

Barry's Favorite Recipes ☺

These are some of my absolute favorite things to eat. They are vegan and healthy but absolutely yummy and easy to make. We don't believe in the notion that healthy vegan food has to have no taste or that you have to be a chef to pull it off.

We also don't have these categorized. So many of these can be eaten for a side dish, a snack or a meal, it all depends on how you eat. So take some time and browse these recipes. We hope you enjoy them!!

In Good Health,
Barry

Red Bean Salad

Salad ingredients:

1 can kidney beans	1 small yellow pepper, diced
5 thinly sliced radishes	1 small shallot, finely chopped
2 cups shredded red cabbage	2 T chopped fresh parsley

Dressing ingredients:

2 T red wine vinegar	4 T olive oil
1 T dijon mustard	pinch oregano
2 garlic cloves	salt and pepper to taste

Put salad ingredients together in a large bowl. Mix dressing ingredients very well. Pour over salad and toss well. Enjoy!

Chopped Vegetable Salad

2 beefsteak tomatoes, sliced thick
1 bunch of asparagus
1 large green pepper, top and bottom sliced off
2 ears of corn
3 large carrots, peeled and sliced thick lengthwise
¼ pound fresh green beans, ends trimmed
2 cloves garlic, minced
1/8 cup balsamic vinegar
1/3 cup Dijon mustard
¾ cup olive oil
1 head romaine lettuce, washed and sliced thin

In a large bowl add garlic and 2 ounces of olive oil. Add all vegetables except lettuce, season with salt and black pepper. Grill vegetables on medium heat and set aside. In a small bowl combine balsamic vinegar, Dijon mustard, and remaining olive oil until blended. Chop all vegetables into medium pieces. Just before serving add vinaigrette and place on top of shredded romaine lettuce. Enjoy!

“Egg” Nog

1 ½ cups vanilla soy milk
1 scoop of soy protein powder
1-teaspoon rum extract (optional)
1/8 teaspoon ground nutmeg
pinch turmeric
1 cup vanilla soy ice cream

Directions:

Place all ingredients except for ice cream in a blender and blend until smooth. Add the ice cream and blend until creamy. Serves 2

Avocado Salsa

8 ounces frozen corn kernels, thawed	2 ½ cloves garlic, minced
1 (2.25 oz.) can sliced black olives, drained	2 Tablespoons and 2 teaspoons olive oil
½ red bell pepper	2 Tablespoons lemon juice
½ small onion, chopped	1 Tablespoon and 1 ½ teaspoons cider vinegar
¼ teaspoon salt	½ teaspoon dried oregano
¼ teaspoon black pepper	2 avocados, peeled, pitted and diced

Directions:

In a large bowl, mix corn, olives, red bell pepper and onion.

In a small bowl, mix garlic, olive oil, lemon juice, oregano, salt and pepper. Pour into the corn mixture and toss to coat. Cover and chill in the refrigerator 8 hours or overnight.

Stir the avocados into the mixture before serving.

Chili Cornbread Pie

Filling Ingredients:

1 can (15oz) chili beans, do not drain	1 cup red onion, diced
1 ½ cups frozen corn	1 tsp. cilantro, minced
½ cup fresh parsley, minced	

Cornbread:

1 cup cornmeal	1 cup soy milk (or milk)
¾ cup flour (I use whole wheat pastry flour)	1 tbsp. maple syrup
2 tsp baking powder	1 tbsp. red wine vinegar
½ tsp sea salt	2 tbsp. safflower oil

Directions continue on next page.

Direction: Preheat oven to 375 degrees. In a 10 inch pie plate or casserole dish, combine the beans, corn, onion, cilantro, parsley, and vinegar. In a mixing bowl, combine the

cornmeal, flour, baking powder, and sea salt. Mix thoroughly. In a measuring cup, combine the soy milk, oil and maple syrup. Let sit for 2-3 minutes until thick. Pour the liquid into the dry ingredients, and stir until smooth. Pour the batter over the bean mixture. Bake until toothpick inserted into the cornbread topping comes out dry, about 25 minutes.

Spicy Black Bean Chili

2 teaspoons olive oil	1 teaspoon cumin
1 large onion, chopped	1 teaspoon oregano
1 large green pepper, chopped	1 14oz. can diced tomatoes
1-2 jalapeno peppers, seeded and chopped rinsed	2 16oz. cans black beans, drained and rinsed
1 Tablespoon chili powder	1 cup corn
1/3 cup fresh cilantro (optional) (optional)	1/8 teaspoon cayenne pepper

Directions:

Add onion, bell pepper, jalapeno and oil to a large skillet. Cook over medium heat until veggies are soft (about 5 min.). Add spices, tomatoes (undrained) and beans and simmer for 15 minutes. Stir in corn, cook for 2 minutes. Add cilantro and serve. Enjoy!

Black Bean, Corn & Quinoa Salad

Ingredients

1-cup black beans	1 cup corn, cooked (fresh, frozen or canned)
1 cup cooked Quinoa grain*	1/2 cup finely chopped onion
1/2 cup chopped green pepper	1/2 Tablespoon sugar
1-teaspoon sea salt	1/2 cup chopped cilantro
1/2 teaspoon oregano	2 Tablespoons lime or lemon juice
1 Tablespoon vinegar	6 ounces V-8 or tomato juice

In a large bowl combine all ingredients and stir. Chill for 1/2 hour and serve.

*Quinoa may be substituted with brown rice, couscous or bulgur.

Oriental Cabbage Salad

Ingredients

1/2 head cabbage (chopped)
6 green onions- tops and bottoms- chopped
2/3 cup sunflower seeds

1 package ramen noodles (withhold seasoning) broken into bits
2/3 cup slivered almonds

Dressing:

4 ½ Tablespoon cider vinegar
3 Tablespoons sugar
½ teaspoon pepper
½ cup salad oil
3 Tablespoon sesame seeds
1 teaspoon salt
1 package ramen noodle seasoning

Directions:

Mix all salad ingredients. Set aside. Mix all dressing ingredients. Pour over salad mixture and toss together. Let marinate in fridge for about 4 hours. Enjoy!

Couscous Salad

Ingredients:

2 cups vegetable stock	¾ teaspoon cinnamon
½ teaspoon ground ginger	¼ teaspoon turmeric
1 cup couscous	1 carrot, diced
1 small red onion, diced	1 small red bell pepper, diced
1 small zucchini, diced	1 granny smith apple, diced
1/3 cup raisins	1 ½ cups chick peas, drained
¼ cup fresh lemon juice	½ teaspoon salt
¼ teaspoon ground pepper	1 Tablespoon olive oil

Directions

In a medium saucepan, whisk together the stock, cinnamon, ginger, cumin and turmeric. Add the couscous and heat to boiling stirring constantly. Boil for 1 minute. Cover the pot tightly, remove from heat, and let stand for 15 minutes.

Fluff the couscous grains with a fork, transfer to a large mixing bowl and let cool. Add the carrot, bell pepper, zucchini, onion, apple, raisins, chickpeas and toss.

Whisk the olive oil, lemon juice, salt and pepper until well mixed. Pour over the salad and toss well. Cover and refrigerate for several hours or up to 3 days.
Enjoy!

Heavenly Smoothie

Ingredients

5 or 6 strawberries

5 or 6 peach slices

1 cup of apple juice
Handful of ice

1 banana

Serves 2

Combine all ingredients in a blender and puree. Enjoy!

Good Morning Pineapple Shake

Ingredients

1 banana
8 ounces pineapple juice
1 cup ice

½ pkg. (6 ounces) silken firm tofu (mori-nu brand)

Serves 1

Combine all ingredients and blend until smooth. Enjoy!

Asian Cabbage and Almond Salad

Ingredients:

3 cups finely shredded cabbage
2 green onions, finely sliced
½ cup raw almonds, dry roasted

Dressing:

1 Tbsp. olive oil
1 tsp. sesame oil
1 Tbsp. lemon juice
1 Tbsp. hoison sauce
1 Tbsp. light soy sauce or tamari
1 clove garlic, finely chopped
¾ tsp. finely chopped ginger (optional)

Directions:

Chop the almonds. Add to cabbage, along with onions. Mix together the dressing and stir desired amount into the cabbage. Refrigerate to allow flavors to infuse the cabbage before serving.

