

# RECIPES

To help you shop for and make healthy food each week, this handy list synthesizes 30 whole-food vegan recipes. Except when a recipe DESCRIPTION tells you to double or triple up, you'll just need one of any listed item. While you can always refer to the full recipes in the book, the INSTRUCTIONS will give you enough guidance, especially as you gain experience with vegan cooking, to make either the recipe or its VARIATION. You can use Word to copy, paste, and print each week's bean and grain recipe and put it on the refrigerator to guide you as you cook for the week ahead. Have green-squared primary dishes every day, and each week, try a blue-squared bean-based dish and an orange-squared grain-based one.

DESCRIPTION	INSTRUCTIONS	VARIATION
<p><b>1. Fresh Field Salad</b> ■</p> <p>The cornerstone of healthful eating, this versatile salad has ingredients that should survive an entire week of refrigeration without losing their freshness. Enjoy the subtle, complex, and even bitter flavors of the diverse ingredients, knowing that they help your health. You can eat this salad with your hands, just like you would do with chips. Have some of this salad with every meal—including breakfast—to increase your nutrient and fiber intake without driving up calorie consumption.</p>	<p>Combine at least 4 large bunches of sliced collard greens, kale (green, red, and lanceolate), broccoli rabe (rapini), mustard greens, or turnip greens; at least 3 sliced cruciferous vegetables, such as broccoli, broccolini, kohlrabi, daikon radishes, red cabbage, savoy cabbage, purple top turnips, yellow turnips (rutabagas), or watercress; at least 2 sliced vegetables, such as carrots, celery, celery root, or whole mushrooms; and 1 or 2 herbs or sprouts, such as alfalfa sprouts, cilantro, dill, lavender, mint, parsley, peppermint, sage, spearmint, radish sprouts, or tarragon.</p>	<p>dinner garnish: At supper (and only at supper), add a dollop or two of 100% nut butter (like Teddy's Super Chunky All Natural Peanut Butter).</p>
<p><b>2. Shred Salad</b> ■</p> <p>Make quick work of raw root vegetables like golden beets, carrots, fennel, and</p>	<p>Each weekend, wash and chop 4 root vegetables like beets (regular or red-and-white or golden), cabbage,</p>	<p>beet smoothie: Once in a while, try this smoothie variation instead. Blend strawberries, beets</p>

<p>radishes by using the shred blade on your food processor to make this colorful and sustaining salad. Have a little of this salad every morning with your breakfast. (Yes, that means having two salads at breakfast.)</p>	<p>carrots, celery, fennel, ginger root, radishes, rhubarb, or turnips into small enough chunks to be fed into a food processor. Using the shred blade, to shred up the vegetables. Add the lemon juice, and save in a medium (10-cup) container. Have some of this salad with every breakfast.</p>	<p>(regular or red-and-white or golden), sweet potato, red bell pepper, zucchini, radish, garlic, unsweetened soy milk, and cardamom, serve chilled. Frozen strawberries work just as well as fresh.</p>
<p><b>3. Energy Oat Breakfast</b> ■ Breakfast curbs your appetite, raises your metabolism, is more likely to be burned off than food eaten later, and people who eat breakfast lose weight more easily. Cold water is, surprisingly, all you need to unlock the whole grain sweetness of this dish. Accompanying this daily breakfast with a multivitamin and the fresh salads from the previous recipes will get your day off to a great start.</p>	<p>Each morning, place old-fashioned oats, whole grain cereal, whole grain cereal, mixed nuts, vegan protein powder, freeze-dried fruit, and serve. Add chilled water and mixed jumbo raisins as needed. Have each morning for breakfast. The first weekend before you make this cereal, buy two containers of each dry ingredient. Whenever you finish a container, write it on your grocery list. That way, you can wait until the next weekend's food shopping to replenish it without running out. Prepare this breakfast only shortly before serving. Or mix the dry ingredients together to take to work or wherever, and add the water only shortly before serving.</p>	<p>grain, juice, or fruit: For variety, try adding a little of different grains like steel-cut oats, whole grain buckwheat "kasha," cereals, different whole grain cereals (but read the nutrition facts on the box first and avoid ones high in added sugars or sweeteners), sparing amounts of different juices (stick with ones 100% derived from fruit without added sugars or sweeteners), non-dairy milks (again avoiding ones with added sugar or sweeteners), or other unsweetened dried or fresh fruit like apricot, banana, cherries, or blueberries.</p>
<p><b>4. Just Beans</b> ■ Want to not get fat? Make</p>	<p>Prepare these each morning for lunch. Don't even bother</p>	<p>optional dressing: If you feel you must, ease the</p>

<p>this simple but nutritionally sound bean dish part of your daily lunch. You don't even need to rinse the beans. A fascinating investigation by the enterprising J. Kenji López-Alt, of the Serious Eats blog, which included experimentally feeding beans prepared various ways to the family dog, concluded that soaking and rinsing beans provides no benefit and only drains away color, flavor, and nutritive properties.</p>	<p>using a sieve. Just choose a can (try common beans like black beans, chickpeas, kidney beans, lentils, pinto beans, white beans, or harder-to-find beans like adzuki, black eyed peas, guar beans, haricot beans, jack beans, lupini beans, sword beans, and velvet beans), open it, partially drain it by holding it upside down over the sink and pushing the top of the can up into the beans, toss them into a food container, and go.</p>	<p>transition to everyday bean consumption with a dressing, like a simple vinaigrette of extra virgin oil, apple cider vinegar, and dried chervil seasoned with coarse salt and coarse black pepper, or an Indonesian peanut dressing of 100% peanut butter with no added sugar or oil (like Teddy's Super Chunky All Natural Peanut Butter), pressed garlic, walnut oil, toasted sesame seeds, unrefined whole sugar, chili paste (like Patak's Hot Curry), and soy sauce, but try to get used to enjoying the beans unadorned. The dressings can quickly pile on extra calories.</p>
<p><b>5. Whole Grain Snacks</b> ■ If you stick to the rest of the diet in this book, you should be able to guiltlessly enjoy this easy-to-make whole grain vegan snack medley with your evening meal. Just look for the yellow and brown whole grain logo (except for pretzels, I have yet to find a decent whole-grain pretzel) and make sure there's no added cheese, other dairy, hydrogenated oil, or sugar. On movie night, make home-made popcorn instead.</p>	<p>Put a few (3 to 5) chips each from whole grain vegan snacks like Back to Nature's Sea Salt Adzuki Bean Crackers, Frito-Lay's Fritos Scoops, Late July's How Sweet Potato It Is Tortilla Chips, Lundberg's Sea Salt Rice Chips, Mary's Gone Crackers Original Crackers, Mary's Gone Crackers Herb Crackers, and Nabisco's Garden Herb Triscuits into a bowl or container and serve.</p>	<p>home-made popcorn: Once in a while, try this version of popcorn by placing popcorn kernels in a medium-sized soup pot along with canola oil, cover, apply high heat until the kernels stop popping, empty into a large bowl, garnish with onion powder, extra virgin olive oil, and coarse salt.</p>

