



Featured Recipes

Breakfast Tortillas

Preparation Time: 5 minutes (cooked rice needed)

Cooking Time: 20 minutes

Servings: 4

2 cups shredded hash brown potatoes

1 cup cooked brown rice

1 cup fresh spinach, kale or chard

1/3 cup fresh salsa

1/3 cup frozen corn kernels, thawed

1/4 cup chopped green onions

4 whole wheat tortillas

Place the potatoes in a dry non-stick skillet. Cover, and cook for about 5 minutes over medium heat before turning for the first time. Continue to cook and turn frequently until lightly browned, about 12 minutes. Add the remaining ingredients, except the tortillas, and cook stirring occasionally, until heated through. Spoon a line down the center of each tortilla, roll up and eat. Add more salsa or hot sauce, if desired.

Oriental Salad Dressing

Preparation Time: 3 minutes

Servings: makes 1 cup

1/3 cup water

1/4 cup rice vinegar

1/4 cup low sodium soy sauce

1/2 teaspoon crushed red pepper (optional)

1/4 teaspoon crushed garlic

1/4 teaspoon crushed gingerroot

1/4 teaspoon guar gum

Combine all ingredients in a small jar with a lid and shake until well mixed.

Hints: Guar gum is a thickening agent that does not require cooking. It gives oil free dressings a nice consistency for clinging to salad leaves.

Quick Bean Mix

This is a mixture I usually have in my pantry, stored in a covered container, for use whenever I am in the mood for a quick, yet hearty bean soup.

1 cup split green peas

1 cup split yellow peas

1 cup brown lentils

1 cup red lentils

1 cup barley

1 cup orzo (pasta)

Combine all ingredients in a covered jar and store in your pantry.

Quick Bean and Vegetable Chowder

Preparation Time: 5 minutes

Cooking Time: 1 hour

Servings: 4

1 cup quick bean mix
4 cups vegetable broth or water
1 onion, chopped
1 cup frozen diced hash brown potatoes
½ cup diced celery
½ cup frozen corn kernels
1 tablespoon soy sauce
1 bay leaf
½ teaspoon marjoram
½ teaspoon thyme
½ teaspoon sage
freshly ground pepper to taste

Combine all ingredients in a large soup pot. Mix well, cover, bring to a boil, reduce heat and simmer for 1 hour.

Hints: To make this into a thicker, more stew-like chowder, add some fresh chunked potatoes instead of the frozen ones, and a few chopped carrots. Then just before servings, stir in some chopped kale or chard, and cook until softened.

Southwest Jambalaya

This is one of my favorite hearty vegetable dishes. There are so many delicious vegetables in this dish that I always feel healthier just eating it!

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 4

1 onion, cut in half and sliced into rings
1 bell pepper, chopped
1 carrot, cut in half lengthwise, then sliced
1-2 cloves garlic, minced
½ cup vegetable broth or water
1 bunch green onions, cut into 1 inch pieces
1 ½ cups sliced napa cabbage
1 tablespoon soy sauce
1 teaspoon chili powder
1 teaspoon basil
2 cups chopped plum tomatoes
2 cups packed chopped spinach
2 15 ounce cans black beans, drained and rinsed
½ cup salsa
several dashes of hot sauce, to taste
2 tablespoons chopped fresh cilantro

Place the onion, bell pepper, carrot, and garlic in a large pot with the vegetable broth or water. Cook

and stir over medium heat until vegetables soften slightly, about 4-5 minutes. Add the green onions, cabbage, soy sauce, chili powder and basil. Cook, stirring occasionally, for 10 minutes. Stir in the remaining ingredients, except the cilantro, and cook for 5 minutes. Stir in the cilantro and serve at once.

Hints: This is delicious in a bowl with some fresh bread, or try it over baked potatoes or rolled up in a tortilla.

Asian Noodles and Vegetables

Preparation Time: 30 minutes

Cooking Time: 15 minutes

Servings: 6

8 ounces linguini or spaghetti or 14 ounces rice noodles

1 ¼ cups vegetable broth

7 tablespoons soy sauce

2 cloves garlic, crushed

1 tablespoon grated fresh gingerroot

1 carrot, sliced

2 stalks celery, sliced

1 red bell pepper, cut into thin strips

½ pound sliced fresh mushrooms

1 baby bok choy, sliced

1 bunch green onions, cut into 1 inch pieces

1 leek, white and light green parts thinly sliced

1 cup shredded napa cabbage

1 cup mung bean sprouts

1 cup frozen green peas

1 5 ounce can sliced water chestnuts, drained

2 tablespoons cornstarch

Put a large pot of water on to boil. Drop in the uncooked noodles of your choice and cook until tender. Drain and set aside.

Meanwhile, place ½ cup of the vegetable broth in a large saute pan or wok. Add 3 tablespoons of the soy sauce, the garlic and ginger and heat to boiling. Stir in the carrot and celery and cook for 3 minutes. Add the remaining vegetables and cook, stirring occasionally, for 7 minutes.

Mix the remaining vegetable broth and soy sauce together with the cornstarch. Add to the vegetable mixture while stirring, and cook and stir until thickened. Pour the vegetable mixture over the pasta and toss well to mix. Serve at once.

Beany Vegetable Topping

This is a quick and easy way to use canned beans and frozen vegetables to make a delicious topping for starches.

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Servings: 6

¾ cup water

1 onion, chopped

1 15 ounce can stewed tomatoes, Mexican or Cajun style

1 15 ounce can black beans, drained and rinsed

- 1 15 ounce can kidney beans, drained and rinsed
- 1 15 ounce can white beans, drained and rinsed
- 1 10 ounce package frozen mixed vegetables, thawed
- 1 4 ounce can chopped green chilies
- ¼ cup barbecue sauce
- 1 teaspoon chili powder
- ¼ teaspoon ground cumin
- dash or two of hot sauce (optional)

Place ¼ cup of the water and the onion in a medium pot. Cook and stir for 2 minutes, until onion softens slightly. Add the remaining ingredients, bring to a boil, reduce heat and simmer for about 12 minutes, stirring occasionally. Serve over baked potatoes, brown rice or other whole grains, or rolled up in a tortilla.

Sunshine Fruit Salad

By Heather McDougall

Make this with organic fruit for the best flavor! My grandchildren love this!

Preparation Time: 10 minutes

Servings: variable

- ½ fresh pineapple, chopped
- 1 apple, peeled and chopped
- 1 banana, sliced
- 1 pint fresh strawberries, sliced
- ½ pint fresh blueberries
- 3 kiwis, chopped
- 1 tablespoon fresh lime juice
- 1 container blueberry soy yogurt

Mix this together in a large bowl and serve at once.

Hints: Other fruits may be substituted according to the season. Add mango, if you can find a fresh one! Other flavors of soy yogurt may be used as desired.