Portabella Burgers

4 portabella mushrooms (or however many you wish, 1 mushroom = 1 burger)
Good quality balsamic vinaigrette dressing (I use Newman's Own)

Pour some dressing into a shallow pan. Put mushrooms in with undersides facing down and allow to marinate for a few hours or overnight.

Cook mushrooms on medium-high heat until done (softened)

Serve on grilled buns with fixings of your choice.

These are a staple in our house. I often do them without the marinating. Just keep brushing the mushrooms with the dressing as they cook. They are delicious either way.

Bean Salad

1 (15oz) can kidney beans	¾ cup sugar
1 (14.5oz) can wax beans	2/3 cup white vinegar
1 (15oz) great northern beans	½ cup canola oil
1 (15oz) can green beans	½ tsp. dill weed
1 (15oz) can garbanzo beans	½ tsp. rosemary
1 sweet onion, chopped	½ tsp. dried basil
1 green pepper, chopped	
1 red bell pepper, chopped	

Mix beans, onions and peppers in a large bowl.

In a small saucepan, combine vinegar, oil, sugar, and herbs. Stir over medium heat until sugar dissolves, do not boil.

Pour warm dressing over bean mixture and marinate for at least 2 hours in the refrigerator before serving.

Black Bean and Corn Salad

Ingredients:

- 2 cans black beans- I prefer organic; rinsed
- 1 can sweet kernel corn
- 3-4 tablespoons balsamic vinegar
- 1-2 teaspoons dry mustard
- 1-2 tablespoons cumin
- 1 sweet red pepper diced
- 1 pepper of your choice, diced
- grape or cherry tomatoes
- ½ bunch fresh cilantro leaves torn from stems
- salt to taste

Directions:

Rinse beans and drain corn, adding peppers, tomatoes and cilantro before dressing with balsamic vinegar and spices!

Fresh and Fast Gazpacho

3 large tomatoes, quartered
2 large cucumbers, cut in 2 inch pieces
1 rib of celery, chopped coarse
1 small onion, chopped
3 clover of garlic
1 Tb fresh basil
2 Tb balsamic vinegar
1 cup tomato juice
2 tsp olive oil
½ tsp salt
¼ tsp pepper

Pulse together all ingredients up to basil in a food processor to coarsely chop until desired consistency. Soup will be chunky. Fold in other ingredients. Chill at least 1 hour or overnight. Serve cold.

Harvest Pie

We just love this pie! It's healthy and delicious and easy to make.

3 large potatoes
1 sweet potato (or yam)
2 tablespoon soymilk (maybe more, maybe less)
1 tablespoon margarine
1 1/2 cups of vegetable gravy (recipe below)
3 cups of assorted fresh veggies
spices, salt and pepper to taste

Directions:

Basically, this is a pie with no crust and a mashed potato topping.

Preheat oven to 375 degrees

Cook and mash potatoes adding soymilk and margarine to make it creamy and salt and pepper to taste. I also like to add garlic!

I usually make the gravy by boiling 1 1/2 cups of water and adding 3 veggie bouillion cubes and boil again for 10 minutes uncovered (this makes it thick and gravy like). But you can use any other gravy recipe.

Chop and clean the veggies (I like to use broccoli, asparagus, snow peas, cauliflower and mushrooms)

Put chopped veggies in a round shallow backing dish. Pour gravy mixture on top. Spread mashed potatoes over veggies so that a mashed potato cap covers all the veggies. Bake for 20 to 30 minutes (or until the top of the mashed potato becomes crisp and golden). Cool and serve.

Stuffed Portabella Mushrooms

2 teaspoon olive (preferably extra virgin)
1 carrot, peeled and finely diced
1 medium onion, finely diced
1/4 green pepper, finely diced
1 clove garlic, minced
1 teaspoon basil
1 teaspoon oregano
1 cup cooked brown rice
Salt and pepper to taste
4 medium Portabella mushrooms

Heat 1 tsp. olive oil in nonstick pan over medium heat. Add carrot, onion, green pepper and garlic. Sauté until crisp-tender. Stir in basil and oregano.

Remove from heat and combine with rice. Add salt and pepper to taste.

Remove stems from mushrooms. Place mushrooms in lightly oiled casserole dish, stem side up. Top with rice mixture, packing down slightly. Brush lightly with remaining 1 tsp. olive oil.

Bake at 400 degrees for 20 minutes.

Roasted Asparagus Salad

Ingredients:

1 1/2 pounds fresh asparagus
1 tablespoon olive oil
salt to taste
freshly ground black pepper
2 tablespoons vinegar

Instructions:

1. Preheat the oven to 350°F.
2. Prepare the asparagus by cutting off the last inch or so of the woody stalk.
3. Place the asparagus stalks on a baking sheet. Brush them with the olive oil and sprinkle with salt and pepper.
4. Roast in the oven for 10 minutes, until the stalks begin to get tender on the outside. (Thin asparagus spears will take less time than thick spears.)
5. Toss with the vinegar and serve.

Olive Tapenade Bruschetta

Ingredients

- 2 tablespoons pitted and finely chopped green or black olives
- 1 teaspoon capers
- 3 1/2 teaspoons extra virgin olive oil
- freshly ground black pepper
- 12 French bread slices
- 2 cloves garlic

Instructions

1. Mash the olives, capers, 1/2 teaspoon extra virgin olive oil and pepper together.
2. Toast the bread on both sides in a toaster oven, under the broiler or on the grill.
3. While the toasted slices are still warm, rub them with garlic and drizzle them with the remaining olive oil on one side.
4. Put a dab of the olive mixture on each slice of bruschetta.

Bowtie pasta with sun-dried tomatoes and spinach

Ingredients:

- 1 package bowtie pasta
- about 10 sun dried tomatoes, not packed in oil
- 3 cloves garlic, crushed
- 3-4 tablespoon olive oil
- large handful of fresh spinach
- 2-3 tablespoon pine nuts (optional)

Directions:

Boil bowtie pasta according to package directions. Meanwhile, soak sun-dried tomatoes in boiling water for about 5 minutes. Remove and chop coarsely. Put olive oil in a heated sauté pan, add garlic and pine nuts and cook until pine nuts are starting to brown (don't burn the garlic!) Add sun dried tomatoes and spinach, cook until spinach is just wilted. Add cooked drained pasta, and mix thoroughly while still over heat.

Tomato Cucumber Salad with Mint

Ingredients:

1/3 cup red wine vinegar
1 Tablespoon sugar
1 teaspoon salt
2 large cucumbers, peeled, seeded, and cut into 1/2 inch slices
3 large tomatoes, chopped
2/3 cup chopped red onion
1/2 cup chopped fresh mint
2 tablespoons olive oil
salt and pepper to taste

Directions:

In a large bowl, combine vinegar, sugar and salt. Mix in cucumbers and marinate for 1 hour, stirring occasionally. Gently toss tomatoes, onion, mint and olive oil with the marinated cucumbers. Season with salt and pepper.

Summer Tomato Salad

Ingredients:

1 pint cherry tomatoes, halved
1 pint yellow pear tomatoes, halved
1/4 cup chopped green onions
1 clove minced garlic
1/4 cup chopped fresh basil
1/4 cup chopped cilantro
salt and pepper to taste

Directions:

In a bowl toss together all ingredients. Refrigerate 30 minutes and toss again before serving.

Fabulous Fruit Salad

Ingredients:

1 red apple, chopped
1 granny smith apple, chopped
1 nectarine, sliced
2 stalks celery, chopped
1/2 cup dried cranberries
1/2 cup chopped walnuts
1 8-ounce container lemon yogurt (I use soy yogurt 😊)

Mix everything up and chill until ready to eat. This is yummy and you can put any fruit in it that you want. This time of year I think I would substitute the apples for blueberries and strawberries, yum!