<p><b>6. Minestrone</b> ■</p> <p>We begin a three-month cycle of pairing bean-based dishes (here on the even, numbered, left-side pages) with grain dishes (on the odd-numbered, right-side pages). Each weekend, make a bean dish and a grain dish for the week: have the bean dish (with Whole Grain Snacks) for supper, and the grain dish (with Just Beans) for lunch, along with Fresh Field Salad, which you should have with every meal. Instead of large portions, sate your appetite with an apple as a nighttime dessert. This recipe, a venerable vegan tradition predating Roman times and using nutritious beans, onion, celery, carrot, and tomato, shows you how to make a stew by slowly cooking food in a minimum of liquid so its flavors mingle but do not dissolve.</p>	<p>To a large stockpot on low heat add canola oil, onion, garlic, carrots, parsley, kidney beans, pinto beans, celery, crushed tomatoes, dried mushrooms, oregano, thyme, and cumin. Cover but leave the cover askew to let steam escape, and for 15 minutes or until tomatoes bubble and carrots barely tender, making a stew by keeping the heat low but high enough for the ingredients to visibly and audibly steam without burning together.</p>	<p>borscht:</p> <p>Dice carrots and beets, submerge in water in a medium soup pot, bring to a boil for 30 minutes or until tender. To a separate large stockpot on low heat add canola oil, zucchini, diced tomatoes, crushed tomatoes, fresh dill, caraway seed, paprika, chick peas, cannellini beans, great northern beans, navy beans, adzuki beans, mushrooms, and coriander, add drained boiled beets and carrots, place cover askew and keep on low heat 15 more minutes or until tomatoes bubble and zucchini barely tender to make a stew.</p>
<p><b>7. Cornmeal-Crusted Soy Steak Sandwich</b> ■</p> <p>These nice sandwiches kick off a series of grain-based lunch dishes that go well with the preceding Just Beans and Fresh Field Salad to make a complete lunch.</p>	<p>Over the weekend, mix aioli of vegan mayonnaise, garlic clove, sesame oil, grated lemon rind, and fresh parsley in one very small container, store tofu with juice squeezed over sieve from lemon in a third container, and freeze the sliced sourdough bread.</p>	<p>vegan gyro:</p> <p>Over the weekend, prepare vegan gyro meat by mixing equal parts vital wheat gluten, whole grain flour, and adding a little garlic powder, ginger powder, soy sauce, extra virgin olive oil, and enough water to make a loose, flexible dough, break into</p>

	<p>Each morning, lightly toast 4 slices of the sourdough bread and mix a little cornmeal, minced onion, and dried basil in a bowl. Slice off 2 thin pieces of the tofu, add canola oil to a frying pan, sprinkle a half of the cornmeal mixture over the oil, add the 2 tofu slices, sprinkle with rest of the cornmeal mixture, and fry on medium heat a minute or so until coating crispy and aromatic, flip, add 3 slices of fresh tomato, 3 leaves of dark greens, sauté another minute, turn off heat. Layer the barely toasted bread, aioli, steak, kale, and sliced fresh tomato, slice in half with a sharp knife before serving.</p>	<p>bite-size pieces, coat with whole grain flour, and refrigerate. Before serving, mix a dipping sauce of tamari soy sauce, Dijon (or brown) mustard, and water. Add canola oil to a large frying pan, stretch 3 or 4 flour-covered gyro pieces into strips, and fry them along with sliced onion and collard green strips a few minutes until gyro "meat" browned. Layer the whole grain wrap, vegan sour cream (like Tofutti's Non-Dairy Sour Cream), the sautéed "meat," onion, collard greens, and sliced fresh tomato, wrap, slice in half with a sharp knife, and you're done.</p>
<p><b>8. Cassoulet</b> ■ This stew cheerfully discards the meat while reverently preserving the sage, tarragon, and thyme of this traditional French casserole, and introduces simmering, a straightforward technique to produce tame and tender beans without requiring baking soda, messy boil overs, or overnight soaks. Have less time? Use canned beans (drained and rinsed).</p>	<p>Over the weekend, submerge dry white beans in enough water to fill a large stockpot three-quarters full, cover, bring to a boil then lower heat so that bubbles gently rise but do not become a full rolling boil. Maintain this level of heat, called a "simmer," for 3 hours or until beans tender. In another large stockpot place canola oil, onion, garlic, celery, green bell pepper, tomatoes, tomato paste, canned</p>	<p>orange marmalade: Submerge dry white beans in enough water to fill a large stockpot three-quarters full, cover, bring to a boil then reduce to a simmer (hot enough to gently bubble but not vigorously boil) for 3 hours or until tender, turn off heat, and let stand covered another hour to soften. Turn off heat, and let stand covered another hour to soften further. To another large stockpot on low heat add extra virgin olive oil,</p>

