Box 2508

Danbury, CT 06813-2508

(203) 796-5493 • (800) 645-6360

www.miracleexclusives.net

A line of kitchen appliances including the highly recommended Miracle Rice Cooker, which has a stainless steel (rather than nonstick) cooking bowl and yields up to twelve cups of cooked rice.

Nesco American Harvest

1700 Monroe Street

Two Rivers, WI 54241

(800) 288-4545

www.nesco.com

Line of good-quality, reasonably priced

food dehydrators that are adequate for occasional use by most home cooks and gardeners.

Pleasant Hill Grain

210 South 1st Street
Hampton, NE 68843-0007
(800) 321-1073

www.pleasanthillgrain.com

Variety of kitchen equipment and appliances, including grain mills, food dehydrators, blenders, bread makers, and pressure cookers.

Pressure Cooker Outlet

1035 Sylvatus Highway
Hillsville, VA 24343
(800) 251-8824

www.pressurecooker-outlet.com

Several different styles of name-brand pressure cookers, including Presto, Mirro, and Chef's Design.

Simply Natural

146 Londonderry Turnpike #10

Hooksett, NH 03106

(603) 665-9959 • (888) 392-9237

www.simply-natural.biz

Full selection of kitchen appliances, including blenders, dehydrators, juicers, grain mills, soymilk makers, rice cookers, and pressure cookers.

Soy Milk Maker

Sanlinx, Inc.

4755 Fowler Drive

Morristown, TN 37814-7707
(866) 769-6262

www.soymilkmaker.com

Outstanding-quality stainless steel SoyaJoy soymilk makers. Latest model produces milk from soybeans, grains, seeds, and combinations of all three.

Vitamix

8615 Usher Road
Cleveland, Ohio 44138 USA
(800) 848-2649

www.vitamix.com

The most famous of the high-powered blenders, Vita-Mix comes in models that not only blend and juice ingredients, but also grind grains and nuts into flours and butters, and make

steaming hot soup as well as frozen ice cream.

WheatGrassKits.com

1041 North 450 West
Springville, UT 84663

(801) 491-8700 • (866) 948-4727

www.wheatgrasskits.com

Kits for growing organic wheatgrass, barley grass, sprouts, herbs, and mushrooms, as well as several types of hand-crank and electric juicers.

The Wolfgang Mill

PO Box 4089

Cerritos, CA 90703

(714) 879-7150 • (888) 254-7336

www.wolfgangmill.com

The German-made, precision-engineered Wolfgang Flour Mills—beautifully designed by master craftsman Wolfgang Mock. These mills are not mass produced.

Zacardi's

www.zacardis.com

Top name-brand kitchen gadgets and appliances, including Vita-Mix blenders and the reasonably priced Moderno Pro Infinity blender by VillaWare.

**COMPOSTERS AND GARDENING
SUPPLIES**

Mother's Organics

PO Box 189

Thonotosassa, FL 33592

(813) 628-0600

www.mothersorganics.com

Compost tumblers and grow boxes from recycled materials, as well as worm farms and gardening supplies.

TheCompostStore.com

Recology Environmental Solutions

235 North First Street

Dixon, CA 95620

(800) 208-2370

www.compoststore.com

Organic compost and composters.

MasterGardening.com

Trident Enterprises International

9735A Bethel Road
Frederick, MD 21702-2017
(888) 407-9730

www.mastergardening.com

*Composters for yard and kitchen,
composting tools, seeds and seed
starter kits, and gardening tools.*

Gardener's Supply Company

472 Marshall Avenue
Burlington, VT 05495

(802) 658-2433 • (888) 833-1412

www.gardeners.com

*Compost, composters, and compost
accessories; worm bins; gardening
tools; seeds and seed starting kits.*

HowToCompost.org

Wealth of information on composting and organic gardening, including links to helpful sites.

