Ultra Healthy!

A 5-week food plan to improve your eating habits.

Kristen McQuillin, mediatinker.com
Kristen’s Healthy Eating Manifesto

Most people start diets to lose weight. But dieting should also help you form new habits, change
your palette, and teach you a bit of nutrition, too. I am not a nutritionist. I am someone who loves
food, both cooking and eating, and learned a lot about healthy eating a few years ago when I
became a vegetarian, sometimes vegan, and I lost 10kg by paying attention to my food intake.
My influences are Michael Pollan, the local/organic/whole foods movement, the Eat to Live
“nutrition density” ideas, and the concept of glycemic index.

Losing weight is as simple as burning more calories than you eat – basic calorie math. Using
calorie math, you could eat 9 Twinkies a day and lose weight. You’d also lose energy, vitality and
eventually you’d die of malnutrition but you’d be thin!

To lose weight and become healthier, there are a few other considerations. What you eat is
important. Developing good habits, being aware of how and why you overeat, making sure you
can accomplish that in two ways: eating less or burning more calories.

Calorie Math

If you are hoping to lose weight, first assess your weigh loss goals. BMI is easy to calculate and
there are lots of tools on the Internet. You’ll need to know your height and weight. A healthy BMI
is between 18.5 and 24.9. You might also have a goal of fitting into a favorite pair of pants, or
not having your thighs rub together (that was my goal!).

The Math
On a weight loss diet, you should aim to lose about 500 grams a week. To lose a kilogram (1000
grams) you have to burn 7700 calories more than you eat.

Eating Less
This is how most people diet. They starve themselves, limit snacks, sweets, or pleasurable foods.
And it always works for a while, but then they stop dieting and regain the weight, yoyo dieting as
their weight goes up and down. It’s not the best strategy for a healthy life.

There is a limit to eating less. You can go on a fast where you drink only water or juice and many
people like this as a way to detox their bodies and restart their digestion and metabolism. But fasts
can’t last forever. And though studies have shown that eating less increases even eating a small
amount for an extended time is unhealthy. You need calories for your heart, lungs, brain and
muscles to function. The recommended minimum calories per day for a sedentary adult are 1200
for women, 1500 for men. If you exercise you need even more at a minimum. This Ultra Healthy
plan provides 1350 –1800 calories daily, depending on how many snacks you choose.

Burning More
Burning more calories means exercise. Shades of gym class, perky workout DVDs and other
forms of personal torture come to mind, but exercise can take many forms. Skateboarding, dance,
hiking, pumping iron, running, Wii Fit, whatever makes you happy is good. Don’t try to exercise
in a way that is boring, hurts or makes you frustrated.

Exercise is important because muscles work and burn energy. Fat adds to the load your muscles
carry, but it doesn’t actually burn calories. You want muscles. Muscles are good. Muscles are hot.
So please find an exercise or activity that you enjoy and work that into your days and week.
Cardio exercise that gets your heart pumping and makes you sweat burns calories like crazy. If you can, try to do some good hard dancing, running, fast swimming, or aerobic exercise at least twice a week. Sweat for at least 30 minutes. Other days can be less energetic exercise, but try to get some extra movement into every day.

**Portion Control**

Many of us overeat by not realising how many calories we’re ingesting. Restaurant portions are almost always over-sized and portions served at home creep up to match. Part of the Ultra Healthy plan is understanding how much we should be eating. You might be surprised.

You don’t want to have to carry a calorie table or a scale with you, but you need to know how much a portion is and how to avoid overeating accidentally. So you do need a few tools: a food scale, a calorie book (or a website you like), and some good estimating skills.

**Portion Comparisons**

These might help you to visualize a correct serving size.

- cereal (1 c.) = a baseball
- salad dressing (2 Tbsp.) = a shot glass
- nuts (30g) = a cupped palm
- cheese (30g) = a ping-pong ball or pair of dice
- peanut butter (1 tsp.) = one die
- rice (1/2 c.) = an ice cream scoop
- potato = a computer mouse
- dinner roll = a yo-yo
- butter (1 tsp.) = a Scrabble tile
- fruit/veg (1 c.) = a tennis ball or fist
- cooked pasta (1/2 c.) = a golf ball
- meat/fish (90g) = a bar of soap or deck of cards
- hamburger (90g) = a mayo jar lid

American food labels list the portion size. Use that information to serve yourself (and don’t cheat). Japanese food labeling doesn’t require portion sizing – nutritional details are given in 100 gram amounts. Sometimes portion size is also listed, but be aware that 100 grams might not be a portion. It could be 4 portions or just 1/2 of one…tricky!

Weighing your food is an essential part of learning about portion sizes. The recipes included here are portioned for you and have calorie details for each one. But if you are cooking other things, then a scale and a calorie table will be helpful as you get used to the idea of controlling the amount on your plate.

**Food Choices**

“You are what you eat” was plastered all over my grade school cafeteria. I thought that was weird, but it sort of makes sense. If you eat healthy foods you will be healthy. So what is healthy? As a very simple rule, whole foods – foods that are ingredients rather than manufactured – are always better than something that comes from a factory.

Michael Pollan gives good advice in *In Defense of Food* – eat foods your grandmother would recognize. She probably wouldn’t know what a “Low-Carb Mega Cookie Splash” is, and neither should you.
Choose:
Brown grains: brown rice, whole wheat pasta, whole wheat bread
Fresh fruits and vegetables
Organic and locally grown produce when possible

Avoid:
Foods with colorful wrappers
Foods with more than 5 ingredients on the label
Food with labels, period.

The problem with lots of processed foods is that they are designed to give you a hit of sugar, salt and fat in just the right combination to make you want more. And more. Just one more… If they aren’t giving you a hit of sweet/salty/creamy pleasure, they are screaming health claims like “low fat, no carb, and sugarfree” and substituting chemical cocktails for the real things they replace. Ick. Who wants that?

Nutrition
Our bodies require calories for energy, and in addition, each organ likes different kinds of nutrients. Our livers need fat; our brains crave glucose; our guts like fiber. So we must eat fats, carbs, and all sorts of vitamins and mineral to function well. Switching from processed foods to whole foods is a leap into natural good nutrition. By eating a variety of fresh fruits & vegetables, brown grains, beans, nuts and seeds, you will give your body what it needs without having to worry too much about nutrition details. When in doubt about how much of each you should be eating, this chart from the Eat to Live diet is helpful. I have a copy on my fridge.

Snacks & Desserts
Snacks are not all bad. They can help you to recover after exertion or give you a boost during a low period. Use them for fuel, not pleasure. A few almonds make a good snack. A plate of celery and carrot sticks is a very good snack. Chips are a bad snack. It’s all about choosing wisely.

Desserts are a treat. Eat them sparingly – one or twice a week. During this meal plan, you will have snacks and desserts. But no cookies from the convenience store; you’ll cook your own sweets. No chips unless you fry them up yourself. Home cooked foods taste better, are healthier, and you will become more aware and appreciative when you have to prepare them yourself.

Eating Out
Eating out should be a pleasure, not dieting torture. Here are some things I do to help keep myself in control:

• Ask for dressing on the side with salads
• Choose the smallest size portion
• Share one main dish, a salad, and an appetizer with my dining partner
• Order clear drinks– coffee not latte, lemon tea not milk tea
Outline of the Ultra Healthy Week

This is a vegetarian diet plan, originally designed for two busy adults in Japan. You may choose to adjust or revise as you like to fit your situation and location.