Tortilla-Black Bean Casserole

Ingredients:

- 2 cup chopped onion
- 1 1/3 cup chopped green pepper
- 14 oz can stewed tomatoes
- 3/4 cup salsa
- 1/2 tablespoon garlic
- 2 tablespoon cumin
- 2 15-oz cans black beans, drained
- 8 corn tortillas
- 1 1/2 cup shredded Follow Your Heart soy cheese

Directions:

In a large skillet over medium heat, combine first 6 ingredients, bringing the mixture to a boil. Reduce heat and simmer uncovered for 5 minutes. Stir in beans. Spread 1/3 of the bean mixture over the bottom of a 13x9 pan. Top that with half of the tortillas, overlapping as necessary and half of the cheese. Add another 1/3 of the bean mixture, then remaining tortillas and bean mixture. Cover and bake at 350 for 30 minutes or until heated through. Sprinkle with remaining cheese and let stand for 10 minutes. Garnish with shredded lettuce and chopped tomatoes. For more of a Mexican flair, add slices of avocado on top or your favorite guacamole.

Greek Chick Pea Salad

This recipe proves that it is not difficult or time consuming to prepare healthy food. This is as easy as it gets and it's delicious. We eat it over salad greens or with pita bread or just by itself, yum!

Ingredients

- 2, 16 ounce cans chickpeas (garbanzo beans), rinsed and drained
- 3 plum tomatoes, diced
- 3 celery stalks, finely diced
- 3 scallions, sliced thinly
- 1/2 cup kalamata olives, pitted and chopped
- 8 basil leaves, shredded
- 1 tablespoon olive oil
- juice of 3 lemons

salt to taste
freshly ground black pepper

Cooking Instructions

1. Combine the chickpeas in a large bowl with the remaining ingredients. Toss well and taste for seasoning.
2. Serve at room temperature or chilled. (This recipe can be made in advance and stored in the refrigerator for up to 3 days.)

Cranberry Walnut Slaw

Ingredients:

1 16 oz. package shredded coleslaw mix
½ large sweet onion, chopped
1 stalk celery, chopped
½ cup dried cranberries
¼ cup chopped walnuts
½ cup white vinegar
1/3 cup white sugar
½ cup vegetable oil
1 ½ tsp salt
1 ½ tsp dry mustard
black pepper to taste

Directions:

In a large bowl, toss together the coleslaw mix, onion, celery, cranberries and walnuts. Mix the vinegar, sugar, oil, salt, mustard and pepper in a jar with a lid. Pour over the slaw mixture and toss to coat. Refrigerate until serving.

Pumpkin Pie Oatmeal

Ingredients:

1 cup water
1/2 cup Oats
1/4 cup pumpkin puree
cinnamon
pumpkin pie spice
walnuts (optional)
maple syrup

Directions:

Boil water and add oats. Reduce heat and cook oatmeal until most of the water is absorbed. Mix in pureed pumpkin and sweeten to taste with maple syrup, cinnamon, and pumpkin pie spice.

Top with walnuts.

Vegetarian Stuffed Red Peppers

Ingredients

4 cup cooked wild rice
2 cup dry bread cubes
2 cup cooked/crumbled soy sausage (Gimme Lean) or Boca Burgers
1 onion, diced
2 - 3 stalks celery, diced
2 cup shiitake mushrooms, diced
1 - 16 oz can tomato sauce
4-6 whole red peppers, depending on size, stems and seeds removed
2 cups vegetable broth
salt & pepper to taste
herbs to taste - italian or sage & thyme

Directions:

Saute onions and celery until almost soft, add mushrooms, cook until all is soft. Remove from heat and add rice, sausage or Bocas, salt, pepper and herbs, mix well.

Add bread cubes, mix. Add 1/2 of sauce and all of broth slowly until moist but not too wet (you may need to use a little more or a little less liquid). Stuff mixture into peppers.

Put 1/2 of remaining sauce in bottom of pan. Place peppers on top of sauce, pour remaining sauce over peppers.

Bake, covered, until peppers are tender, about 40 minutes at 350 degrees.

Serve w/ sauce from pan poured on top (you may have to add a little water to the sauce to make it more liquid).

Fall Salad with Asian Pears and Walnuts

Ingredients for the vinaigrette:

1 Tbsp. Finely chopped shallots
3 Tbsp. Sherry vinegar
3 Tbsp. Olive oil
1 Tbsp Honey
salt to taste
freshly ground pepper

Ingredients for the Salad:

12 cups red or green leaf lettuce, torn into bite-size pieces
3 Asian pears, cored and sliced
2 cups red grapes
3 Tbsp. chopped walnuts

Instructions:

Place all vinaigrette ingredients in a mixing bowl and whisk to combine. (This can be made ahead and keeps for up to one week)

Toss the lettuce, pears and grapes with the vinaigrette in a large bowl and serve.

Three Bean Chili

2 cans (16oz) Red Kidney Beans	3 tsp Chili Powder
2 cans (16oz) Pinto Beans	1 ½ tsp. salt
2 cans (16oz) Black Beans	1 tsp. Garlic Salt
1 small yellow onion, chopped	½ tsp. ground pepper
1 small green pepper, chopped	½ tsp. cumin
1 can (14 ½ oz) diced tomatoes	pinch of cinnamon
1 can (6oz) tomato paste	

In a large pot, saute onion and pepper in 1 Tbsp oil until soft. Add all other ingredients and bring to a boil. Cover, reduce heat and simmer for 20 minutes.

Bean Salad

1 (15oz) can kidney beans	¾ cup sugar
1 (14.5oz) can wax beans	2/3 cup white vinegar
1 (15oz) great northern beans	½ cup canola oil
1 (15oz) can green beans	½ tsp. dill weed
1 (15oz) can garbanzo beans	½ tsp. rosemary
1 sweet onion, chopped	½ tsp. dried basil
1 green pepper, chopped	
1 red bell pepper, chopped	

Mix beans, onions and peppers in a large bowl.

In a small saucepan, combine vinegar, oil, sugar, and herbs. Stir over medium heat until sugar dissolves, do not boil.

Pour warm dressing over bean mixture and marinate for at least 2 hours in the refrigerator before serving.

Eggplant Pomodoro Pasta

Ingredients:

2 Tbsp extra virgin olive oil

1 medium eggplant (about 1 pound) cut into 1/2 inch cubes
2 cloves garlic, minced
4 plum tomatoes, diced
1/3 cup chopped pitted green olives
2 Tbsp red wine vinegar
4 tsp capers, rinsed
3/4 tsp salt
1/2 tsp ground pepper
12 ounces whole wheat angel hair pasta
1/4 cup chopped fresh parsley or basil

Directions:

Cook pasta as per package directions.

Heat oil in a large skillet over medium heat. Add eggplant and cook, stirring occasionally, until just softened, about 5 minutes. Add garlic and cook, stirring, 30 seconds - 1 minute. Add tomatoes, olives, vinegar, capers, salt and pepper and cook, stirring until the tomatoes begin to break down, 5 to 7 minutes more.

Divide the pasta among shallow bowls. Spoon the sauce over the pasta and sprinkle parsley or basil on top.

Cool Cucumber Salad

Ingredients

- 1 medium cucumber, quartered and sliced
- 1 medium tomato, chopped
- 1/2 cup chopped green pepper
- 1/3 cup chopped sweet onion
- 2 tablespoons lime juice
- 2 tablespoons red wine vinegar or cider vinegar
- 3/4 teaspoon dill weed
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Directions

In a large bowl, combine the cucumber, tomato, green pepper and onion. in a small bowl, combine lime juice, vinegar, dill, salt and pepper. Pour over cucumber mixture; toss to coat. Cover and refrigerate for 15 minutes. Serve with a slotted spoon.

Sweet and Sour Bean and Spinach Salad

1 can (15 ounces) Pinto beans rinsed and drained
1 cup cauliflower florets
1 small avocado, peeled, pitted, cubed
1/2 cup chopped red bell pepper
2 green onions and tops, sliced
3 tablespoons finely chopped parsley
1/2 cup prepared sweet and sour dressing
4 cups packaged salad spinach

1 can (11 ounces) Mandarin orange segments, drained
2 tablespoons toasted sunflower seeds, optional
Salt and pepper to taste

1. Combine beans, vegetables, and parsley in salad bowl; pour dressing over and toss.
2. Add oranges and spinach and toss; season to taste with salt and pepper. Spoon salad into bowls; sprinkle with sunflower seeds.

Open-Face Ratatouille Sandwiches

These are really good. You can top anything, this recipe calls for french bread, but there are possibilities, even an omelet te.

