



Featured Recipes

We are very fortunate this month to have recipe contributions from two great plant based chefs - Emma Roche of [PlantPlate](#) and Margarita Restrepo, Founder and Editor-in-Chief of [Naked Food Magazine](#).



[PlantPlate](#) was launched in 2013 by Emma Roche, a decade long plant-based eater and graduate of the T. Colin Campbell Foundation Certificate in Plant Based Nutrition. Combining her love of cooking and passion for healthful eating, Emma uses [PlantPlate](#) to provide recipes, guides and resources to help people at any stage of their plant-based journey.

For more recipes and information, visit www.plantplate.com, follow [PlantPlate on Facebook](#) at, or on Twitter @plantplate.

3 Bean Mole

Preparation Time: 15 Minutes
Cooking Time: 30 Minutes
Serves: 4 (with accompaniments)

While it may not be a traditional mole, this dish definitely delivers on flavor- richly spiced and slightly smoky, with hints of chocolate and cinnamon. You can serve it a number of different ways- as a main dish with brown rice and salad, as a filling for tortillas, or even as a sauce for pasta.

Feel free to use different varieties of beans in this recipe. We've chosen black beans, pinto beans and kidney beans because they are more traditional, but white beans and lentils will also work well.

Ingredients:

For the Mole Sauce:

1 ½ cups vegetable broth
2 tbsp. tomato paste
2 tsp. ground coriander seed
1 tsp. chili powder



1 ½ tsp. ground cumin
 1 ½ tsp. smoked paprika
 ¼ tsp. cinnamon
 1 ½ tbsp. maple or date syrup
 2 tbsp. cocoa powder

For the Rest:

1/2 cup low sodium vegetable broth, extra
 1 medium brown onion, diced
 2 cloves garlic, peeled and minced
 1 medium red pepper, diced
 1 cup cooked black beans (or 1 x 15 ounce can, drained and rinsed)
 1 cup cooked kidney beans (or 1 x 15 ounce can, drained and rinsed)
 1 cup cooked pinto beans (or 1 x 15 ounce can, drained and rinsed)

Instructions:

To prepare the mole sauce, combine all ingredients in a large bowl or jug, and mix to combine. Set aside. Heat the extra 1/2 cup of vegetable broth in a large pot. Add onion, garlic and red pepper; sauté for 5 minutes until softened. Add the prepared mole sauce. Bring mixture to a boil, then reduce the heat to a low simmer and cook for 7-8 minutes until thickened.

Add all beans, and stir well. Cover with a lid and simmer for 10 minutes before removing from the heat. Serve the mole alongside salad and steamed brown rice, or use as a filling for corn tortilla wraps.

Chickpea and Sweet Potato Satay

Preparation Time: 10 Minutes

Cooking Time: 20 Minutes

Serves: 2 (can easily be doubled to serve 4)

This dish is a great weeknight option, because it's ready in just 30 minutes. It can be served on its own, or on a bed of steamed grains such as brown rice.

Those with peanut allergies can use alternative nut or seed butters in this recipe- sunflower and cashew butters in particular will work well.

Ingredients:

1/2 cup water
 1 medium brown onion, sliced
 1 clove garlic, peeled and crushed
 1 tbsp. grated fresh ginger
 1/4 tsp. red pepper flakes
 1.5 pounds (approx. 700g) of sweet potatoes, peeled and cut into inch-thick pieces
 1 red bell pepper, sliced
 3 celery stalks, sliced



- 1 15 ounce (425g) can of chickpeas, drained and rinsed
- 2 tbsp. chopped fresh cilantro (coriander)

For the Satay Sauce:

- 1 ½ tbsp. crunchy peanut butter
- 1 tbsp. salt-reduced soy sauce
- 2 tsp. rice vinegar or tamarind paste
- 2 tbsp. sweet chili sauce
- 1/4 tsp. ground coriander
- 4 tbsp. water

Instructions: Combine all ingredients for the satay sauce in a bowl and whisk to combine. Set aside. Heat a large fry-pan or wok, add the 1/2 cup of water, onion, garlic, ginger and red pepper flakes; cook, stirring, for 3-4 minutes. Add the sweet potato and cook for a further 12 minutes, adding more water as necessary to prevent sticking. Add the bell pepper and celery and cook for 3-4 minutes, until slightly softened. Add the chickpeas and satay sauce, and cook at a high heat for about a minute, until the sauce thickens. Remove from the heat and serve immediately, sprinkled with fresh coriander.