EarthBOX

1350 Von Storch Avenue

Scranton, PA 18509

(800) 821-8838 • (888) 917-3908

www.earthbox.com

The EarthBOX—a gardening container with an optional self-watering system that is perfect for urban gardeners, as well as gardens with poor soil quality.

Happy D Ranch

PO Box 3001

Visalia, CA 93278

(888) 989-1558

www.happydranch.com

*“Promoters of Global WORMing.”
Source of worms, worm bins (including the Worm Factory and the Can-O-Worms), compost bins, and informative books on gardening and recycling.*

ORGANIZATIONS AND SERVICES

Build It Solar

www.builditsolar.com

FREE plans and information for hundreds of renewable energy and conservation projects.

Community Supported Agriculture (CSA)

(800) 516-7797

www.nal.usda.gov/afsic/csa

This online site and toll-free hotline offer information CSA's as well as a directory for locating CSA farms in your area.

Co-op Directory Service

1254 Etna Street

St. Paul, MN 55106

(651) 774-9189

www.coopdirectory.org

An online source of information about natural food co-ops. Also provides a state-by-state directory of co-ops and distributors.

Dwell Green

205 North Orange Avenue, Suite 2N

Sarasota, FL 34236

(800) 863-1794

www.dwellgreen.com

The goal of this organization is to build a nationwide network of trusted advisors who work directly with homeowners to implement green improvements to their homes. The purpose is to make the homes more efficient, affordable, valuable, and ultimately less impactful on our planet.

Holistic Holiday at Sea Cruises

Taste of Health

434 Aragon Avenue

Coral Gables, FL 33134

(305) 725 0081

www.tasteofhealth.org

Good health is the focus of these Caribbean cruises, which are held on a premier Italian luxury liner. They offer a wide variety of lectures, workshops, and private consultations by leading authorities in the fields of alternative health and holistic healing. All meals consist of delicious, specially prepared organic natural foods.

International Art and Architectural Tours and Seminars

2715 Valencia Drive

Sarasota, FL 34239

(800) 240-1194

www.iaats.com

This company will create guided vegan tours for small groups anywhere in the

world.

Local Harvest

PO Box 1292

Santa Cruz, CA 95061

(831) 515-5602

www.localharvest.org

This site offers a directory of farmers' markets, family farms, and other sources of sustainably grown food in your area.

Permaculture Institute

PO Box 3702

Santa Fe NM, 87501

(505) 455-0514

www.permaculture.org

The mission of this organization is to

promote sustainable living skills through education, networking, and demonstration projects.

Physicians Committee for Responsible Medicine (PCRM)

5100 Wisconsin Avenue NW, Suite 2210

Washington, DC 20016

(202) 686-2210

www.pcrm.org

Founded in 1985, this nonprofit organization includes doctors and laypersons working together to promote health through compassionate and effective medical practice and ethical, effective research.

RawFoodsNewsMagazine.com

www.RawFoodsNewsMagazine.com

This online magazine is a great source of reader-friendly news and information for raw foodists, including recipes, articles, contests, and more.

6 Kids N Fit

(941) 926 5218

www.6kidsnfit.com

Designed to put an end to childhood obesity, this online site offers parenting tips, easy weight loss plans, and fitness programs for kids.

Transition United States

PO Box 917

Sebastopol, CA 95473

(707) 824-1554

www.transitionus.org

This grassroots movement seeks to build community resilience in the face of environmental and economic challenges.

VegSource.com

Division of Mostly Magic, Inc.
19360 Rinaldi Street, Suite 438
Porter Ranch, CA 91326
(818) 349-5600.

www.vegsource.com

Entertaining online site for all things vegan/vegetarian.

RECOMMENDED READING

The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long-Term Health by T. Colin Campbell and Tom Campbell. Dallas, TX: BenBella Books, 2004.

Cooking with Seitan: The Complete Vegetarian “Wheat-Meat” Cookbook by Barbara Jacobs and Leonard Jacobs. Garden City Park, NY: Square One Publishers, 2009.