	<p>pineapple chunks, fresh sage, dried tarragon, dried thyme, coarse black pepper, and frozen cooked squash, stew on low heat 45 minutes, stirring occasionally, until squash completely melted, then combine with white beans. Serve topped with a spritz of Dijon or spicy brown mustard.</p>	<p>onion, garlic, carrots, red bell pepper, orange bell pepper, tomatoes, tomato paste, canned mandarin oranges, fresh tarragon, dried sage, and dried thyme in a large stockpot, stew a few more minutes, stirring occasionally, until onions translucent, combine with white beans. Serve topped with a spritz of an orange marmalade.</p>
<p><b>9. Whole Grain Biscuit</b> ■ Grain as it was meant to be, with intact bran and germ, which together carry 80 percent of the nutrients, enriches these home-made biscuits. Higher whole grain consumption continues to relate to lower risk of cardiovascular disease, diabetes, and multiple types of cancer. Pair whole grains like amaranth, hulled barley, brown rice, buckwheat groats, farro, kamut, millet, quinoa, spelt berries, rye, wheat (hard red, hard red spring, hard white, or soft white), teff, or triticale with whole grain flours from amaranth, brown rice, buckwheat, corn (blue, white, or yellow), graham, millet, quinoa, rye, spelt, teff, triticale, or whole wheat. I like to use whole grain wheat flour and 10-grain whole</p>	<p>In a small saucepan toast 1 tablespoon whole grains on high heat 5 minutes until grain golden and aromatic, promptly turn off heat. Mix 1 cup whole wheat flour, 1 cup whole grain flour (like Bob's Red Mill 10-Grain Flour), ½ teaspoon (aluminum-free) baking powder, ½ teaspoon coarse salt, toasted grains, 2 teaspoons lemon juice, and enough water to make a soft, scoopable batter. Place batter directly (without stopping to knead it) onto oil-sprayed foil, set oven to 350°, and bake 25 minutes until crust golden-brown. Serve with a little vegan "butter," like Earth Balance's Buttery Spread.</p>	<p>whole grain bread: Warm 1/3 cup of water in microwave 30 seconds, add a pinch of whole sugar (like Rapunzel's Whole Cane Sugar) a tablespoon of yeast, stir yeast with fingers to thoroughly distribute, and set aside in a draft-free area for 15 minutes to proof. In a small saucepan toast ¼ cup whole grain on high heat 2 minutes until grain aromatic, promptly turn off heat. Mix 1 cup whole wheat flour, 1 cup whole grain flour, 1 teaspoon coarse salt, the toasted whole grains, and enough of yeast and water mixture needed to make a thick but pliable dough. Dust dry hands and kneading surface with whole grain flour, knead dough 2 minutes, place in a bowl lightly coated with extra virgin olive oil, let rise 10 minutes, place on oil-sprayed foil, set</p>

<p>grain flour.</p>		<p>oven to 400°, and bake 20 minutes or until it sounds hollow when tapped. Promptly remove from heat and serve with a little vegan “butter,” like Earth Balance’s Buttery Spread.</p>
<p><b>10. Black Bean Roasted Burgers</b> ■ After a head start in the stockpot over the weekend, these burgers finish by simmering in hot oil, reminiscent of campfire foil packet meals cooked on hot coals.</p>	<p>Over the weekend, submerge dry black beans in enough water to fill a large stockpot three-quarters full, cover, bring to a boil then simmer for 3 hours or until tender, turn off heat, and let stand covered another hour to soften. In another large stockpot over medium heat place canola oil, onion, and carrots, heat for 10 minutes, turn off heat, add radishes, fermented black beans, fresh parsley, ground flaxseed, cumin, and yellow mustard seed, stir in drained black beans, add lemon juice, and refrigerate. Before serving, place canola oil, a burger-sized amount of the black bean mixture, a little mustard and ketchup on oil-sprayed foil, fold up the edges to shelter the mixture, and bake 25 minutes at 400°.</p>	<p>adzuki bean: Over the weekend, submerge adzuki beans in enough water to fill a large stockpot three-quarters full, cover, bring to a boil then simmer for 3 hours or until tender, turn off heat, and let stand covered another hour to soften. In another large stockpot over medium heat place canola oil, onion, and carrots, heat for 10 minutes, turn off heat, add celery, bell pepper, fresh parsley, ground flaxseed, chili powder, dried thyme, and black mustard seed, stir in drained adzuki beans, add lime juice, and refrigerate. Before serving, place canola oil, a burger-sized amount of the adzuki bean mixture, a little onion relish, fold up the edges to shelter the mixture, and bake 25 minutes at 400°.</p>
<p><b>11. Portobello and Onion Sandwich</b> ■ In making both versions of this sandwich you add liquid</p>	<p>Over the weekend, separate, peel, and press all the cloves from an entire head of garlic (a process</p>	<p>watercress-ginger-walnut: Separate, peel, and press all the cloves from an entire head of garlic (as above) into</p>

<p>to the hot pan to lift up anything stuck to the bottom. This technique, called deglazing, infuses food with flavor—and makes a most impressively chef-like sizzling sound. While a head of garlic should last the week, get an extra onion, an extra package of portobello mushrooms, and an extra loaf of sliced artisan whole grain bread.</p>	<p>that takes 10 minutes but is worth it) into a little container, add lemon juice, and refrigerate. Freeze the sliced artisan whole grain bread. When ready to make the sandwiches, smear each of four bread slices with some of the garlic, and toast. Fry canola oil, sliced onion, and portobello mushrooms in a frying pan on medium heat a few minutes until onions softened, get large stock pot cover ready, deglaze with undrained marinated artichoke hearts and balsamic vinegar, cover (to keep the deglazing process from splashing drops of ingredients onto your range), and turn off heat. Layer toasted bread with the filling and cut sandwiches in half with a sharp knife.</p>	<p>a little container, add lemon juice, and refrigerate. Freeze the sliced artisan whole grain bread. When ready to make the sandwiches, smear each of four bread slices with some of the garlic, and toast. Fry canola oil, sliced onion, and walnuts in a frying pan on medium heat a few minutes until onions softened, get large stock pot cover ready, deglaze with ginger paste and balsamic vinegar, cover (to keep the deglazing process from splashing drops of ingredients onto your range), and turn off heat. Layer toasted bread with filling and sliced fresh watercress, cut sandwiches in half with a sharp knife.</p>
<p><b>12. Golden Split Pea</b> ■ After simmering peacefully for two hours, the yellow split peas in both the apple and banana versions of this stew melt into a golden ambrosia.</p>	<p>Submerge dry yellow split peas in 2 inches of water, cover, bring to a boil then simmer for 2 hours, turn off heat, and let stand covered another hour to cool, pour off excess water. In another large stockpot stew canola oil, apples, onion, carrots, fresh ginger, garlic, dried thyme, turmeric, Swiss chard, tomatoes, and lemon juice on low heat 90 minutes</p>	<p>banana: Submerge dry yellow split peas in 2 inches of water, cover, bring to a boil then simmer for 2 hours, turn off heat, and let stand covered another hour to cool, pour off excess water. In another large stockpot stew canola oil, onion, yellow bell pepper, garlic, fresh ginger, coriander, cumin, turmeric, 3 ripe peeled cubed bananas, 2 cans diced</p>

