



FAST FOOD



a practical cookbook
for observing the Daniel Fast

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Snacks and Dips

BabaGhannouj

2 medium, firm eggplants

3 cloves garlic

1 teaspoon salt

1/4 cup lemon juice

1/4 cup tahini (sesame paste)

Grill the eggplants directly over a gas flame or bake in a hot oven until the skin is blackened and the eggplant is soft. Turn them so that every part of the skin comes in contact with the heat source. Cool, and then remove skin under cold running water.

Put eggplant and other ingredients in a food processor or blender and mix to a soft dip.

Serve on a shallow dish with finely chopped parsley sprinkled on top.

White Bean dip

1 15 oz can cannellini beans, drained and rinsed

2 cloves garlic

2 tablespoons fresh lemon juice

1/3 cup olive oil

1/4 cup loosely packed, fresh Italian parsley leaves

1 teaspoon fresh thyme, finely chopped (if used dried, cut back to 1/4 teaspoon) salt and freshly ground pepper. Place beans, garlic, lemon juice, olive oil, thyme, and parsley in food processor. Pulse until mixture is coarsely chopped. Season with salt and pepper.

Hummus

8 oz dried chick peas

1/2 cup lemon juice

3 large cloves garlic

1 1/2 teaspoon salt, or to taste

1/2 cup tahini (sesame seed paste)

olive oil

Paprika

Soak the chick peas overnight (up to 24 hours) in enough cold water to cover. Drain. Put into saucepan with fresh, cold water and boil until soft - approximately 2 hours. Drain, but set aside cooking liquid for use later.

Puree chickpeas in a blender or food processor, adding some of the reserved cooking liquid if necessary. Add lemon juice and garlic (that has been crushed with salt), and Tahini. Mix well. Taste and, if necessary, add more lemon juice or salt. It should be the consistency of a thick dip. If it is too thick, add a little more water.

To serve, spread on a shallow plate and garnish with a sprinkling of paprika and a drizzle of olive oil.

Avocado Dip

2 ripe avocados

1 tablespoon white onion finely chopped

1 tablespoon lemon juice

1 tablespoon fresh coriander finely chopped

1 teaspoon hot pepper sauce

Peel and mash the avocados until smooth, then mix in the onion, lemon juice, and coriander and hot sauce. Serve with corn chips or vegetarian enchiladas.

Black Bean & Corn Salsa

2 cups black beans
1/4 to 1/2 jalapeño, roasted, peeled, and seeded
Juice of 1 lime
1/2 cup jicama, chopped
1 1/2 tablespoons fresh cilantro, chopped
1/8 teaspoon cumin
1/8 teaspoon salt
1/4 teaspoon pepper
1 teaspoon fresh ginger, grated (optional). Mix all ingredients and let sit 30 minutes.

Cauliflower Poppers

1 cauliflower, small, cut into bite size florets
1/2 teaspoon ground cumin
1/2 teaspoon chili powder
1/2 teaspoon salt
1/2 teaspoon pepper
Cooking spray
Preheat oven to 400 degrees.
Place cut cauliflower in a bowl and toss remaining ingredients well.
Spread out on a lightly sprayed baking sheet and bake for 10 minutes or until tender, stirring half way through.

Texas Caviar

1 can black eye peas, drained & rinsed
1 can corn, drained
1 can Rotel, Mexican style
3 - 4 ribs celery, chopped
1 packet Good Seasons zesty Italian dressing (made with 1/2 the oil called for in recipe)
Combine all ingredients in a bowl. Let sit for 1 hour to blend (better if overnight). Serve with corn tortillas or as a topping for veggie tacos/burritos

Salads and Dressings

Lentil Salad

1 lb green or brown lentils
8 cups water or vegetable stock
2 carrots, peeled and cut into thirds
2 onions, quartered
1 bay leaf
3 tablespoons red wine vinegar
Salt and pepper to taste
Clean lentils before beginning by removing stones or bad legumes. Wash and drain. In a large saucepan combine lentils with water or stock and remaining ingredients. Bring to a boil over low heat and simmer until tender, stirring occasionally. Drain well. Pick out bay leaf, carrots, and onion, and season with additional salt and pepper if necessary.
Toss with a red wine vinaigrette and serve.

Cooked Vegetable Salad

6 cups sliced assorted vegetables (cauliflower, broccoli, carrots) cut into bite size pieces

1/2 cup vegetable oil

1 tablespoon sesame oil

1/2 teaspoon ground turmeric

2 large onions, sliced fine

4 cloves garlic, sliced fine

2 tablespoons white vinegar

3 tablespoons sesame seeds

In a dry skillet, toast sesame seeds until golden brown. Set aside.

In boiling water, cook vegetables for 2 minutes or just until tender. Drain and cool quickly in ice water. Drain again.

In a frying pan, heat vegetable and sesame oil. Add turmeric, onion and garlic, stirring constantly, cook over medium heat until golden brown. Remove from heat and continue stirring until garlic and onion are crisp. Allow to cool. Spoon onions and garlic over vegetables and toss. Drizzle a little of the oil over this mixture, adding vinegar, salt and pepper to taste. Sprinkle with sesame seeds and serve.

Bean Sprout Salad

1 lb fresh mung or soy bean sprouts

1 tablespoon sesame oil

1 tablespoon vegetable oil

1 tablespoon toasted sesame seeds

3 tablespoons light soy sauce

1 clove garlic, crushed

2 scallions, finely chopped

1 teaspoon honey

dash of cayenne pepper

Combine sesame oil, vegetable oil, sesame seeds, soy sauce, garlic, scallions, honey and cayenne pepper for dressing. Allow to sit for 1/2 hour for flavors to blend.

Wash bean sprouts, removing any that are soggy or brown. In a pan of boiling, lightly salted water, drop in sprouts and return to a boil. If using mung beans, only boil for a minute. If using soybeans, boil for approximately 2 minutes, until just tender. Drain and cool in ice water. Drain again. Toss with dressing and chill well before serving.

Carrot Salad

4 medium carrots, grated (equal to about 4 cups)

1/2 cup raisins

1/2 cup toasted nuts (pecans, walnuts, or almonds)

1 cup coconut (fresh if available)

1/2 teaspoon salt

3 tablespoons lemon juice

1 tablespoon honey*

Combine carrots, raisins, nuts, and coconut. Mix salt, lemon juice and honey. Pour over carrot mixture, toss, and chill before serving.

*Adjust the amount of honey to your desired sweetness.

Cucumber Salad

2 large cucumbers, peeled and diced

2 tablespoons rice vinegar

1 teaspoon honey

1/4 teaspoon cayenne pepper

1 clove garlic, finely chopped

1 scallion, finely chopped

Combine vinegar, honey, cayenne pepper, garlic, and scallion. Mix well. Pour over diced cucumber, mix well, and chill before serving.

Eggplant Salad

2 medium eggplants, diced

juice of 1/2 a lemon

1/2 cup celery, finely chopped

2 large tomatoes, peeled and diced

2 tablespoons red wine vinegar

2 teaspoon fresh oregano (1/2 to 1 teaspoon if using dried)

1/2 teaspoon garlic, crushed

1 teaspoon capers

salad greens

In boiling, lightly salted water, cook eggplant cubes with lemon juice added, until soft.

Drain well. Combine with celery and tomatoes. Mix vinegar, oregano, garlic, and capers to make a dressing. Pour over vegetable mixture, toss to coat. Serve over salad greens.

Jicama and Apple Salad

2 medium jicama

3 crisp, large apples

3 tablespoons lemon juice

3 scallions, thinly sliced

3 tablespoons soy sauce

1 tablespoon vegetable oil

2 teaspoon sesame oil

3 tablespoons rice vinegar

1 teaspoon honey

1 teaspoon salt

1 tablespoon sesame seeds, toasted

Peel jicama and apple, cut into thin strips. Soak the apples in cold water with lemon to prevent browning.

Combine soy sauce, oils, vinegar, honey, salt, and sesame seeds for the dressing. Drain the apples; toss with jicama and scallions. Add dressing, toss to coat, cover, and chill before serving.

Oriental Salad

1/2 head cabbage, shredded
1 lb mung bean sprouts
2 carrots, chopped fine
1 can water chestnuts, drained
1/2 lb snow peas

Blanch snow peas for 2 minutes in boiling water. Submerge in ice cold water to stop cooking. Combine all ingredients and mix well. Pour oriental dressing over and mix again. Chill and serve.

Oriental Dressing

3 tablespoons Chinese black vinegar
6 tablespoons peanut oil
2 tablespoons sesame oil
2 tablespoons soy sauce
1 teaspoon fresh ginger, finely grated
1/2 teaspoon garlic, crushed

Whisk all ingredients together. If you are unable to find Chinese black vinegar, substitute a good quality balsamic vinegar.

Green Bean Salad

1 lb green beans, trimmed and cut into 1-inch pieces
1 onion, cut in half and thinly sliced
1/4 cup extra-virgin olive oil
1/4 cup red wine vinegar
1/2 teaspoon dried oregano
1/4 teaspoon dried thyme
1/8 teaspoon salt
1/8 teaspoon pepper

Steam or boil the beans until just tender, about 5 minutes.

Combine with onion. Combine remaining ingredients and mix well, then toss with the beans and onion.

Jicama Slaw with Cilantro Vinaigrette

3 cups jicama, peeled and grated, or sliced into thin strips
2 carrots, peeled and grated, or sliced into thin strips
1 red pepper, seeded and cut into thin strips
1 small sweet onion, cut in half and thinly sliced
1 tablespoon red wine vinegar
1 tablespoon lemon juice
1/4 cup vegetable oil
1 tablespoon fresh cilantro, chopped
1/2 teaspoon Dijon mustard
1/8 teaspoon salt
1/4 teaspoon pepper

Combine the jicama, carrots, pepper, and onion in a bowl. Whisk together the remaining ingredients, and mix with the jicama mixture.

