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<p>1/2 scoop powder 2x day for 7 days 1 scoop powder 2x day for 7 days 1 1/2 scoops powder 2x day for 7 days 2 scoops powder 2x day until finished with the program your doctor has you on.</p>	<p>NOTES</p>
<p>Rice, almond or oat milk (as much as you'd like) Banana/Fresh or frozen fruit (strawberries, blueberries, etc.) Ultra Clear Powder _____</p>	
<p>FOOD ITEMS</p>	<p>FOOD ITEMS</p>
<p>Rice noodles "Tinkyaka" rice noodles in all different shapes "Thai Kitchen" brand rice noodles with a sauce packet (located in the ethnic section). A good quick meal is to stir fry some vegetables in olive oil (zucchini, mushrooms, asparagus, green beans, spinach, etc.) with some chicken or fish (if you'd like) and combine that with the Thai Noodles - it's very yummy! Rice crackers - many different kinds -make sure they don't have cheese or sugar in them. Hot rice cereal "Rice and Shine" - like "Cream of wheat." Cold rice cereal. Wheat/dairy free frozen waffles Rice bread (located in the frozen section) Cashew/Almond/Sesame (Tahini) Butter. 100% fruit jelly with no added sugar Hummus or Baba Ganouj - dip for vegetables (located in the fridge near the fresh salsas.) Bragg - liquid flavoring like soy sauce located near the canned soups (Tastes good on rice, noodles, veggies, soups, etc.)</p>	<p>Mary's Gone Crackers (rice crackers) Rice chips (Lundberg) Apples or celery with almond butter Almonds and raisins Lara Bar or Cliff Nectar Bars Avocado, cucumber or fish sushi Rice tortillas Amy's rice crust spinach frozen pizza "Now" gluten free baking mix "Enjoy Life" brand bagels, cookies, cereals etc</p>

**Most of these items can be purchased at Wild Oats, Whole Foods, or Trader Joes.*

Dietary Guideline/ Patients Guide

	FOODS TO INCLUDE	FOODS TO EXCLUDE
Fruits	Fresh; unsweetened; dried; frozen; or canned water-packed fruits; fruit juices (except orange)	Oranges, orange juice
Vegetables	All fresh raw, steamed, sauteed, juiced, or roasted vegetables	Corn; any creamed vegetables
Starch	Rice, oats millet, quinoa, amaranth, teff, tapioca, buckwheat, potatoes	Wheat, corn, barley, spelt, kamut, rye; all gluten-containing products
Bread/Cereal	Products made from rice, oat, buckwheat, millet, potato flour, tapioca, arrowroot, amaranth, or quinoa	Products made from wheat, spelt, kamut, rye, or barley
Legumes (vegetables protein)	All legumes including peas and lentils (except soybeans)	Tofu, temph, soybeans, soy milk; other soy products
Nuts and Seeds	Almonds, cashews, walnuts, sesame, (tahini), sunflower, pumpkin; nut butters (except peanut)	Peanuts, peanut butter
Meat and Fish (animal protein)	All fresh or frozen fish, chicken, turkey, wild game, lamb; canned, water-packed fish	Beef, pork, cold cuts, frankfurters, sausage, canned meats (other than water-packed fish), shellfish
Dairy Products and Milk Substitutes	Milk substitutes such as rice milk, almond milk, oat milk, coconut milk, or other nut milks; egg substitute	Milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, frozen, frozen yogurt, non-dairy creamers, soy milk, eggs
Fats	Oils; cold-pressed olive, flaxseed, canola, safflower, sunflower, sesame, walnut, pumpkin, or almond	Margarine, butter, shortening, processed and hydrogenated oils, mayonaise, spreads
Beverages	Filtered or distilled water, decaffeinated herbal tea, seltzer or mineral water	Soda pop or soft drinks, alcoholic beverages, coffee, tea, other caffeinated beverages
Spices and Condiments	Vinegar; all spices including salt, pepper, cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, rosemary, tarragon, thyme or tumeric, bragg	Chocolate, ketchup, relish, chutney, soy, sauce, BBQ sauce, other condiments
Sweeteners	Brown rice syrup, fruit sweeteners, blackstrap molasses, stevia, agave nectar	White or brown refined sugar, honey, maple syrup, corn syrup, high fructose corn syrup

Hidden sources of food allergens or ingredients that may cause a sensitivity reaction:

**corn starch in baking powder and processed foods **grain vinegar in ketchup and mustard

**corn syrup solids or maltodextrin (corn derivative) used as a sweetener **amaranth and millet flake cereals may also contain oats or corn