	until apples soft, combine with undrained cooked yellow split peas.	tomatoes, lime juice, and 2 packages of frozen cooked squash on low heat 90 minutes until squash completely melted, combine with undrained cooked yellow split peas.
<p><b>13. Shepherd's Pie</b> ■</p> <p>Simple crusts surround this comforting shepherd's pie and the festive corn tamale variation. Prepare the filling over the weekend, but make the rest of this recipe on a per-pie basis.</p>	<p>Over the weekend, in boil potato 30 minutes, and carrots 20 minutes in water in a medium soup pot until both soft, set aside to cool. Mix filling of onion, frozen green peas, paprika, dried sage, the drained and cubed potato and carrots, lemon juice, and refrigerate. Before serving, mix whole grain flour, coarse salt, canola oil, and enough water to make a shapeable dough. Shape half the dough into a patty (a flattened round hamburger-shaped blob), place it on oil-sprayed foil, place a few spoonfuls of filling on the patty to cover but not overflow the patty, make another patty out of the remaining dough and put it on top. Place in oven set at 350° and bake 30 minutes until crust is golden.</p>	<p>corn-tamale:</p> <p>Over the weekend, grind cashews in blender and refrigerate, mix filling of onion, green pepper, tomatoes, and lime juice, and refrigerate. Before serving, make just a spoonful of vegan cheese of ground cashews, nutritional yeast, onion powder, dried mustard powder, and lemon juice, moisten with water. Make two patties of cornmeal, whole grain flour, coarse salt, canola oil, and just enough water to make a shapeable dough. Layer onto oil-sprayed foil a cornmeal patty, some of the filling, the vegan cheese, some more of the filling, and the other patty. Place in oven set at 350°, bake 30 minutes until crust golden.</p>
<p><b>14. Hearty Bean Stew</b> ■</p> <p>Delicious meat-like ingredients get sautéed, a technique that involves</p>	<p>Cube vegan bacon (like Upton's Naturals Bacon Seitan) and sauté by using little canola oil, high heat,</p>	<p>deeper shade of soul: Sauté thinly sliced vegan hot dogs in canola oil (high heat, little oil, short time, and keep</p>

<p>shaking the pan back and forth to keep them “jumping” on high heat and little oil, rapidly sealing in their flavor without burning, then added to faux-beef up these two simple bean stews.</p>	<p>and moving the pan to keep the cubed bacon “jumping” up and down on the hot pan a few minutes until browned. To a large stockpot on low heat add canola oil, red onion, celery, 2 red peppers, drained and rinsed black beans, kidney beans, pinto beans, refried black beans, and spicy or chili-flavored black beans, pasta sauce, and 2 packages of frozen cooked squash, stew 30 minutes with cover askew until squash completely melted, then add the vegan bacon.</p>	<p>the hot dogs jumping) a few minutes until browned. To a large stockpot on low heat add canola oil, turnip, carrots, celery, garlic, navy beans, kidney beans, pinto beans, refried pinto beans, baked-beans-flavored navy beans, and pasta sauce, stew 30 minutes with cover askew or until vegetables tender, then add the vegan hot dogs.</p>
<p><b>15. Flatbread Pieces</b> ■ This tasty flatbread doesn’t need kneading, leavening, or rising. It’s sweetened with malted barley, a maltose-rich flour made from whole sprouted barley, and dressed with either a tomato-basil or mushroom-rosemary topping. Dust your hands and work surface with whole-grain flour before flattening the dough.</p>	<p>Over the weekend, boil Yukon Gold potatoes for 20 minutes, let cool, drain, sauté onions in canola oil briefly until lightly browned, refrigerate each. Before serving, toast sunflower seeds in small saucepan, mix whole wheat flour, whole grain flour, malted barley, coarse salt, toasted sunflower seeds, and enough water to make a shapable dough. Flatten dough onto surface dusted with whole grain flour. Cut with pizza cutter into nine pieces, place on oil-sprayed foil. Top with the sautéed onion, half of a mashed potato, and fresh tomato,</p>	<p>rosemary-olive: Over the weekend, boil 3 small red potatoes for 20 minutes, let cool, drain. Before serving, toast sunflower seeds in small saucepan, mix whole wheat flour, whole grain flour, malted barley, coarse salt, toasted sunflower seeds, and enough water to make a shapeable dough. Flatten dough onto surface dusted with whole grain flour. Mash half a potato, slice two mushrooms into 9 pieces, and distribute along with 9 or 10 olive slices among each of the nine pieces, and drizzle extra virgin olive oil. Bake at 350° for 30 minutes, top with</p>