Cranberry Spice Granola

Preparation Time: 10 Minutes

Cooking Time: 30 Minutes

Servings: 6

If you pick up a package of granola in the supermarket, it may surprise you to discover just how much processed sugar and oil it contains! That's why we came up with a simple, healthy, oil-free alternative. Dried cranberries add tartness and texture, while the pumpkin seeds give it a lovely nuttiness.

Ingredients:

- 2 cups rolled oats
- 2 ½ tbsp. agave or maple syrup
- 1/4 cup applesauce
- 1 ½ tsp. ground cinnamon
- 1 tsp. ground nutmeg
- 2 tsp. finely grated orange rind
- 1/4 cup pumpkin seeds (can substitute sunflower seeds)
- 1/2 cup dried cranberries (can substitute raisins)



Instructions: Preheat oven to 170° C / 340° F.

Line one large baking tray with baking paper. Combine all ingredients, except for the dried cranberries, in a large mixing bowl. Stir until well combined and none of the oats are dry. Spread granola mixture out over baking tray in a thin layer. Bake in the oven for 15 minutes; remove, stir with a spatula and return to the oven for a further 15 minutes. Remove from the heat and mix through the dried cranberries. Set aside to cool for 1 hour. (Don't worry if it still seems a little wet when you take it out of the oven- it will crisp up as it cools down.) Transfer to an airtight jar or plastic container, refrigerate, and serve as

needed.

Millet and Black Bean Salad

Preparation Time: 10 Minutes

Cooking Time: Need cooked millet

Serves: 2 as a main; 4 as a side dish

Made with Mexican-inspired flavors and ingredients, this “meal-in-a-bowl” salad is great for lunches, picnics, or days when you need dinner in a pinch.

For this recipe, you will need millet that has been cooked and cooled. It’s best to cook a double batch, use half as a dinner accompaniment, and refrigerate the rest to use in this salad the following day.

Ingredients:

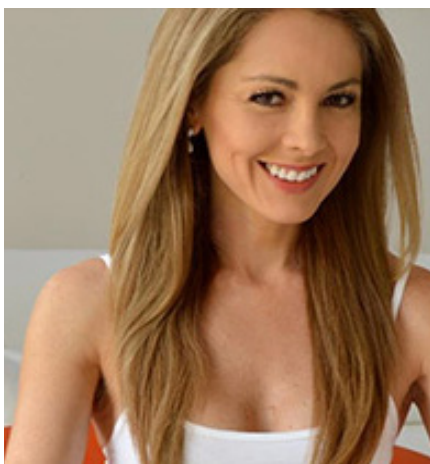
- 1 ½ cups cooked millet
- 1 15 ounce (425g) can black beans, drained and rinsed
- 2/3 cup corn kernels (fresh, canned or thawed frozen kernels)
- 2 small tomatoes, diced
- 1 medium carrot, grated
- ¼ tsp. dried garlic
- ¼ tsp. cayenne pepper
- 1 tsp. agave
- 3 tbsp. lemon juice
- 2 tbsp. chopped fresh coriander (cilantro)
- 1 tbsp. chopped jalapenos (optional)



Instructions:

Combine all ingredients in a large bowl and mix until well combined.
Serve immediately, or refrigerate and consume within 24 hours.

Created by Margarita Restrepo, Founder and Editor-in-Chief of the Naked Food Magazine, ‘The Naked Food Cookbook’ adopts the New American Kind & Enlightened Diet (N.A.K.E.D.). The Cookbook includes 100+ low fat, whole food, plant-based recipes for the prevention and reversal of chronic diseases, as well as for the achievement of optimal health and weight. The cookbook is available at NakedFoodMagazine.com.



