RECIPES

To help you shop for and make healthy food each week, this handy list synopsizes 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-shaded primary dishes every day, and each week, try a blue-shaded bean-based dish and an orange-shaded grain-based one.

DESCRIPTION	INSTRUCTIONS	VARIATION
1. Fresh Field Salad 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.	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.	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).
2. Shred Salad Make quick work of raw root vegetables like golden beets, carrots, fennel, and radishes by using the shred	Chop at least 4 sturdy root vegetables like cabbage, carrots, celery, fennel ginger root, golden beets, jicama (peeled), radishes, rhubarb,	beet smoothie: Once in a while, try this smoothie variation instead. Blend strawberries, purple or golden or red-and-white

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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.)	or turnips into small-enough chunks to be fed into a food processor. (Be sure to cut the peel from jicama.) Using the shred blade, to shred up the vegetables. Add a tablespoon of lemon juice, and save in a medium (10-cup) container.	(Chioggia) beet, sweet potato, red bell pepper, zucchini, radish, garlic, unsweetened soy milk, and cardamom, serve chilled. Frozen strawberries work just as well as fresh.
3. Energizer Oat Breakfast 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, although if you're looking to put on muscle (and weight) you can add some protein powder, soy milk, and 100% fruit juice. Accompanying this daily breakfast with a multivitamin and the fresh salads from the previous recipes will get your day off to a great start.	Each morning, place old-fashioned oats, whole grain cereal, whole grain cereal, mixed nuts in a bowl, and, if using, add the optional vegan protein powder, soy milk, and 100% fruit juice and serve. Add chilled water and mixed jumbo raisins as needed. Make 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 wet ingredients only shortly before serving.	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), other non-dairy milks (again avoiding ones with added sugar or sweeteners), or other unsweetened dried or fresh fruit like apricot, banana, cherries, or blueberries.
4. Just Beans This simple but nutritionally sound bean dish kicks off a	Prepare these each morning for lunch. Don't even bother using a sieve. Just choose a	optional dressing: If you feel you must, ease the transition to everyday bean

series of even-numbered bean-based dishes that follow here on the even-numbered left-sided pages. For a long time, I spent hours over the weekend trying to make two kinds of bean-based dishes for the week ahead, but you can get all of the bean protein and none of the hassle by substituting one of the bean dishes for this, a very simple meal component that takes almost no time at all to prepare. 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. Want to not get fat? Make this your daily lunchtime bean dish.	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.	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.
5. Cornmeal-Crusted Soy Steak Sandwich These next two sandwiches, which show how delicious going vegan can be, kick off a series of grain-based dishes you'll find in the odd-numbered recipes. Each	Over the weekend, mix aioli of vegan mayonnaise, garlic clove, sesame oil, grated lemon rind, and fresh parsley in one very small container, combine the cornmeal, dried minced onion, and dried basil in another, store tofu with	vegan gyro: Use vegan sour cream like Tofutti's Non-Dairy Sour Cream (or if you are feeling experimental, make your own vegan yogurt from soy milk with vegan yogurt starter like Cultures for Health's Vegan

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week, pick one of these grain-based dishes to have that week for your lunches.	juice squeezed over sieve from lemon in a third container, and slice and freeze the sourdough bread. Each morning, lightly toast 2 slices of the sourdough bread, dip 2 thin slices of the tofu each in cornmeal mixture and sauté them in a small saucepan on medium heat with canola oil 5 minutes, flip, add greens, sauté 5 minutes more, turn off heat. Layer bread, aioli, steak, kale, and sliced fresh tomato.	Yogurt Starter kept 6-8 hours ideally at 110º, but a draft-free place like an unheated oven also works, heat in a small saucepan with ground flaxseed until thickened, refrigerate). Each morning, warm a gyro bread wrap or two on a frying pan on high heat until edges sear, remove from pan. Sauté vegan gyro meat (like Viana's Veggie Gyros), onion, and collard green strips in small saucepan with canola oil on high heat 5 minutes. Layer the bread, sautéed vegetables, vegan gyro meat, vegan sour cream, sliced tomato, wrap, and you're done.
6. Minestrone This simple minestrone recipe made from nutritious beans, onion, celery, carrot, and tomato keeps a venerable vegan tradition that predates Roman times. Three cans each of the two kinds of beans save cooking time. Like most of the bean-based recipes that follow (on the even-numbered pages here on the left), you make a large batch of this and it lasts the week.	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. Simmer 30 minutes until carrots barely tender.	borscht: To a large stockpot on low heat add canola oil, onion, zucchini, garlic, beets, carrots, diced tomatoes, crushed tomatoes, fresh dill, caraway seed, paprika, chick peas, cannellini beans, great northern beans, navy beans, fava beans, mushrooms, green beans, coriander, and rosemary. Simmer 30 minutes until beets barely tender. Garnish with a dollop of vegan sour cream (like Tofutti's Non-Dairy Sour Cream).