	and drizzle extra virgin olive oil. Bake at 350° for 30 minutes, top with fresh basil leaves.	fresh rosemary leaves.
<p><b>16. Bell Pepper Chili</b> ■</p> <p>Two chilis salute the carotene-, lycopene-, vitamin-C-, and color-rich bell pepper, along with dried chili peppers mild or hot as you dare. Have less time? Use drained but unrinsed canned beans.</p>	<p>Submerge dry kidney beans in enough water to fill a large stockpot three-quarters full, cover askew, heat to a boil and then simmer 3 hours or until tender, turn off heat, and let stand covered another hour to soften. Place extra virgin olive oil, zucchini, garlic, green, red, and orange bell peppers, fresh parsley, crushed tomatoes with basil, fresh tomatoes, dried mushrooms, chili powder, and allspice powder in another large stockpot, cover askew and stew on low heat 1 hour until broth frothy, and add drained cooked beans.</p>	<p>black bean and squash: Submerge dry black beans in enough water to fill a large stockpot three-quarters full, cover askew, heat to a boil and then simmer on low heat for 3 hours or until tender, turn off heat, and let stand covered another hour to soften. Place canola oil, crushed tomatoes with basil, fresh tomatoes, onion, red, orange, and yellow bell peppers, fresh cilantro, dried mushrooms, chili powder, and 2 packages frozen cooked squash in another large stockpot, cover askew and stew on low heat 1 hour until frozen cooked squash completely melted, and add cooked drained black beans.</p>
<p><b>17. Cornbread</b> ■</p> <p>Thanks to (aluminum-free) baking powder, these two breads, sweetened by applesauce and molasses, will rise in the moodiest of ovens. Oven temperatures may vary, so tap the bread to check for the hollow sound that lets you know it's time to take it out. A 24-ounce jar of (unsweetened)</p>	<p>Mix whole cornmeal, whole grain flour, baking powder, coarse salt, applesauce, molasses, apple cider vinegar, and just enough almond milk to make a thick, biscuit-like dough. Place onto oil-sprayed foil and bake at 300° for 30 minutes. When serving, break open and insert a dab of non-hydrogenated margarine.</p>	<p>cornbread with cashew filling: Over the weekend, coarsely grind cashews and refrigerate. When ready to make the biscuit, mix with whole wheat flour, whole grain flour, cornmeal, baking powder, ground cinnamon, ground cloves, coarse salt, applesauce, molasses, and almond milk, stirring together into a thick, biscuit-like</p>

<p>applesauce should last the week.</p>		<p>dough. Place onto oil-sprayed foil and bake at 300° for 30 minutes. Mix a spoonful of cashew frosting from the ground cashews with just a little apple cider vinegar and lemon juice. Remove the baked cornbread from oven, split open and insert the cashew frosting.</p>
<p><b>18. Ultra-Green Garlic Soup</b> ■ Greens and green split peas receive a double visitation from garlic, appearing here in its raw and roasted forms.</p>	<p>Roast the first head of garlic in oven on oil-sprayed foil for 30 minutes at 350°, remove from heat and allow to cool. In a large stock pot, submerge both packages of the dry split green peas and the package of dry red lentils (using a 2-to-1 green-pea-to-red-lentil ratio) in 3 inches of water, cover askew, simmer on low heat 2 hours until thick and soupy, remove heat and let cool. In another large stockpot, sauté extra virgin olive oil, celery, and fresh parsley over medium heat until bright green and tender, turn off heat, peel and press the second head of garlic and add it, along with avocado, fresh spinach, dried basil, and dried thyme. Slice the cooled roasted garlic bulb at the top and squeeze its roasted garlic paste into the mixture. Add the cooled green pea and</p>	<p>green stems: Roast the first head of garlic in oven on oil-sprayed foil for 30 minutes at 350°, remove from heat and allow to cool. In a large stock pot, submerge both packages of the dry split green peas and the package of dry red lentils (using a 2-to-1 green-pea-to-red-lentil ratio) in 3 inches of water, cover askew, simmer on low heat 2 hours until thick and soupy, remove heat and let cool. In another large stockpot, sauté extra virgin olive oil, kale stems and collard green stems over medium heat until bright green and tender, turn off heat, peel and press the second head of garlic and add it, along with avocado, parsley, and nutmeg. Slice the cooled roasted garlic bulb at the top and squeeze its roasted garlic paste into the mixture. Add the cooled green pea and red lentil</p>

	<p>red lentil mixture. Stir. Working carefully in small batches, blend in food processor, adding a little lime juice to each batch and using an oven glove to hold processor top down firmly to avoid splashing if it's still hot.</p>	<p>mixture. Stir. Working carefully in small batches, blend in food processor, adding a little lime juice to each batch and using an oven glove to hold processor top down firmly to avoid splashing if it's still hot.</p>
<p><b>19. Garden Vegetable Pizza</b> ■ Luscious tomato, tangy tomato paste, and caramelized onion crown a scrumptious crust. To make three pizzas (have half a pizza each day), get an extra onion and an extra can of tomato paste.</p>	<p>Warm 1/3 cup of water in microwave 30 seconds, add pinch of whole sugar (like Rapunzel's Whole Cane Sugar) a tablespoon of yeast, stir yeast with fingers to thoroughly distribute, and set aside near the oven for 15 minutes to proof. Turn on oven to 400°. Toast steel-cut oats or other whole grain in small saucepan on high heat. Coat a bowl with extra virgin olive oil. Combine whole wheat flour, whole grain flour, coarse salt, and, removing grains from heat just as small wisps of smoke appear, add to flour, stir, and add yeast mixture and just enough water to make a thick dough. Dust hands, cutting board, and dough with whole grain flour, shape but do not overwork dough, place in oil-coated bowl. Wash hands and flour-coated surfaces, spray a sheet of aluminum foil with</p>	<p>mushroom-spinach: Warm 1/3 cup of water in microwave 30 seconds, add pinch of whole sugar (like Rapunzel's Whole Cane Sugar) a tablespoon of yeast, stir yeast with fingers to thoroughly distribute, and set aside near the oven for 15 minutes to proof. Turn on oven to 400°. Toast steel-cut oats or other whole grain in small saucepan on high heat. Coat a bowl with extra virgin olive oil. Combine whole wheat flour, whole grain flour, coarse salt, and, removing grains from heat just as small wisps of smoke appear, add to flour, stir, and add yeast mixture and just enough water to make a thick dough. Dust hands, cutting board, and dough with whole grain flour, shape but do not overwork dough, place in oil-coated bowl. Wash hands and flour-coated surfaces, spray a sheet of aluminum foil with oil, dust it with cornmeal,</p>