Shopping List/Food Choices

<p>Proteins</p> <ul style="list-style-type: none"> <input type="checkbox"/> Chicken <input type="checkbox"/> Chicken broth <input type="checkbox"/> Turkey <input type="checkbox"/> Lamb Fish, fresh or canned: <ul style="list-style-type: none"> <input type="checkbox"/> Cod <input type="checkbox"/> Halibut <input type="checkbox"/> Mackerel <input type="checkbox"/> Salmon <input type="checkbox"/> Tuna <input type="checkbox"/> Trout <input type="checkbox"/> Wild game <input type="checkbox"/> Dried beans, all varieties <input type="checkbox"/> Canned, organic beans <input type="checkbox"/> Dried or frozen peas <input type="checkbox"/> Lentils (red or green) 	<p>Vegetables</p> <ul style="list-style-type: none"> <input type="checkbox"/> Alfalfa sprouts <input type="checkbox"/> Artichoke <input type="checkbox"/> Asparagus <input type="checkbox"/> Avocado <input type="checkbox"/> Beets <input type="checkbox"/> Bok choy <input type="checkbox"/> Broccoli <input type="checkbox"/> Brussels sprouts <input type="checkbox"/> Cabbage <input type="checkbox"/> Carrots <input type="checkbox"/> Cauliflower <input type="checkbox"/> Celery <input type="checkbox"/> Cucumber <input type="checkbox"/> Daikon radish <input type="checkbox"/> Endive <input type="checkbox"/> Escarole <input type="checkbox"/> Garlic <input type="checkbox"/> Green or yellow beans <input type="checkbox"/> Greens (mustard, turnip, chard, watercress) <input type="checkbox"/> Jicama <input type="checkbox"/> Kale <input type="checkbox"/> Kohlrabi <input type="checkbox"/> Leeks <input type="checkbox"/> Lettuce, all types <input type="checkbox"/> Mung beans <input type="checkbox"/> Okra <input type="checkbox"/> Onions and leeks <input type="checkbox"/> Parsnips <input type="checkbox"/> Peas, all types <input type="checkbox"/> Peppers, all varieties <input type="checkbox"/> Potatoes (white and red) <input type="checkbox"/> Radishes <input type="checkbox"/> Rutabaga 	<ul style="list-style-type: none"> <input type="checkbox"/> Sea Vegetables (seaweed, kelp) <input type="checkbox"/> Spinach <input type="checkbox"/> Squash (green and yellow) <input type="checkbox"/> Summer squash <input type="checkbox"/> Sweet potatoes <input type="checkbox"/> Taro <input type="checkbox"/> Tomatoes <input type="checkbox"/> Turnips <input type="checkbox"/> Water chestnuts <input type="checkbox"/> Winter squash, all types <input type="checkbox"/> Yams <p>Sweeteners</p> <ul style="list-style-type: none"> <input type="checkbox"/> Brown rice syrup <input type="checkbox"/> Fruit Sweetener <input type="checkbox"/> Molasses <input type="checkbox"/> Stevia <p>Fruits</p> <ul style="list-style-type: none"> <input type="checkbox"/> Apples and apple butter <input type="checkbox"/> Applesauce, unsweetened <input type="checkbox"/> Apricots <input type="checkbox"/> Avocado <input type="checkbox"/> Bananas <input type="checkbox"/> Berries, all types <input type="checkbox"/> Cherries <input type="checkbox"/> Kiwi <input type="checkbox"/> Lemon <input type="checkbox"/> Mango <input type="checkbox"/> Melon, all varieties <input type="checkbox"/> Nectarines <input type="checkbox"/> Papaya <input type="checkbox"/> Peaches 	<ul style="list-style-type: none"> <input type="checkbox"/> Pears <input type="checkbox"/> Pineapple <input type="checkbox"/> Plums <input type="checkbox"/> Prunes <input type="checkbox"/> Raisins and other dried fruits (unsweetened) <p>Nuts, Seeds, and Oils</p> <ul style="list-style-type: none"> <input type="checkbox"/> Almonds and almond oil <input type="checkbox"/> Canola oil <input type="checkbox"/> Cashews <input type="checkbox"/> Flaxseed and flaxseed oil <input type="checkbox"/> Hazelnuts <input type="checkbox"/> Olives and olive oil <input type="checkbox"/> Pecans <input type="checkbox"/> Pumpkin oil and seeds <input type="checkbox"/> Safflower oil <input type="checkbox"/> Sesame oil and seeds <input type="checkbox"/> Sunflower oil and seeds <input type="checkbox"/> Walnuts and walnut oil <input type="checkbox"/> Nut butters from above nuts <p>Spices Condiments</p> <ul style="list-style-type: none"> <input type="checkbox"/> Anise <input type="checkbox"/> Baking powder <input type="checkbox"/> Baking soda <input type="checkbox"/> Basil <input type="checkbox"/> Bay leaf <input type="checkbox"/> Cardamom <input type="checkbox"/> Celery seed <input type="checkbox"/> Cinnamon <input type="checkbox"/> Coriander <input type="checkbox"/> Cumin <input type="checkbox"/> Dill 	<ul style="list-style-type: none"> <input type="checkbox"/> Dry mustard <input type="checkbox"/> Egg substitute* <input type="checkbox"/> Fennel <input type="checkbox"/> Garlic <input type="checkbox"/> Ginger <input type="checkbox"/> Oregano <input type="checkbox"/> Parsley <input type="checkbox"/> Rosemary <input type="checkbox"/> Savory <input type="checkbox"/> Tarragon <input type="checkbox"/> Thyme <input type="checkbox"/> Turmeric <input type="checkbox"/> Vinegar, all types (except grain vinegar)
<p>*There are commercial products made from potato starch and other ingredients that can be purchased in your health food store. Or you may use a combination of 1 Tbsp. flaxseed meal and 1/3 cup water to equal 1 egg.</p>				