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7. Whole Grain Snacks 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. 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. Make this your evening grain dish to compliment any of the bean dishes on the left-sided (even-numbered) pages. Home-made popcorn makes a fun variation.	Put 5 or 6 chips each from whole grain vegan snacks like Back to Nature's Gluten-Free Multi Seed Rice Thin 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 Super Seed Crackers, Nabisco's Garden Herb Triscuits, Snyder's Sourdough Pretzel Nibblers, and Way Better's Simply Sunny Multi-Grain Corn Tortilla Chips into a bowl or container and serve.	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.
8. Cassoulet This stew introduces a straightforward method to produce tame and tender beans without resorting to baking soda or overnight soaks and cheerfully discards the meat while reverently preserving the tarragon, sage, and thyme of this traditional French casserole. Have less time? Use canned beans (drained but *not* rinsed).	Over the weekend, submerge dry navy beans in enough water to fill a large stockpot three-quarters full, cover, bring to a low boil on low heat for 2 hours or until tender, turn off heat, and let stand covered another hour to soften. In another large stockpot put extra virgin olive oil, onion, garlic, carrots, green bell pepper, tomatoes, tomato paste, fresh tarragon, dried sage, and dried thyme in a large stockpot, cook on medium heat 30 minutes, stirring occasionally, until onions translucent, combine	summer or winter squash: Submerge dry great northern beans in enough water to fill a large stockpot three-quarters full, cover, bring to a low boil on low heat for 3 hours or until tender, turn off heat, and let stand covered another hour to soften. In a another large stockpot place extra virgin olive oil, onion, golden beet (or turnip) and its greens, garlic, summer squash, zucchini, (in cold-weather months, substitute summer squash and zucchini with a squash that you halve, bake on oil-sprayed foil at

	with navy beans.	400º for 1 hour or until inside is soft, let cool, scoop out seeds, and add the soft insides to the cassoulet, discarding the peel), and celery, orange bell pepper, yellow bell pepper, tomatoes, tomato paste, fresh sage, dried tarragon, dried thyme, and coarse black pepper, add medium heat for half hour, stir occasionally, then combine with great northern beans. Serve topped with a spritz of Dijon (summer) or spicy brown (winter) mustard.
9. Three-Grain Biscuits 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. 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 grain flour.	In a small saucepan toast 1 tablespoon whole grains on high heat 5 minutes until grain golden and aromatic, promptly turn off heat. Set oven to 400º. 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, pliable dough but do not over-knead. Place dough on oil-sprayed foil and bake 25 minutes until crusts golden-brown.	three-grain poppy bread: (Even though poppy seed, interestingly, will not induce an opioid stupor it apparently can cause you to fail a routine drug test, so if you are going to be undergoing one, substitute dried minced garlic.) Preheat oven to 400º. Proof 1 tablespoon yeast by combining with a pinch of whole sugar (like Rapunzel's Whole Cane Sugar) and 1 cup hot water, set aside in a warm, draft-free area for 20 minutes. In a small saucepan toast ¼ cup whole grain 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, 1 teaspoon