New Mexican Bean Salad

- 1 1/2 cups cooked black beans
- 1 1/2 cups cooked white cannellini beans
- 1 1/2 cups cooked corn kernels, fresh if possible
- 1 red or other sweet onion, chopped
- 1 sweet yellow pepper, chopped
- 1 to 2 jalapeños, chopped
- 1 teaspoon good-quality chili powder, preferably New Mexican
- 1 clove garlic, minced
- 1/4 teaspoon cumin
- 1/4 teaspoon Dijon mustard
- 1 tablespoon lime juice or wine vinegar
- 2 tablespoons extra-virgin olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

Combine the beans, corn, onion, and peppers in a bowl. Whisk together the remaining ingredients, pour over the salad, and toss.

Roasted Barley Salad with Vegetables

- 1 3/4 cups pearl barley (3/4 pound)
- 5 cups vegetable stock
- 5 cups water
- 1 bay leaf
- Salt
- 2 cloves garlic, sliced thin
- 1 carrot, cut into 1/2-inch rounds
- 1 tablespoon minced thyme leaves
- 1 zucchini, cut 1/2-inch rounds
- 4 tablespoons apple cider vinegar
- 1/4 cup olive oil
- 1/2 pound button mushroom, sliced 1/4-inch thick
- 1 bunch Italian parsley, minced

Put barley in a sauté pan over medium heat and toast until medium brown. In a pot, bring the stock and water to a boil with the bay leaf and salt. Add toasted barley, and cook until tender, about 20 minutes. Drain and spread out on cookie sheet to cool. Sauté garlic in a skillet with a tablespoon of olive oil. When it begins to turn light brown, add the carrots and thyme. Sauté for 1 minute, then add the zucchini and continue to sauté for another 30 seconds. Take off the heat, and add vinegar and remaining olive oil, and season. Set aside and let cool.

Toss the barley with the sliced mushrooms, carrot mixture and parsley. Season well with salt and pepper and serve.

Jalapeño, Orange and Cucumber Salad

2 cucumbers, peeled and seeded
4 to 5 large oranges, peeled and sectioned
1/2 cup thinly sliced red onion
2 tablespoons fresh lime juice
2 teaspoons paprika
1/2 teaspoon salt
1 jalapeño pepper, seeded and minced
1 head of lettuce, chopped into 1 inch pieces

Cut cucumbers into thin slices. Combine cucumbers, oranges, and next 5 ingredients. Toss to combine. Cover and chill for 1 hour or until ready to serve. Pour over lettuce of your choice. Toss gently.

Two Bean Salad

1 can chick peas, rinsed and drained
1 can kidney beans, rinsed and drained
1/2 cup diced red onion
2 cloves garlic, minced
1 jalapeño pepper, finely chopped
3 tablespoons fresh cilantro, finely chopped
1/4 cup olive oil
2 tablespoons red wine vinegar
Salt and pepper

Combine first 6 ingredients in a bowl. Mix oil, vinegar, salt and pepper. Pour over other ingredients. Cover and chill 2 hours before serving.

Colorful Rice & Black Bean Salad

1 cup brown rice
2 cups vegetable stock
1 tablespoon white wine vinegar
2 tablespoons extra-virgin olive oil
1/4 teaspoon good-quality chili powder
1 clove garlic, minced
1/4 teaspoon thyme
1/4 teaspoon oregano
1/2 teaspoon Dijon mustard
1 cup black beans
1 red pepper, seeded and julienned
1 green pepper, seeded and julienned
1 jalapeño, seeded and minced
2 tablespoons fresh cilantro, chopped
2 scallions, thinly sliced

Cook the rice in stock according to your rice package directions. Meanwhile, combine the vinegar, oil, chili powder, garlic, thyme, oregano, and mustard in a bowl and whisk together well. Toss cooked rice with the black beans and peppers and then with the dressing. Chill for an hour or longer, then add cilantro and scallions.

Black Bean Vegetable Salad

2 cups corn, fresh or frozen
2 cups black beans
2 carrots, diced
2 tomatoes, diced
1/2 sweet pepper, seeded and diced
1 teaspoon jalapeño, seeded and minced
Juice of 2 lemons
1 tablespoon good-quality chili powder
1/8 teaspoon salt

Cook the corn in boiling water for about 3 minutes. Drain and toss with all remaining ingredients.

Bean Salad with Orange Vinaigrette

1 tablespoon orange juice
1 tablespoon lemon juice
1/2 teaspoon Dijon mustard
1/4 cup extra-virgin olive oil
1/2 teaspoon fresh thyme or 1/4 teaspoon dried
1/2 teaspoon salt
1 cup red kidney beans
1 cup black beans
1 cup garbanzo beans
1/2 small red onion, chopped

Combine the first 6 ingredients in a bowl and mix well. Combine the beans and onion and toss. Add vinaigrette and toss. Serve at room temperature.

Roasted Corn and Black Bean Salad

2 cups fresh corn kernels (canned or frozen can be substituted)
1 15 oz can black beans, rinsed and drained
1 cup chopped tomato
1/3 cup lime juice
1/4 cup red onion, finely chopped
1/2 jalapeño pepper, seeded and chopped
2 tablespoons fresh cilantro, chopped
2 teaspoons hot sauce
1/2 teaspoon ground cumin
1/2 teaspoon ground coriander

salt and pepper. Place corn on an aluminum foil lined baking sheet. Broil corn 5 inches from heat for approximately 12 minutes or until lightly browned, stirring once. Remove from oven and let stand 10 minutes. Mix with remaining ingredients. Cover and chill until ready to serve.

Lentil Salad with Carrots, Yellow Tomatoes, and Peppers

1/2 lb brown lentils, rinsed
2 bay leaves
2 cloves garlic, minced
1 yellow bell pepper, cored, seeded, and diced into 1/2-inch pieces
1 red bell pepper, cored, seeded, and diced into 1/2-inch pieces
1/2 cup diced carrot
1/2 cup chopped yellow or beefsteak tomato
1/4 cup thinly sliced kalamata olives
1/4 cup diced red onion
1/4 cup fresh chopped parsley
1/4 cup red wine vinegar

2 tbsp olive oil

3/4 tsp salt

1/4 tsp freshly ground black pepper

Place lentils, bay leaves, and garlic in a large saucepan. Add water to cover and bring to a boil. Turn heat to medium-low, cover and simmer for 30 to 40 minutes, until lentils are tender. Drain, discarding bay leaves. Transfer to a bowl. Add peppers, carrot, tomato, olives, onion, and parsley. Toss to combine. In a separate bowl, whisk together vinegar, oil, salt, and black pepper. Pour over lentil mixture and toss.

Rhubarb with Oranges and Walnuts

1 lb rhubarb, peeled and cut into 1/2 inch pieces

1 tablespoon water

1 tablespoon honey

2 tablespoons orange juice

1 medium orange, peeled and segmented

1/4 cup toasted walnut halves

Place rhubarb and water in a skillet. Simmer approximately 8 minutes or until tender. Do not overcook. Remove from heat and toss with remaining ingredients.

Fruit Compote

2 apples, diced

3 pears, diced

1/3 cup orange juice

1/2 cup dried cranberries

1/2 teaspoon cinnamon

1/4 teaspoon ground ginger

1/2 cup water

1 teaspoon orange zest

1 orange, peeled and sectioned

Combine 1 apple, 1 pear, orange juice, 1/4 cup of cranberries, cinnamon, and honey in a saucepan or medium heat. Cook approximately 12 to 15 minutes or until liquid is almost gone. Stir occasionally. Add remaining apple, 1 pear, and 1/2 cup of water. Cook until the apple is just tender. Add orange zest, orange sections, remaining pear, and remaining cranberries. Cook until warmed through, stirring occasionally. Serve warm.

White and Green Bean Salad

3 cups cooked white beans

1/4 cup lemon juice

1/2 cup olive oil

Salt and fresh ground pepper

1 small onion, finely chopped

1/2 cup fresh parsley, chopped

8 oz green beans

Make a dressing of the lemon juice, olive oil, salt, pepper, onion and parsley. Pour over warm white beans and mix to blend the flavors. Remove the tops and tails of the fresh green beans, and cut into bite size pieces. Drop into lightly salted, boiling water for 4 to 5 minutes or just until tender. Drain and run under cold water to stop cooking. Add to white beans, and toss to coat.

Winter Salad

1 cup rhubarb
1 tablespoon water
1 orange, peeled and segmented
1 banana, sliced
3 tablespoons lemon juice
1 apple, quartered, cored, and thinly sliced
1 pear, quartered, cored, and thinly sliced

Drizzle of honey

Peel and cut rhubarb into 1 inch pieces. Place in microwave safe bowl with water, and cook until soft. Add remaining fruits and lemon juice. Stir to combine. Drizzle with honey and serve.

Wheat Berry Salad with Dried Fruit

3 cups water
1 cup uncooked wheat berries
1/2 cup minced shallots
1/4 cup cranberry juice
2 tablespoons vegetable oil
3 tablespoons raspberry vinegar
1 tablespoons balsamic vinegar
2 teaspoon dijon mustard
1/2 teaspoon salt
1/2 cup coarsely chopped dried cranberries
1/2 cup coarsely chopped dried cherries
1/3 cup slivered almonds, lightly toasted
1/4 cup dried currants
1/4 teaspoon black pepper

Combine water and wheat berries in a medium saucepan, bring to a boil. Reduce heat, cover and simmer for 1 hour. Drain and rinse with cold water, set aside. Combine shallots, cranberry juice, oil, vinegars, mustard, and salt in a large bowl, let stand for 30 minutes. Add wheat berries, cranberries, cherries, almonds, currants, and pepper to vinaigrette; toss to combine. Chill at least 4 hours or overnight before serving.