SPILT PEAS SOUP

3 cups dry split peas
2 quarts water
1 bay leaf
2 onions, chopped fine
4 cloves garlic, minced

3 stalks celery, diced
2 medium carrots, sliced
Salt and black pepper to taste
3 Tbsp. Apple cider or rice vinegar

Place ingredients in Dutch oven. Bring to boil and lower heat to simmer partially covered for about 60 minutes, stirring occasionally. Add more water as needed. Add pepper, salt and vinegar to taste.

MASHED POTATOES

Boil potatoes and mash with your choice of milk substitute and olive or flaxseed oil. Add salt and pepper to taste. (Amount of milk substitute and oil will vary according to your taste.)

PEACH MELBA SMOOTHIE

In a blender, blend 6-8 oz. Rice, oat, or almond milk with a peach, 1/2 cup raspberries, and 1-2 ice cubes. Use a variety of fruit for different flavors.

OAT BRAN MUFFINS

3/4 cup almond milk
1 Tbsp. Lemon juice
1/2 cup oat bran
1 3/4 cups whole oats
1 tsp. baking powder
1/2 tsp. baking soda

1/4 tsp. Salt
1/4 cup chopped walnuts or almonds
3/4 cup unsweetened applesauce
1/2 cup dates or dried apples

Preheat oven to 400. Spray muffin cups with oil and set aside. Combine almond milk and lemon juice in a cup and allow to sit about 10 minutes until curdles form. Combine dry ingredients in a large bowl. Add almond milk/lemon juice combination and applesauce, mixing gently with a spoon until completely moistened. Stir in dried fruit but do not over-mix. Spoon into prepared muffin tin, filling about 3/4 full. Bake 20-25 minutes until lightly browned. Allow to cool for 10 minutes before removing from pan.

PECAN RICE

1 cup wild and brown rice mix
2 1/2 cups water

2 Tbsp. Chopped pecans
1 tsp. walnut or olive oil

Bring water to boil and add rice, stirring to mix well. Cover and simmer rice for about 45 minutes or until all liquid has been absorbed. Do not stir while cooking. While rice is cooking, sauté pecans in oil over low heat until lightly browned. Toss pecan mixture with cooked rice and serve immediately.

QUINOA VEGETABLE SOUP

4 cups water
1/4 cup quinoa (well rinsed)
1/2 cup carrots, diced
1/4 cup celery, diced
2 Tbsp. Onion, chopped
1/4 cup green pepper, diced

2 cloves garlic, chopped
1 tsp. olive oil
1/2 cup tomatoes, chopped
1/2 cup cabbage, chopped
1 tsp. salt
Parsley, chopped

Saute quinoa, carrots, celery, onions, green pepper, and garlic in oil until golden brown. Add water, tomatoes, and cabbage and bring to a boil. Simmer 20 to 30 minutes or until tender. Season to taste and garnish with parsley.

For variations, try adding some of your other favorite vegetables, chopped and sautéed.