Days One through Six
Six days a week, you’ll eat three meals of 450 calories each, plus up to three snacks:

Breakfast: 450 calories
  Morning Snack: 150 calories (optional)
Lunch: 450 calories
  Afternoon Snack: 150 calories (optional)
Dinner: 450 calories
  Evening Snack: 150 calories (optional)

Breakfast
Breakfast is not to be skipped – it awakens your metabolism and gives you energy for a busy part of your day. Get up early if you have to.

Lunch & Dinner
In this meal plan, lunch and dinner are the same size in terms of calories, and in fact on many days you’ll be enjoying leftovers for lunch. This will make it very easy to cook, portion and prepare multiple meals with one effort. Although the plan is designed for a couple, many of the meals will freeze well so a single person can fill the freezer with future meals.

Snacks
You will be able to choose from a big list of snacks that equal 150 calories. Some will be easily available at a convenience store; others you’ll want to prepare at home and carry to work.

The Free Day
Once a week, you can eat anything you desire. Ideally, you’ll stick to healthy options, but we all know that isn’t always going to happen. Binge on cake and chips if you like. Nom a cow. Eat with your friends and family and don’t stress out about it. Moderation in everything, including moderation!
**Breakfast Bar**

From this list, you will choose one item from each of the four categories (carbs, dairy, protein and fruit) and can mix up your breakfast to include what you have handy or time for. Feel free to substitute foods not on the list if they match in type and calories (for example instead of a banana, a slice of melon equal to 60 calories)

Choose one of:  
   - Toast, 1 slice whole wheat 6 slice loaf  
   - 1 English muffin  
   - 1 cup bran cereal  
   - 1/2 cup Grape Nuts  
   - 45 g muesli  
   - 1 1/2 cups puffed rice or wheat cereal  
   - 1 cup cooked oatmeal  
   - 1 cup shredded wheat  
   - 2/3 cup white rice  
   - 3/4 cup brown rice

And one of:  
   - 1 1/2 cups nonfat or 1% milk  
   - 2/3 cup plain, fat free yogurt and 1.5 Tbsp wheat germ  
   - 3/4 cup nonfat or 1% cottage cheese  
   - 30 g cheese

And one of:  
   - 1 egg (boiled, poached, or scrambled/fried without oil or butter)  
   - 2 tsp peanut butter  
   - 150 g tofu  
   - 50 g natto (fermented soybeans)  
   - 1 cup soymilk, plain

And one of:  
   - 1 small banana  
   - 1 medium apple  
   - 1 orange  
   - 1/2 nashi (Asian pear)  
   - 1 nectarine  
   - 12 strawberries  
   - 1 1/2 kiwis  
   - 1/4 melon  
   - 1/2 cup orange juice  
   - 3/4 cup grapes  
   - 30 g raisins

CARBS ~160 calories  
DAIRY ~130 calories  
PROTEIN ~100 calories  
FRUIT ~60 calories
Snacks!

You may choose any one thing from this list of snacks. Each is about 150 calories. Be sure at least one snack each day is a fruit or vegetable. And when you snack, drink 500ml water or green tea, too.

Crunchy
- 15 almonds
- 15 cashews
- 12 peanuts in the shell (22 butter peanuts)
- 60 pistachios in the shell
- 2 large salt senbei (rice crackers)
- 1/4 cup (30 g) roasted soy beans
- 3 cups of air-popped popcorn

Sweets
- 1 large banana
- 2 cups orange sections
- 2 cups apple slices
- 2 peaches
- 125 g fruited yogurt
- 1/2 cup sorbet
- 1 cup fruit juice (100%)
- 1 SoyJoy bar

Mini Meals
- 1/4 cup hummus and 12 carrot sticks
- 1/4 cup guacamole and 1/2 cup raw vegetables
- 10 carrot sticks and 1 Tbsp salad dressing
- 1 string cheese and 3 saltines
- 1/2 medium apple and 1 Tbsp peanut butter
- 2 graham crackers and 1 Tbsp peanut butter
- 150 g hiya yako (cold tofu)
- 100 g edamame in pods
- 125 g kimpira gobo (root vegetable salad)
- 1 piece inari zushi (sushi rice in a tofu pocket)
- 6 pieces kappa maki (cucumber roll sushi)
- 5 pieces toro maki (tuna roll sushi)
- 1 1/2 cups miso soup with tofu & wakame (seaweed)
- lettuce (as much as you like) and 1 Tbsp ranch dressing
- 20 g tortilla chips and 1/2 cup salsa
The Menus

Lunch 1
Green Salad piled with every vegetable you like and topped with 100 cal
1 oz grated cheddar cheese 110 cal
1 oz nuts 150 cal
1 tsp Caesar dressing 50 cal

Dinner 1
1 serving Asparagus Quiche 348 cal
1 cup cooked spinach 40 cal
1 cup cherry tomatoes 27 cal
1 tsp Caesar dressing 50 cal

Lunch 2
1 serving Asparagus Quiche 348 cal
Salad:
3 cups baby leaf lettuce 15 cal
1/2 cup tomatoes 15 cal
1/2 cup carrot 26 cal
1 tsp Caesar dressing 50 cal

Dinner 2
1 serving Beans, Greens, & Pasta 363 cal
Salad:
1/2 iceberg lettuce 35 cal
1/2 cup tomatoes 15 cal
1/2 cup cucumber 8 cal
1/2 cup daikon (Japanese radish) 10 cal
2 Tbsp non oil dressing 20 cal

Lunch 3
1 serving Beans, Greens, & Pasta 363 cal
Salad:
1/2 iceberg lettuce 35 cal
1/2 cup tomatoes 15 cal
1/2 cup cucumber 8 cal
1/4 bell pepper 7 cal
1/4 red pepper 7 cal
2 Tbsp non oil dressing 20 cal

Dinner 3
1 serving Vegetable Sukiyaki 221 cal
1 cup cooked brown rice 218 cal

Lunch 4
1 serving Asparagus Quiche 348 cal
1 cup cooked spinach 40 cal
1 cup cherry tomatoes 27 cal
1 tsp Caesar dressing 50 cal

Dinner 4
1 serving Genmai Chahan 446 cal
Lunch 5
1 serving Vegetable Sukiyaki 221 cal
1 cup cooked brown rice 218 cal

Dinner 5
1 serving Tofu & Vegetable Lasagna 352 cal
Salad:
1 cup salad spinach 7 cal
1 medium tomato, chopped 22 cal
5 almonds, chopped 35 cal
1 slice red onion 6 cal
2 T non-oil dressing 20 cal

Lunch 6
1 serving Tofu & Vegetable Lasagna 352 cal
Salad:
1 cup salad spinach 7 cal
1 medium tomato, chopped 22 cal
5 almonds, chopped 35 cal
1 slice red onion 6 cal
2 T non-oil dressing 20 cal

Dinner 6
1 serving Roasted Vegetables 450 cal

Free day

Lunch 7
Sandwich
Swiss cheese (30 g) 110 cal
Fresh basil and red onion slices
Non-oil dressing 20 cal
French bread (15 cm) 277 cal
Whole fruit of your choice 60 cal