Orange and Oil Dressing

zest of 1 orange, finely grated
juice of 1 orange
2 tablespoons lemon juice
1 teaspoon honey
1 teaspoon dijon mustard
1/2teaspoon salt
fresh black pepper to taste
2 tablespoons oil (try a nut based oil such as hazelnut or walnut)
4 Tablespoons safflower oil. Whisk all ingredients together. If not using right away, store in the refrigerator for up to a week.

Jalapeño and Lime Dressing

2 teaspoons jalapeño, seeded and minced
1/4 cup fresh lime juice
2 tablespoons vegetable oil
1/4 teaspoon salt
Pinch of oregano. Mix all ingredients together. Serve over your favorite salad

Hot Vinegar Dressing

6 tablespoons white vinegar

1/4 teaspoon salt

1 hot chili pepper, seeded and cut into thin slices

Mix all ingredients and let sit for 30 minutes or longer. Discard the pepper.

(Keeps about a week in the refrigerator.)

Greek Dressing

1/2 cup extra-virgin olive oil

1/4 cup red wine vinegar

1/2 teaspoon fresh lemon juice

1 1/2 teaspoon fresh oregano or 1/2 teaspoon dried

1/4 teaspoon salt

1/4 teaspoon pepper

Whisk all together. Serve over your favorite salad or fresh steamed vegetables.

Soups

Yvonne's Taco Soup

1 package taco seasoning

2 14 oz cans pinto beans, drained

2 8 oz cans corn, drained

3 14 oz cans diced tomatoes

2 4 oz cans chopped green chilies

Water

Combine first 5 ingredients in large soup pan. Add enough water to bring to desired consistency.

Simmer for 20 minutes, serve with corn chips.

Broccoli Soup

1 lb broccoli

2 stalks celery, sliced

1 medium onion, chopped

4 cups vegetable stock

salt and pepper to taste

1 cup soy milk

In a pot large enough to hold broccoli, celery, onion and stock, simmer until the vegetables are tender. Don't overcook. Cool to lukewarm and then mix in a blender until smooth. Return to pan, season with salt and pepper and add milk. Reheat without boiling and serve.

Guacamole Soup

1 medium cucumber

2 cloves garlic, chopped

3 scallions, including half the green tops

1/2 green pepper

1/2 red pepper

1 tablespoon each dill, parsley, and chives, chopped

1 tablespoon cider vinegar

1 cup vegetable stock

1 ripe avocado

1 teaspoon salt
1/4 teaspoon white pepper
2 teaspoon olive oil
1 tomato, diced
2 tablespoons lemon juice
1 extra teaspoon chopped chives

Peel and seed the cucumber and roughly chop. Put the cucumber, garlic, scallions, peppers, herbs, vinegar, stock, and half the avocado into a food processor or blender. Blend well, then pour into large bowl. Add salt, pepper, olive oil, and diced tomato. Stir gently to mix ingredients. Just before serving, dice and toss with lemon juice, the remaining avocado. Gently stir in. Sprinkle with chives and serve chilled.

Bean Soup

1 cup dried white beans
2 large leeks
2 carrots
2 potatoes
2 beets
2 - 3 tablespoons olive oil
1/4 cup brown rice
4 cups vegetable stock
salt and pepper to taste
dash of vegetable seasoning

Wash the beans and put into a small pan with cold water to cover. Bring to a boil, then turn off the heat and let soak for 2 hours. Wash the leeks and cut open to remove all the sandy grit, then slice fine. Dice the carrots and potatoes; peel and slice the beets. In a large, heavy based saucepan, heat oil and cook the vegetables, stirring for approximately 5 minutes, then cover and cook on very low heat for 10 to 15 minutes. Add rice, stock, and beans with their cooking liquid. Bring to a boil, then lower heat and simmer for 45 minutes, or until everything is very tender. Add more stock if the liquid cooks down. Season to taste with salt, pepper, and vegetable seasoning if desired.

Beet and Orange Soup

3 medium beets
4 cups vegetable stock
1 24 oz can of vegetable or tomato juice
1 cup orange juice
salt to taste

Scrub the beets, but do not peel. Grate coarsely (use a food processor for this). Put beets and stock into a stainless steel or enamel pan and bring to a boil. Lower heat and simmer for 20 minutes. Strain and discard the beets. Cool the liquid. Add the vegetable juice, orange juice, and salt to taste. Serve hot or cold.

Carrot and Orange Soup

Stock
1 carrot chopped and trimmings
2 stalks of celery with tops, chopped
1 onion, unpeeled
several parsley stalks
6 cups water
1/2 teaspoon salt
2 tablespoons olive oil
1 onion, roughly chopped

1 lb carrots
3 cups stock
1 teaspoon salt
1/4 teaspoon white pepper
2 teaspoon finely grated orange rind
1 cup orange juice, pulp strained out

For stock: Bring all ingredients to a boil, cover, reduce heat and simmer for 30 minutes. Strain.
Heat the oil in a heavy saucepan and cook onion until golden. Add chopped carrots and sauté for 2 to 3 minutes longer. Add the stock, salt and pepper, then cover and simmer for 20 to 25 minutes.
Cool slightly and mix in a blender. Stir in orange rind and juice.
Serve hot or cold. If serving hot, reduce orange rind to 1 teaspoon.

Spicy Tortilla Soup

2 tablespoons olive oil
1 large red onion, chopped
6 garlic cloves, minced
3 jalapeño peppers, seeded and chopped
1 tablespoon cumin seed
1 cup frozen corn kernels
2 29 ounce cans vegetable broth
2 16 ounce cans kidney beans, rinsed and drained
1/3 cup chopped fresh cilantro, packed
6 corn tortillas
cooking spray
lime wedges

Add olive oil, onion, garlic, jalapeño and cumin seed to a large pot over medium heat. Stir constantly for 5 minutes. Add corn, vegetable broth, beans and cilantro. Reduce heat, cover, and simmer for 10 minutes.

Heat oven to 450 degrees. Coat cookie sheet with cooking spray, place tortillas on sheet, and spray tortillas with cooking spray. Cook approximately 10 minutes. Cut tortillas into strips. Top soup with tortilla strips and garnish with lime.

Lentil Soup

1 cup red lentils
2 medium onions (1 quartered, 1 sliced thin)
1 teaspoon sliced garlic
1 small cinnamon stick
1/4 teaspoon whole black peppercorns
2 bay leaves
6 cups water
1 tablespoon vegetable oil
6 to 8 curry leaves*
1 teaspoon salt
1/2 teaspoon Garam Masala*
1 cup coconut milk

Pick over and wash lentils, discarding any that float. Drain and place in saucepan with 1 onion, 1/2 teaspoon of garlic, cinnamon, peppercorns, and bay leaves. Add water and bring to a boil. Cover and simmer until lentils are soft. Strain through a fine mesh colander or sieve. Remove spices and puree lentils.

Heat oil in a saucepan. Add onion, garlic, and curry leaves. Cook until onion and garlic are very brown. Stir in lentils, salt, Garam Masala, and coconut milk. Cook until heated through.

*Garam Masala and curry leaves can be found in Indian grocery stores. See the resource section for stores and on line ordering options

Thirteen Varieties Soup

2 tablespoons vegetable oil
2 onions, sliced
2 cloves garlic, sliced
1 package firm tofu, drained and cut into bite size pieces
1 small chayote (or other squash such as yellow or zucchini)
1/4 cup bean sprouts
1/4 cup shredded cabbage
1/4 cup chopped cauliflower
1/4 cup chopped broccoli
1/4 cup sliced green beans
1/4 cup dried mushrooms, soaked
1/4 cup dried wood mushrooms*, soaked
1 sprig tender celery leaves
2 scallions, sliced thin
1 tablespoon soy sauce
4 cups water
salt and pepper to taste

Heat oil in a skillet and fry onions and garlic until golden. Add tofu and all the vegetables along with the soy sauce, and cook briefly covered. When vegetables are just limp, transfer to a large saucepan. Add water, and bring to a rapid boil. Just before serving, season with salt and pepper.

*Wood mushrooms (or fungus) also known as cloud ears can be found in a good Asian market. See the resource section for stores and on-line ordering options.

Red Pepper Soup

1 medium onion, diced
1 small carrot, diced
1 stalk celery, diced
1 tablespoon olive oil
4 red peppers, seeded and chopped
1 teaspoon jalapeño, seeded
Dash of Tabasco or other hot pepper sauce
1 pound red potatoes, peeled and cut into 1/8-inch slices
2 cups vegetable stock
3 cups water
1/2 teaspoon thyme
1/4 teaspoon pepper

Sauté the onion, carrot, and celery in the olive oil until soft - about 8 minutes. Add the remaining ingredients, and bring to a boil. Reduce heat and simmer about 30 minutes or until all vegetables are soft. Place in a blender or food processor in batches and puree. Reheat and serve.

Spicy Tomato Soup

2 cloves garlic, minced
1 to 2 tablespoons jalapeño, seeded and minced
5 cups tomato juice or tomatoes, peeled, seeded, and pureed
Juice of 1/2 lemon
1/2 small sweet onion, finely chopped
1/3 cup fresh cilantro, chopped
Blend all ingredients together and chill for an hour or more. Serve chilled.
To serve warm, bring to a slow simmer until heated through.