STIR FRY VEGETABLES AND CHICKEN

1 tsp. sesame oil
2 tsp. grated fresh ginger
following veggies:
2 carrots, diced
1 stalk celery, diced
1 cup bok choy, chopped
1/2 cup diced onion

1/2 cup chopped broccoli and/or cauliflower
1/4 cup mung bean sprouts
3oz. boneless organic chicken, cut into strips or cubes
1 tsp. flaxseed oil

Heat sesame oil and ginger in a wok and stir-fry your choice of vegetables for about 5 minutes. Add chicken pieces and continue to stir-fry until cooked through.

Optional: Just before removing from heat, add freshly chopped basil. Add 1 tsp. flaxseed oil upon completion of cooking. Serve with *Pecan Rice*.

PASTA 'N' CHEESE

Add 1 tsp. flaxseed oil to 1 1/2 cups cooked brown rice pasta, and sprinkle with nutritional yeast.

SEMI-GREEK SALAD

3 cups mixed greens, tossed with 1/2 cup shredded carrot, cabbage, and green onion. Toss in a few sliced black olives and a few red onions ringlets. Add 1 cup cooked garbanzo beans. Mix *Basic Salad and Veggie Dressing*, making sure to add dry mustard, and toss with greens and veggies.

SASSY BEANS

1 tsp. olive oil
1 Tbsp. Chopped scallions
1 clove garlic, minced
1/2 cup chopped onion
1/2 cup of vegetarian refried beans

1/4 cup cilantro, chopped
Chopped black olives
1/4 of an avocado

Saute scallions, garlic, and onion in olive oil. Add refried beans. Remove from heat and garnish with optional: cilantro, black olives, and avocado. Serve with *Pecan Rice*.

RICE/OAT PANCAKES

1 1/2 cups rice milk
1 1/2 Tbsp. Lemon juice
1 1/2 cups rice flour
1/2 cup oat flour
1/2 tsp. salt
2 tsp. baking powder

1/2 tsp. baking soda
1 Tbsp. apple butter
1 Tbsp. cold pressed safflower oil
Egg substitute to equal 2 eggs

Mix rice milk and lemon juice together and allow to sit for 5 minutes until curds form. Mix dry ingredients together and set aside. In large mixing bowl, beat apple butter, oil, egg and milk mixture. Add dry mixture and stir gently. Be careful not to over mix. Makes approximately 14 (4-inch) pancakes

MINT SAUCE

3 Tbsp. mint leaves
1/3 cup plus 1 Tbsp. water
1 Tbsp. brown rice syrup

1 tsp. arrowroot
Vitamin C crystals (optional)

Combine mint leaves and water in small saucepan. Simmer for 10 minutes. Strain and return liquid to pan. Stir in brown rice syrup. Dissolve arrowroot 1 Tbsp. water and stir into saucepan. Cook over medium heat until sauce thickens. For a tangy flavor, add a few vitamin C crystals. Serve warm over slices of lamb and quinoa.

SIMPLE RICE BURGER

Mix together: 3/4 cup cooked brown rice, add 2 tsp. tahini, 1/2 tsp. basil, 1/2 vegetable broth powder, 1-2 Tbsp. chopped parsley, a dash of oregano, chopped onion, garlic and salt to taste. Lightly spray a skillet and brown the patty on each side.

LENTIL SALAD

2/3 cup uncooked lentils, well rinsed 1/4 cup finely diced red or green onions

1 sweet tea chili pepper, chopped
1 green bell pepper, chopped
1 jalapeno pepper, fresh or canned, finely chopped

1 28-oz can tomatoes, chopped (reserve juice)
½ tsp. freshly ground pepper
2 Tbsp. parsley, finely chopped

In a large (non-aluminum) soup kettle, heat oil over low heat; add onion, carrot, garlic, and peppers. Cover and cook until vegetables are very soft, about 10 minutes. Remove lid, and chili powder and cumin and cook an additional 2 to 3 minutes, stirring occasionally. Add beans, tomatoes, and their juice. Simmer 20 minutes. Add pepper. Top bowls of chili parsley. Freeze leftovers for use on days 21-28.

BANANA-STRAWBERRY CREAM

1 cup strawberries, washed and hulled
2 medium bananas, peeled and sliced

1 cup pineapple juice Lemon juice (optional)
1 medium apple, cored
¼ cup raw cashew pieces

Bananas may be tossed in lemon juice to preserve color. Mix pineapple juice, and cashew pieces in a blender. Pour mixture over strawberries and bananas, and stir.