	<p>oil, dust it with cornmeal, and flatten the dough onto it. Sauté onion in canola oil in a small saucepan on high heat 1 minute, layer tomato paste, basil, oregano, broccoli, onion mixture including canola oil, coarse black pepper, and tomatoes onto dough, bake 15 minutes or until onions caramelized.</p>	<p>and flatten the dough onto it. Sauté onion in canola oil in a small saucepan on high heat 1 minute, layer tomato paste, basil, oregano, fresh spinach, onion mixture including canola oil, coarse black pepper, and mushrooms onto dough, bake 15 minutes or until onions caramelized.</p>
<p><b>20. Whole Earth Stew</b> ■ This stew uses ingredients from several major plant families: crucifer (spinach, turnip), melon-squash (zucchini), legume (red lentils), lily (onion, garlic), solanum (tomatoes, cilantro), and umbel (carrots), combined with a spice and herb mixture of golden-yellow turmeric, gently savory chives, and subtly sweet chervil (the French “herb of joy”).</p>	<p>To a large stockpot add two packages dry red lentils and water to submerge about 2 inches, cover, heat to a boil then lower to a simmer for an hour or until mounded, turn off heat, and let stand covered an hour to soften. In another large stockpot, stew canola oil, finely cubed turnip, onion, carrots, zucchini, garlic, fresh spinach, fresh cilantro, whole tomatoes, almond milk, turmeric, coriander, chives, and chervil, on low heat an hour or until turnip tender, add cooked red lentils, a splash of lemon juice, and stir.</p>	<p>tagine: To a large stockpot add two packages dry red lentils and water to submerge about 2 inches, cover, heat to a boil then lower to a simmer for an hour or until mounded, turn off heat, and let stand covered an hour to soften. In another large stockpot, simmer canola oil, finely cubed sweet potato, leeks, fresh ginger, green bell pepper, fresh parsley, canned cooked pumpkin, diced tomatoes, almond milk, turmeric, nutmeg, saffron, chives, and chervil, on low heat an hour or until sweet potato tender, add cooked red lentils, a splash of lime juice, and stir.</p>
<p><b>21. Blueberry Cobbler</b> ■ These cobblers surround a whole grain biscuit with a sea of fruit concentrate.</p>	<p>Over the weekend, coarsely grind hazelnuts and refrigerate. Before serving, toast whole grains and</p>	<p>berry: Over the weekend, coarsely grind pecans and refrigerate. Before serving, toast whole</p>

<p>Three packages of frozen fruit and two cans of (unsweetened) frozen apple juice concentrate should see you through the week.</p>	<p>hazelnuts in a small saucepan on high heat, and spray a sheet of aluminum foil with oil. Mix whole wheat flour, whole grain flour, (aluminum-free) baking powder, and coarse salt, add the whole grains and hazelnuts which by now should be aromatic and will need to be removed from heat, and stir in canola oil and enough water to make a soft, scoopable batter. Place batter directly (without stopping to knead it) onto oil-sprayed foil, set oven to 350°, and bake 25 minutes until crust golden-brown. In the small saucepan place frozen blueberries, apple juice concentrate, whole grain flour, and cinnamon, bring to boiling, turn off heat. Place baked biscuit in serving dish and add topping.</p>	<p>grain and pecans in a small saucepan on high heat, and spray a sheet of aluminum foil with oil. Mix whole wheat flour, whole grain flour, (aluminum-free) baking powder, and coarse salt, add the whole grains and pecans which by now should be aromatic and will need to be removed from heat, and stir in canola oil and just enough water to make a soft, scoopable batter. Place batter directly (without stopping to knead it) onto oil-sprayed foil, set oven to 350°, and bake 25 minutes until crust golden-brown. In the small saucepan place raspberries or other frozen berry, unsweetened grape juice concentrate, agave nectar, and water in an amount equal to the juice concentrate, whole grain flour, and allspice, bring to boiling, turn off heat. Place baked biscuit in serving dish and add topping.</p>
<p><b>22. Lentil Stew</b> ■ These lentil stews use stock made from vegetables or corn on the cob.</p>	<p>Make vegetable stock by coarsely chopping sweet potato, onion, carrots, and celery—no peeling or special care needed—adding tomatoes, mushrooms, parsley, bay leaves, allspice berries, and peppercorns into one large</p>	<p>pumpkin: Make corn stock by coarsely chopping corn cobs, leeks, onion, carrots, and celery, and parsley, adding peppercorns into one large stockpot half-filled with water, boil for 20 minutes, then pour through a drainer into another</p>

	<p>stockpot half-filled with water, boil for 20 minutes, then pour through a drainer into another large stockpot. Over low heat add thinly sliced leek, finely cubed carrots, dry green lentils, tomatoes, and tomato paste, bring to a boil then lower to a simmer with cover askew for 45 minutes or until the lentils are soft but not disintegrated and the mixture is reduced to a stew. Turn off heat, add celery and parsley, cover, and let sit 15 minutes to allow flavors to mingle.</p>	<p>large stockpot. Over low heat add onion, finely cubed turnip, French lentils, orange pepper, and 2 containers canned pumpkin, bring to a boil then lower to a simmer with cover askew for 45 minutes or until the lentils are soft but not disintegrated and the mixture is reduced to a stew. Turn off heat, add cilantro, dried tarragon, and ketchup, cover, and let sit 15 minutes to allow flavors to mingle.</p>
<p><b>23. Savory Quinoa Pancakes</b> ■        These reinterpreted pancakes replace starchy refined flour with two combinations of whole grain flour and protein-rich quinoa, one savory and one sweet. Two bell peppers and two cucumbers (or two apples) should be enough to make a week's worth.</p>	<p>Over the weekend, chop the green bell peppers and seed and dice the cucumber, add a little lemon juice, and refrigerate. When ready to make, add quinoa and about twice as much water as quinoa, simmer on medium heat until its germinate sprouts are visible, turn off heat, and cover to let soften in pan. Mix whole-grain flour, (aluminum-free) baking powder, coarse salt, green bell pepper, cucumber, mixed nuts, dried thyme, the cooked quinoa, and enough water to make a pourable batter. Work carefully around hot oil: wear oven mitts on both</p>	<p>sweet:        Over the weekend, chop the orange and yellow bell peppers, add a little lime juice, and refrigerate. Roast pecan nuts in a small pan. When ready to make, add quinoa and about twice as much water as quinoa, simmer on medium heat until its germinate sprouts are visible, turn off heat, and cover to let soften in pan. Mix whole-grain flour, (aluminum-free) baking powder, coarse salt, dried fruit (like banana, currants, dates, mango, or papaya) cinnamon, the bell peppers, the cooked quinoa, and enough water to make a pourable batter. Work</p>