Dinner 7
1 serving Baked Leeks with Goat Cheese 389 cal
1/2 cup mixed vegetables, steamed or boiled 60 cal

Lunch 8
1 serving Baked Leeks with Goat Cheese 389 cal
2 large tomatoes, sliced 60 cal

Dinner 8
1 serving Tod-style Bean and Nut Salad 453 cal

Lunch 9
1 serving Tod-style Bean and Nut Salad 453 cal

Dinner 9
1 serving Easy Hummus 296 cal
1/2 whole wheat pita bread, cut in wedges & toasted 85 cal
unlimited raw celery, peppers, carrots, cucumber, cherry tomatoes
<table>
<thead>
<tr>
<th>Meal</th>
<th>Item</th>
<th>Calories</th>
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<tbody>
<tr>
<td>Lunch 10</td>
<td>1 serving Easy Hummus</td>
<td>296 cal</td>
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<tr>
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<td>1/2 whole wheat pita bread, cut in wedges &amp; toasted</td>
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<td>unlimited raw celery, peppers, carrots, cucumber, cherry tomatoes</td>
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<tr>
<td>Dinner 10</td>
<td>1 serving Pistachio Biryani</td>
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<td>1 large tomato, chopped, topped with ginger</td>
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<tr>
<td>Lunch 11</td>
<td>1 serving Pistachio Biryani</td>
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<td>1 large tomato, chopped, topped with ginger</td>
<td>30 cal</td>
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<td>Dinner 11</td>
<td>1 serving Eggplant &amp; Gnocchi</td>
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<td>Enormous salad:</td>
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<td></td>
<td>- Greens (2 cups or more)</td>
<td>15 cal</td>
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<td></td>
<td>- Cucumber, carrot &amp; celery (at least 1/2 cup each)</td>
<td>33 cal</td>
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<td></td>
<td>- 1/2 boiled egg, sliced or chopped</td>
<td>39 cal</td>
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<td>- 1 tsp Caesar dressing</td>
<td>50 cal</td>
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<tr>
<td>Lunch 12</td>
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<td>Enormous salad:</td>
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<td>- Greens (2 cups or more)</td>
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<td>- Cucumber, carrot &amp; celery (at least 1/2 cup each)</td>
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<td>- 1/2 boiled egg, sliced or chopped</td>
<td>39 cal</td>
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<td>- 1 tsp Caesar dressing</td>
<td>50 cal</td>
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<tr>
<td>Dinner 12</td>
<td>Chargrilled Vegetables with Salsa</td>
<td>449 cal</td>
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<tr>
<td>Lunch 13</td>
<td>1 serving Tofu &amp; Vegetable Lasagna</td>
<td>352 cal</td>
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<td>Salad:</td>
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<td></td>
<td>- 1 cup salad spinach</td>
<td>7 cal</td>
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<td>- 1 medium tomato, chopped</td>
<td>22 cal</td>
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<td></td>
<td>- 5 almonds, chopped</td>
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<td></td>
<td>- 1 slice red onion</td>
<td>6 cal</td>
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<td></td>
<td>- 2 T non-oil dressing</td>
<td>20 cal</td>
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<tr>
<td>Dinner 13</td>
<td>1 serving Vegetarian Thai Rice Noodles</td>
<td>264 cal</td>
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<td></td>
<td>1 serving Thai Cabbage Salad</td>
<td>60 cal</td>
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<td>1 serving Thai Fruit Dessert</td>
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<td>Lunch 14</td>
<td>1 serving Vegetarian Thai Rice Noodles</td>
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<td></td>
<td>1 serving Thai Cabbage Salad</td>
<td>60 cal</td>
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<td></td>
<td>1 serving Thai Fruit Dessert</td>
<td>125 cal</td>
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<td>Dinner 14</td>
<td>1 serving Chili Con Queso</td>
<td>388 cal</td>
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<td>6 saltine crackers</td>
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<td>Lunch 15</td>
<td>1 serving Chili Con Queso</td>
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<td>6 saltine crackers</td>
<td>86 cal</td>
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<tr>
<td>Dinner 15</td>
<td>1 serving Takikomi Genmai</td>
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<td>Wakame clear soup</td>
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<td>Lunch 16</td>
<td>1 serving Takikomi Genmai</td>
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<td>Wakame clear soup</td>
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<td>Dinner 16</td>
<td>Egg Salad Sandwich</td>
<td>319 cal</td>
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<td>Spinach Salad (as much as you like)</td>
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<td>Spinach, lettuce, tomato, carrot, celery, peas or whatever veg you have on hand plus a sprinkling of walnuts &amp; cheddar cheese. Cesar dressing 1 Tbsp</td>
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<tr>
<td>Lunch 17</td>
<td>Egg Salad Sandwich</td>
<td>319 cal</td>
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<tr>
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<td>Spinach Salad (as much as you like)</td>
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<td>Spinach, lettuce, tomato, carrot, celery, peas or whatever veg you have on hand plus a sprinkling of walnuts &amp; cheddar cheese Cesar dressing 1 Tbsp</td>
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<tr>
<td>Dinner 17</td>
<td>1 serving No Olive Putanesca</td>
<td>264 cal</td>
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<tr>
<td></td>
<td>1 serving Tomato &amp; Mozzarella Salad</td>
<td>97 cal</td>
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<td>100 ml red wine</td>
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<td>Lunch 18</td>
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<tr>
<td></td>
<td>1 serving Tomato &amp; Mozzarella Salad</td>
<td>97 cal</td>
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<tr>
<td>Dinner 18</td>
<td>Khadai Curry</td>
<td>279 cal</td>
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<td>1 c cooked brown rice</td>
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<td>Free day</td>
<td><strong>Note</strong>:</td>
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<tr>
<td>Lunch 19</td>
<td>1 serving Beans, Greens, &amp; Pasta</td>
<td>363 cal</td>
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<td>Salad:</td>
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<td></td>
<td>1/2 iceberg lettuce</td>
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<td>1/2 cup tomatoes</td>
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<td>1/2 cup cucumber</td>
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<td>1/4 bell pepper</td>
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<td>1/4 red pepper</td>
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<td></td>
<td>2 Tbsp non oil dressing</td>
<td>20 cal</td>
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<tr>
<td>Dinner 19</td>
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<tr>
<td>Lunch 20</td>
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<tr>
<td>1 serving Black Sesame Risotto</td>
<td>440 cal</td>
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| Dinner 20 |
|-----------------|----------|
| 1 serving Koyadofu and Bamboo Green Curry | 334 cal |
| 1/2 cup cooked genmai (brown rice) | 110 cal |

| Lunch 21 |
|-----------------|----------|
| 1 serving Koyadofu and Bamboo Green Curry | 334 cal |
| 1/2 cup cooked genmai | 110 cal |

| Dinner 21 |
|-----------------|----------|
| 1 serving Midsummer Vegetable Burger | 207 cal |
| 1 hamburger or hotdog bun | 120 cal |
| 1 serving Warm Chickpea Salad | 131 cal |

| Lunch 22 |
|-----------------|----------|
| 1 serving Midsummer Vegetable Burger | 207 cal |
| 1 hamburger or hotdog bun | 120 cal |
| 1 serving Warm Chickpea Salad | 131 cal |

| Dinner 22 |
|-----------------|----------|
| 1 serving Quinoa Salad with Lemon, Spinach and Poppy Seeds | 460 cal |