VEGETABLE RICE-SOUP

Follow directions for *Minestrone Soup*, but omit kidney beans, and add vegetables of your choice (chopped cabbage, spinach, peppers, etc.) if desired. Freeze any leftovers for day 14.

CARROT SALAD

Mix together:

2 cups carrot, shredded
½ cup celery, diced
¼ cup sunflower seeds
3-4 Tbsp. coconut milk
2 Tbsp. pineapple juice

Chill for several hours before serving.

RED POTATO-GREEN BEAN SALAD

4 medium red potatoes, washed, unpeeled, steamed,
or baked, and cut in chunks
(leftover potatoes may be used)
1 lb. fresh green beans, cleaned, cut into thirds
and lightly steamed

2-4 Tbsp. olive or flaxseed oil
2 tsp. balsamic vinegar
¼ - ½ cup red onion, thinly sliced
2 garlic cloves, silvered
2 Tbsp. fresh basil and/or oregano, chopped
Salt and pepper to taste

Combine potatoes and beans with olive or flaxseed oil, vinegar, onion, garlic, basil, and/or oregano (or 1 tsp. each dried herb). Salt and pepper to taste. (For a pleasant flavor, mix all the ingredients together except for the potatoes and chill. Just before serving, add warm potatoes to the cold salad.)

SWEET POTATO SQUASH DELIGHT

1 medium butternut squash
cut into chunks
2 medium to large sweet
potatoes, cut into chunks

½ tsp. ginger,
½ tsp. cinnamon
Dash nutmeg
¼ cup rice milk

Preheat oven to 350 F. steam squash and sweet potato until tender. Remove peels and puree in food processor. Add ginger, cinnamon, nutmeg, and rice milk (add enough to match the consistency of mashed potatoes). Put mixture into 1 ½ qt. Casserole dish and garnish with a sprinkle of cinnamon. Bake about 15 minutes.

OVEN-ROASTED VEGGIES

Use any combination of the following cut into bite-sized pieces: unpeeled, washed eggplant; small red potatoes; yellow or green summer squash; mushrooms; asparagus; and peeled red onions. Toss with crushed garlic cloves and olive oil. Sprinkle with rosemary, oregano, tarragon, and basil to taste. Spread in a roasting pan in single layers and roast approximately 20 minutes at 400F until veggies are tender and slightly brown, stirring occasionally. Salt and pepper to taste. Serve immediately while warm.

KASHA CHILI

2 medium onions, diced
2 medium peppers, diced
1 Tbsp. olive oil
1 28-oz. can Italian tomatoes
2 cups water
1 15-oz. can pinto or kidney beans, dried

1-2 Tbsp. chili powder
4 cloves garlic, minced
½ tsp. cumin
(buckwheat groats)
Salt and pepper to taste

In a large skillet, sauté onions and peppers in olive oil. Add tomatoes with their juice. Add water, beans, and spices. Bring to a boil, stir and cover. Reduce heat and simmer for 10-15 minutes. Add kasha and cook 10-15 minutes more, until kasha is tender. Taste and adjust seasoning if desired. Serve hot.

ESCAROLE AND WHITE BEAN SOUP

1 Tbsp. olive oil
2 medium cloves garlic, crushed
1 large onion, chopped
1 bay leaf
1 stalk celery diced
1 medium carrot, diced

5 cups water or vegetable broth
2 cups cooked white beans
½ lb. fresh chopped escarole or spinach
Salt and freshly ground black pepper to taste
Freshly grated nutmeg (optional)

In a saucepan, sauté the onions and garlic in olive oil over low heat. When onions and garlic are soft, add bay leaf, celery, carrot, salt and pepper; stir and sauté another 5 minutes. Add broth or water and cover. Simmer about 20 minutes. Add cooked beans and escarole or spinach. Cover and continue to simmer over very low heat another 15-20 minutes. If desired, season to taste with salt, pepper, and nutmeg.

SAUTEED APPLES

Wash and sliced 2 apples thinly and sauté in 1 tsp. cold-pressed safflower oil until softened. Add 1/3 cup apple juice and 1 tsp. cinnamon. Simmer until nicely blended and softened. Use on top of pancakes or waffles.

MIXED NUT MUESLI

Combine in a bowl, using any amount you desired: puffed rice cereal, crispy brown, rice, slice almonds, chopped walnuts, pumpkin seeds, and dried apples. Store in a jar and snack as desired. Makes a handy portable snack.