	<p>hands, use only a tablespoon of oil at a time, keep the pancakes small enough to flip easily pancakes, and flip carefully with a pancake turner when edges crisp, adding canola oil sparingly if needed. Serve with maple syrup.</p>	<p>carefully around hot oil: wear oven mitts on both hands, use only a tablespoon of oil at a time, keep the pancakes small enough to flip easily pancakes, and flip carefully with a pancake turner when edges crisp, adding canola oil sparingly if needed. Serve with maple syrup.</p>
<p><b>24. No-Egg Frittata</b> ■          These omelets use nutritional yeast—a nutty, cheesy-tasting dairy alternative made from yeast, sugarcane, and beet molasses—and cubed protein-rich extra-firm tofu, and get a protein boost from pea protein, like Now Foods Pea Protein, a neutral-tasting powder that gets along well with nutritional yeast. Try marinated baked tofu, like Wildwood Organic SprouTofu. 3 (6-ounce) baked tofus, 1 (32-ounce) almond milk, along with 2 onions and 3 bell peppers (or 2 8-ounce packages of mushrooms and 2 14-ounce cans of tomatoes) should be enough for a week of these delicious dinner meals.</p>	<p>In a frying pan, simmer canola oil, onion, extra-firm tofu, bell pepper, nutritional yeast, turmeric, dried tarragon, coarse black pepper, fresh parsley, pea protein, and unsweetened almond milk on low heat a few minutes until slightly thickened. Serve hot.</p>	<p>tomato-basil:          Over weekend, peel and press a head of garlic and refrigerate with a little lemon juice. Before serving, use a frying pan to simmer canola oil, extra-firm tofu, mushrooms, diced tomatoes, a little of the pressed garlic, nutritional yeast, turmeric, dried basil, paprika, fresh arugula, pea protein, and unsweetened almond milk on low heat a few minutes until slightly thickened. Serve hot.</p>
<p><b>25. Multigrain Bagels</b> ■          These whole-grain-based bagels go great with Follow Your Heart Vegan Cream</p>	<p>Bring water and dash of coarse salt to boil in a medium soup pot. Smear two sheets of aluminum foil</p>	<p>pancakes:          Make pancakes instead by toasting any kind of whole grain in a small saucepan on</p>

<p>Cheese. Or try the rich, dark, apple-sweet pancakes. Making either of these in the morning takes half an hour, you can do it.</p>	<p>with canola oil. Mix whole wheat flour, whole grain flour, ground flaxseed, brown sugar, coarse salt, and just enough water to make a dough. Shape dough into two bagels by making a ball then pushing your finger through to make a bagel's characteristic torus shape, plunge them into the boiling salted water, boil 5 minutes. Use a hand-held sieve to fish out and drain the bagels and place on oil-sprayed foil. Drip a small amount of canola oil onto each bagel and sprinkle with dried coarse salt and either dried minced garlic, dried minced onion, poppy seeds, or sesame seeds, place in oven, set to 350°, bake 25 minutes or until bagels golden and crispy. Top with a dollop of vegan cream cheese, like Tofutti Better Than Cream Cheese.</p>	<p>medium heat 5 minutes. Mix whole grain flour, whole wheat flour, whole grain cereal, sunflower seeds, ground flaxseed, baking powder, coarse salt, ground nutmeg, the toasted whole grain, unsweetened applesauce, and enough water to make a barely pourable batter. Using a frying pan and a small amount of canola oil, pour a pancake small enough to flip easily, fry each side a few minutes until edges crisp, then flip and fry the other side. Serve with maple syrup, or make an apple syrup from unsweetened apple juice concentrate, unsweetened applesauce, ground cinnamon, and ground cloves. For banana pancakes add diced ripe banana to the batter and use banana syrup with a hint of allspice. For blueberry pancakes, add fresh blueberries to the batter and use blueberry syrup. For pumpkin pancakes, add canned cooked pumpkin to the batter and pumpkin pie spice to the maple syrup.</p>
<p><b>26. Squash Stew</b> ■ These two stews fuse beans, squash, and earthy flavor. If the weather is hot</p>	<p>Halve any kind of squash, roast in oven at 350° on oil-sprayed foil 1 hour, let cool, scoop out and discard</p>	<p>leek and corn: Halve any kind of squash, roast in oven on oil-sprayed foil 1 hour, let cool, scoop out</p>

<p>or you want to save time, substitute 5 (16-ounce) cans cooked beans and 2 (12-ounce) packages of cooked squash.</p>	<p>seeds. Submerge dry cranberry (or kidney) beans in enough water to fill a large stockpot three-quarters full, cover askew and simmer 3 hours or until tender, turn off heat, and let stand covered another hour to soften. Simmer canola oil, onion, garlic, fresh parsley, fresh rosemary, dry sherry (optional), nutmeg, dried thyme, and cumin and frozen squash (if using) in another large stockpot on low heat 1 hour until onion translucent, and add cooked cranberry beans and cooked squash.</p>	<p>and discard seeds. Submerge dry cranberry (or kidney) beans in enough water to fill a large stockpot three-quarters full, cover askew and simmer 3 hours or until tender, turn off heat, and let stand covered another hour to soften. Simmer canola oil, leek, frozen corn, ginger, dark beer (optional), molasses, apple cider vinegar, turmeric, and marjoram and frozen squash (if using) in another large stockpot on low heat 1 hour until leek tender, and add cooked beans and cooked squash.</p>
<p><b>27. Around the World Grains</b> ■ Go around the world without leaving the pantry with these grain dishes made from staples you keep on hand. Small grains like amaranth, millet, quinoa, and teff turn tender with as little as 10 minutes on a low boil, while larger, tougher grains like whole buckwheat groats, hulled rye, or wheat berries can take as long as an hour but yield a complex nutty flavor that is worth the wait.</p>	<p>Place the whole grains (two kinds are nice) in a covered small saucepan, add water to almost fill the pan and bring to a low boil until tender but not mushy (the larger the grain, the longer the cooking time). Turn off the heat and add whole grain pasta, let mixture sit for 15 minutes until pasta is tender. Drain any excess water, add extra virgin olive oil and coarse salt. In the spring, add a pinch of sprouts.</p>	<p>around the world: Place whole grains (two kinds are nice) in a small saucepan, fill to three-quarters full, cover askew, bring to a boil, then lower heat to simmer 15 to 45 minutes (the larger the grain, the longer the time) until tender. Drain and try <i>French fines herbes</i> of extra virgin olive oil, salt, and a little chervil, chives, dried parsley, and tarragon; the <i>Parisian quatre épices</i> of extra virgin olive oil, salt, and the slightest hint of cloves, ginger powder, nutmeg, and black pepper; an <i>Italian</i> blend of extra virgin olive oil, salt, garlic powder, and a pinch of dried basil,</p>