		coarse salt, 1 teaspoon poppy seeds (or dried minced garlic), the toasted whole grains, and just 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 canola oil, let rise 10 minutes, place on oil-sprayed foil, bake at 400º 10 minutes until it sounds hollow when tapped. Promptly remove from heat.
10. Black Bean Roasted Burgers 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.	Over the weekend, submerge dry black beans in enough water to fill a large stockpot three-quarters full, cover, bring to a low boil on low heat for 3 hours or until tender, turn off heat, and let stand covered another hour to soften. In a large stockpot over medium heat place canola oil, onion, garlic, and carrots, heat for 5 minutes, turn off heat, add radishes, fresh parsley, ground flaxseed, cumin, and yellow mustard seed, stir in drained black beans, add lemon juice, and refrigerate. When ready to make a burger, place canola oil, a serving-sized amount of the black bean mixture, and a little	kidney bean: Over the weekend, submerge dry kidney beans in enough water to fill a large stockpot three-quarters full, cover, bring to a low boil on low heat for 3 hours or until tender, turn off heat, and let stand covered another hour to soften. In a large stockpot over medium heat place canola oil, onion, garlic, and carrots, heat for 5 minutes, turn off heat, add celery, bell pepper, fresh parsley, ground flaxseed, chili powder, dried thyme, and black mustard seed, stir in drained kidney beans, add lemon juice, and refrigerate. When ready to make a burger, place canola oil, a serving-sized amount of

	mustard and ketchup on oil-sprayed foil, fold up the edges to shelter the mixture, and bake 30 minutes at 400º.	the kidney bean mixture and a little pickle or onion relish, fold up the edges to shelter the mixture, and bake 30 minutes at 400º.
11. Portobello and Onion Sandwich In making both versions of this sandwich you add liquid 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.	Over the weekend, separate, peel, and press all the cloves from an entire head of garlic (a process that takes at least 12 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. Sauté sliced onion and portobello mushrooms in a small saucepan with canola oil on medium heat 5 minutes until onions softened, deglaze with undrained marinated artichoke hearts then with balsamic vinegar. Layer toasted bread with the filling and cut sandwiches in half with a sharp knife.	watercress-ginger-walnut: Separate, peel, and press all the cloves from an entire head of garlic (as above) 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. Sauté sliced canola oil, onion, portobello mushrooms, walnuts, and cayenne in small saucepan on medium heat 5 minutes until onions softened, deglaze with grated zucchini, sliced watercress, grated fresh ginger, and balsamic vinegar. Layer toasted bread with filling and cut sandwiches in half with a sharp knife.
12. Golden Split Pea Stew After simmering peacefully for two hours, the ingredients in both the apple and squash versions of this stew melt into a golden ambrosia.	Submerge dry yellow split peas in about 3 inches of water, cover, bring to a low boil on low heat for 2 hours or until yellow split peas are soft, turn off heat, and let stand covered another hour to cool. In another large stockpot simmer canola oil,	banana squash: Submerge dry yellow split peas in about 3 inches of water, cover, bring to a low boil on low heat for 2 hours or until yellow split peas are soft, turn off heat, and let stand covered another hour to cool. In another large

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	apples, onion, carrots, fresh ginger, garlic, dried thyme, turmeric, Swiss chard, tomatoes, and lemon juice on low heat 2 hours until apples soft, combine with undrained cooked yellow split peas.	stockpot simmer canola oil, onion, bok choy, cumin, coriander, turmeric, fresh ginger, garlic, ripe peeled cubed banana, cooked (canned or frozen) squash, tomatoes, and lime juice on low heat 1 hour until translucent, combine with undrained cooked yellow split peas.
13. Shepherd's Pie Simple crusts top 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.	Over the weekend, mix filling of cubed potato, carrots, onion, frozen green peas, paprika, dried sage, and lemon juice. When ready to make the crust, mix whole grain flour, coarse salt, canola oil, and enough water to make a shapable 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 350º and bake 30 minutes until crust is golden.	corn-tamale variation: Over the weekend, mix filling of onion, sweet potato, kidney beans, green pepper, tomatoes, cilantro, lime juice, and refrigerate. Make just a dollop of vegan cheese of ground cashews, nutritional yeast, lemon juice, onion powder, and dried mustard powder. Make two patties of cornmeal, whole grain flour, canola oil, and just enough water to make a shapable 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.
14. Hearty Bean Stew Delicious meat-like products are becoming available in grocery stores, and in these stews we use them to faux-	Sauté vegan hot dogs in canola oil. To a large stockpot on low heat add canola oil, turnip, carrots, celery, garlic, black beans,	deeper shade of soul: Sauté vegan bacon (like Upton's Naturals Bacon Seitan) in canola oil. To a large stockpot on low heat