1 small eggplant, cut into 1-inch pieces
1 small zucchini or yellow summer squash, cut into 3/4-inch-thick slices
1 medium red sweet pepper, cut into strips
1/2 of a small red onion, cut into 1/2-inch-thick wedges
1 tablespoon olive oil
1/2 teaspoon herbes de Provence or dried thyme, crushed
1/4 teaspoon kosher salt
1/8 teaspoon ground black pepper
2 medium plum tomatoes, each cut lengthwise into 6 wedges
8 small or 4 large 1/2-inch-thick slices whole wheat or white French bread, toasted (about 8 ounces total)
1 clove garlic, halved
2 tablespoons balsamic vinegar

Preheat oven to 400 degrees F. Coat a large shallow roasting pan with nonstick cooking spray. Add eggplant, zucchini, sweet pepper, and red onion to prepared pan. Drizzle with olive oil; sprinkle with herbes de Provence, salt, and black pepper. Toss to coat. Roast vegetables for 30 minutes, tossing once. Add plum tomatoes to roasting pan. Roast for 15 to 20 minutes more or until vegetables are tender and lightly browned in spots.

Meanwhile, rub toasted bread with the cut sides of the garlic clove. Place two small slices or one large slice of the bread on each of four serving plates. Sprinkle balsamic vinegar over vegetables; toss gently to coat. Spoon warm vegetables on top of bread.

Jicama-Apple Slaw

This is the perfect 'something different' to offer at picnics and cookouts. It's 100% dairy free, refreshing and nutritious. (and oh yeah, it's really yummy too)

1/3 cup packed chopped fresh cilantro, plus leaves for garnish
2 tablespoons chopped fresh mint, plus leaves for garnish
1-2 tablespoons minced jalapeño pepper
1 teaspoon sugar

3/4 teaspoon salt
1/2 teaspoon ground cumin
1/4 cup lime juice
1/3 cup extra-virgin olive oil
1 1-pound jícama
1 tart green apple, cored (not peeled)
2 navel oranges
2 avocados, diced

1. Place 1/3 cup cilantro, 2 tablespoons mint, jalapeño to taste, sugar, salt, cumin and lime juice in a food processor. Process until finely chopped, about 30 seconds, stopping once to scrape down the sides. With the motor running, add oil through the feed tube in a slow, steady stream until the dressing is well combined. Transfer the dressing to a large bowl. Do not clean the processor, but change to the shredding disk.

2. Using a small, sharp knife, carefully peel jícama, making sure to remove both the papery brown skin and the layer of fibrous flesh just underneath. Cut the jícama and apple into pieces that will fit comfortably through your processor's feed tube. Shred the jícama and apple in the processor. Add to the bowl with the dressing.

3. Using a sharp knife, remove the peel and pith from the orange. Working over the bowl with the slaw (to catch any juice), cut the orange segments from the surrounding membranes, letting them drop into the bowl. Squeeze any remaining juice into the slaw. (Discard membranes and peel.) Add avocados; gently toss to combine. Serve immediately, garnished with cilantro and mint leaves

Homemade Power Bars

Ingredients:

1 cup quick-cooking rolled oats
1/2 cup whole wheat flour
1/2 cup wheat and barley nugget cereal (e.g. Grapenuts TM)
1/2 teaspoon ground cinnamon
egg replacer equal to one egg
1/4 cup applesauce
1/4 cup honey
3 tablespoons brown sugar
2 tablespoons vegetable oil
1/4 cup unsalted sunflower seeds
1/4 cup chopped walnuts
1 (7 ounce) bag chopped dried mixed fruit

Directions:

Preheat oven to 325 degrees F. Line a 9 inch square baking pan with aluminum foil. Spray the foil with cooking spray.

In a large bowl, stir together the oats, flour, cereal, and cinnamon. Add the egg, applesauce, honey, brown sugar, and oil. Mix well. Stir in the sunflower seeds, walnuts, and dried fruit. Spread mixture evenly in the prepared pan.

Bake 30 minutes, or until firm and lightly browned around the edges. Let cool. Use the foil to lift from the pan. Cut into bars or squares, and store in the refrigerator.

Cosmic Chocolate Breakfast Smoothie

Ingredients:

6-8-oz. frozen blueberries
6-8 oz. frozen cherries
1 ripe banana
2-3 Tbsp flax seeds
2-3 Tbsp maple syrup
1/4 cup cocoa
1-2 tsp vanilla (optional)
8 cups baby greens or other leaf lettuce
1-2 cups of red cabbage or watercress

Directions:

Combine 1 cup water with banana, flax seed, maple syrup, vanilla in a high powered blender and blend until the flax seed is ground and mixture is smooth and thick. Add lettuce and other greens and blend, adding more water as needed. Add frozen berries and blend until smooth.

Ginger Garbanzos and Greens

I know that ginger is not everyone's favorite. If that is you, you can make this without the ginger, it's still good, just more of a curry taste.

Ingredients:

2 cups garbanzos, in their liquid
1 large bunch collard greens, washed and shredded
1 roasted red pepper, chopped small
1 1/2" piece ginger, minced
2-3 garlic cloves, minced
1/2 onion, chopped
1 cup vegetable broth
2-3 tablespoons cooking oil
1/2 tablespoon curry powder, or to taste
salt to taste

1. In a large soup pot, heat the oil over medium-high heat.
2. Add the chopped onion and saute until translucent and soft but not brown.
3. Add the ginger and garlic and cook stirring for 1 minute. Lower the heat if necessary to keep from burning the ginger.
4. Add the garbanzos and their liquid (canned is fine), and the vegetable broth.
5. Bring to a light boil, then add the collard greens. Lower the heat and cover.
6. Allow to cook until the greens become soft, about 10 minutes.
7. Add the chopped red pepper and curry powder. Stir well.
8. Cook another minute or two to let the flavors combine. The collards should keep their vibrant green color; otherwise, they may have become overcooked.
9. Salt to taste and serve with pasta or rice, or as a soup.

Sesame Roasted Asparagus

Ingredients

- 36 asparagus spears
- 1 1/2 teaspoons dark sesame oil
- 1 teaspoon low-sodium soy sauce
- 1/8 teaspoon black pepper

Preparation:

Preheat oven to 450°. Snap off tough ends of the asparagus spears. Combine asparagus and the remaining ingredients in a jelly-roll pan, turning asparagus to coat. Bake at 450° for 10 minutes or until the asparagus is crisp-tender; turn once.

Asparagus with Balsamic Vinaigrette

2 pounds asparagus 2 pounds asparagus stalks, washed and trimmed
3 tablespoons good-quality balsamic vinegar
2 tablespoons minced red onion
2 tablespoons extra-virgin olive oil
1 clove garlic, minced
1/4 teaspoon coarsely ground black pepper
Coarse salt to taste

Blanch the asparagus in lightly salted boiling water for about 3 minutes or until crisp-tender; do not overcook. Remove from heat and refresh under cold water; drain well. Arrange asparagus on serving platter or individual serving plates.

In a bowl or jar, whisk together balsamic vinegar, red onion, olive oil, garlic, and pepper. Spoon the vinaigrette over the asparagus, allowing a little to puddle on either side. Sprinkle lightly with coarse salt.

Buddha's Delight with Tofu, Broccoli, and Water Chestnuts

No need for takeout, this simple version of a popular Chinese takeout dish will work with just about any vegetable.

Ingredients

3 tablespoons low-sodium soy sauce
1 tablespoon dark sesame oil
1 tablespoon rice vinegar
1 teaspoon sugar
1 (14-ounce) package water-packed extra-firm tofu, drained and cut into 1-inch cubes
5 cups small broccoli florets
1 1/2 cups (1/4-inch) diagonally sliced carrot
1/2 cup peeled, chopped broccoli stems
2 tablespoons canola oil

1 1/2 cups sliced green onions
1 tablespoon grated peeled fresh ginger
2 garlic cloves, minced
1 cup snow peas, trimmed
1 (14-ounce) can whole baby corn, drained
1 (8-ounce) can sliced water chestnuts, drained
1/2 cup vegetable broth
1 tablespoon cornstarch
1/2 teaspoon salt
4 cups hot cooked short-grain rice

Preparation

Combine first 5 ingredients, tossing to coat; cover and marinate in refrigerator 1 hour. Drain in a colander over a bowl, reserving marinade. Cook broccoli florets, carrot, and broccoli stems in boiling water 1 1/2 minutes; drain. Plunge into ice water. Drain. Heat canola oil in a wok or large nonstick skillet over medium-high heat. Add tofu; stir-fry 5 minutes or until lightly browned on all sides. Stir in onions, ginger, and garlic; stir-fry 30 seconds. Stir in broccoli mixture, snow peas, corn, and water chestnuts; stir-fry 1 minute. Combine broth and cornstarch, stirring with a whisk. Add cornstarch mixture, reserved marinade, and salt to pan; bring to a boil. Cook 2 1/2 minutes or until slightly thick, stirring constantly. Serve over rice.