		<p>marjoram, oregano, parsley, sage, or savory; an <i>Indian</i> ensemble of rice bran oil, salt, dill, lemon juice, and garam masala; the <i>Scandinavian</i> ingredients of non-dairy butter, salt, nutritional yeast, and caraway seeds; a <i>Spanish</i> recipe of extra virgin olive oil, salt, and a pinch saffron; a <i>Pacific</i> mix of sesame oil, soy sauce, sesame seed, whole sugar, and dry seaweed toasted briefly over an open flame and crumbled; or an <i>Australian</i> fusion of rice bran oil, salt, and an Australian spice mix like Murrumbooee's Wattle Seed &amp; Macca Nut Dukkah.</p>
<p><b>28. “Steak” and “Fries”</b> For this week, have these “steaks” made from protein-rich seitan with baked potato “fries” for lunch, and for supper, take a break from making a bean-based stew and just mix beans with store-bought single-serving soup (accompanied by whole grain snacks, fresh salad, peanut butter, and an apple).</p>	<p>Over weekend, mix whole grain flour, wheat gluten, garlic powder, ginger powder, soy sauce, extra virgin olive oil, and enough water to make a loose, flexible seitan dough, break into bite-size pieces, coat with whole grain flour, and refrigerate. Before serving, cut a potato into bite-size chunks, place in a plastic bag, add whole grain breading, paprika, coarse salt, and canola oil, shake, and place breaded potatoes on oil-sprayed foil, bake 325° for 40 minutes or until</p>	<p>orange gremolata: Over weekend, mix whole grain flour, wheat gluten, garlic powder, ginger powder, soy sauce, extra virgin olive oil, and enough orange juice to make a loose, flexible seitan dough, break into bite-sized pieces, coat with whole grain flour, and refrigerate. Mix gremolata of grated orange peel, dried minced onion, (shelled and coarsely ground) pistachios, and dried marjoram and refrigerate. Before serving, cut a potato into bite-size chunks, place in a plastic bag, add whole grain</p>

	<p>crispy but not burnt. Mix a dipping sauce of tamari soy sauce, Dijon (or brown) mustard, and water. Dip 4 or 5 seitan bites each in the sauce, then fry with canola oil in a frying pan on low heat a few minutes each side or until all sides browned. Serve the “steaks” with potato “fries.”</p>	<p>breeding, paprika, coarse salt, and canola oil, shake, and place breaded potatoes on oil-sprayed foil, bake 325° for 40 minutes or until crispy but not burnt. Dip 4 or 5 seitan bites each in fresh orange juice then in orange gremolata, then fry with canola oil in a frying pan on low heat a few minutes each side or until all sides browned.</p>
<p><b>29. Polenta with Sun-Dried Tomatoes</b> ■  We end the bean-grain pairings with this festive lunchtime polenta, which, if you’ve been following along with these recipes, finishes out three months of cooking. For supper this week, continue with a serving of canned beans and store-bought soup, but instead of the usual Whole Grain Snacks, have some of the cookies of the next recipe.</p>	<p>Over weekend, sauté canola oil, onion, garlic, sun-dried tomatoes, and Swiss chard on high heat a few minutes until onion browned. Add lemon juice and refrigerate. Before serving, mix corn meal, whole grain flour, coarse salt, and enough water to a loose, wet dough, add some of the sun-dried tomato stuffing, some croutons, and stir. Place on oil-sprayed foil and bake at 300° for 25 minutes or until crust golden crisp.</p>	<p>chestnut-cranberry:  Over the weekend, cut an "X" into chestnuts, roast 400° for 20 minutes on foil, turn off heat; if using other nuts, roast 5 minutes. Sauté extra virgin olive oil, onion, fresh cranberries (or other seedless/pitless berry), and fresh parsley a few minutes on high heat until onion browns. Peel and skin the cooled chestnuts. Refrigerate nuts, cranberry mixture, and croutons separately. Before serving, mix corn meal, whole grain flour, coarse salt, dried sage, brandy (optional), and enough water to make a pourable mixture, add some of the nuts, cranberry mixture, and croutons, and stir. Place on oil-sprayed foil and bake at 300° for 25 minutes or until crust golden crisp.</p>

<p><b>30. Mocha Chocolate Chip Cookies</b></p> <p>These celebratory cookies won't destroy your diet. Whole sugar—like dark muscovado, demerara, or turbinado—is still sugar, but at least has a little more flavor and nutrients. Next week, start back again with Minestrone (#6, page 96) and Cornmeal-Crusted Soy Steak Sandwiches (#5, page 95).</p>	<p>Grind coffee beans in coffee bean grinder. Mix ground coffee beans, whole wheat flour, whole grain flour, whole sugar, the ground coffee beans, ground flaxseed, (aluminum-free) baking powder, coarse salt, then add vegan chocolate chips, canola oil, maple syrup (or agave nectar), coffee liqueur, vanilla extract, and just enough water to make a wet but sticky dough, mix again, and place tablespoon-sized dollops onto a sheets of oil-sprayed foil. Bake cookies 20 minutes at 300° or only until tops golden but the dough, which will solidify more as it cools, still soft.</p>	<p>berry-walnut: Make cranberry and walnut cookies by combining whole wheat flour, whole grain flour, whole sugar, ground flaxseed, (aluminum-free) baking powder, fresh whole cranberries (or other in-season or frozen seedless/pitless berry/cherry), walnuts, canola oil, maple syrup (or agave nectar), vanilla extract, and just enough water to make a wet but sticky dough. Place tablespoon-sized dollops onto sheets of oil-sprayed foil. Bake cookies 20 minutes at 300° or only until tops golden but the dough, which will solidify more as it cools, still soft.</p>
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