CURRIED CHICKEN SALAD

2 ½ lbs. Boneless, skinless white meat chicken
1 cup red and green apple, unpeeled and diced
2 stalks celery, diced
½ small jicama, peeled and diced (optional)

½ cup mango or papaya juice
1 tsp. curry powder
½ tsp. turmeric
1 Tbsp. olive oil

Bake chicken at 310F. for 20, then diced. Place cooked, diced chicken in a large salad bowl and cool. Combine with remaining ingredients. Adjust seasoning to taste and refrigerate for an hour before serving.

NUTTY GREEN RICE

1 cup brown basmati rice
2 cups water
½ cup almonds
½ small bunch parsley
1 clove garlic

1 ½ Tbsp. lemon juice
1 ½ Tbsp. olive oil
½ cucumber, diced
Salt and pepper to taste

Bring water to a boil and add rice. Stir and simmer covered for 45 minutes (do not stir again). Remove from heat and let sit for another 10 minutes; then remove cover and allow to cool. While rice is cooking, blend almonds, parsley, garlic, oil, and lemon juice in a food processor. When rice is cool, stir in the nut mixture and add cucumber. Salt and pepper to taste.

PASTA AND BEANS

16-oz. can white beans (pea, navy, Great Northern),
organic preferred

3 Tbsp. olive oil
2 onions, chopped
2 carrots, chopped
2 Tbsp. dried basil

1 tsp. dried oregano
16-oz. can tomatoes or
4 tomatoes peeled, seeded,
and chopped
½ cup bean liquid
1-2 tsp. salt
½ lb. rice elbow macaroni

Drain beans, reserving liquid. Heat 1-2 Tbsp. olive oil in a heavy casserole dish. Add onions, carrots, oregano, and basil; cook until vegetables are wilted. Add tomatoes, bean liquid, salt and are tender. Add the drained beans and simmer for about 10 minutes, until the vegetables are tender. Add the drained beans and simmer for another 10 minutes. Meanwhile, cook and drain the macaroni. Toss with 1 Tbsp. more olive oil and then mix with the bean sauce.

BLACK BEAN SALAD

Combine in a bowl:

2 cups black beans
1 cup cherry tomatoes
¼ cup red onion, chopped
½ cup red or yellow bell pepper, chopped
Chill before serving

1 Tbsp. olive oil
1 tsp. lemon juice or balsamic vinegar
1-2 tsp. cumin

HUMMUS

(You may also purchase hummus from a health food store.)

2 cups canned organic garbanzo beans (chickpeas),
or cook from scratch if desired

1 tsp. cumin
¼ cup tahini (sesame butter)

Drain beans and reserve liquid. Blend beans with remaining ingredients. If mixture seems dry, add some of the reserved liquid slowly to the blender to make a smooth paste. Garnish with a sprinkle of paprika and parsley.

1/3 cup lemon juice
2 Tbsp. olive oil or flaxseed oil
2 cloves of garlic, crushed
Paprika, sea salt, and fresh parsley to taste

RED CABBAGE-APPLE SALAD

1 small headed red cabbage, coarsely chopped
10 radishes, sliced
3 tart green apples, unpeeled, washed, and diced

2 green onions, chopped
1 stalk celery, chopped
¼ cup walnuts, chopped
1-2 Tbsp. lemon juice
Dash garlic powder

Mix everything in a serving bowl and let sit for an hour, stirring once or twice. Use leftovers for day 2.

QUINOA SALAD

1 ½ cups quinoa, rinsed well
3 cups vegetable broth or water
½ cup *Basic Salad Dressing*
1 red bell pepper, diced
1 cup frozen baby peas, thawed

¼ cup red onion, diced
3 scallions, thinly sliced (with 4" of green included) or 1 shallot, chopped
¼ cup fresh dill chopped
¼ cup parsley, chopped

Add quinoa to broth or water in a medium sauce pan, stir and bring to a boil. Reduce to simmer; then cover and cook 15 minutes without stirring or until liquid is absorbed. Remove ingredients from saucepan and place in a bowl. Cool slightly and toss with salad dressing if desired and adjust seasoning to taste. Add any leftover veggie for variety.

CRISPY RICE TREATS

1 tsp. cold-pressed sesame oil
½ cup brown rice syrup
2 Tbsp. sesame tahini (or other nut butter)
2 tsp. pure vanilla extract

6 cups of a combination of: puffed rice, puffed millet, or crispy brown rice
½ cup sunflower or pumpkin seeds
½ cup currants, chopped dried apples, or dates

In a large pot, heat oil, rice syrup, and tahini; stir until bubbly. Remove from heat and stir in vanilla. Add remaining ingredients, mixing well with a wooden spoon. Spoon mixture into a 13 x 9-inch pan and press flat. Allow to sit at room temperature until set. Then, cut into squares and store in an airtight container at room temperature. Makes 2 dozen squares.