| Lunch 23 |
|-----------------|----------|
| 1 serving Quinoa Salad with Lemon, Spinach and Poppy Seeds | 460 cal |

| Dinner 23 |
|-----------------|----------|
| 1 serving Chinese Rice Noodles | 243 cal |
| 1 serving Chinese Scrambled Eggs with Tomatoes | 196 cal |

| Lunch 24 |
|-----------------|----------|
| 1 serving Chinese Rice Noodles | 243 cal |
| 1 serving Chinese Scrambled Eggs with Tomatoes | 196 cal |

| Dinner 24 |
|-----------------|----------|
| 1 serving Broccoli Pesto Gratin | 332 cal |
| Garlic toast (1/2 bun from Dinner 21 with olive oil and garlic) | 80 cal |
| Salad with any raw vegetables you like & 1 tsp non-oil dressing | 40 cal |

| Free day |
|-----------------|----------|
| Lunch 25 |
| 1 serving Midsummer Vegetable Burger | 207 cal |
| 1 hamburger or hotdog bun | 120 cal |
| 2 cups fresh fruit salad | 150 cal |

| Dinner 25 |
|-----------------|----------|
| 1 serving Vegetables under a Light Creamy Crust | 408 cal |
| Tomato Salad: | 50 cal |
| 2 sliced tomatoes with a drizzle of olive oil, vinegar, salt & pepper | 50 cal |

| Lunch 26 |
| Lunch 26 | 1 serving Penne with CanCan sauce | 398 cal |
| Green Salad with 1 T crushed nuts | 60 cal |
| baby leaf, spinach, green onion, steamed asparagus, green beans, broccoli & any other green veg you like! |
| Lunch 27 | 1 serving Penne with CanCan sauce | 398 cal |
| Green Salad with 1 T crushed nuts | 60 cal |
| baby leaf, spinach, green onion, steamed asparagus, green beans, broccoli & any other green veg you like! |
| Lunch 28 | 1 serving Vegetarian Soft Tacos | 464 cal |
| Lunch 29 | 1 serving Otsu Soba Salad | 457 cal |
| Lunch 30 | 1 serving Polenta Broccoli Pizza Bake | 448 cal |
| Dinner 30 | 1 serving Asparagus Quiche | 348 cal |
| 1 cup cooked spinach | 40 cal |
| 1 cup cherry tomatoes | 27 cal |
| 1 tsp Caesar dressing | 50 cal |
The Recipes

Most of these recipes have been inspired by and adapted from recipes in the following cookbooks:

*How to Cook Everything Vegetarian* by Mark Bittman
*The Complete Encyclopedia of Vegetables & Vegetarian Cooking* by Roz Denny
*Super Natural Cooking* by Heidi Swanson
*Vegetarian Low Carb Diet* by Rose Elliot

Notes:
- The nutritional details were calculated using the recipe analyzer at Calorie Count.com
- Measurements are in metric cups (200 ml = 1 cup).
- Some of the ingredients may not be available outside Japan.
Asparagus Quiche
Makes 8 servings

A variation from the Vegetarian Low Carb Diet by Rose Elliot

Ingredients

- 225 g almonds, finely ground
- 55 g butter
- 1/2 t salt
- 250 g asparagus, trimmed
- 6 eggs, whisked
- 175 g Swiss cheese, grated
- salt and pepper to taste

Directions

1. Mix the ground almonds, butter and 1/2 t salt to make a dough.
2. Press into a 20cm pie plate.
3. Prick it all over with a fork and bake at 180 for 15 minutes or until golden brown.
4. Steam or boil the asparagus until bright green and lightly cooked.
5. Drain and spread even over the crust.
6. Sprinkle half the cheese over the asparagus.
7. Whisk the eggs and season with salt and pepper. Pour over the asparagus.
8. Top with remaining cheese.
9. Bake at 180 for 25-30 minutes or until eggs are set and cheese is browned.
10. Serve hot, warm or cold.

Serve 2 portions now, wrap 2 for bento, freeze 4 portions individually for future meals.

Beans, Greens, & Pasta
Makes 8 servings

Tuscan-style pasta dish. Feel free to vary the greens (any bitter green works well, as does broccoli) and the beans.

Ingredients

- 350 g whole-wheat macaroni
- 4 cloves garlic, minced
- 2 c kale or rocket, sliced
- 400 g (1 can) tomatoes, diced
- 400 g (1 can) chickpeas or white kidney beans
- 1/2 c water
- 1/2 c red wine
- 1/4 c basil, fresh, minced (or 1 tsp dried)
- 1 T sage, fresh (or 1 tsp dried sage leaves)
- salt and pepper

Serve 2 portions now, wrap 2 for bento, freeze 4 portions individually for future meals.
Directions
1. Start the water for the pasta.
2. Steam-fry the garlic in a large nonstick fry pan.
3. Add the greens and cook until they wilt.
4. Add the tomatoes, beans, water, & wine. If you are using dried herbs, add them now.
5. Simmer while the pasta boils.
6. Add fresh herbs and season with salt and pepper to taste.
7. Drain the pasta, pour sauce over and serve.

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Genmai Chahan
Makes 2 servings

Ingredients
2 c cooked brown rice
1 egg, beaten
2 cloves garlic
1 onion, chopped fine
1/2 bell pepper, chopped fine
1/2 red bell pepper, chopped fine
1 stalk celery, chopped
1 carrot, chopped
1/2 c asparagus, chopped
2 leaves lettuce, sliced
2 T oil
2 T soy sauce
1/2 t red pepper flakes
1 dash ajinomoto MSG
salt and pepper

Directions
1. Heat a nonstick wok and pour in 1 Tbsp oil.
2. Add the onion and garlic, fry one minute
3. Add the bell peppers, asparagus, carrot and celery. Cook briefly.
4. Push the vegetables to one side. Pour the remaining oil into the empty space.
5. Scramble the beaten egg in the oil.
6. Add rice, mix together with veggies and egg.
7. Allow to fry until the rice gets a bit crispy.
8. Stir the rice, add the lettuce and cook until the lettuce wilts.
9. Add the soy sauce, ajinomoto, red pepper flakes, salt and pepper.
Vegetable Sukiyaki Recipe
Makes 4 servings

Ingredients
1/4 c soy sauce
1/4 c sugar
1/2 c water
2 T mirin
500 g kinu tofu, sliced in half horizontally
12 white button mushrooms
100 g spinach or komatsuna
200 g bamboo shoots
2 green onions, sliced diagonally
2 c bean sprouts
200 g shirataki noodles

Directions
1. Simmer the soy sauce, sugar, water and mirin in a saucepan to dissolve the sugar. Set aside.
2. In a nonstick skillet, brown the tofu, then slice into strips.
3. Arrange the vegetables and tofu in the pan and pour the sauce over everything.
4. Simmer until the spinach wilts, then carefully turn the vegetables over.
5. Make room for the shirataki noodles, and allow to bubble until everything is cooked.