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beef up these two simple bean stews.	navy beans, kidney beans, pinto beans, baked-beans-flavored navy beans, and pasta sauce, simmer 30 minutes or until vegetables tender, and add vegan hot dogs.	add canola oil, red onion, celery, garlic, red pepper, frozen cooked squash, black beans, kidney beans, navy beans, pinto beans, spicy or chili-flavored black beans, and pasta sauce, simmer 30 minutes or until vegetables tender, and add vegan bacon.
15. Bannock 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 sautéed onion, mushroom, and a bit of potato. Three baby potatoes, an onion, and 12 whole mushrooms will give you enough topping for a week. To make flattening the dough easy, dust your hands and work surface with whole-grain flour.	Over the weekend, boil the baby potatoes for 15 minutes, let cool, drain, and refrigerate, then sauté the onion in canola oil on high heat until edges slightly browned, and refrigerate. When ready to make the pieces, toast sunflower seeds in a small saucepan over high heat until lightly browned and aromatic. Preheat oven to 350º and spray canola oil a large sheet of aluminum foil. Mix whole wheat flour, whole grain flour, malted barley, coarse salt, the toasted sunflower seeds, and just enough water to shape a ball of dough with wet hands. Flatten dough onto a surface dusted with whole grain flour. Cut the dough into six pieces and place on oiled foil sheet. Slice two mushrooms into thirds. Mash half of a baby potato. Sprinkle a mushroom piece, some sautéed onion,	3 toppings: Making same flatbread dough, top with drained diced tomatoes, onion, extra virgin olive oil, and dried oregano; with mushrooms, olives, fresh pressed garlic, extra virgin olive oil, and fresh rosemary; or with microwaved or boiled potato, oil-sautéed onion, fresh tomato, sunflower oil, coarse pepper and, after baking, with fresh basil leaves.

	mashed potato (with skin included), and then a little drizzle of extra virgin olive oil onto each piece. Place in oven, set to 350º and bake 30 minutes or until the crusts are golden.	
16. Bell Pepper Chili Two chilis salute the carotene-, lycopene-, vitamin-C-, and color-rich bell pepper. Have less time? Use drained but unrinsed canned beans.	Submerge dry pinto beans in enough water to fill a large stockpot three-quarters full, cover, bring to a low boil on low heat for 3 hours or until tender, turn off heat, and let stand covered another hour to soften. Place canola oil and frozen corn in one pan and simmer, stirring now and then, until corn starts to brown, turn off heat. Simmer extra virgin olive oil, onion, green bell peppers, fresh parsley, crushed tomatoes, tomatoes, tomato paste, chili powder, molasses, and allspice powder in another large stockpot on low heat 30 minutes until broth frothy, add roasted corn and cooked beans.	black bean and squash: Submerge dry black beans in enough water to fill a large stockpot three-quarters full, cover, bring to a low boil on low heat for 3 hours or until tender, turn off heat, and let stand covered another hour to soften. Simmer canola oil, crushed tomatoes, tomatoes, onion, celery, 2 red, yellow, or orange bell peppers, garlic, fresh cilantro, chili powder, and cooked squash (canned or frozen) in another large stockpot on low heat 30 minutes until broth frothy, add cooked black beans.
17. Chili Cornbread Thanks to (aluminum-free) baking powder, these two breads, sweetened by applesauce and maple syrup, will rise in the moodiest of ovens. Oven temperatures may vary, so tap the bread to check for	Combine whole cornmeal, whole grain flour, (aluminum-free) baking powder, baking soda, coarse salt, crumble in the dried chipotle chili pepper and mix together. Add applesauce, canola oil, maple syrup, and apple cider vinegar, along with only	carrot cake with cashew frosting: Shred carrots, then blend with unsweetened applesauce, maple syrup, molasses, and vanilla extract. Combine whole grain flour (2 kinds are nice), grated carrots, ground cinnamon,