BAKED APPLE WITH CASHEW TOPPING

4 firm cooking apples (e.g., Granny Smith,
Golden Delicious, Macintosh)

8 Tbsp. raisins and cinnamon to taste

Topping:
½ cup raw cashew pieces
Pure vanilla extract

With a knife, cut apples horizontally around the middle to keep the skin from splitting during baking. Core apples and fill the center of each with 2 Tbsp. raisins. Sprinkle with cinnamon. Bake at 350 F for 45 minutes, or until tender. While apples are baking, whirl cashews in a blender, adding water gradually until you get the consistency you prefer. (The longer you blend, the smoother the mixture becomes.) Add a few drops of pure vanilla extract for extra flavor. Spoon over hot apples.

SPICY BLACK BEANS AND TOMATOES

1 tsp. olive oil
1 small onion, chopped
2 cloves garlic, minced
1 can chopped stewed tomatoes or
2 to 3 fresh tomatoes, chopped
1 4-oz. can diced green chilies

1 15-oz. can black beans, drained or 2 cups home cooked beans
½ tsp. cumin
½ tsp. ground red pepper
¼ tsp. chili powder
1 Tbsp. chopped fresh cilantro or parsley

Saute chopped onion and minced garlic in olive oil over medium heat until tender. Add tomatoes and green chilies. Reduce heat and cook uncovered for 6 to 8 minutes or until thickened. Stir in beans and remaining ingredients. Cover and heat 5 minutes more. Freeze leftovers for days 16-18.

BEAN AND SPINACH SOUP

2 cups white kidney beans (cannellini), canned or
home-cooked
1-2 cups kidney or red beans, canned or home-
cooked
1 cup garbanzo beans (chickpeas), canned or
home-cooked
2-3 cups fresh spinach or escarole, washed, drained,
and chopped or 10-oz. frozen chopped spinach

4 cups vegetable broth
2 medium onions, chopped
1 large clove garlic, minced
1 tsp. dried basil
1 Tbsp. dried parsley
1 tsp. dried oregano
Pepper to taste

Combine all ingredients and simmer about 45 minutes, until onions are soft.

TROPICAL SALAD

1 avocado, cubed
8 pineapple slices, cubed
1 papaya or mango, cubed
Combine all and garnish with fresh mint leaves.

½ cup celery, diced
½ cup mango or pineapple juice

VEGETARIAN CHILI

1 Tbsp. olive oil
1 medium onion, chopped
2 whole carrots, diced
4 cloves garlic, minced

2 Tbsp. chili powder
1 tsp. cumin
1 cup cooked kidney beans
1 cup cooked pinto beans

- 1 bay leaf
- 1 Tbsp. chopped fresh basil or
- 1 tsp. dried basil

- 1 whole carrot, grated
- 1/4 cup finely chopped black olives
- 1/4 cup raisins or currants

Simmer lentils and bay leaf in water for about 25 minutes or until tender. Drain and discard bay leaf. In a large bowl, gently toss lentils with basil, onions, grated carrot, chopped olives, and raisins or currants. Mix in *Basic Salad* and *Veggie Dressing** to taste. Gently toss and serve slightly chilled or at room temperature.

CAULIFLOWER SALAD (10-12 servings)

- 1 small head of cauliflower
- 3-4 cloves, garlic, minced
- 1/2 cup chopped pecans
- 1 Tbsp. olive oil (for sautéing)
- 2 Tbsp. olive oil (for dressing)
- 2 Tbsp. flaxseed oil
- 2 Tbsp. vinegar
- 2 Tbsp. each freshly snipped parsley and dill
- Salt and pepper to taste
- 1 pint cherry tomatoes

Lightly steam cauliflower florets. Meanwhile, sauté garlic and pecans in 1 Tbsp. olive oil over very low heat until slightly brown. Mix with remaining oils, vinegar, and seasonings. In a large bowl, mix vegetables together and toss with garlic-pecan mixture. Add salt and pepper to taste. Flavor is enhanced the longer this salad sits.