Tofu & Vegetable Lasagna
Makes 6 servings

Ingredients
225 g lasagna noodles, oven-ready type
400 g pasta sauce (any flavor)
500 g momen tofu
1 egg, beaten
1/2 t salt
1 t oregano, dried
1 t basil, dried
1 carrot, grated
1 zucchini, grated
1 onion, minced
1 clove garlic, minced
200 g mozzarella cheese, grated

Directions
1. Drain the tofu. Mix with egg, salt, oregano and basil. Set aside.
2. Stir together the carrot, zucchini, onion, & garlic. Set aside.
3. In the bottom of a 9x13 pan, spread 1 Tbsp of pasta sauce.
4. Place one layer of lasagna noodles in the pan. Cover with 1/2 cup of sauce and 1/2 the tofu mixture.
5. Arrange another layer of noodles. Spread with the vegetable mixture and 1/2 cup of sauce.
6. Add another layer of noodles. Spread with remaining tofu and 1/2 cup of sauce.
7. Last layer of noodles!
8. Spread with sauce and mozzarella cheese.
9. Bake at 180 for 30-40 minutes or until a knife easily penetrates the noodles and the cheese is browned.

Serve 2 portions now, wrap 2 for bento, freeze 2 portions individually for future meals.

**Roasted Vegetables**
Makes 2 servings

**Ingredients**
- 300 g baby potatoes, skins on, sliced in half
- 1/2 red onion, cut into 4 pieces
- 400 g eggplants, halved lengthwise
- 200 g carrot, cut into sticks
- 2 bell peppers (any color), halved lengthwise
- 2 corns on the cob, cut into circles
- 500 g cauliflower (1 med head), cut into trees
- 2 T olive oil
- salt and pepper to taste

**Directions**
1. Preheat the oven to 190C
2. Prepare the vegetables as noted
3. Toss with olive oil, salt and pepper
4. Arrange vegetable on baking tray
5. Roast for 20 minutes.
6. Remove vegetables that are soft (peppers, eggplant & onion)
7. Turn potatoes, cauliflower and other unfinished vegetables
8. Cook another 10 minutes or until everything is tender.

**Baked Leeks with Goat Cheese**
Makes 4 servings

**Ingredients**
- 600 g leeks (or naganegi)
- 2 eggs
- 150 g goat cheese
- 1/3 c plain yogurt
- 50 g Parmesan cheese, grated
- 30 g bread crumbs
- salt & pepper to taste

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**Nutrition Facts**

**Nutrition Facts**

**Nutrition Facts**

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**Directions**
1. Trim the leeks, cut a slit lengthwise and rinse in cold water.
2. Simmer the leeks in boiling water for 6 minutes, or until just tender. Drain and arrange in a shallow baking dish.
3. Beat the eggs with the goat cheese & half the Parmesan. Season with salt and pepper.
4. Pour the cheese mixture over the leeks.
5. Mix the remaining Parmesan and breadcrumbs. Sprinkle over the leeks
6. Bake at 180C for 30-40 minutes or until the top is crisp and golden brown.

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**Tod-Style Bean & Nut Salad with Mustard Dressing**

Makes 4 servings.

**Ingredients**

1 c  kidney beans, drained  
1/2 c  soy beans, drained  
1 bunch  spinach  
1/2 c  watercress  
1  carrot, grated  
1 c  green beans  
4  plum tomatoes  
4  sun-dried tomatoes  
1/2  red bell pepper  
1/4 c  almonds  
2 T  olive oil  
2 T  vinegar  
1 T  whole grain mustard  
1 t  honey  
1 t  dried mixed herbs  
1/2 t  salt  
1/2 t  black pepper

**Directions**
1. Drain and rinse the canned beans.
2. Chop, slice or dice the vegetables as you like them
3. Mix together the oil, vinegar, mustard, honey, herbs, salt and pepper for the dressing.
4. Toss together the beans, vegetables, and nuts.
5. Serve dressing on the side.
Easy Hummus
Makes 4 servings

Ingredients
2 cans chickpeas, drained
4 T tahini
4 T lemon juice, fresh squeezed
2 cloves garlic, crushed
2 T olive oil
salt, pepper and paprika to taste

Directions
1. Process the chickpeas, tahini, lemon juice and garlic until nearly smooth.
2. Drizzle the olive oil into the mixture and pulse again.
3. Adjust consistency with water as needed.
4. Season to taste with salt & pepper.
5. Garnish with a dash of paprika.

Pistachio Biryani
Makes 4 servings

Ingredients
2 c vegetable stock
1/2 stick cinnamon
1 t ground coriander
1/4 t saffron threads
2 onions, chopped
1 clove garlic, crushed
1 T ginger, grated
2 fresh chili peppers or green togarashi
2 T olive oil
2 carrots, grated
1 1/4 c basmati rice
1/4 c pistachios
1/2 t salt
1 onion, thinly sliced
1 clove garlic, crushed
1 t garam masala
500 g spinach
1 T olive oil

Directions
1. Mix together the stock, coriander, cinnamon stick & salt.
2. Crush the saffron threads through your fingers and add to the stock.
3. Set aside while you prep the carrots, onions and other bits.
4. Fry the onion, garlic, ginger and togarashi/chiles in olive oil until the onion starts to turn translucent.
5. Add the carrot and rice.
6. Cook for a minute or two, then pour in the seasoned stock.
7. Bring the rice mixture to a boil, cover, and simmer for 10 minutes.
8. Remove from heat and allow to stand uncovered for 5 minutes.
9. Remove the cinnamon stick and stir in the pistachios.
10. While the rice is resting, prepare the spinach part. Fry the onion and garlic in the oil until the onion is slightly browned.
11. Add the spinach and garam masala.
12. Cook until spinach is tender, then drain and squeeze the water out.
13. Arrange the spinach around a platter; mound rice inside the ring.

Eggplant & Gnocchi
Makes 4 servings

Ingredients
3 c eggplant, cubed
500 g gnocchi
21 green beans
4 T basil pesto
1 T Parmesan cheese
1 T fresh basil, chopped

Directions
1. Put the pesto in a large bowl, ready to be mixed with the pasta.
2. Bring a large pot of salted water to a boil.
3. Cut the eggplant and beans into bite sized pieces. Drop into the boiling water.
4. In about 6 minutes, or when the vegetables are just starting to soften, add the gnocchi.
5. Cook for 2-3 minutes, until the pasta is cooked.
6. Remove the pasta and vegetables and mix together with the pesto, adding a bit of cooking water as needed for texture.
7. Sprinkle with Parmesan cheese and garnish with fresh basil leaves.

Chargrilled Vegetables with Salsa
Makes 2 servings

Ingredients
1 large sweet potato
2 small zucchini
2 bell peppers
150 g tofu (thick deep fried type)
1 T olive oil
2 large tomatoes
2 green onions
1 chili pepper or green togarashi
1 T lime juice

Nutrition Facts
Serving Size: 345.6 g
Calories: 313
Total Fat: 5.1 g
Saturated Fat: 1.3 g
Cholesterol: 1 mg
Sodium: 30 mg
Total Carbohydrates: 68.5 g
Dietary Fiber: 12.1 g
Sugar: 8.5 g
Protein: 11.3 g

*Based on a 2000 calorie diet
Nutritional details are an estimate and should only be used as a guide for approximation.
2 T
fresh cilantro
salt and pepper to taste

Directions
1. Finely chop the tomatoes, onion, chili pepper & cilantro.
2. Mix together with lime juice. Season with salt and pepper.
3. Allow to salsa to mellow while you prepare the vegetables.
4. Slice the sweet potato into 1 cm slices; halve the zucchini and peppers.
5. Cut the tofu into thick slices.
6. Brush the vegetables with oil.
7. Grill vegetables and tofu over coals (or under a broiler) until they are softened and lightly charred on both sides.