the hollow sound that lets you know it's time to take it out. A 24-ounce jar of (unsweetened) applesauce should last the week.	enough almond milk to stir into a stiff batter that holds its shape. Place onto oil-sprayed foil, put in oven set to 350º, and bake 25 minutes. When serving, top with a dab of non-hydrogenated margarine.	(aluminum-free) baking powder, baking soda, ground cloves, and mix together with wet ingredients, along with enough water to make a barely pourable batter. Pour into a baking pan lined with oil-sprayed foil, set to 350º, bake 25 minutes. Serve with a frosting blended from cashews, lemon juice, apple cider vinegar, and coarse salt.
18. Ultra-Green Garlic Soup Greens and green split peas receive a double visitation from garlic, appearing here in its raw and roasted forms.	Roast the first head of garlic in oven on oil-sprayed foil for 30 minutes at 400º, 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, and bring to a low boil for 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, peel and press the second head of garlic and add it, along with avocado, parsley, nutmeg, and lime juice. Slice the cooled roasted garlic bulb at the top and squeeze its roasted garlic paste into the	spinach: Roast the first head of garlic in oven on oil-sprayed foil for 30 minutes at 400º, 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, and bring to a low boil for 2 hours until thick and soupy, remove heat and let cool. In another large stockpot, sauté extra virgin olive oil and celery over medium heat until bright green and tender, peel and press the second head of garlic and add it, along with avocado, fresh spinach, dried basil, dried thyme, and lime juice. Slice the cooled roasted garlic bulb at the top and squeeze its roasted

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	mixture. Add the cooled green pea and red lentil mixture. Stir. Working carefully in small batches, blend in food processor, using an oven glove to hold processor top down firmly to avoid splashing if it's still hot.	garlic paste into the mixture. Add the cooled green pea and red lentil mixture. Stir. Working carefully in small batches, blend in food processor, using an oven glove to hold processor top down firmly to avoid splashing if it's still hot.
19. Garden Vegetable Pizza Luscious tomato, tangy tomato paste, and caramelized onion crown a scrumptious crust. To make three pizzas (have half a pizza each day), get 3 small onions, 8 mushrooms, 2 cans of diced tomatoes, and 3 cans of tomato paste.	Turn on oven to 400º. Place ¼ cup warm water (microwaved 30 seconds), yeast, and whole sugar in a bowl near the oven. Toast steel-cut oats or other whole grain in small saucepan on high heat. 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. Coat a bowl with extra virgin olive oil. 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, do not wait further for dough to rise but place onto foil sprayed with oil and dusted with corn meal. Sauté onion in canola oil in a small saucepan on high heat 2 minutes, layer tomato paste, basil, oregano, broccoli,	vegan mozzarella: Make pizza exact same way except substitute broccoli with fresh spinach and 1/3rd of an (8-ounce) package of vegan cheese, like Chicago Vegan Food's Teese Mozzarella Cheese.

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	sliced whole mushrooms, coarse black pepper, onion mixture including canola oil, and tomatoes onto dough, bake 15 minutes or until onions caramelized.	
20. Whole Earth Stew 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 and subtly sweet dried chervil (the French "herb of joy").	To a large stockpot add two packages dry red lentils and water to submerge about 2 inches, cover, maintain low boil on low heat 30 minutes until soft and mounded, turn off heat and let stand covered an hour. In another large stockpot, simmer canola oil, turnip, onion, carrots, zucchini, garlic, fresh spinach, fresh cilantro, whole tomatoes, diced tomatoes, almond milk, turmeric, coriander, and dried chervil, on medium heat 30 minutes or until turnip tender, add cooked red lentils, a splash of lime juice, and stir.	sweet potato-leek: To a large stockpot add two packages dry red lentils and water to submerge about 2 inches, cover, maintain low boil on low heat 30 minutes until soft and mounded, turn off heat and let stand covered an hour. In a another large stockpot simmer canola oil, sweet potato, leeks, cauliflower, garlic, fresh ginger, green bell pepper, fresh parsley, canned cooked pumpkin, whole tomatoes, diced tomatoes, almond milk, turmeric, and dried chervil, on medium heat 30 minutes or until onions translucent, add cooked red lentils, a splash of lemon juice, and stir.
21. Blueberry Cobbler Sometimes it's nice to have a dessert. These two, a cobbler with dark sweet fruit lurking under a chewy crust, and an easy-to-make no-cooking chocolate chip cereal, both solidly based on whole grains, won't make	Over the weekend, coarsely grind hazelnuts and refrigerate. When ready to make the cobbler, set oven to 400º, toast whole grains and hazelnuts in a small saucepan on high heat, and line a medium baking pan with oil-sprayed foil. Mix	chocolate chip cereal: Place old-fashioned oats, one or two kinds of whole-grain cereal (like Kashi's GoLean and Kashi's Whole Grain Flakes, agave nectar, vanilla, high-cacao chocolate chips (like Ghiradelli's 60% Cacao Bittersweet Chocolate