Pepperpot Soup

2 onions, chopped
4 cloves garlic, chopped or minced
2 tablespoons vegetable oil
2 sweet peppers, seeded and chopped
1 fresh New Mexican pepper, seeded and chopped
2 carrots, peeled and chopped
2 stalks, celery, chopped
1 tomato, chopped
1/4 teaspoon ground cayenne
1/2 teaspoon ground cloves
1 teaspoon paprika
6 cups vegetable stock
1 cup cooked brown rice
2 to 3 tablespoons fresh cilantro, chopped

Sauté the onion and garlic in the oil until soft, about 7 minutes. Add the peppers, carrots, and celery and sauté another 7 minutes. Add the tomato and spices and mix well for 1 to 2 minutes. Add the broth and rice and bring to a boil. Reduce heat and simmer 20 to 25 minutes. Stir in the cilantro.

Curried Vegetable Soup

1/2 onion, chopped
1 stalk celery, chopped
1 tomato, seeded and chopped
2 carrots, sliced
1 clove garlic, minced
2 tablespoons vegetable oil
1/4 teaspoon each cayenne, cumin
1 teaspoon each ground cardamom, coriander, dried ginger
1/2 teaspoon turmeric
3 cups vegetable stock
3 cups green beans, trimmed and cut into 1-inch pieces
2 tablespoons fresh parsley, minced

Sauté the onion, celery, tomato, carrots, and garlic in the oil 3 to 4 minutes. Add the spices and stir well. Add the stock, bring to a boil, then add beans and simmer for 25 minutes. Stir in the parsley.

Curried Corn Soup

1/2 small onion, chopped
1 stalk celery, chopped
1 tablespoon olive oil
2 cloves garlic, minced
1 1/2 tablespoons good-quality curry powder
1/8 teaspoon cayenne pepper
1/8 teaspoon ground cumin
4 cups vegetable stock
3 cups corn kernels, fresh or frozen
2 tablespoons fresh parsley, chopped

Sauté the onion and celery in oil 3 to 4 minutes. Add garlic, then stir in the spices and cook another 1 to 2 minutes. Add vegetable stock, bring to a boil, then add the corn and cook 10 minutes. Stir in parsley and serve.

Cabbage Soup

2 onions, diced
2 tablespoons olive oil
10 mushrooms, thickly sliced
2 cloves garlic, minced
1/2 cabbage, shredded (about 1 pound, 4 to 5 cups)
2 red or new potatoes, diced
7 cups vegetable stock
1/2 teaspoon thyme
1/2 teaspoon red pepper flakes
1/4 teaspoon salt
1/4 teaspoon pepper

In a large pot, sauté onion in oil until soft, about 7 minutes. Add the mushrooms and sauté another 7 to 8 minutes, then add garlic for another 2 minutes. Add remaining ingredients and bring to a boil. Simmer about 1 hour.

Kate's Vegetable Minestrone

1 tablespoons olive oil
2 ribs celery, chopped
2 cups peeled, sliced carrots
1/2 lb fresh green beans
3 - 14 oz. cans vegetable broth
1 14 1/2 oz. can Italian chopped tomatoes
1 8 oz. can tomato sauce
1 14 oz. can chick peas
1 1/2 teaspoon. dried Italian seasoning
1 teaspoon minced garlic
salt and pepper to taste
cooked brown rice

Heat oil in a large dutch oven. Add celery and carrots, sauté 3 minutes. Add green beans and stir. Pour in broth, tomatoes with juice, tomato sauce, and chick peas. Stir well. Cover pot, raise heat to high and bring to a boil for 5 to 6 minutes. Once boiling, uncover, stir well again, add seasoning, garlic, and brown rice. Turn heat down to a simmer, and cook until all vegetables are tender.

Side Dishes

Asparagus with Ginger-Lemon Dressing

1 teaspoon fresh ginger, grated
1 tablespoon fresh lemon juice
2 tablespoons olive oil
1 teaspoon walnut oil
1 tablespoon scallion (white part only), minced
1/4 teaspoon fresh dill, minced, or 1/8 teaspoon dried
1 lb asparagus, steamed

Place the ginger and lemon juice in a bowl. Slowly whisk in the olive and walnut oils until emulsified. Stir in the scallion and dill, then pour over cooked asparagus.

Gingered Black Beans

1 large onion, chopped
3 tablespoons olive oil
3 cloves garlic, minced
1 teaspoon jalapeño, seeded and minced
1 1/2 tablespoons fresh ginger, grated
1/4 teaspoon ground allspice
3 16 oz cans black beans, rinsed and drained,
or about 4 cups fresh, soaked overnight and drained
1/2 cup orange juice
1/4 cup water

Sauté the onion in the oil until soft, 5 to 6 minutes. Add the garlic and pepper and sauté 2 to 3 minutes, add the ginger and allspice, and stir another 2 minutes. Stir in the beans, juice, and water, and cook over low heat about 15 minutes.

Raw Vegetables with Soy-Ginger Sauce

1/4 cup tamari or soy sauce
1/4 cup water
1 teaspoon sherry
1 1/2 tablespoons fresh ginger, grated
1 teaspoon vegetable oil
1/2 teaspoon honey
3 carrots, peeled and cut into sticks
1 head broccoli or cauliflower florets
6 button mushrooms

Whisk the tamari or soy sauce, water, sherry, ginger, oil, and sugar together; let stand for 30 minutes. Meanwhile, slice or chop the vegetables, and toss together. Strain to remove ginger strings from sauce, and pour over raw vegetables.

Beans with Nut Dressing

1 lb green beans, trimmed
1/2 cup nuts finely chopped (walnuts, almonds, or pecans)
2 scallions, chopped fine
1 clove garlic, crushed
1 teaspoon salt
1 teaspoon paprika
2 tablespoons red wine vinegar
1/2 cup vegetable stock
1 tablespoon fresh basil, finely chopped
Trim and remove strings from beans. Steam or boil until just tender. Drain well. Combine all other ingredients and toss with beans while still warm.

Green Beans with Vinaigrette

1 lb green beans, trimmed
2 oz nuts (pine nuts, walnut pieces, slivered almonds)
1 tablespoon vinegar (a good quality balsamic or raspberry)
1/2 teaspoon dry mustard
1 teaspoon whole grain mustard
pinch of salt
1 teaspoon honey
1/4 cup olive oil
1 clove garlic, lightly crushed

Whisk together vinegar, mustards, salt and honey. Gradually add oil. Add garlic clove and allow to stand while preparing the beans.

Steam or gently boil beans until just tender, still green and crisp. Cool beans quickly in ice cold water to stop cooking process. Drain well. Just before serving, remove garlic from dressing. Toss beans and nuts in dressing and serve.

Julienne Carrots

3 or 4 medium carrots

1/2 cup vegetable stock

salt and pepper to taste

Fresh parsley or dill, finely chopped

Peel carrots and cut into julienne strips. In a small saucepan, bring stock to a gentle boil.

Add carrots, salt, and pepper. Cover and simmer until just tender. Sprinkle with fresh parsley or dill just before serving.

Zucchini with Tomato & Garlic

6 medium zucchinis

2 tablespoons olive oil

2 cloves garlic, crushed

2 tomatoes, peeled and diced

salt and pepper

Wash zucchini, and cut off ends. Cut in to thick rounds, with skin still on. Heat oil in a large heavy saucepan, and fry garlic over low heat. Add tomatoes; stir well. Add zucchini and season with salt and pepper to taste. Cover and cook over low heat for 15 to 20 minutes or until the zucchini is tender. Stir occasionally, and add a little water or vegetable stock if the mixture starts to dry.

Spinach with Coconut

2 cups finely shredded spinach (or other greens)

1 medium onion, finely chopped

2 green chilies, seeded and chopped

1/2 teaspoon ground turmeric

2 tablespoons lemon juice

1 teaspoon salt

2 to 3 tablespoons fresh coconut. If fresh coconut is not available, be sure to buy the unsweetened coconut at your grocery store.

Make sure leaves are dry. Place in a saucepan with onion, chilies, turmeric, lemon juice, and salt. Add a sprinkling of water; stir well. Cover and cook over medium heat 5 to 6 minutes. Uncover and add coconut. Cook just until the coconut has absorbed all the remaining liquid. Serve hot or cold.

Zucchini and Carrot a Scapece

1/3 cup plus 1/4 cup extra-virgin olive oil

5 large zucchini, cut into 1/4-inch rounds

Salt and freshly ground black pepper

3 garlic cloves, thinly sliced

1/4 cup chopped fresh basil leaves

1/4 cup chopped fresh mint leaves

10 medium carrots, peeled and cut into 1/4-inch rounds

1/4 cup red wine vinegar

Heat 1/3 cup oil in a heavy large frying pan over medium-high heat. Working in batches,

add the zucchini and fry until golden, about 2 minutes per side. Using a slotted spoon, transfer the fried zucchini to a baking dish. Sprinkle generously with salt and pepper. Sprinkle half of the garlic, basil, and mint leaves over the zucchini. Add the remaining oil to the frying pan. Add the carrots to the hot oil and sauté until golden, about 5 minutes. Using a slotted spoon, transfer the fried carrots to the dish of zucchini. Sprinkle generously with salt and pepper. Sprinkle the remaining garlic, basil, and mint leaves over. Drizzle the vinegar over the vegetable mixture, and toss gently to coat. Cool to room temperature. Cover and marinate in the refrigerator overnight. Allow the vegetables to come to room temperature before serving.