Vegetarian Thai Cabbage Salad
Makes 4 servings

Ingredients
3 c cabbage, finely shredded
1 medium carrot, grated
1 small onion, thinly sliced
2 T cilantro, minced
2 T mint leaves, minced
2 T soy sauce
2 T lime juice
2 T water
1 T sugar
1 T lime zest
1 T peanuts, crushed

Directions
1. Combine the soy sauce, lime juice, water, sugar, zest & peanuts to make the dressing.
2. Toss the vegetables and dressing.

Thai Fruit Dessert
Makes 4 servings

Ingredients
4 medium bananas, split lengthwise
1 c pineapple chunks (fresh or canned, drained)
1/4 t ginger, grated

Directions
1. In a non-stick frying pan, sauté the banana, pineapple, and ginger until carmelised.
2. Serve warm or cold.
Vegetarian Thai Rice Noodles
Makes 4 servings

Ingredients
500 g rice noodles
200 g firm tofu
2 c broccoli, chopped
1 red bell pepper
1 c peas
1/2 c cilantro, chopped
1/4 c green onions, chopped
1/3 c soy sauce
1/4 c vinegar
1/4 c water
1 T sugar
1 1/2 t garlic, minced
1 1/2 t ginger, grated
1 t chili paste
1 t cornstarch
1 T water

Directions
1. Soak the rice noodles in warm water for 15 minutes, drain.
2. Chop the tofu and vegetables into bite-sized pieces.
3. In a wok, steam the broccoli in a bit of water until it turns bright green.
4. Add the red pepper, peas, cilantro and tofu; steam for two minutes.
5. Mix together the cornstarch and water, set aside
6. Add the cilantro, onions and sauce ingredients and bring to a boil
7. Pour in the cornstarch and stir until thickened
8. Toss the noodles with the sauced vegetables and serve immediately.

Chili Con Queso
Makes 4 servings

Ingredients
900 g kidney beans, drained and rinsed (2 cans)
900 g tomatoes, whole canned (2 cans)
2 cloves garlic, minced
1 onion, chopped
2 bell peppers, chopped
1 tsp cumin
1 T chili powder
1 c water, as needed
120 g cheddar cheese, grated
**Directions**
1. In a large saucepan, saute the garlic, onion and green pepper.
2. Add the cumin, chili powder and drained beans.
3. Crush the tomatoes through your fingers as you add them.
4. Pour in the tomato juice from the cans.
5. Simmer for at least 30 minutes.
6. If needed, add water to adjust consistency.
7. Serve with grated cheese on top.

**Takikomi Genmai**
Makes 4 servings

**Ingredients**
- 2 c brown rice
- 4 dried shiitake mushrooms
- 1 1/2 c water
- 3 T sake
- 1 piece ushage tofu
- 100 g carrot
- 2 T soy sauce
- 1/3 t salt
- 1/4 c peas

**Directions**
1. Soak the shiitake in 1.5 c hot water for 30 minutes, then remove from water and slice or chop finely. Save the water.
2. Slice the tofu into thin pieces
3. Dice the carrot
4. Put rinsed rice into the cooker.
5. Add the reserved water and the remaining ingredients except the peas. Cook according to the rice maker's controls.
6. When finished, stir in the peas.

**Egg Salad Sandwich**
Makes 4 servings

**Ingredients**
- 8 hardboiled eggs
- 2 T mayonnaise
- 2 T Dijon-style mustard
- 1 t dried dill
- 1 t paprika
- 1/2 red onion, minced
- 1 dill pickle, minced
- 1 salt and pepper to taste
- 8 slices whole wheat bread
- 2 tomatoes, sliced

**Nutrition Facts**
- **Calories** 316
- **Total Fat** 13.9g
- **Saturated Fat** 3.5g
- **Cholesterol** 37mg
- **Sodium** 320mg
- **Total Carbohydrates** 30.6g
- **Dietary Fiber** 5.5g
- **Total Sugars** 6.6g
- **Protein** 18.9g

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4 leaves lettuce

Directions
1. Chop the hardboiled eggs.
2. Mix with mayo, mustard, dill, paprika, onion & pickle. Season with salt & pepper
3. Toast the bread (or not, as you prefer)
4. Spread one piece of toast with egg salad, then layer on tomato, lettuce & other toast.
5. Cut into quarters and serve.

No Olive Putanesca
Makes 4 servings

Ingredients
250 g whole wheat spaghetti
4 anchovy fillets, chopped
1/2 onion, chopped
2 cloves garlic, minced
2 t capers, smashed up a bit
450 g whole tomatoes
1 t olive oil
red pepper flakes to taste

Directions
1. While the pasta is boiling, make the sauce.
2. Heat the oil in a frying pan and add the garlic, onion and anchovies.
3. Cook until the anchovies are a soft paste. Drop in the capers then add the tomatoes, squeezing them through your fingers to break them up. (Fun!)
4. Pour in the remaining liquid from the tomato can.
5. Allow to cook until the liquid is reduced, but not too thick. In the classic tradition, the sauce should be the consistency to lightly coat the back of a spoon.
6. Red pepper flakes add some zing. Put them in while the liquid is reducing. Sometimes I leave them out.
7. Traditional putanesca also has sliced green and black olives. Go ahead and put them in if you like.

Tomato & Mozzarella Salad
Makes 4 servings

Ingredients
4 tomatoes, sliced
60 g fresh mozzarella cheese
8 basil leaves
1 t olive oil

Directions
1. Slice the tomatoes and cheese into and equal number of thick slices.
2. Arrange on a plate, alternating cheese and tomatoes.
3. Top with basil leaves
4. Drizzle with oil and season with salt & pepper

**Khadai Curry**
Makes 2 servings

**Ingredients**
2 T onion, minced fine or made into paste
1/2 t garlic, minced
1/2 t fresh ginger, grated
2 T oil
1 onion, thinly sliced
5 black peppercorns
2 whole cloves
1 cardamom pod
5 cm cinnamon stick
1/2 t cumin seeds
1 T ground coriander
1/2 t turmeric
1/2 t chili powder
1/4 c water
salt to taste
2 small tomatoes, crushed
2 small bell peppers, diced
1 small onion, quartered
200 g tofu
100 g cauliflower
1 dash garam masala

**Nutrition Facts**

**Directions**
1. Mix together the minced onion, garlic and ginger. Set aside
2. Heat oil in pan and add onion slices
3. When onions begin to brown, add the whole spices.
4. When onions are carmelised, add the powdered spices, onion paste and 1/4 cup of water
5. Simmer on low heat for 3-4 minutes or until the mixture thickens. The oil will separate and float to the top. This is a basic curry and can be used as a base for many Indian dishes
6. To the basic curry, add the crushed tomatoes and cook until the mixture thickens and the oil floats on top.
7. Add the green peppers, cauliflower, onions and cook for three minutes
8. Add the tofu and cook for one minute
9. Remove from heat and serve with a sprinkle of garam masala.
Black Sesame Risotto
Makes 4 servings

**Ingredients**
- 360 g brown rice
- 1/2 c onion, chopped
- 1 t garlic, minced
- 4 mushrooms, chopped
- 3 c vegetable broth, hot
- 1 T olive oil
- 5 T black sesame seeds, ground
- 1 T white wine
- 2 pinches salt
- 1/2 tomato, chopped

**Directions**
1. Heat oil in large fry pan.
2. Saute garlic until golden.
3. Add onion & a pinch of salt. Cook until translucent.
4. Mix in mushrooms and add wine.
5. Add the rice to the pan with a pinch of salt.
6. Reduce the heat to medium-low
7. Pour in the broth a bit at a time, allowing the rice to absorb it before adding more.
8. Stir in the ground black sesame.
9. Allow to cook until the rice is soft.
10. Season with salt and pepper.
11. Serve topped with chopped tomato.