Mom’s Famous Garbanzos

Yield: 6 Servings. Recipe developed by the Naked Food Chefs

Ingredients:

- 1 lb. organic chickpeas
- 1 organic white onion, finely chopped

4 large organic tomatoes, finely chopped
 2 cups low-sodium, organic vegetable broth
 ½ tsp. cumin 2 cloves garlic, chopped
 1 tsp. salt-free seasoning 1 cup water as needed

Instructions: Soak chickpeas overnight. Discard the soaking water and rinse beans three or four times under running water.

In a medium saucepan, add tomatoes, onion, cumin, garlic, and ½ cup of vegetable broth. Let simmer until sauce thickens, in low heat.



Place garbanzos in pressure cooker with the remaining vegetable broth and cook 15 minutes. Carefully open the pot letting the steam out completely first. Make sure liquid covers garbanzos, if not, add 1 cup of water. Add the sauce to chickpeas.

Simmer in pressure cooker covered for about 10 more minutes in low-medium heat.

Rainbow Tower Salad

Yield: 2 Servings. Recipe developed by the Naked Food Chefs.

Ingredients:

1 organic rainbow beet, peeled
 1 organic gala apple
 1 organic plum
 1 organic kiwi
 1 Tbsp. coconut flakes
 A few berries for topping

Dressing:

1 organic orange, peeled
 ½ banana
 1 Tbsp. hemp seeds
 1 Tbsp. cashews
 3 Tbsp. non-dairy milk or water (optional)



Instructions: Slice the beet, apple, kiwi, and plum horizontally, starting from the top. You will have a larger slice radius this way. You will be cutting through the apple core and seeds, so simply cut off the small area that contains the seeds and discard. With the plum, slice around the seed as evenly as possible. Put together the towers and top with your favorite berries.

For the dressing:

In a food processor or blender, mix all dressing ingredients together until smooth. Add the non-dairy milk or water if your mix is too thick. Add dressing to the tower and sprinkle with coconut flakes.

Sweetest Quinoa Bites

Recipe developed by the Naked Food Chefs

Ingredients:

½ cup quinoa
2 dates, pitted
3 dried figs
1 Tbsp. hazelnuts
½ banana
2 Tbsp. almond butter
1 cup water

Toppings:

Goji berries,
chopped Dark chocolate bits
Hemp seeds
Chia seeds



Instructions: Combine water and quinoa in a saucepan. Bring the mixture to a vigorous boil. Lower heat and simmer, covered, until quinoa is tender but still chewy and white spiral-like threads appear around each grain, about 15 minutes. Set aside and let cool down for a few minutes.

Meanwhile, in a food processor chop dates, figs, and hazelnuts and add to a bowl. Mix the banana, quinoa, and almond butter together. Add the quinoa and mix well. Using a spoon or scooper, make 1" balls. Set toppings on parchment paper and roll over quinoa balls.

Chef's Note: These can be refrigerated for a day or two, but are better enjoyed fresh.

World's Best 'Ajiaco' (Potato Soup)

Yield: 8 Servings. Recipe developed by the Naked Food Chefs

Ajiaco (ahee-akoh) is an authentic and hearty potato-based soup from Colombia. This is the nakedly wonderful and even better version of the original.

Ingredients:

3 Lb. organic red potatoes, peeled and sliced
2 organic yellow corn ears
2 scallions
1 Tbsp. organic white onion, chopped
3 garlic cloves, chopped
1 cup organic carrots, finely chopped
4 cups, low sodium, organic vegetable broth
4 cups water 1 sprig cilantro
½ cup dehydrated or fresh Gallant Soldier herbs (guascas)
Capers to taste



Instructions:

In a large pot, place water, vegetable broth, onion, carrot and cilantro to boil. Meanwhile, place gallant soldier herbs in a bowl of warm water for about an hour.

Slice corn ears onto 4 pieces each. Add corn and sliced potatoes. Let soup simmer covered in medium heat for 90 minutes until soup thickens, stirring frequently.

Add gallant soldier and simmer for another 10 minutes in low heat. Top ajiaco with capers, and serve with avocado, salad and rice.

Chef's Note: The soup should be thick. However, add extra water, if too thick. If soup is not thick enough, take a few potatoes from the pot, mash them with a fork and return to the pot.