you feel guilty. 3 packages of frozen fruit and 3 cans of (unsweetened) frozen apple juice concentrate should see you through the week. If having the chocolate chip cereal dessert, have something other than oats for the next morning's breakfast.	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 just enough water to an easily scoopable batter. In the same small saucepan place blueberries or other in-season fruit, apple juice concentrate, water in an amount equal to the apple juice concentrate, whole grain flour, and cinnamon, bring to boiling, stir until thickened. Pour blueberry mixture into the foil-lined baking pan, place batter in center, and bake in oven 25 minutes until crust is golden-brown.	Baking Chips), unsweetened soy milk, and chilled water in a bowl and serve.
22. Lentil Stew Double up on carrots, celery, tomatoes, and parsley, which all appear in both the stock and stew.	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 stockpot half-filled with water, bring to a high boil for 20 minutes, then pour through a drainer into another large stockpot. Over medium heat add onion, carrots, lentils, tomatoes, and	no-meat meatloaf: Over the weekend, prepare 5 groups of ingredients. First, boil lentils, red quinoa, and water until softened, add soy sauce. Second, stir-fry extra virgin olive oil, onion, celery, carrots, and apples. Third, mix cornmeal, ground flax seed, sage, thyme, and coarse salt. Fourth, blend a sauce of red pepper, frozen unsweetened apple juice concentrate, tomatoes, and tomato paste, and fifth, roast

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	tomato paste, maintain at a low boil for an hour with the cover off 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 20 minutes to let flavors meld.	pecan nuts in a small pan. During the week, assemble a meatloaf from the first 3 groups onto oil-sprayed foil, top with the sauce, bake 30 minutes at 350º, and sprinkle with 2 or 3 pecans.
23. Savory Quinoa Pancakes 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.	Over the weekend, chop the green bell peppers and seed and dice the cucumbers, 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, frozen corn, 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 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 as needed. Serve with maple syrup.	sweeter: Over the weekend, chop the red, orange, and yellow bell peppers, add a little lime 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. Chop up two tablespoons' worth of the apple. Mix whole-grain flour, (aluminum-free) baking powder, coarse salt, bell pepper, and dried fruit (like banana, currants, dates, mango, or papaya) cinnamon, the cooked quinoa, and enough water to make a pourable batter. Work 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 as needed. Serve with maple syrup.
24. No-Egg Frittata 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. 2 onions, 3 bell peppers, 3 (6-ounce) baked tofus, and 1 (32-ounce) almond milk should be enough for a week of these delicious dinner meals.	In a frying pan, simmer canola oil, onion, extra-firm tofu, bell pepper, pea protein, nutritional yeast, dried thyme, turmeric, coarse black pepper, fresh parsley, and unsweetened almond milk on low heat a few minutes on low heat until thickened. Serve hot.	tomato basil: In a frying pan, simmer canola oil, onion, extra-firm tofu, mushrooms, pea protein, garlic, sun-dried tomato, whole black mustard seed, nutritional yeast, paprika, cayenne, fresh basil, lemon juice, and unsweetened almond milk on low heat a few minutes until thickened. Serve hot.
25. Multigrain Bagels These whole-grain-based bagels go great with Follow Your Heart Vegan Cream Cheese. Or try the rich, dark, apple-sweet pancakes. Making either of these in the morning takes half an hour, you can do it.	Bring water and dash of coarse salt to boil in a medium soup pot. Smear two sheets of aluminum foil 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	pancakes: Make pancakes instead by toasting ½ cup millet in small saucepan on medium heat 5 minutes. Mix 1 cup whole grain flour, 1 cup whole grain cereal, ¼ cup sunflower seeds, ¼ cup ground flaxseed, ½ teaspoon (aluminum-free) baking powder, ¼ teaspoon coarse salt, ¼ teaspoon ground cinnamon, ¼ teaspoon ground nutmeg, the toasted millet, stir, add ½ cup