TUNA/GARBANZO BEAN SALAD

- 1/4 cup each of: green peas, shredded carrot, shredded cabbage, mung beans sprouts, and chopped parsley or basil
- 1/2 cup cooked garbanzo beans
- 1/2 cup water-packed tuna (or leftover cooked tuna)

Toss with *Basic Salad* and *Veggie Dressing**

RATATOUILLE

- 1/2 cup olive oil
- 2 large onions, sliced
- 3 garlic cloves, minced
- 1 medium eggplant, cut into 1" cubes
- 2 green peppers, chopped
- 3 zucchini, cut into 1/2" slices
- 1 28-oz. can tomatoes, dried
- 1 tsp. salt
- 1/4 tsp. pepper
- 1 tsp. oregano
- 1/2 tsp. thyme

In a 6-quart pot, sauté onion and garlic in oil for 3 minutes. Add eggplant and stir-fry for 5 minutes. Add peppers and cook 5 minutes. After adding zucchini, cook for 5 more minutes. Add seasonings and tomatoes. Cover and simmer for 30 minutes.

BEANS AND GREENS SOUP

- 2 Tbsp. olive oil
- 1 large onion, chopped
- 2 medium cloves garlic, crushed
- 1 bay leaf
- 1-2 stalks celery, diced
- 1-2 medium carrots, diced
- 1 tsp. salt
- Black pepper to taste
- 5 cups water or vegetable broth
- 2 cups cooked white beans
- 1/2 lb. Fresh chopped mixed greens: kale, pollards, spinach, and escarole
- Freshly grated nutmeg

In a saucepan, add oil and sauté the onions and garlic over low heat. When onions are soft, add celery, carrot, salt, and pepper. Stir and sauté another 5 minutes. Add broth or water and bay leaf. Cover and simmer about 20 minutes. Add cooked beans and greens. Cover and continue to simmer, over very low heat, another 15-20 minutes. Garnish as desired with grated nutmeg.

VEGETABLE DAL CURRY

Heat 1 tsp. olive oil and add 1/4 cup onion, 1 tsp. tumeric powder, 1/4 tsp. coriander powder, and a dash of cumin. Saute. Add 1 sliced carrot and 1 cup of cauliflower pieces, stir to coat. Add 1/3 cup red lentils and 1 cup of water. Bring to a boil, reduce heat and simmer about 40 minutes. Salt to taste.

QUICK AND EASY RICE N BEANS WITH CHICKEN

4 oz. (1/2 cup) kidney or black beans mixed with 1/2 cup cooked brown rice and 3 oz. chicken breast, topped with *Basic Salad* and *Veggie Dressing**.

Optional: Garnish with cilantro and green onions.

KASHA

- 1 tsp. olive oil
- 1/4 cup chopped onion
- 1 celery stick, diced
- 1/2 cup uncooked kasha (buckwheat groats)
- 1 cup water
- Salt and pepper to taste

Saute onion and celery in oil. Add buckwheat and water and bring to a boil. Reduce heat and simmer 20 minutes. Season with salt and pepper as desired.

BAKED APPLE

Core apple and peel top third only. Blend a few tablespoons of water with 1 tsp. brown rice syrup and drizzle the combination into center and over the apple, sprinkle with cinnamon. Bake at 350 for approximately 20 minutes, or until tender.

BASIC SALAD AND VEGGIE DRESSING

Mix well in a shaker jar (store any leftovers in refrigerator):

- 1/4 cup each flaxseed and olive oils
- 3-4 Tbsp. vinegar (apple cider, tarragon, rice, red wine, balsamic, ume plum)
- 1 tsp. dry mustard (optional, but delicious) whisked into liquid
- Garlic, whole cloves or minced, oregano, basil, or other herbs of choice

- 1 Tbsp. water

Keep a jar in the refrigerator at work and one at home for convenience. Dressing will solidify in the refrigerator.

MINSTRONE SOUP

- 1 Tbsp. olive oil
- 1 medium to large onion, chopped
- 3 carrots, sliced or diced
- 2 stalks celery, diced
- 2 cloves garlic, minced
- 6 cups vegetable stock or water
- 1 bay leaf
- 1 28-oz. can tomatoes with juice
- 1/3 cup brown rice
- 1 16-oz. can organic kidney beans, undrained, or 2 cups home-cooked kidney beans
- 1 lb. Fresh green beans, cut into 1-inch pieces or one 10-oz. package frozen cut green cut

In a 6-qt. Pot, sauté onion, celery, carrots, and garlic until softened. Add stock or water, tomatoes, rice and bay leaf. Bring to a boil and cover, reducing heat to a simmer for 50 minutes; stir occasionally. Stir in kidney beans and green beans and simmer for 5-10 minutes more until all vegetables are tender. Remove bay leaf before serving. Use leftovers for day 2 and/or freeze for day 20.