Fennel-Roasted Vegetables

2 large carrots, peeled and cut into 1/2-inch thick slices
1/2 pound red onions, halved and cut into 6 to 8 wedges
1 fennel bulb, halved lengthwise and cut into 1/2-inch wide wedges
2 zucchini, ends trimmed, halved lengthwise, and cut into 1/2-inch thick slices
1/2 cup extra -virgin olive oil, divided
1 tablespoon fennel seed, crushed in a mortar or spice grinder
6 to 8 cloves garlic
Sea salt

Preheat oven to 425 degrees. Prepare all vegetables and place in a large bowl. Cover generously with olive oil and half tablespoon crushed fennel. Toss well to combine. Heat a large ovenproof skillet over high heat. Add 1/4 cup of the olive oil. When the oil is hot, add the carrots, and cook for about 1 minute, then add the onions and cook, turning occasionally, until the vegetables are nicely browned, about 10 minutes. Add the fennel bulb, zucchini, remaining crushed fennel seed, and salt, to taste. Toss well. Add remaining 1 tablespoon oil and toss again. Transfer the skillet to the oven, and roast until the vegetables are deeply caramelized, 20 to 25 minutes, stirring occasionally to cook evenly.

Sautéed Peppers

2 tablespoons olive oil
2 large red sweet peppers
1 large orange sweet pepper
1 large yellow sweet pepper
2 cloves garlic, minced
salt & pepper to taste
1 tablespoons soy sauce (low sodium)
Wash and core peppers; cut into julienne strips. Place olive oil in a large, hot skillet. Add peppers, garlic, salt, pepper, and soy sauce. Sauté until crisp-tender. Serve over brown rice or as a side dish.

Portuguese Punched Potatoes

1 clove garlic, thinly sliced
3 to 4 tablespoons olive oil
8 small round red potatoes, unpeeled and scrubbed
1/2 teaspoon kosher salt
1/4 teaspoon fresh ground black pepper
Preheat oven to 400 degrees. Combine garlic and olive oil; let steep for 40 minutes. Roast potatoes for 40 minutes or until tender. Gently squeeze each potato to open up the top, exposing the flesh. Arrange potatoes on serving dish. Strain the olive oil then drizzle over the potatoes. Sprinkle salt and pepper on top and serve.

Balsamic Roasted Potatoes

2 teaspoons olive oil
2 teaspoons minced garlic
1 teaspoon fresh thyme, chopped (1/4 teaspoon dried may be substituted)
1/2 teaspoon kosher salt
1/4 teaspoon pepper
2 lbs small new potatoes, quartered
3 tablespoons balsamic vinegar, divided
Cooking spray

Preheat oven to 450 degrees.

Stir together oil through pepper. Toss with potatoes in a large bowl or zip top bag. Drizzle with 2 tablespoons balsamic vinegar and stir well to coat.

Arrange potatoes on a foil lined pan that has been coated with cooking spray. Bake for 45 minutes or until potatoes are tender, stirring once. Drizzle remaining vinegar over and stir well. Serve.

Baked Meyer Lemon Fries

6 baking potatoes
1/4 cup extra virgin olive oil
1 tablespoon salt
1/2 teaspoon fresh ground black pepper
Zest of 3 meyer lemons*
2 tablespoons fresh Italian parsley, chopped
2 tablespoons minced garlic

Preheat oven to 450 degrees. Peel potatoes and cut into fries. Toss in a bowl with olive oil, salt, and pepper. Lay in a single layer on a heavy baking sheet and bake until light brown, approximately 40 minutes. Turn about half way through to ensure even browning. When done cooking, return to bowl and add lemon zest, parsley, and garlic. Toss and serve.

*Meyer lemons are less tart than normal lemons. When If you can't find Meyer lemons use regular lemons or limes.

Sautéed Zucchini

2 tablespoons olive oil
4 medium zucchini, thinly sliced
2 cloves garlic, finely chopped
1 tablespoon fresh marjoram or oregano, chopped
Kosher salt and pepper

Heat half the oil in a large skillet, over medium high heat.

Add half the zucchini and cook, 10 to 12 minutes or until golden brown. Transfer to a plate and repeat with remaining oil and zucchini. Return cooked zucchini to pan, and stir in remaining ingredients. Stir and cook for 2 minutes, then serve.

Slow Baked Tomatoes

3 medium tomatoes
6 cloves garlic
6 sprigs thyme
3 tablespoons olive oil
Kosher salt and pepper

Preheat oven to 300. Slice the tomatoes in half and squeeze out the seeds. Place the tomatoes cut side up, in a small baking dish and scatter on the garlic and thyme. Drizzle oil over top, and sprinkle with 1/4 teaspoon salt and pepper. Bake until the tomatoes are soft but still hold their shape, approximately 2 hours.

Roasted Asparagus with Lemon

2 lbs. fresh asparagus
3 cloves garlic, minced
1/4 cup lemon juice
1/4 cup olive oil
salt and pepper

Preheat oven to 400 degrees. Snap off and discard tough ends of asparagus. Place on a lightly greased baking sheet. Combine remaining ingredients, and pour over asparagus. Toss to coat. Bake for 15 minutes or to desired doneness. turning once half way through.

Stir Fried Cauliflower with Pecans

1 small cauliflower, cut into bite size florets
1/4 cup oil, divided
1/2 cup pecan halves
3 scallions, cut into bite size pieces
1/2 teaspoon salt
1 tablespoon soy sauce
1/2 cup vegetable stock or water
1 teaspoon sesame oil

In a wok or saucepan, heat 2 tablespoons of oil and fry pecans until they are golden brown. Drain on paper towels and cool. Heat remaining 2 tablespoons of oil, add cauliflower and onions, tossing to coat. Stir in salt, soy sauce, and water, and bring to a rapid boil. Cover and cook 4 to 5 minutes. Remove from heat and sprinkle with sesame oil. Add pecans and toss to mix. Serve warm.

Quick Mexican Vegetables

3 tablespoons olive oil
1 sweet onion, thinly sliced
1 red bell pepper, seeded and julienned
1 zucchini, cut into 3-inch strips
1/2 lb jicama, cut unto 3-inch strips
1 small chayote squash, halved, seeded, and cut into matchsticks (substitute zucchini or yellow squash if chayote isn't available)
1/4 teaspoon ground cumin
1/8 teaspoon cayenne
3 tablespoons fresh cilantro, chopped
Juice of 1/2 lime

Heat the oil in a skillet and add remaining ingredients, except cilantro and lime juice. Stir-fry until crisp-tender. Stir in fresh cilantro and sprinkle with lime juice.

Spicy Steamed Potatoes

1 lb small new potatoes, scrubbed, not peeled
1 small onion, roughly chopped
1 teaspoon chopped garlic
1 teaspoon chopped fresh ginger
1 tablespoon lemon juice
1 tablespoon water
1 teaspoon salt
1 tablespoon vegetable oil
1 small cinnamon stick
3 cardamom pods, bruised
2 whole cloves

1 bay leaf, crumbled

1/2 teaspoon ground turmeric

Place potatoes in a saucepan with just enough water to cover. Bring to a boil and cook for 5 minutes covered. Immediately drain and prick potatoes lightly.

In a blender or food processor, combine onion, garlic, ginger, lemon juice, 1 tablespoon of water and salt. Puree.

Heat oil in a saucepan and fry cinnamon, cloves, cardamom, and bay leaf for 2 minutes.

Stir in turmeric, add pureed mixture, stir again, and fry for an additional 3 minutes. Add potatoes and 2 tablespoons of water, stir well. Cover and turn heat to low, allowing potatoes to steam for approximately 15 minutes or until cooked through

Main Course

Oven crisp Black Bean and Corn Flautas

2 teaspoons olive oil

1 medium onion, chopped

2 cloves garlic, minced

2 15 oz. cans black beans, rinsed and drained

2 teaspoons chili powder

16 oz. salsa (divided)

1 cup corn kernels

12 - 6 inch corn tortillas

Heat oil in skillet over medium heat. Cook onion, 3 to 5 minutes or until tender. Add garlic and cook for 1 minute. Stir in beans and chili powder, and 1 cup water. Reduce heat to medium low and simmer for 10 minutes or until most of the liquid has reduced. Remove from heat. Mash beans until you have a thick consistency, but some beans remain whole. Stir in 1 cup of salsa and corn. Season with salt and pepper and cool.

Preheat oven to 425. Coat two large baking sheets with cooking spray. Spoon 1/3 cup black bean mixture down center of tortilla. Roll around filling and secure with a toothpick.

Set on the prepared baking sheet and repeat with remaining tortillas and filling.

Bake 6 to 10 minutes or until tortillas are browned and crisp.

Serve with remaining salsa.

Zucchini Pappardelle

2 tablespoons good quality balsamic vinegar

1 tablespoon Dijon mustard

1/2 teaspoon honey

Big pinch kosher salt

4 tablespoons extra-virgin olive oil

1/2 teaspoon lemon zest

Freshly ground black pepper

4 1/2 pounds zucchini

2 cloves garlic, minced

2 teaspoons thyme, minced

1 teaspoon rosemary, minced

1 teaspoon sweet smoked Spanish paprika

Cherry tomatoes (20 large or 40 small)

2 bunches arugula

1/2 cup pitted and chopped kalamata olives (about 3 ounces)

Preheat the broiler.

To make the dressing, in a small bowl mix the vinegar, mustard, honey, and salt. Whisk in 3 tablespoons olive oil. Season with the zest and pepper.

Slice the zucchini lengthwise into 1/8-inch thick slices, turning and slicing on 4 sides only until the seeds in the center are reached. Discard the centers.

In a small bowl combine the garlic, thyme, rosemary, and paprika with the remaining tablespoons of olive oil. Spread the zucchini slices on a large baking sheet, and brush them with the garlic mixture. Broil for 3 minutes until light brown.

Coat the cherry tomatoes with the remaining garlic mixture in a bowl. Put them on another baking sheet and broil for 1 to 2 minutes or until some skins pop and the tomatoes get slightly caramelized.