Roasted Eggplant Spread

Ingredients

- 2 medium eggplants, peeled
- 1 red bell pepper, seeded
- 1 red onion, peeled
- 2 garlic cloves, minced
- 3 tablespoons good olive oil
- 1/2 teaspoon cayenne pepper
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons lemon juice
- 2 tablespoons tahini
- 3 tablespoons chopped parsley

Directions

Preheat the oven to 400 degrees F Cut the eggplant, bell pepper, and onion into 1-inch cubes. Toss them in a large bowl with the garlic, olive oil, cayenne and salt and pepper. Spread them on a baking sheet. Roast for 45 minutes, until the vegetables are lightly browned and soft, tossing once during cooking. Cool slightly. Place the vegetables in a food processor fitted with a steel blade, add the lemon juice and tahini, and pulse 3 or 4 times to blend. Taste for salt and pepper. Transfer to a bowl and add the chopped parsley.

Roasted Vegetable Burritos

Ingredients

1 medium onion, diced
4-5 garlic cloves, minced or crushed (jarred is fine)
8 oz carrots, diced (or sliced if using baby carrots)
2 extra large potatoes, diced (approximately 1 1/4 lbs)
1 green pepper, diced
1 red pepper, diced
2 zucchini/Italian squash, diced
8 oz mushrooms, coarsely chopped
4 celery stalks, diced
1 can black beans, rinsed and drained (16 oz--any kind you like will do)
Cilantro, salt, black pepper
olive oil
guacamole
1 package tortillas

Directions:

First, clean and chop all vegetables. Make sure that the vegetables are chopped approximately the same size, so they'll cook evenly. Next, preheat the oven to 400 F. Place vegetables in baking dishes, making sure they're spread evenly and not too thickly. Mix some olive oil, Mexican oregano, cilantro, seasoning salt (or regular salt), & black pepper around with the vegetables to coat evenly. Roast in the oven, uncovered, until done to your liking (I roasted mine about 30-40 minutes). Once vegetables come out of the oven, mix with the beans of your choice, & spoon the filling onto warmed tortillas. Season the burritos with whatever you like (we like guacamole). Finally--roll, serve, and enjoy!!

Tossed greens with pasta, fruit and balsamic vinaigrette

Ingredients

4 ounces uncooked spiral pasta
6 cups mixed greens
2 large fresh pears, cored and sliced
1/2 cup sliced water chestnuts
1/2 cup golden raisins
3 tablespoons sunflower seeds or roasted soy nuts

For the dressing:

1 teaspoon rosemary or 1 tablespoon fresh rosemary
1/4 teaspoon ground cinnamon
1/4 teaspoon salt
3 tablespoons balsamic vinegar
1/4 cup olive oil

Directions

To make the dressing, add the rosemary, cinnamon, salt, balsamic vinegar and olive oil in a small bowl. Whisk thoroughly to blend.

Fill a large pot 3/4 full with water and bring to a boil. Add the pasta and cook until al dente (tender), 10 to 12 minutes, or according to the package directions. Drain the pasta thoroughly and rinse under cold water.

In large bowl, combine the cooked pasta, mixed greens, pears, water chestnuts and raisins. Whisk the dressing again briefly and add to the salad. Toss to coat evenly. Divide the salad onto individual plates and top with seeds or soy nuts. Serve immediately.

Frozen Pumpkin Mousse Pie

Makes 10 servings

Ingredients

Crust

30 small gingersnap cookies (about 7 ½ ounces)

2 tablespoons raisins

1 tablespoon canola oil

Filling

1 cup canned pumpkin puree

⅓ cup packed brown sugar

½ teaspoon ground cinnamon

¼ teaspoon ground ginger

¼ teaspoon freshly grated nutmeg

2 pints (4 cups), softened vanilla soy ice cream

Instructions

1. Preheat oven to 350°F. Coat a 9-inch deep-dish pie pan with cooking spray.
2. To prepare crust: Combine gingersnaps and raisins in a food processor and pulse until finely chopped. Add oil and pulse until blended. Press evenly into the bottom and up the sides of the prepared pan.
3. Bake the crust until set, about 10 minutes. Transfer to a wire rack to cool completely.
4. To prepare filling: Combine pumpkin, sugar, cinnamon, ginger and nutmeg in a large bowl and mix well. Add ice cream and stir until blended. Spoon the mixture into the cooled pie crust. Freeze until firm, at least 2 hours. Let the pie soften slightly in the refrigerator for 20 to 30 minutes before serving.

Pasta with Roasted Tomatoes, Capers and Olives

Ingredients:

1 tablespoon olive oil

1 onion, chopped

2 cloves garlic, minced

2 cups whole, canned plum tomatoes, drained

1 tablespoon balsamic vinegar

1 tablespoon capers

1/2 cup halved, pitted olives

1 sprig fresh oregano, or 1/4 teaspoon dried

salt to taste
freshly ground black pepper
1/4 cup freshly grated Parmesan cheese
12 ounces whole wheat penne pasta

Directions:

1. Heat the olive oil in a large skillet over medium heat. Add the onion and cook, stirring occasionally, until soft and translucent, about 5 minutes. Add the garlic and cook for 2 minutes more. Add the tomatoes and balsamic vinegar and cook for 2 more minutes.
2. Transfer this mixture to a baking dish and stir in the capers, olives, oregano, salt and pepper. Place the dish in the oven and roast for 20 minutes.
3. Meanwhile, bring a large pot of salted water to a boil. Drop in the pasta and cook until it is al dente, about 8 to 10 minutes. Drain. Put the pasta in a warm serving bowl, toss with Parmesan cheese and add the tomato mixture.

Spinach and Lentil Soup

INGREDIENTS

- 1 large onion, chopped
- 1 cup shredded carrots
- 1 tablespoon olive oil
- 6 cups water
- 1 (16 ounce) jar salsa
- 1 1/4 cups dried lentils, rinsed
- 3/4 teaspoon salt
- 1 (10 ounce) package fresh spinach, torn

DIRECTIONS

1. In a large saucepan or Dutch oven, saute carrots and onion in oil until tender. Add the water, salsa, lentils and salt. Bring to a boil. Reduce heat; cover and simmer for 50-60 minutes or until lentils are tender. Stir in spinach; simmer 5-10 minutes longer or until spinach is wilted. That's it!

Awesome Corn Chowder

Ingredients:

- 2 large onions, chopped
- 8-10 cloves garlic, chopped
- 2 tablespoons olive oil
- 1 red bell pepper, ribbed and chopped
- 3 jalapeno peppers, ribbed and chopped
- 6 cups water or vegetable broth
- 3 large potatoes, diced
- 2 large sweet potatoes, diced
- 3 corn tortilla shells, cut into strips
- 2 cups corn (not canned)

salt, pepper, chili powder (or a fresh chili) to taste

Directions:

Heat olive oil in large soup pot (medium flame), then add onion and garlic. Saute until just tender (5 minutes). Add peppers and saute for about ten minutes.

Add the water, potato, sweet potato, tortilla shells, and any seasonings you like (salt, pepper, chili powder) and bring to a boil. Reduce flame and simmer uncovered for about 20 minutes.

Add the corn and simmer for another 5 minutes or so. If the soup is too thick, add more broth or even add some soy milk. Enjoy!

PROTEIN BARS

- 1 cup vanilla protein powder
- 1/2 cup flour (wheat or white, depending on your preference)
- 2 cups rolled oats
- 1/2 cup oat bran or wheat bran
- 1/2 teaspoon cinnamon
- 3/4 teaspoon salt
- 1/2 brown sugar
- 1 cup mix-ins ([carob](#)/chocolate chips, dried fruit, nuts, etc.)
- 1 1/2 cups plain or vanilla yogurt
- 1/4 cup vegetable oil
- 2 teaspoons vanilla

Preheat oven to 350 degrees. Lightly spray a 9 by 13-inch baking pan and a cookie sheet with nonstick spray.

