



## Featured Recipes

### Veggie Benedicts

Prep: 15 minutes

Cook: 5 minutes

Serves: 2-4

Leave off the tomato for the "vegetable haters" and this could also become one of their favorites.



### Ingredients

Sauce:

- 1 cup cashew milk (recipe below)
- 2 tbsp lemon juice
- 1 tsp nutritional yeast powder
- 1/2 tsp onion powder
- 1/8 tsp garlic powder
- 1/8 tsp salt
- 1/16 tsp turmeric

- pinch of paprika
- 1 tbsp cornstarch mixed with 2 tbsp cold water

#### Base:

- 1 vine-ripened tomato
- 1/2 avocado
- 4 fat-free English muffin halves

#### Directions

Place the cashew milk in a saucepan. Add all the remaining ingredients and mix well with a whisk. Slowly bring to a boil, stirring constantly, until thickened and smooth. Set aside. (If you need to reheat this just before serving, do it slowly while stirring with a whisk.)

Slice the tomato into 4 medium-thick slices. Peel and slice the avocado. Toast the muffin halves. Place the tomato and the avocado on the English muffin halves. Ladle about 1/4 cup of the sauce over each muffin half and serve.

Hints: The sauce may be made 1 day ahead of time and slowly reheated. This saves time on a busy morning. The sauce is also great with asparagus, other vegetables or potatoes.

#### Cashew Milk

Preparation Time: 5 minutes

Servings: makes 2 cups

1/2 cup RAW cashews

2 cups water

Place the cashews in a blender jar with 1 cup of the water. Process until very smooth. Add the remaining water and blend until no large pieces remain. This may

take a minute or two. Strain after processing to remove any remaining pieces. Refrigerate until ready to use.

## **One Pot Pasta Jumble**

**Prep: 10 minutes**

**Cook: 20 minutes**

**Serves: 4**

This is a quick and easy dinner that the whole family will enjoy.



### **Ingredients**

- 8 oz. whole wheat or brown rice linguine or spaghetti
- 3 cups broccoli florets
- 1 cup red bell pepper strips
- 1 14.5 oz. can tomatoes, chopped
- 1 15 oz. can cannellini beans, drained and rinsed
- 2 Tbsp fresh flat-leafed parsley, chopped
- 2 Tbsp tomato paste
- 1 tsp garlic, minced
- dash sea salt
- freshly ground pepper to taste

### **Directions**

Place a large pot of water on to boil. Cook spaghetti according to package directions adding the broccoli and peppers for the last 4 minutes of cooking time. Drain and

return to pan. Add the remaining ingredients, mix well and cook, stirring frequently, until heated through, about 5 minutes.

## **Baja Vegetable Wraps**

**Prep: 20 minutes**

**Cook: 20 minutes**

**Serves: 6-8**

This keeps well in the refrigerator and reheats well, so it makes a fast meal for lunch later in the week.

### **Ingredients**

- 1 onion, chopped
- 1 green bell pepper, chopped
- 1 carrot, cut in half lengthwise, then sliced
- 1/2 tsp garlic, minced
- 1/2 cup vegetable broth
- 1 bunch green onions, sliced in 1 inch pieces
- 1 1/2 cups Napa cabbage, sliced
- 1 Tbsp soy sauce
- 1 tsp chili powder
- 1 tsp leaf oregano
- 2 cups fresh tomatoes, chopped
- 2 cups fresh spinach, chopped
- 2 15 oz. cans black beans, drained and rinsed
- 1/2 cup salsa



- 1-2 Tbsp fresh cilantro, chopped
- hot sauce to taste

### **Directions**

Place the onion, bell pepper, carrot, and garlic in a large pot with the vegetable broth. Cook, stirring occasionally, for about 4-5 minutes. Add green onions, Napa cabbage, soy sauce, chili powder and oregano. Continue to cook, stirring occasionally, for about 10 more minutes. Add the tomatoes, spinach, beans and salsa. Cook an additional 5 minutes. Remove from heat, stir in the cilantro and hot sauce to taste. Roll up in a warm tortilla and eat.

Hint: This may also be served over baked potatoes or whole grains.