Put the arugula in a serving bowl, and top with the zucchini and tomatoes. Drizzle with the dressing. Sprinkle the olives on top and serve.

Fried Tempeh with peanut sauce

4 squares tempeh*

peanut oil for frying

1 clove garlic, crushed

1/2 cup natural peanut butter

2 tablespoons soy sauce

3 tablespoons lemon juice

1/2 teaspoon sambal*

1/2 teaspoon honey

1/2 cup coconut milk

1 cup cabbage, finely shredded

1 cup mung bean sprouts

Dry bean curd on paper towels, then slice into bite size cubes. Heat oil in a large skillet or wok (if available). Fry tempeh on all sides until golden brown. Drain on paper towels.

Using 1 tablespoon of oil from frying the tempeh, cook the garlic in a small saucepan, until golden brown. Stir in peanut butter, soy sauce, lemon juice, sambal, honey, and coconut milk and warm through.

Serve tempeh on top of cabbage and bean sprouts, topped with peanut sauce.

*Tempeh is a soybean cake. You can find it in many refrigerated or frozen sections of the grocery store. If not, see the resource section for where to buy.

*Sambal is a red pepper paste or sauce. Look for it in the Asian section of your grocery store or see on-line resources for where to buy.

Indian Spaghetti Squash

1 lb spaghetti squash

1 tablespoon vegetable oil

1 teaspoon cumin seeds

1/2 teaspoon black mustard seeds

1 to 2 fresh chilies, seeded and sliced thin

1 onion, finely chopped

1/2 teaspoon salt

1/2 teaspoon chili powder

Depending on how hot you want the dish, adjust the chilies according to your tastes.

Cook the squash in boiling, salted water, drain well, and scoop out flesh. Heat oil in a saucepan, and fry cumin and mustard seeds over medium heat, until seeds begin to pop.

Add chilies and onion, stirring occasionally, until the onion is soft. Add squash, salt, and chili powder; cook uncovered for 5 minutes, gently tossing to incorporate flavors.

Quick Vegetable Stew

- 2 onions, chopped
- 1 jalapeño, seeded and minced
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- 1 teaspoon dried marjoram
- 1 teaspoon dried coriander
- 2 cups fresh green beans, cut into 1-inch pieces (thaw if using frozen)
- 1 28-ounce can tomatoes (or 3 cups fresh, peeled, with juice)
- 1 zucchini or yellow squash, sliced

Sauté the onions and pepper in olive oil about 5 minutes until onions begin to soften. Add the spices and green beans and sauté another 3 to 4 minutes. Add the tomatoes and zucchini, cover, and simmer for 15 to 20 minutes until vegetables are tender.

Three-Pepper Chili

- 1 tablespoon olive oil
- 1 cup red bell pepper, seeded and chopped
- 1/2 cup Anaheim or other mild pepper, seeded and chopped
- 2 tablespoons jalapeño, seeded and minced
- 1/2 cup onion, chopped
- 3 cloves garlic
- 1 tablespoon ground cumin
- 1 tablespoon chili powder
- 2 teaspoons paprika
- 1/2 cup pineapple juice
- 1 28-ounce can Italian-style plum tomatoes with juice, chopped
- 1 15-ounce can red kidney beans, rinsed and drained
- 1 15-ounce can cannellini beans, rinsed and drained
- 1 15-ounce can black beans, rinsed and drained

Heat the olive oil and sauté the peppers, onion, and garlic over low heat until soft, about 8 minutes. Stir in the spices, then add the remaining ingredients and bring to a boil. Simmer 25 minutes, adding water if needed.

Spicy Shish Kabobs

- 2 tablespoons olive oil
- 1/2 onion, finely chopped
- 1/2 sweet pepper, seeded and finely chopped
- 1 stalk celery, finely chopped
- 2 cloves garlic, minced
- 1/4 teaspoon paprika
- 1/2 teaspoon ground coriander
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon chili powder
- 1/2 teaspoon dried basil
- 1 teaspoon fresh thyme or 1/4 teaspoon dried
- 1/8 teaspoon pepper
- 1/2 cup vegetable stock
- 1/2 cup tomato sauce
- 1/8 teaspoon Tabasco or other hot sauce
- 3 zucchinis, cut into 1/2-inch slices
- 1 lb cherry tomatoes
- 8 to 10 mushrooms (shitake, cremini, or button)
- 4 sweet peppers, seeded and cut into squares

Heat the oil in a skillet, then add onion, chopped pepper, celery, and garlic. Add the seasonings and mix well. Saute over medium-low heat, stirring occasionally, until onion and peppers are soft, about 8 minutes. Add stock, tomato sauce, and Tabasco, increase to a boil, then simmer uncovered until sauce thickens, about 15 minutes. Preheat a charcoal fire or broiler and thread the vegetables onto a skewer. Brush them with the sauce so that all sides are well coated. If broiling, place in a dish and broil for about 5 minutes, turning frequently. If grilling, place over medium-hot coals grill about 5 minutes on each side.

Curried Vegetables

1 tablespoon olive oil
1 small onion, chopped
3 cloves garlic, minced
1/4 teaspoon cayenne
1/2 teaspoon ground cumin
1 tablespoon ground coriander
2 teaspoon ground cardamom
1/2 teaspoon turmeric
1/2 teaspoon cinnamon
1 1/2 teaspoons fresh ginger, grated
1/4 teaspoon salt
2 cups cauliflower florets
2 carrots, sliced
2 zucchinis, sliced
1/2 lb fresh green beans, trimmed and cut into 1-inch pieces
2 cups vegetable stock
Cooked brown rice

Heat a pot with the oil over medium heat. Add the onion and cook until soft, about 5 minutes. Add garlic and the next 8 ingredients and stir constantly for about 1 minute, being careful not to burn the garlic. Add the vegetables and stir well to mix. Add the stock, cover, reduce heat, and simmer about 20 minutes until the vegetables are tender. Serve over brown rice.

Spicy Spinach Enchiladas

1 tablespoon olive oil
1/2 small onion, chopped
1/4 lb mushrooms, sliced
10 oz spinach, stemmed
3 teaspoon vegetable oil
6 corn tortillas

Preheat oven to 350 degrees. Heat the olive oil in a skillet and add the onion. Sauté for 4 minutes, then add the mushrooms and cook another 3 minutes. Place the spinach on top and, stirring constantly, cook until spinach wilts and is cooked throughout, about 3 minutes. Remove from heat. Heat 1 teaspoon of the vegetable oil in a skillet and cook a tortilla on both sides until warm but not crisp. Repeat with another tortilla, then repeat with the remaining oil and tortillas. Place about 3/4 cup of the sauce to cover the bottom of a baking dish. Put about 1/3 cup of the spinach mixture into each tortilla and place in the dish in a row. Pour another 1 1/2 cups, or more, of the sauce over the tortillas and bake for 10 minutes.

Spicy Enchilada Sauce

7 New Mexican or other dried chilies
2 cloves garlic, minced
1 onion, chopped
3 teaspoons dried oregano
1/2 teaspoon red pepper flakes
1 teaspoon ground cumin
1 teaspoon jalapeño, seeded and minced
1 cup vegetable stock
3 tablespoons vegetable oil
1 tablespoon corn starch
1 can (6 oz) tomato paste

Wash the chilies and cover them with boiling water. Let stand for an hour then drain. Remove seeds and stems, and place them in a blender along with the garlic, onion, spices, jalapeño, and broth, and puree. In a skillet, heat the oil and add the corn starch, stirring to mix. Add the puree from the blender along with the tomato paste and a cup of water. Simmer for 30 minutes or until thickened.

Baked Zucchini with Pepper Sauce

1 tablespoon jalapeño, seeded and minced
1/2 teaspoon dried oregano
1/8 teaspoon salt
1/4 teaspoon pepper
2 tablespoons olive oil
4 roasted red peppers, seeded and chopped
6 zucchinis

Preheat oven to 375 degrees. Sauté the jalapeño, oregano, salt, and pepper in olive oil for 3 to 4 minutes, then remove to a blender or food processor, add the roasted peppers, and puree. Blanch the zucchini in boiling water for about 3 minutes. Remove and rinse under cold water. Trim and cut each zucchini lengthwise, then scoop out seeds. Place zucchini in an oiled baking dish, rub with a little olive oil, and bake 6 minutes. Spoon sauce into zucchini and bake another 12 minutes.

Sweet & Sour Cabbage

1 small onion, cut in half and thinly sliced
2 carrots, thinly sliced
1 tablespoon peanut oil
1/2 head green cabbage, chopped
1/3 cup honey
1/3 cup cider vinegar
1 teaspoon fresh ginger, grated
2 teaspoon cornstarch
1 teaspoon soy sauce
Cooked brown rice

Sauté the onion and carrot in the oil over medium-high heat, stirring to keep the onion from burning. Add cabbage and continue cooking for 3 minutes. Add 1/4 cup of water, cover, reduce heat, and cook for 10 minutes. Combine remaining ingredients, except the rice, stirring the cornstarch to dissolve. Add to the vegetables, and stir until sauce thickens. Serve over rice.

Vegetable Ragout

- 1 bundle asparagus
- 2 small carrots
- 1 onion, cut into thin wedges
- 1 large potato
- 2 small zucchini
- 1 1/2 oz snow peas
- 3 1/2 oz button mushrooms
- 1/2 cup soy milk
- 2 tablespoons fresh dill, chopped
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon fresh chives, snipped
- 1 oz olive oil

Preheat oven to 400 degrees. Cut vegetables into bite size pieces. Place on a baking sheet, add 3 tablespoons of water, cover with foil, and cook for 8 to 10 minutes.