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	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 400º, bake 25 minutes or until bagels golden and crispy. Top with a dollop of vegan cream cheese, like Follow Your Heart Vegan Gourmet Cream Cheese.	unsweetened applesauce, ¼ cup unsweetened apple juice concentrate, enough water to make a pourable batter, and mix. Work 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 as needed. Serve with maple syrup, of make an apple syrup from ¾ cup unsweetened apple juice concentrate, ¾ cup unsweetened applesauce, ¼ teaspoon ground cinnamon, and ¼ teaspoon ground cloves. For banana pancakes add ½ of a ripe banana to the batter and substitute allspice for cinnamon, banana syrup for the apple syrup. For blueberry pancakes, add fresh blueberries to batter and substitute maple syrup for the apple syrup. For pumpkin pancakes, add ½ of a (15-ounce) can cooked pumpkin to batter and substitute pumpkin pie spice for the ground cinnamon.
26. Cranberry Bean Stew These two stews make simple nourishing fare out of	Submerge dry cranberry, Borlotti, or Roman beans in enough water to fill a large	golden squash: Submerge dry cranberry, Borlotti, or Roman beans in

the nourishing cranberry (also called Borlotti or Roman) bean as well as actual fresh cranberries (or fresh blueberries), adding garlic, and sage to a Tuscan-influenced stew, and suffusing a variation with the orange and gold of carrot and roasted squash. Have less time? Use canned beans.	stockpot three-quarters full, cover, bring to a low boil on low heat for 3 hours or until tender, turn off heat, and let stand covered another hour to soften. Simmer canola oil, onion, carrots, garlic, fresh cranberries (or fresh blueberries), bell pepper, frozen corn, fresh cilantro, tomato puree, dried marjoram, dried sage, and dried thyme in another large stockpot on low heat 1 hour until onion translucent, and add cooked cranberry beans.	enough water to fill a large stockpot three-quarters full, cover, bring to a low boil on low heat for 3 hours or until tender, turn off heat, and let stand covered another hour to soften. Halve any kind of squash, roast in oven on canola oil-sprayed foil 1 hour, let cool, scooping out and discarding the seeds. Simmer canola oil, golden turnip, onion, carrots, apples, mushroom, tomato puree, fresh cranberries (or fresh blueberries), cinnamon, nutmeg, maple syrup, and coarse salt and pepper in another large stockpot on low heat 1 hour until carrots tender but not mushy, add cooked cranberry beans and peeled cooked squash.
27. Pasta Primavera A small amount of boiled whole grain adds texture and substance to this springtime pasta dish. 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.	Place the whole grain or 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 and frozen green peas, let mixture sit for 15 minutes until pasta is tender. Drain any excess water, add extra virgin olive oil and coarse salt. For additional spring, add a pinch of sprouts.	around the world: Prepare the whole grains, the whole grain pasta, and the frozen green peas in the same manner, boiling just a little bit of whole grain in plenty of water until tender, then adding the whole grain pasta and frozen green peas to let stand in the still-hot water covered for 15 minutes until pasta is tender. Drain and try an *Italian* seasoning of extra virgin olive oil, salt, garlic or onion powder, and a dried green herb like basil,

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		dill, marjoram, oregano, sage, savory, or tarragon; a *French* fines herbes seasoning of extra virgin olive oil, salt, chervil, chives, parsley, and thyme; a *Dijon* blend of safflower seed oil, salt, Dijon mustard, and dried minced garlic; a *Parisian quatre épices* ensemble of walnut oil, grated fresh ginger, salt, and the slightest hint of cloves, nutmeg, and black pepper; the *Scandinavian* flavors of sunflower oil, salt, nutritional yeast, and caraway seeds; a *Pacific* mix of sesame oil, sesame seed, soy sauce, whole sugar, and roasted seaweed toasted briefly over an open flame and crumbled; or an *Australian* combo of rice bran oil, salt, and an Australian spice mix like Murrumbooee's Wattle Seed & Macca Nut Dukkah.
28. Chickpea Polenta with Chestnut-Cranberry Stuffing Despite the subtle presence of bean flour, either of these festive polentas, with their cranberry or orange stuffing, pair nicely with just beans as a side dish.	Over weekend, cut an "X" into chestnuts and roast 400º for 20 minutes on foil, turn off heat; if using other nuts, roast 5 minutes. Sauté canola oil, onion, garlic, fresh parsley, celery, dried sage, and fresh cranberries (or any seedless/pitless in-season berry or cherry) on high heat 5 minutes. Peel and skin cooled chestnuts.	orange gremolata: Prepare orange peel. Sauté canola oil, onion, (shelled) pistachios, fresh parsley, celery, dried marjoram, fresh blueberries (or any seedless/pitless in-season berry or cherry), and orange peel on high heat 10 minutes. Mix chickpea flour, corn meal, garlic powder, paprika, sage, extra virgin olive oil,