Koyadofu and Bamboo Green Curry
Makes 4 servings

**Ingredients**
- 1 onion, sliced
- 2 cloves garlic, minced
- 2 T ginger, minced or grated
- 1 shoot bamboo
- 2 pieces koyadofu, soaked in water
- 3 sprigs cilantro
- 12 basil leaves
- 1 green chili pepper
- 1 red chili pepper
- 1 T lime juice
- 2 lime leaves
- 1 T lemon grass (about 5 cm)
- 400 ml coconut milk
- 400 ml water
- 1 T ground cumin
- 1 T ground coriander

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**Nutrition Facts**

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*Based on a 2000 calorie diet

Nutritional details are an estimate and should only be used as a guide for approximation.
1 T soy sauce
2 T peanut oil
1/2 tsp sesame oil

Directions
1. Slice the bamboo shoot into 3mm slices.
2. Heat peanut oil in a large pan and sauté garlic & ginger.
3. When the scent begins to rise, add the red chili and the cilantro stems.
4. Add the sliced onions and salt and cook until the onion is transparent.
5. Make a green paste with the green chili, basil, cilantro and some water.
6. To the fried onions, add the cumin, coriander, and green paste.
7. Pound the lemon grass and add to the onions.
8. Mix in the coconut milk, water and lime leaves.
9. Reduce the heat and simmer.
10. In another pan, heat the sesame oil.
11. Cut the drained koyadofu into bite sized pieces.
12. Fry the koyadofu and bamboo shoots until they brown lightly.
13. Season with soy sauce, salt and pepper.
14. Stir the tofu and bamboo into the curry and add lime juice.

Chinese Rice Noodles
Makes 4 servings

Ingredients
200 g rice noodles
4 T sesame oil
2 t garlic, minced
2 T ginger, minced
2 T green onion, chopped
1 carrot
2 green peppers
40 g abura age tofu
1 bunch nira
1 T soy sauce

Directions
1. Boil the rice noodles for two minutes, then allow to steep for one minute before
removing from the water. Set aside.
2. Use the noodle water to rinse the abura age tofu.
3. In a dry pan, fry the tofu until lightly brown on both sides.
4. In a wok, heat the sesame oil, and fry the garlic, ginger & green onion.
5. Slice the tofu, carrot, nira and peppers into 5cm strips.
6. Add the cut vegetables to the wok and fry briefly.
7. Mix in the rice noodles.
8. Season with soy sauce.
Chinese Scrambled Eggs with Tomatoes

Makes 4 servings

Ingredients

4 tomatoes
1 T sesame oil
1 T peanut oil
1 t garlic, minced
1 T ginger, minced
6 eggs
1 T soy sauce
1 t sesame oil
1/4 c green onion, minced

Directions

1. Core the tomatoes and slice into thick rounds.
2. Brush with sesame oil.
3. Broil under grill for about five minutes, turning once, until they are soft but not mushy.
4. Remove skins and cool tomato slices.
5. In a fry pan, heat the peanut oil and cook the garlic and ginger until they sizzle
6. Beat together the eggs and tomatoes.
7. Add the egg mixture to pan, stirring to scramble the eggs until they are cooked.
8. Stir in the soy sauce and sesame oil.

Quinoa Salad with Lemon, Spinach and Poppy Seeds

Makes 4 servings

Ingredients

2 c quinoa, cooked
250 g spinach
60 g lemon
2 T olive oil
2 T lemon juice
1 t honey
1/4 t black pepper
1/4 t salt
1 green onion, minced
1/4 c poppy seed
2 c looseleaf lettuce (baby leaf)
2 tomatoes, sliced

Directions

1. Chop the spinach, rinse and pat dry.
2. Peel and segment the lemon, removing the inner membrane.
3. Toss the lemon and spinach together; season with salt and pepper.
4. Whisk together the olive oil, lemon juice, honey, black pepper, salt and green onion for the dressing.
5. Toss the dressing, quinoa and spinach mix together.
6. Make a bed of baby leaf and spoon the quinoa on top.
7. Garnish with poppy seeds and tomato slices.

Midsummer Vegetable Burgers
Makes 6 servings

Ingredients
1/4 c olive oil
1 small red onion
2 cloves garlic
1 green chili pepper
1 c zucchini, grated
2 c corn kernels
3/4 c cornmeal
1/4 c flour

Directions
1. In a food processor, grind together the onion, garlic and chili pepper.
2. Sauté the onion mixture in 2 T olive oil with a bit of salt and pepper.
3. Add zucchini and 1/2 cup corn kernels to onion mixture.
4. Cook the vegetables until all the water has evaporated, about 5 minutes.
5. Process the remaining corn until it is a thick paste.
6. Mix the corn paste and cornmeal into the vegetable mixture.
7. Remove from heat, cover and allow to rest for 10 minutes.
8. If the mixture seems too wet, add the flour.
9. Form 6 patties and allow to sit for a few minutes.
10. Fry patties in the remaining 2 T of oil, cooking until firm and brown on both sides.

Warm Chickpea Salad
Makes 4 servings

Ingredients
1 T olive oil
1 T ginger, minced
1 T garlic, minced
1/2 t cumin seeds
250 g chickpeas, (1 can drained)
1 T vinegar
1 t honey
4 c rucola or baby leaf
1 small red onion, thinly sliced

Directions
1. Saute the ginger, garlic and cumin in the oil.
2. Toss in the chickpeas and heat through.
3. Remove from heat and add the vinegar and honey, plus a bit of water for consistency.
4. Toss chickpeas with red onion and rucoila.
5. Season to taste with salt and pepper

**Broccoli Pesto Gratin**

Makes 4 servings

**Ingredients**

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<td>broccoli, cooked &amp; chopped</td>
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<td>Parmesan cheese, grated</td>
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<td>breadcrumbs</td>
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<tr>
<td>1/2 c</td>
<td>pesto</td>
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**Directions**

1. Preheat the broiler grill.
2. Grease a shallow dish with olive oil.
3. Toss the broccoli with the pesto and put into dish.
4. Cover with cheese & sprinkle with breadcrumbs.
5. Broil for 3-5 minutes until the cheese is golden.
6. Season with black pepper as desired.