Bring soy milk to a boil with the herbs, and cook until reduced by half. Whisk in the oil. Mash 1/3 of the potato pieces, and add to the milk/oil mixture. This will help to thicken the sauce. Add the cooked vegetable pieces and heat through. Serve hot.

Almond Rice stuffed Peppers

- 4 large or 6 medium peppers
- 2 tablespoons olive oil
- 1 large onion, finely chopped
- 1 cup brown rice
- 1 1/2 cup vegetable stock
- 1 teaspoon salt
- 3 Tablespoons currants
- 1/2 cup almonds, roughly chopped
- 2 tablespoons fresh herbs, chopped
- Fresh ground pepper to taste

Cut the tops off the peppers, remove the seeds and membrane. Blanch in boiling water for 4 minutes, lift out, and drain upside down.

Heat the oil in a saucepan and fry the chopped onion until golden brown. Add the rice and stir over medium heat until all the grains are coated with oil. Add the stock, salt, and currants, and bring to a boil. Turn heat to low and cook covered for 35 minutes. Toast the almonds on a baking sheet until golden. When rice is done cooking, mix in almonds, chopped herbs, and fresh ground pepper.

Preheat oven to 400 degrees. Fill the peppers and place in a lightly oiled baking dish. Add 1/4 cup water to the baking dish, and bake for 25 minutes or until the peppers are tender but still hold their shape.

Spaghetti Squash Medley

- 2 lbs cooked spaghetti squash
- 1 cup corn
- 3 carrots, sliced fine
- 3 tablespoons olive oil
- 1 medium onion, finely chopped
- 1 clove garlic, crushed
- 1 teaspoon dried sweet basil (or 1 tablespoon fresh chopped)
- 1 cup green peas
- 1/4 teaspoon nutmeg
- salt and pepper to taste

Cook the spaghetti squash until tender and cool. In a large saucepan, heat olive oil over medium low heat. Add the garlic and onion and cook for 3 to 4 minutes. Add basil and

vegetables, cover, and cook for approximately 10 minutes or until tender. While the vegetables are cooking, strain and scoop out the spaghetti squash. Add to vegetables and heat through. Season with nutmeg, salt, and pepper.

Ratatouille

1 1/2 lb eggplant, cut into cubes
3 small zucchini, cut into slices
2 red or green peppers, cut into strips
3 cloves garlic, finely chopped
2 large onions, finely chopped
4 large tomatoes, peeled, seeded, and chopped
1/4 cup olive oil
1 teaspoon ground coriander
1 teaspoon dried basil
salt and pepper to taste

Heat olive oil in a large, heavy saucepan and cook onions and garlic until soft but not browned. Add eggplant, zucchini, and peppers. Cover and cook for 30 minutes on low. Add tomatoes and spices, cover, and cook an additional 30 to 40 minutes or until vegetables are tender.

Chick Pea Pilaf

1 cup dried chick peas
1 teaspoon turmeric
1/2 teaspoon salt
1 onion, finely chopped
2 tablespoons olive oil
1 lb brown rice
4 cups vegetable stock
salt to taste

Wash chick peas, cover with cold water, and boil. Turn off heat and let stand covered for 2 hours. Return to a boil, add turmeric and salt, and simmer for 40 to 50 minutes, then drain. In a heavy saucepan, fry the onion in oil until soft and golden in color. Add the rice, and stir until coated with oil. Add stock and bring to a boil, adding salt to taste. Stir and cook on low 40 to 45 minutes or until all the liquid is absorbed. Gently fold in the chick peas, and serve warm.

Nut Burgers

1/2 cup finely chopped walnuts
1/2 cup unsalted sunflower seeds
1 cup canned chickpeas, drained
1/4 cup diced red onion
Vegetarian egg substitute (equivalent to 1 beaten egg)
1 tablespoon chopped fresh parsley
1/4 teaspoon fresh ground black pepper
1 tablespoon salt-free herb seasoning blend
2 tablespoons olive oil

In a skillet toast walnuts and sunflower seeds over medium heat. Cook, stirring occasionally, until lightly toasted, about 5 minutes.

In a medium bowl, mash chickpeas with a fork, or chop in a food processor. Stir in the onion, egg substitute, parsley, and toasted nuts. Season with pepper and seasoning blend, and mix well.

Heat olive oil in a skillet over medium heat. Divide the bean mixture into 2 patties, and fry in the hot oil for about 3 minutes on each side, or until well browned and heated through.

Stuffed Cabbage Rolls

2 cups cooked brown rice
1 cup onion, diced
4 cloves garlic, thinly sliced
Raisins

Apple cider

1 small head cabbage

Tangy tomato sauce (see recipe on following page)

In apple cider, sauté onion and garlic until onion is soft. Add rice, raisins and some more cider. Heat gently for a few minutes to let flavors meld.

Take cabbage and core and plunge into hot water for 5 minutes to loosen leaves. Peel off a dozen or so leaves. In the bottom of a large dutch oven or other heavy baking dish, pour a layer of sauce. Put a tablespoons or so of the mixture in the middle of the cabbage leaf, fold up the sides, and roll. Put the roll on the sauce; then continue to layer alternating sauce on top of the cabbage, adding more rolls, end with sauce. Cover and bake 30 minutes in a 350 degree oven.

Tangy Tomato Sauce

1 14 oz can tomatoes
1 8 oz can tomato sauce
1/2 medium onion, diced
6 cloves garlic, diced very fine
1/2 bunch fresh parsley, minced
Fresh basil, sliced thin, to taste
2 tablespoons olive oil
salt and pepper to taste

Combine all ingredients in a heavy saucepan. Bring to a low boil, then reduce heat to low. Simmer for 20 minutes.

Tempeh Chili

2 tablespoons olive oil
2 stalks celery, chopped
2 large onions, finely chopped
2 cloves garlic, finely chopped
1 8 oz package frozen tempeh*
1 tablespoon Mexican chili powder**
1 red pepper, diced
1 13 oz can peeled tomatoes
1 bay leaf
2 tablespoons honey
2 tablespoons vinegar
2 tablespoons tomato paste
2 teaspoon salt
1 14 1/2 oz can red kidney beans

In a large, heavy saucepan, heat the oil and sauté the celery, onions, and garlic until soft. Dice the tempeh into bite size pieces. Add to oil and allow to brown slightly. Add chili powder, pepper, tomatoes, and bay leaf, and simmer for 30 minutes, covered. Combine honey, vinegar, tomato paste, and salt. Drain the canned beans. Add all remaining ingredients to the pan and simmer an additional 10 to 15 minutes.

*Tempeh is a soybean cake. You can find it in many refrigerated or frozen sections of the grocery store. If not, see the resource section for where to buy.

**This is different from regular chili powder. See the resource section for where to buy.

Eggplant Caviar

2 medium eggplants, grilled*
1 large onion, finely chopped
3 cloves garlic, finely chopped
1 large red pepper, finely chopped
4 tablespoons olive oil
2 tomatoes, peeled and seeded
1 1/2 teaspoon salt
fresh ground black pepper
lemon juice

Cooked brown rice

In a large dutch oven heat oil and cook chopped onion, garlic, and pepper until soft, occasionally stirring.

Mash eggplants into a pulp. Dice tomatoes. Add to mixture in pan, season with salt and pepper, and stir. Cover and cook for 30 minutes over a low heat. Uncover and cook until remaining liquid has evaporated. Stir often to avoid sticking. Add lemon juice and adjust salt and pepper if needed. Serve over cooked brown rice.

* See techniques section for more information on grilling eggplant.

Rice with Lentils

1 cup red lentils
2 1/2 tablespoons vegetable oil
2 large onions, sliced thin
1 cup brown rice
3 1/2 cups hot water
2 1/2 teaspoon salt
1/4 teaspoon black pepper
1/4 teaspoon ground cloves
1/4 teaspoon cardamom
1/4 teaspoon cinnamon
1/4 teaspoon nutmeg

Wash lentils and remove any that float. Drain well, and allow to dry.

Heat oil in a medium saucepan. Fry the onions until golden brown. Remove half of the onions for garnish later. Add lentils and rice to pan and fry, stirring for 3 minutes. Add hot water, salt, and spices. Stir well and return to a quick boil. Turn heat to low and cover. Cook for 35 minutes or until the liquid is absorbed and rice and lentils are cooked all the way through. Sprinkle reserved onions on top when serving.

4 1/2 cups coconut milk
1/2 teaspoon black pepper
1 teaspoon lemon zest
1/2 teaspoon nutmeg
1/2 teaspoon ground cloves
3 curry leaves*
2 1/2 teaspoon salt
1 lb brown rice

In a large saucepan, combine coconut milk, pepper, lemon zest, nutmeg, cloves, curry leaves, and salt. Slowly bring to a boil, stirring occasionally. Stir in rice and return to a boil. Turn heat to very low, cover, and steam for 35 minutes. Uncover and stir, mixing in any milk that has not been absorbed. Cook for an additional 5 minutes.

*Curry leaves are available at Indian grocery stores or at a good online Indian grocery store. See the resource section for more information on where to buy.

Curry Fried Cauliflower

1/2 cup cauliflower
1 teaspoon black mustard seeds*
1/2 teaspoon cumin seeds
1 clove garlic, crushed
1/2 teaspoon fresh ginger, grated
1/2 teaspoon turmeric
1 teaspoon ground cumin
1/2 cup water
1/2 teaspoon salt
Cooked brown rice

Cut cauliflower into florets. Heat oil in a deep pan, and fry seeds until they begin to pop. Add remaining spices through cumin and stir to blend. Add cauliflower and toss to coat. Add water and salt, cover, and cook over medium heat for 8 minutes. Uncover and cook until any remaining water has evaporated. Serve over brown rice.