Mix together the protein powder, flour, oats, bran, cinnamon, and salt in a large bowl.

Add in the brown sugar and mix-ins.

Combine the yogurt, oil, and vanilla in a separate bowl, stirring well. Add the wet mixture to the dry and mix until thoroughly blended (it will take a while to get it all mixed).

Transfer the mixture to the prepared 9 by 13-inch pan, patting it evenly into place with your hands. Bake for 15 minutes, then remove from oven and cut into bars of any size.

Place the bars on the prepared cookie sheet about a half an inch apart and bake for another 15 minutes.

Banana-Cocoa Smoothie

Ingredients

- 3 or more whole frozen bananas
- 1 tablespoon cocoa
- 1 rounded tablespoon all natural peanut butter
- about a cup of soy milk, milk or almond milk

Pumpkin Pie in a Glass

Ingredients

- 1/2 cup pumpkin
- 1/2 cup soy or other milk

1/2 teaspoon vanilla extract
1/2 cup crushed ice
1 tablespoon liquid sweetener
1 teaspoon pumpkin pie spice

Hawaiian Shake

Ingredients

2 frozen bananas (chopped beforehand)
2 pineapple slices
1 cup pineapple juice

Artichoke Pasta with Pine Nuts

Ingredients

3/4 cup pine nuts
1 tsp olive oil
2 garlic cloves, minced
1 cup chopped onions
10 Kalamata olives, pitted, sliced in half
2 (13 3/4-oz) cans artichoke hearts, water packed, drained and sliced
1 tsp salt-free Mrs. Dash† Lemon Pepper Seasoning Blend
1 1/2 cups vegetable broth
3 tbsp flour
6 oz whole-wheat rotini pasta, cooked according to directions without salt or fat
1/2 cup chopped fresh parsley

1. In a small skillet, over medium-low heat, toast pine nuts for 4 to 6 minutes, stirring often. Remove from heat and set aside.
2. Spray a large skillet with nonstick cooking spray. Place the skillet over medium-high heat and add olive oil. When oil is hot, add garlic, onions, and olives. Sauté 1 to 2 minutes.
3. Add artichoke hearts and salt-free seasoning. Cook 1 to 2 minutes.
4. In a small bowl, combine broth and flour and add to the skillet. Stir 1 to 2 minutes with a wire whisk until thickened. Remove from heat.
5. Place hot cooked pasta in a large bowl and pour artichoke sauce over pasta. Add parsley and toasted pine nuts. Toss to mix well.

Asian Noodle Salad

Ingredients

8 ounces udon noodles, uncooked (can substitute vermicelli)

4 ounces pea pods, fresh, cut into thin strips
2 tablespoon sesame oil
1 tablespoon peanut oil
2 tablespoon lite soy sauce
2 tablespoon rice winevinegar
1/2 ounce mushrooms, dried, such as Chinese tree ear, shiitake, porcini, or morels soaked in warm water for 15 minutes, drained and sliced
1 small carrot, thinly sliced
2 green onions, cut diagonally with tops
1 cup bean sprouts
2 tablespoon dry-roasted peanuts

Cook the noodles according to the package directions, omitting salt. Thirty seconds before the noodles are cooked, add the pea pods to blanch. Drain the pasta and pea pods.

Mix the sesame oil and peanut oil in a small bowl.

In another small bowl, combine the soy sauce and vinegar. Whisk in 2 tablespoons of the oil mixture.

Put the hot noodles in a large bowl. Mix the remaining tablespoons of oil mixture into the noodles. Add the mushrooms, pea pods, carrot, onions, and bean sprouts. Add the soy sauce dressing; toss well. Sprinkle with chopped nuts. Serve hot or cold.

Baked Apples

- 6 medium Golden Delicious apples
 - 1 cup walnut pieces
 - 1/2 cup raisins, or dried cranberries
 - 1/4 cup unsweetened shredded coconut, (optional)
 - 2 tablespoons maple syrup
 - 1 teaspoon freshly grated lemon zest
 - 1/4 teaspoon ground cinnamon
 - 1/4 teaspoon ground nutmeg
 - 1/2 cup apricot preserves
 - 1 1/2 cups apple cider
 - 1 tablespoon earth balance spread or butter
 - 1/2 teaspoon vanilla extract
1. Preheat oven to 375°F. Lightly coat a shallow 8-by-12-inch (or similar) baking dish with cooking spray.
 2. Core apples all the way through with an apple corer, making a 1-inch-wide hole. Peel the upper third of each apple. Using a sharp paring knife, score the flesh about 1/4 inch deep around the circumference, more or less where the peeled and unpeeled areas meet. With the paring knife angled down, cut a shallow crater around the top of the hole to help hold the preserves that will go there. Set aside while you make the filling.

3. Place walnuts, raisins (or dried cranberries) and coconut (if using) in a food processor. Chop the mixture fairly well, but not too fine; you want it to remain somewhat textured. Add syrup, lemon zest, cinnamon and nutmeg; pulse several times to combine.
4. Place the apples in the prepared baking dish and gently press 1/4 cup filling into each cavity. Spoon a generous tablespoon of preserves onto the crater of each apple.
5. Combine cider and butter in a small saucepan; heat over low heat until the butter has melted. Remove from the heat and stir in vanilla. Pour the liquid over and around the apples.
6. Cover the apples loosely with tented foil and bake on the center rack for 30 minutes. Remove foil and baste the apples well. Continue to bake, uncovered, for 20 to 35 minutes more (depending on the size of the apples), basting every 10 minutes, until the apples are tender throughout. The best way to test them is with a thin bamboo skewer; the slightest bit of resistance near the center is OK because they'll finish cooking as they cool. Let the apples cool right in the pan, basting periodically. Serve warm, at room temperature or cold, with some of the pan juices spooned over each.

Bean Salad

1/4 cup rice vinegar
1/4 cup vegetable oil
1 Tbs. sugar
2 cloves garlic, minced (2 tsp.)
1/2 tsp. dried oregano
1/2 tsp. dried basil
1 15-oz. can black beans, rinsed and drained
1 15-oz. can pinto beans or black-eyed peas, rinsed and drained
1 1/2 cups fresh corn kernels
1/2 cup edamame
1 red, yellow, or orange bell pepper, finely chopped (1 cup)
1/2 small red onion, finely chopped (1/2 cup)
1 2-oz. can diced green chiles with liquid
1/4 cup chopped cilantro

1. Whisk together vinegar, oil, sugar, garlic, oregano, and basil in large bowl.
2. Stir in black and pinto beans, corn, bell pepper, onion, chiles, and cilantro. Season with salt and pepper. Refrigerate 1 hour before serving.

Butternut Squash Soup with Caramelized Onions and Apples

1 rib of celery, chopped
1 carrot, peeled and chopped

1 teaspoon olive oil
4 cups butternut squash,peeled and seeded
3 cloves garlic,minced
1 tablespoon fresh oregano,chopped
1 quart low-sodium vegetable stock, more maybe needed
salt and pepper to taste
1 tablespoon curry powder
1 onion,large dice
1 Granny Smith apple ,peeled and cored

1. In a soup pot, sauté the onion, celery and carrot in the oil over medium heat until the onion is golden, about 5 to 6 minutes. Add the squash and garlic cooking 5 minutes, stirring. Add the oregano and stock and simmer about 15 minutes or until the veggies are soft.
2. While the soup is cooking, place a sauté pan at medium-high heat with 1/2 teaspoon of olive oil and sauté the diced onions.
3. Cut the apple into a large dice and when the onions are golden, add to the pan, toss sautéing 2 to 3 minutes. Add the curry and cook 1 minute. Remove from the heat, add the dill and set aside.
4. Place all of the cooked veggies (except the curried onions and apple mix) and liquid from the pot in a blender or food processor and blend until smooth. More stock may be needed to adjust consistency.
5. Return to the soup pot and add the curried onion and apple. Simmer for 2 minutes. Season to taste and adjust consistency.