Dr. Neal Barnard’s Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs by Neal Barnard. New York: Rodale, 2007.

Eat Smart, Eat Raw: Creative Vegetarian Recipes for a Healthier Life by Kate Wood. Garden City Park, NY: Square One Publishers, 2006.

Food for Life: How the New Four Food Groups Can Save Your Life by Neal Barnard. New York: Three Rivers Press, 1993.

The Get Healthy, Go Vegan Cookbook: 125 Easy and Delicious Recipes to Jump-Start Weight Loss and Help You Feel Great by Neal Barnard and Robyn Webb. Cambridge, MA: DaCapo Press. 2010.

Greens and Grains on the Deep Blue

Sea Cookbook by Sandy Pukel and Mark Hanna. Garden City Park, NY: Square One Publishers, 2007.

Juicing for Life: A Guide to the Benefits of Fresh Fruit and Vegetable Juicing by Cherie Calbom and Maureen Keane. New York: Penguin Putnam, Inc., 1992.

The Miso Book: The Art of Cooking with Miso by John Belleme and Jan Belleme. Garden City Park, NY: Square One Publishers, 2004.

Recipes for Health Bliss: Using NatureFoods & Lifestyles Choices to Rejuvenate Your Body & Life by Susan Smith Jones. New York: Hay House,

2009.

The Ultimate Smoothie Book: 130 Delicious Recipes for Blender Drinks, Frozen Desserts, Shakes, and More! by Cherie Calbom. New York: Wellness Central (Time Warner Book Group), 2006.

Vegan Express: Featuring 160 Recipes for Quick, Delicious, and Healthy Meals by Nava Atlas. New York: Broadway Books, 2008.

The World Goes Raw Cookbook: An International Collection of Raw Vegetarian Recipes by Lisa Mann. Garden City Park, NY: Square One Publishers, 2010.

Metric Conversion Tables

Measurement	=	Milliliters
$\frac{1}{4}$ teaspoon	=	1.25 milliliters
$\frac{1}{2}$ teaspoon	=	2.50 milliliters
$\frac{3}{4}$ teaspoon	=	3.75 milliliters
1 teaspoon	=	5.00 milliliters
1 $\frac{1}{4}$ teaspoons	=	6.25 milliliters
1 $\frac{1}{2}$ teaspoons	=	7.50 milliliters
1 $\frac{3}{4}$ teaspoons	=	8.75 milliliters

2 teaspoons	=	10.0 milliliters
1 tablespoon	=	15.0 milliliters
2 tablespoons	=	30.0 milliliters
Measurement	=	Liters
$\frac{1}{4}$ cup	=	0.06 liters
$\frac{1}{2}$ cup	=	0.12 liters
$\frac{3}{4}$ cup	=	0.18 liters
1 cup	=	0.24 liters
$1\frac{1}{4}$ cups	=	0.30 liters
$1\frac{1}{2}$ cups	=	0.36 liters
2 cups	=	0.48 liters
$2\frac{1}{2}$ cups	=	0.60 liters
3 cups	=	0.72 liters
$3\frac{1}{2}$ cups	=	0.84 liters
4 cups	=	0.96 liters

4½ cups	=	1.08 liters
5 cups	=	1.20 liters
5½ cups	=	1.32 liters

Fahrenheit	=	Celsius
200–205	=	95
220–225	=	105
245–250	=	120
275	=	135
300–305	=	150
325–330	=	165
345–350	=	175

370–375	=	190
400–405	=	205
425–430	=	220
445–450	=	230
470–475	=	245
500	=	260

	LIQUID	
When You Know	Multiply By	To Determine
teaspoons	5.0	milliliters
tablespoons	15.0	milliliters
fluid ounces	30.0	milliliters
cups	0.24	liters

pints	0.47	liters
quarts	0.95	liters
	WEIGHT	
When You Know	Multiply By	To Determine
ounces	28.0	grams
pounds	0.45	kilograms

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