*Black mustard seeds can be found at on-line retailers. See the resource section for more information on where to buy.

Curry Pumpkin

1 lb fresh pumpkin, peeled and cut into bite size pieces
1 small onion, finely chopped
2 cloves garlic, finely chopped
3 green chilies, seeded and chopped
8 - 10 curry leaves*
1/2 teaspoon fenugreek seeds*
1/2 teaspoon ground turmeric
1 1/2 cup thin coconut milk (3/4 cup coconut milk, 3/4 cup water)
1 teaspoon salt
1/2 cup thick coconut milk
1 teaspoon black mustard seeds*

Combine pumpkin, onion, garlic, chilies, curry leaves, fenugreek seeds, turmeric, coconut milk, and salt in a large saucepan. Slowly bring to a simmer and cook uncovered until pumpkin is just tender. Grind the black mustard seeds in a spice mill or with a mortar and pestle and mix with the thick coconut milk. Slowly add to pumpkin and simmer for an additional 5 minutes.

*Curry leaves can be found at Indian grocers or on line retailers. Fenugreek seeds and black mustard seeds can be found at on-line retailers. See the resource section for more information on where to buy.

Bean Sayur

2 tablespoons peanut oil
1 onion, finely chopped
2 cloves garlic, crushed
2 red chilies, seeded and chopped
1 teaspoon lemon zest
2 teaspoon ground coriander
1 teaspoon ground cumin
1 teaspoon salt
2 tablespoons lemon juice
3 curry leaves
3 cups vegetable stock

1 lb fresh green beans, trimmed

1 1/2 cups coconut milk

Cooked brown rice

In a large skillet heat oil and fry onion, garlic and chilies, stirring constantly, approximately 5 minutes. Add lemon zest, coriander, and cumin. Cook 1 minute longer. Add salt, lemon juice, curry leaves, stock, and beans. Bring to a boil, then simmer for 8 to 10 minutes. Slowly add coconut milk, stir, and simmer an additional 5 minutes. Serve over brown rice.

Spaghetti Squash with Marinara Sauce

1 spaghetti squash, baked

1/2 cup olive oil

2 small onions, finely chopped

2 cloves garlic, finely chopped

2 celery stalks, finely chopped

2 carrots, peeled and finely chopped

1/2 teaspoon salt

1/2 teaspoon black pepper

2 32 oz cans crushed tomatoes

2 bay leaves

Cut spaghetti squash in half, remove seeds and loose pulp. Bake, rind side up, in a 375 degree oven for 30 to 40 minutes. Separate into strands by running a fork from end to end.

In a large pot heat oil over medium high heat. Saute onions and garlic approximately 8 to 10 minutes. Add celery, carrots, salt and pepper and saute an additional 8 to 10 minutes or until vegetables are tender. Add the crushed tomatoes and bay leaves, and simmer over low heat for approximately 1 hour or until the sauce thickens. Remove bay leaves prior to serving. If you want a less chunky sauce, allow to cool, then run through a blender or food processor. Warm up before serving.

Drinks and Desserts

Baked Apples

2 large apples

2 fresh dates

zest of 1 lemon

juice of 1/2 lemon

1 cup natural apple juice

Preheat oven to 375 degrees.

Core apple and remove a strip of skin around the middle of the apple. Cut dates in half, remove any seeds and place in the middle of the apple. Place apples in a baking dish large enough to hold them and the cooking liquid.

Combine zest, lemon juice, and apple juice. Pour over and around apples. Bake until tender. This will vary based on the size and type of apple. Start with 20 minutes and work in 5 minute increments until apples reach desired tenderness.

Orange Poached Pear

1 large pear
juice of 1 orange
orange segments

Peel pear, half lengthwise, remove seeds and hard core to the stem. In a small saucepan, place pear and orange juice, cover and bring to a simmer. Once simmering, cook for 5 minutes, then turn halves over. Coat with juice, and continue to cook for another 4 to 5 minutes or until tender. Let the pears cool in the juice. When ready to serve, place in a dish, and add orange segments. Spoon juice over the pear and orange. Can be served chilled or at room temperature.

Dre's Peanut Butter Balls

1/2 cup natural peanut butter
1/2 cup honey
1/2 cup almonds, ground fine
1 teaspoon vanilla
3 cups puffed brown rice cereal

In a large mixing bowl combine the peanut butter, honey, almonds, and vanilla. Mix well. Add the rice cereal and mix gently. Form mixture into small balls and chill until firm.

Dessert Granitas

3 cups of your favorite fruit (grapes, strawberries, watermelon)
Freeze over night. Place fruit in a food processor with a chopping blade, or in a good blender. Chop into tiny crystals and serve at once.

Pineapple Mango Slush

1 cup pineapple chunks (chilled)
1 to 1 1/2 mangoes, peeled and cubed (chilled)*
1/2 cup orange juice
1 1/2 cups ice cubes
1/4 cup mint leaves

Place all ingredients in a blender and mix until slushy. Serve immediately.

*If you can't find fresh mango, look in the frozen fruit section.

Gazpacho Cocktails

1 1/2 cups spicy vegetable juice
1 cucumber, medium, peeled, seeded and diced
2 radishes, small, quartered
1/2 bunch celery, sliced
1/2 tsp hot pepper sauce (if desired)

In a blender, combine all ingredients. Puree and serve over ice. Garnish with lemon or lime.

Tropical Smoothie

16 oz can pineapple chunks, in juice
6 oz orange juice, frozen
1/2 cup coconut milk
1 cup ice cubes

Combine ingredients in a blender and blend until smooth. Add more ice cubes if needed to thicken.

Peanut Butter Candy

1 lb natural peanut butter

6 tablespoons honey

1 cup seeds, ground fine (3/4 cup sunflower seeds and 1/4 cup sesame seeds)

Combine all ingredients, spread out on a jelly roll pan. Cover with plastic wrap. Refrigerate until firm, cut into bite size pieces. Store in the refrigerator.

Pomegranate Smoothie

1/3 cup silken tofu (about 3 ounces)

1 cup frozen mixed berries

1/2 cup pomegranate juice

1 to 2 teaspoons honey

1/4 cup ice cubes

In a blender combine tofu, berries, juice, honey, and ice cubes. Puree until smooth. Serve immediately.

Techniques:

Removing excess liquid from squash. (Eggplant, zucchini, or other squash) -

Slice or cube the vegetable to desired size. Lay out on paper towels or in a colander and sprinkle generously with salt. Let stand for an hour. The liquid will drain out from the vegetables, so make sure to have something underneath to catch the excess. When you have finished, pat out any excess liquid and gently remove some of the salt before adding to your recipe.

Removing skins from tomatoes –

Bring a pot of cold water to a boil, enough to cover a single layer of tomatoes; don't add salt. Have a large mixing bowl with cold tap water standing by. The water must be cold to stop the tomatoes from cooking. Add in ice cubes to keep the water cold.

Cut out the top core and then slice off the bottom tip (if any) from each tomato. Run your knife around the tomato, cutting only through the skin; going around from the top to the bottom and then around and across; prepare a few tomatoes at a time. Using a slotted spoon, lower a few tomatoes into the boiling water and blanch them for about 30 - 90 seconds. Older and larger tomatoes take longer to blanch than younger and smaller ones. Transfer blanched tomatoes to the cold water and cool for 20 - 30 seconds, to make handling easier. Take each tomato and gently pull off its skin. Use as called for in recipe.

Grilling Eggplant –

Grill the whole eggplant, skin on, preferably over an open flame. You can use a gas or charcoal grill, a gas stove top burner or your oven. If grilling over an open flame, turn eggplant as each side starts to blacken and the eggplant feels soft to the touch. If using an oven preheat to 400. Lay eggplant on a baking sheet and check every 10 to 15 minutes, turning as each side blackens. Once finished cooking, allow to cook and then remove skin. Use as indicated in the recipe.

Roasting vegetables –

Combine a variety of vegetables such as: potatoes, sweet potatoes, carrots, corn, onions, peppers, brussel sprouts, tomatoes, garlic, eggplant, zucchini, turnips and rutabagas. Cut large vegetables into bite-size pieces, coat with a little olive oil and add herbs and spices. You can use either fresh or dried, whatever you have on hand. Experiment with different flavors or even different seasoning blends.

Place the vegetables in a roasting pan that is large enough but not crowded. Overcrowding will steam the vegetables and leave them soggy. They should be stirred or tossed gently during the cooking process.

Vegetables have varied cooking times, depending on their density and size. If roasting different types together, cut the denser ones in smaller sizes so that all vegetables cook evenly and finish at the same time. Tomatoes, summer squash and eggplant need less cooking time than corn, rutabaga, onions, bell peppers and winter squash. Parsnips, potatoes, carrots and some squashes and beets can take up to an hour or more. Cooking onions and garlic - Some recipes will call for gently cooked garlic or onions. This means you will want to cook them over a low heat until they are tender. Others will call for the garlic or onion to be cooked to a golden brown color. To do this, you will want to raise the heat to medium and cook until the desired color is achieved.

Dried beans -

In some cases canned beans can be substituted for dried beans. Check the recipe to see if you will need to use the liquid the beans were soaked or cooked in before making any substitutions.

Bean Math:

One 15-ounce can of beans = one and one-half cups cooked beans, drained.

One pound dry beans = six cups cooked beans, drained.

One pound dry beans = two cups dry beans.

One cup dry beans = three cups cooked beans, drained.

To stop vegetables from cooking after they have been steamed or lightly boiled, have a bowl of ice cold water standing by.

Remove vegetables from pan and submerge quickly into the cold water. This will help them to retain their bright color, crispness, and will stop the cooking process. This is extremely helpful when preparing vegetable salads.