Eggplant Sauté

2 teaspoons olive oil
1 teaspoon crushed garlic
1 shallot diced
4 cups cubed eggplant (1 inch cubes)
salt to taste
freshly ground black pepper
1 tablespoon freshly chopped basil
1 tablespoon freshly chopped oregano
2 tablespoons freshly grated Parmesan cheese, or soy parmesan

1. Heat the olive oil in a 10" skillet over medium heat.
2. Add the garlic and shallot and cook for 1 minute.

3. Add the eggplant cubes, salt, pepper, oregano and basil and sauté with the olive oil mixture until the eggplant is slightly browned and becomes tender, about 4 to 6 minutes. Remove from the skillet, sprinkle with Parmesan cheese and serve.

Grilled Eggplant & Portobello Sandwich

Looking for a vegetarian option for your next cookout? This grilled eggplant and portobello sandwich is the answer. For extra flavor, top it with slices of garden-fresh tomato and spicy arugula. When I make these I don't use the mayo mixture, instead I brush the bread with balsamic vinaigrette...yum!

- 1 small clove garlic, chopped
- 1/4 cup low-fat mayonnaise
- 1 teaspoon lemon juice
- 1 medium eggplant (about 1 pound), sliced into 1/2-inch rounds
- 2 large or 3 medium portobello mushroom caps, gills removed (see Tip)
- Canola or olive oil cooking spray
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 8 slices whole-wheat sandwich bread, lightly grilled or toasted
- 2 cups arugula, or spinach, stemmed and chopped if large
- 1 large tomato, sliced

Preheat grill to medium-high.

Mash garlic into a paste on a cutting board with the back of a spoon. Combine with mayonnaise and lemon juice in a small bowl. Set aside.

Coat both sides of eggplant rounds and mushroom caps with cooking spray and season with salt and pepper. Grill the vegetables, turning once, until tender and browned on both sides: 2 to 3 minutes per side for eggplant, 3 to 4 minutes for mushrooms. When cool enough to handle, slice the mushrooms.

Spread 1 1/2 teaspoons of the garlic mayonnaise on each piece of bread. Layer the eggplant, mushrooms, arugula (or spinach) and tomato slices onto 4 slices of bread and top with the remaining bread.

Grilled Potato Salad

- 4 large Yukon gold potatoes, sliced 1/4-inch thick
- 5 tablespoons extra-virgin olive oil, divided
- 2 tablespoons grill seasoning blend
- 2 tablespoons rosemary leaves, 3 sprigs, stripped and chopped
- 2 navel oranges, peeled and chopped

- 1 small red onion, thinly sliced
- 4-5 cups arugula, chopped, 2 bunches
- 2 tablespoons red wine vinegar

Directions

Place potatoes in large bowl and toss with about 3 tablespoons extra-virgin olive oil, 2 tablespoons grill seasoning and rosemary. Grill potatoes 4 to 5 minutes on each side. While the potatoes are cooking, combine oranges and red onion and dress with red wine vinegar and some extra-virgin olive oil.

Remove the potatoes from the grill to the dressed oranges and onions, toss to coat.

When you grill potatoes they will be slightly drier than when you use other methods of cooking. By adding the potatoes to the dressing while they are hot, they really will soak in the dressing.

When ready to serve, add the arugula to the potatoes and toss to distribute.

Marinated Potato Salad

What You Need:

3 pounds yellow and purple potatoes, washed well

3/4 cup celery, finely diced

3/4 cup red onion, finely diced

1/4 cup olive oil

2 tablespoons red wine vinegar

1/4 cup chopped dill

1/4 cup chopped parsley

3/4 teaspoon salt

1/4 teaspoon black pepper

What You Do:

1. In a large pot, cook the whole potatoes in boiling water for 15-20 minutes or until fork tender. Carefully drain, rinse with cold water, and set aside to cool for 30 minutes.

2. When potatoes are cool, cut them into bite-sized cubes. Transfer the potatoes to a large bowl, add the remaining ingredients, and toss gently. Cover and chill for 30 minutes or more to allow the flavors to blend before serving.

Marinated Tofu Sandwiches

What You Need:

1 cup crumbled extra-firm tofu

1 tablespoon tamari

2 teaspoons balsamic vinegar

1 teaspoon vegetarian Worcestershire sauce

1/2 tablespoon olive oil

1 cup tomatoes, chopped (juice squeezed and discarded)

3/4 cup diced yellow bell pepper
1/4 cup diced celery
1/4 cup chopped green onions
3 tablespoons fresh parsley, basil, or dill, chopped
1 teaspoon Dijon mustard
1/4 cup mayonnaise or vegannaise
Salt and freshly ground black pepper, to taste
Sliced bread or pita

What You Do:

1. In a large bowl, combine tofu with tamari, balsamic vinegar, and Worcestershire sauce. Marinate for 15 to 20 minutes.
2. In a skillet, add oil and marinated tofu. Sauté for 8 to 10 minutes on medium-high heat, tossing until lightly browned. Let cool.
3. Place tofu in a large bowl and add remaining ingredients. Spread on bread or in pitas, or serve as a dip with tortilla chips or crackers.

Ravioli & Vegetable Soup

This is really good and the ravioli make it different. We use vegan tofu ravioli, they can be found in the health food section of Wegmans 😊

1 tablespoon extra-virgin olive oil
2 cups frozen bell pepper and onion mix, thawed and diced
2 cloves garlic, minced
1 28-ounce can crushed tomatoes, preferably fire-roasted
1 15-ounce pkg. vegetable broth
1 1/2 cups hot water
1 teaspoon dried basil or marjoram
1 6- to 9-ounce package fresh or frozen cheese ravioli
2 cups diced zucchini, (about 2 medium)
Freshly ground pepper to taste

Heat the oil in a large saucepan or Dutch oven over medium heat. Add pepper-onion mix, garlic) and cook, stirring, for 1 minute. Add tomatoes, broth, water and basil (or marjoram); bring to a rolling boil over high heat. Add ravioli and cook for 3 minutes less than the package directions. Add zucchini; return to a boil. Cook until the zucchini is crisp-tender, about 3 minutes. Season with pepper.

Shells with Salsa Cruda

Ingredients

- 5 cups seeded chopped tomatoes (about 2 pounds)

- 1/2 cup chopped red onion
- 1/2 cup thinly sliced fresh basil
- 1/2 cup chopped fresh parsley
- 1/4 cup chopped fresh mint
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons balsamic vinegar
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 garlic clove, minced
- 8 ounces medium shell pasta
- 1/2 cup shredded sharp provolone cheese (optional)

Preparation

Combine first 10 ingredients in a large bowl; let mixture marinate at room temperature. Meanwhile, cook pasta according to package directions. Add cooked pasta to bowl; toss gently to coat. Divide evenly among 4 plates. If desired, top each serving with provolone.

Spinach and Potato Salad

What You Need:

1-1/2 pounds new, fingerling or red potatoes
 2-1/2 tablespoons red wine vinegar
 1 teaspoon Dijon mustard
 1-1/2 teaspoons agave
 1/2 teaspoon salt
 Freshly ground black pepper
 1/4 cup toasted pine nuts, divided
 4-1/2 tablespoons extra-virgin olive oil
 2-1/2 cups baby spinach, whole or roughly chopped
 1/4 cup fresh basil, julienned
 3/4 cup marinated artichokes, chopped (from jar, rinsed and patted dry)
 2/3 cup red peppers, finely chopped
 1/3 cup pitted kalamata olives, chopped

What You Do:

1. In a large pot of water, add potatoes and a few pinches of salt. Bring to boil, then lower heat and simmer for 12 to 15 minutes, or until potatoes are tender when pierced. Drain

potatoes.

2. In a food processor, combine vinegar, mustard, agave, salt, pepper, 1/8 cup pine nuts, and olive oil.

3. While the potatoes are still warm, cut in halves or quarters. In a large bowl, toss potatoes gently with vinaigrette. Add spinach, basil, artichokes, peppers, olives, and remaining pine nuts and mix. Serve warm or chilled.