	Refrigerate. Before serving, mix chickpea flour, corn meal, onion powder, paprika, thyme, extra virgin olive oil, soy sauce and enough water to make a readily pourable mixture. Place canola oil then the flour mixture in a saucepan over high heat, turn off heat. Stir in the sautéed mixture, croutons, and chestnuts, and bake on oil-sprayed foil at 250º for 25 minutes or until crust golden crisp.	soy sauce, and enough orange juice to make a thin, soupy mixture. Place in a saucepan over high heat and stir several minutes until thickened, and turn off heat. Stir in the sautéed mixture and croutons, bake on oil-sprayed foil at 250º for 25 minutes or until crust golden crisp.
29. Seitan Steaks This recipe shows you how to make either seitan (pronounce it "say-tan"), a delectable protein-rich, grain-based "meat." The steaks go great with fries (for which you'll need 6 or 7 potatoes and whole grain bread crumbs), while the polenta should be paired with just beans.	Over the weekend, prepare the vegetable stock by placing sweet potato, onion, carrots, celery, tomatoes, mushrooms, fresh parsley, bay leaves, allspice berries, and peppercorns in a large stockpot half filled with water, bring to a boil. Mix seitan of hemp protein powder, vital wheat gluten, whole grain flour, and enough water to make a loose, flexible dough. Drain vegetable stock into another large stockpot, tear off and throw in bite-size pieces of the seitan, bring to a boil for 30 minutes. Drain seitan pieces, place in a marinade of canola oil, tamari soy sauce, Dijon (or brown) mustard, and coarse black pepper, and refrigerate. Before serving, make potato	polenta chard sun-dried tomato: Simmer extra virgin olive oil, onion, mushrooms, garlic, sun-dried tomatoes, and sliced Swiss chard on high heat 10 minutes. Mix corn meal, salt, and enough water to make a thin, soupy mixture in a saucepan over high heat, stirring occasionally (you do not need to obsessively and constantly stir) until thickened, stir in the chard-tomato mixture, and bake on oil-sprayed foil at 300º for 30 minutes or until crust golden crisp.

	fries: chop a potato into bite-size chunks, place in a plastic bag with oil, coarse salt, whole grain bread crumbs, shake thoroughly to coat, place mixture onto oil-sprayed foil and bake 40 minutes at 350º or until crispy but not burnt. Sauté 6 or 7 pieces of marinated seitan in a frying pan with a bit of extra virgin olive oil for 5 minutes or until edges crispy.	
30. Mocha Chocolate Chip Cookies We end the bean-grain pairings with cookies, which if you've been following along with these recipes, finishes out three months of cooking. For this week, take a break from making bean and grain recipes and make simple dishes like beans and rice (along with a little oil, fresh garlic, and mixed herb seasoning), or whole grain pasta (again, with a little oil and herbs) along with store-bought soups. 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. Get the freshest coffee flavor by grinding your beans right	Preheat oven to 400º. Grind coffee beans in coffee bean grinder. Mix ground coffee beans, whole wheat flour, whole grain flour, whole sugar, 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 10 minutes or only until tops golden but the dough, which will solidify more as it cools, still soft.	cranberry walnut: Preheat oven to 400º. Make cranberry and walnut cookies by combining whole wheat flour, whole grain flour, whole sugar, ground flaxseed, (aluminum-free) baking powder, fresh whole cranberries, 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 10 minutes or only until tops golden but the dough, which will solidify more as it cools, still soft.

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before using them in the recipe. Next week, start back again with Minestrone (#6, page 96) and Cornmeal-Crusted Soy Steak Sandwiches (#5, page 95).		

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