**Vegetables Under a Light Creamy Crust**

Makes 4 servings

**Ingredients**

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<tbody>
<tr>
<td>2</td>
<td>leeks, thinly sliced</td>
</tr>
<tr>
<td>3</td>
<td>zucchini, thickly sliced</td>
</tr>
<tr>
<td>1 1/2 c</td>
<td>sliced mushrooms</td>
</tr>
<tr>
<td>2 cloves</td>
<td>garlic</td>
</tr>
<tr>
<td>1 T</td>
<td>olive oil</td>
</tr>
<tr>
<td>1 T</td>
<td>butter</td>
</tr>
<tr>
<td>1 T</td>
<td>all purpose flour</td>
</tr>
<tr>
<td>1 1/4 c</td>
<td>vegetable broth</td>
</tr>
<tr>
<td>1 t</td>
<td>dried thyme</td>
</tr>
<tr>
<td>250 g</td>
<td>cottage cheese</td>
</tr>
<tr>
<td>250 g</td>
<td>plain yogurt</td>
</tr>
<tr>
<td>2 T</td>
<td>butter, melted</td>
</tr>
<tr>
<td>3</td>
<td>eggs, beaten</td>
</tr>
<tr>
<td>1/2 c</td>
<td>bread crumbs</td>
</tr>
<tr>
<td>1/4 c</td>
<td>Parmesan cheese, grated</td>
</tr>
<tr>
<td>1 dash</td>
<td>nutmeg</td>
</tr>
<tr>
<td>1 dash</td>
<td>salt</td>
</tr>
<tr>
<td>1 dash</td>
<td>pepper</td>
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</tbody>
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---
**Directions**
1. Preheat oven to 180°C
2. Sauté the leeks, zucchini, mushrooms and garlic in the oil and butter until just soft (5-7 minutes).
3. Blend together the cottage cheese and yogurt until smooth. Set aside.
4. Stir in the flour, then slowly pour in the stock.
5. Bring to a boil, stirring until thickened.
6. Remove from heat and stir in 2 T of the cheese mixture.
7. Pour the vegetables into a shallow oven safe dish.
8. Beat together the rest of the cheese mixture with the melted butter and eggs.
9. Season with salt, pepper and nutmeg.
10. Spoon over vegetables and sprinkle with Parmesan and breadcrumbs.
11. Bake for about 30 minutes, or until golden brown crust forms. Serve hot

**Spaghetti with "Can Can" Sauce**
Makes 4 servings

**Ingredients**
- 250 g whole wheat spaghetti
- 1 onion, sliced
- 1 red bell pepper, sliced
- 2 T olive oil
- 250 g diced tomatoes (1 can)
- 250 g chickpeas (1 can)
- 1 t dried oregano
- 1 bay leaf
- 2 t capers
- 1 salt & pepper

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 208</th>
<th>Calories from Fat 10%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 11.2 g</td>
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</tr>
<tr>
<td>Saturated Fat 1.4 g</td>
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</tr>
<tr>
<td>Cholesterol 0 mg</td>
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<tr>
<td>Total Carbohydrates 61.6 g</td>
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<tr>
<td>Dietary Fiber 10.6 g</td>
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<tr>
<td>Sugars 11.3 g</td>
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<td></td>
</tr>
<tr>
<td>Protein 18.8 g</td>
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<td></td>
</tr>
<tr>
<td>Vitamin A 10%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin C 0%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calcium 10%</td>
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<td></td>
</tr>
<tr>
<td>Iron 29%</td>
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</tr>
</tbody>
</table>
* Based on a 2000 calorie diet

**Directions**
1. Boil the pasta according to package instructions and drain.
2. Sauté the onion and pepper in oil for about 5 minutes, or until softened.
3. Add the tomatoes, chickpeas with their liquid, herbs and capers.
4. Season with salt and pepper.
5. Bring to a boil, then simmer for ten minutes
6. Remove the bay leaf.
7. Mix in the pasta and simmer until heated through.

**Vegetarian Soft Tacos**
Makes 4 servings

**Ingredients**
- 8 flour tortillas
- 1 avocado
- 1 T lime juice
- 1/4 t salt
- 1/2 onion, chopped fine
- 1 clove garlic, minced or crushed

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
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<th>Calories from Fat 27%</th>
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</thead>
<tbody>
<tr>
<td>Total Fat 3.5 g</td>
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</tr>
<tr>
<td>Saturated Fat 1.2 g</td>
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<tr>
<td>Cholesterol 0 mg</td>
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</tr>
<tr>
<td>Sodium 155 mg</td>
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</tr>
<tr>
<td>Total Carbohydrates 6.7 g</td>
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</tr>
<tr>
<td>Dietary Fiber 1.7 g</td>
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</tr>
<tr>
<td>Sugars 3.9 g</td>
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</tr>
<tr>
<td>Protein 1.8 g</td>
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<tr>
<td>Vitamin A 2%</td>
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<td></td>
</tr>
<tr>
<td>Vitamin C 0%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calcium 1%</td>
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<td></td>
</tr>
<tr>
<td>Iron 5%</td>
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</tr>
</tbody>
</table>
* Based on a 2000 calorie diet

Nutritional details are an estimate and should only be used as a guide for approximation.
Directions
1. Smush up the avocado with the lime juice and salt. Set aside.
2. In a fry pan, saute half of the chopped onion, cumin seeds, and garlic in olive oil until slightly brown.
3. Add the drained beans and smash them into the onion, adding a bit of water to get a smooth texture.
4. Season the beans with Tabasco. Set aside.
5. Arrange all of the raw vegetables and the rice on a platter or in small bowls for serving.
6. Over an open gas flame, toast each tortilla briefly, turning to char both sides.
7. Serve the tortillas and all the fillings at the table so each person can fill his or her own.

Otsu Soba Salad
Makes 4 servings

Ingredients
1 t lemon zest
2 t grated ginger
2 t 1/2 t cayenne pepper
1/2 t salt
1 T lemon juice
2 T rice vinegar
2 T soy sauce
1 T olive oil
1 T sesame oil
300 g soba noodles
300 g tofu (momen, drained and pressed)
1/4 c cilantro, chopped
3 green onions, thinly sliced
1 cucumber, peeled and thinly sliced
1/4 c sesame seeds, toasted
4 sprigs cilantro

Directions
1. Mix together a dressing with everything from the lemon zest through the sesame oil.
2. Cook the soba, then drain and rinse in cold water.
3. Pat the drained & pressed tofu dry.
4. Cut the tofu into finger-sized pieces and cook in an unoiled frypan until the pieces are browned on one side.
5. Toss tofu gently and cook until firm and bouncy.
6. In a large bowl, combine soba, cilantro, onion, cucumber and dressing.
7. Gently toss in tofu.
8. Garnish with sesame seeds and cilantro.

Polenta Broccoli Pizza Bake
Makes 4 servings

**Ingredients**
1 c cornmeal
3 c water
1 T olive oil
1 T black pepper
1/2 c Parmesan cheese, grated
2 T jalapenos, minced
250 g diced tomatoes (1 can)
1/4 c fresh basil, chopped
1 onion, grated
1 carrot, grated
2 c broccoli, chopped
1 c corn kernels
1 1/2 c cheddar cheese, grated

**Directions**
1. Boil the water.
2. Slowly pour the cornmeal into the boiling water, stirring vigorously until thickened and smooth.
3. Mix in the olive oil, black pepper, Parmesan and jalapenos.
4. Spread polenta into a lightly oiled pie plate or shallow oven safe dish
5. In a saucepan, simmer canned tomatoes, basil, onion, carrot & broccoli until sauce broccoli is tender.
6. Spread sauce over polenta.
7. Sprinkle with corn and cheese.
8. Bake at 180C until cheese is brown & bubbling.