Thai Lettuce Wraps

What You Need:

2 cups water
1-1/4 cups Jasmine rice, rinsed
1 tablespoon minced ginger
2 teaspoons minced garlic
1/2 cup coconut milk
1/3 cup diced red bell pepper
1/3 cup diced orange bell pepper
1/4 cup sliced green onions
1/4 cup sliced almonds
1 jalapeño, finely diced
1 tablespoon lime juice
1 tablespoon chopped cilantro
1 tablespoon chopped parsley
1 teaspoon salt
1/4 teaspoon pepper
12 large leaves of loose leaf lettuce, green or red-tipped

What You Do:

1. In a saucepan, bring water to a boil. Add rice, ginger, and garlic. Stir, cover, reduce heat, and simmer for 10 to 12 minutes or until all of the liquid is absorbed. Transfer cooked rice to a bowl and fluff with a fork. Add the remaining ingredients, except the lettuce leaves, and stir well to combine.

2. Place 1/3 cup of the rice mixture in the center of each lettuce leaf, folding the sides of each leaf toward the center. Starting from the stem end of the leaf, roll to enclose the filling, and place seam side down on a platter. Repeat for the remaining lettuce leaves

Tomato-&-Olive-Stuffed Portobello Caps

Ingredients

- 2/3 cup chopped plum tomatoes
- 1/2 cup shredded part-skim mozzarella cheese
- 1/4 cup chopped Kalamata olives
- 1 teaspoon minced garlic
- 2 teaspoons extra-virgin olive oil, divided
- 1/2 teaspoon finely chopped fresh rosemary, or 1/8 teaspoon dried
- 1/8 teaspoon freshly ground pepper
- 4 portobello mushroom caps, 5 inches wide
- 2 tablespoons lemon juice
- 2 teaspoons reduced-sodium soy sauce

Combine tomatoes, cheese, olives, garlic, 1 teaspoon oil, rosemary and pepper in a small bowl.

Preheat grill to medium.

Discard mushroom stems. Remove brown gills from the undersides of the caps using a spoon; discard gills. Mix the remaining 1 teaspoon oil, lemon juice and soy sauce in a small bowl. Brush the mixture over both sides of the caps.

Oil a grill rack (see Tip). Place the caps on the rack, stem sides down, cover and grill until soft, about 5 minutes per side. Remove from the grill and fill with the tomato mixture. Return to the grill, cover, and cook until the cheese is melted, about 3 minutes more.

Vegetarian Taco Salad

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 large onion, chopped
- 1 1/2 cups fresh corn kernels or frozen, thawed
- 4 large tomatoes
- 1 1/2 cups cooked long-grain brown rice
- 1 15-ounce can black, kidney or pinto beans, rinsed
- 1 tablespoon chili powder
- 1 1/2 teaspoons dried oregano, divided
- 1/4 teaspoon salt
- 1/2 cup chopped fresh cilantro
- 1/3 cup prepared salsa
- 2 cups shredded iceberg or romaine lettuce
- 1 cup shredded pepper Jack cheese (we skip the cheese and use guacamole instead)
- 2 1/2 cups coarsely crumbled tortilla chips

- Lime wedges for garnish

Heat oil in a large nonstick skillet over medium heat. Add onion and corn; cook, stirring, until the onion begins to brown, about 5 minutes. Coarsely chop 1 tomato. Add it to the pan along with rice, beans, chili powder, 1 teaspoon oregano and 1/4 teaspoon salt. Cook, stirring frequently, until the tomato cooks down, about 5 minutes. Let cool slightly.

Coarsely chop the remaining 3 tomatoes. Combine with cilantro, salsa and the remaining 1/2 teaspoon oregano in a medium bowl.

Toss lettuce in a large bowl with the bean mixture, half the fresh salsa and 2/3 cup cheese. Serve sprinkled with tortilla chips and the remaining cheese, passing lime wedges and the remaining fresh salsa at the table.

White Bean Salad

1 tsp finely grated lemon zest
1/3 cup lemon juice
3 Tbsp extra virgin olive oil
2 Tbsp fresh oregano, minced
2 Tbsp fresh sage, minced
1 tsp black pepper
1/2 tsp salt
2 15-ounce cans cannellini beans, rinsed
12 cherry tomatoes, quartered
1 cup finely diced celery

Combine lemon zest, lemon juice, oil, oregano, sage, pepper and salt in a large bowl and whisk. Add beans, tomatoes and celery, toss and serve.

Rice, Zucchini, and Corn Salad

3 cups [cooked brown rice](#)
1 pound small zucchini, cut in half lengthwise and sliced into half moons
2 cups cooked fresh, frozen, or canned corn
1/4 cup thinly sliced green onions
3 tablespoons fresh lemon juice
2 tablespoons extra-virgin olive oil
2 teaspoons Dijon mustard
2 teaspoons dried dill weed
1/2 teaspoon salt

Combine rice, zucchini, corn, and green onions in a large bowl. Whisk together remaining ingredients. Pour over rice and vegetables and toss well. Serve

Baked Banana and Pineapple Bites

Ingredients

- 1/2 cup coconut milk
- 2 Tbsp dark rum
- 1/2 cup shredded coconut, lightly chopped
- 2 Tbsp sugar
- 1/2 tsp ground cinnamon
- 2 firm Bananas, cut into 1-inch diagonal slices
- 1 quarter fresh Pineapple, peeled, cut into 1/2-inch slices

Directions

1. Preheat oven to 400°F. Spray 15x10-inch jelly roll pan with nonstick cooking spray.
2. Stir together coconut milk and rum. In separate bowl, stir together coconut, sugar and cinnamon.
3. Dip banana and pineapple slices into coconut mixture; place on prepared pan. Bake 8 to 10 minutes or until brown and crisp. Serve hot.

Curried Cashews

These are great for having around in bowls during holiday gatherings. But be warned, they are addicting!!

- 6 Tbsp lemon juice
- 6 tablespoons curry powder
- 4 teaspoons kosher salt
- 6 cups unsalted cashews

Position racks in the upper and lower thirds of oven; preheat to 250°F.

Whisk lemon juice, curry powder and salt in a large bowl. Add cashews; toss to coat. Divide between 2 large rimmed baking sheets; spread in an even layer. Bake, stirring every 15 minutes, until dry, about 45 minutes. Let cool completely. Store in an airtight container.

Fajitas

- 1/4 cup olive oil
- 1/4 cup red wine vinegar
- 1 teaspoon dried oregano
- 1 teaspoon chili powder
- garlic salt to taste
- salt and pepper to taste
- 1 teaspoon white sugar
- 2 small zucchini, julienned
- 2 medium small yellow squash, julienned
- 1 large onion, sliced
- 1 green bell pepper, cut into thin strips

- 1 red bell pepper, cut into thin strips
- 2 tablespoons olive oil
- 1 (8.75 ounce) can whole kernel corn, drained
- 1 (15 ounce) can black beans, drained

1. In a large bowl combine olive oil, vinegar, oregano, chili powder, garlic salt, salt, pepper and sugar. To the marinade add the zucchini, yellow squash, onion, green pepper and red pepper. Marinate vegetables in the refrigerator for at least 30 minutes, but not more than 24 hours.

2. Heat oil in a large skillet over medium-high heat. Drain the vegetables and saute until tender, about 10 to 15 minutes. Stir in the corn and beans; increase the heat to high for 5 minutes, to brown vegetables.

Roasted Vegetables

- 1 small butternut squash, cubed
- 2 red bell peppers, seeded and diced
- 1 sweet potato, peeled and cubed
- 3 Yukon Gold potatoes, cubed
- 1 red onion, quartered
- 1 tablespoon chopped fresh thyme
- 2 tablespoons chopped fresh rosemary
- 1/4 cup olive oil
- 2 tablespoons balsamic vinegar
- salt and freshly ground black pepper

1. Preheat oven to 475 degrees F (245 degrees C).

2. In a large bowl, combine the squash, red bell peppers, sweet potato, and Yukon Gold potatoes. Separate the red onion quarters into pieces, and add them to the mixture.

3. In a small bowl, stir together thyme, rosemary, olive oil, vinegar, salt, and pepper. Toss with vegetables until they are coated. Spread evenly on a large roasting pan.

4. Roast for 35 to 40 minutes in the preheated oven, stirring every 10 minutes, or until vegetables are cooked through and browned.

Barry Lovelace is an internationally recognized fitness professional specializing in the sports performance training of athletes. He is the creator of several athlete training DVD's and a member of team Men's Fitness, as well as a contributor to many other publications.

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