

# Ultra Healthy!

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

## **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 get exercise all combine to help you be a healthy person.

### **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.

You can accomplish that in two ways: eating less or burning more calories.

#### *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, yo-yo 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.



| Nutrient Density of Foods   |  |
|---|--|
| Indicating the frequency with which various foods should be eaten |  |
| Nutrient Density  |  |
| Unlimited Quantities  | <i>Green vegetables<br/>All-raw vegetables<br/>Non-starchy cooked vegetables<br/>Beans and legumes<br/>Fresh fruit</i> |
| Limited Quantities Daily  | <i>Cooked starchy vegetables<br/>Whole grains<br/>Raw nuts, seeds, and avocado</i>                                     |
| Limited Quantities Weekly   | <i>Fish<sup>1</sup> • Fat-free dairy<br/>Wild meats and fowl • Eggs</i>  |
| Rarely  | <i>Red meat • Refined grains • Full-fat dairy/cheese • Refined oils/sweets</i>   |

1. Note: Fish contains high levels of mercury.

### 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

CARBS ~160 calories

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

DAIRY ~130 calories

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

PROTEIN ~100 calories

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

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 Sukiayki                                      |  | 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 |  |         |

|   |         |  |
|---|---------|--|
| Lunch 10  |         |  |
| 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 |         |  |
| Dinner 10   |         |  |
| 1 serving Pistachio Biryani                                       | 432 cal |  |
| 1 large tomato, chopped, topped with ginger                       | 30 cal  |  |
| Lunch 11  |         |  |
| 1 serving Pistachio Biryani                                       | 432 cal |  |
| 1 large tomato, chopped, topped with ginger                       | 30 cal  |  |
| Dinner 11   |         |  |
| 1 serving Eggplant & Gnocchi                                      | 313 cal |  |
| Enormous salad:   |         |  |
| Greens (2 cups or more)   | 15 cal  |  |
| Cucumber, carrot & celery (at least 1/2 cup each)                 | 33 cal  |  |
| 1/2 boiled egg, sliced or chopped                                 | 39 cal  |  |
| 1 tsp Caesar dressing   | 50 cal  |  |
| Lunch 12  |         |  |
| 1 serving Eggplant & Gnocchi                                      | 313 cal |  |
| Enormous salad:   |         |  |
| Greens (2 cups or more)   | 15 cal  |  |
| Cucumber, carrot & celery (at least 1/2 cup each)                 | 33 cal  |  |
| 1/2 boiled egg, sliced or chopped                                 | 39 cal  |  |
| 1 tsp Caesar dressing   | 50 cal  |  |
| Dinner 12   |         |  |
| Chargrilled Vegetables with Salsa                                 | 449 cal |  |
| Free day  |         |  |
| Lunch 13  |         |  |
| 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 13   |         |  |
| 1 serving Vegetarian Thai Rice Noodles                            | 264 cal |  |
| 1 serving Thai Cabbage Salad                                      | 60 cal  |  |
| 1 serving Thai Fruit Dessert                                      | 125 cal |  |
| Lunch 14  |         |  |
| 1 serving Vegetarian Thai Rice Noodles                            | 264 cal |  |
| 1 serving Thai Cabbage Salad                                      | 60 cal  |  |
| 1 serving Thai Fruit Dessert                                      | 125 cal |  |

|  |         |  |
|--|---------|--|
| Dinner 14  |         |  |
| 1 serving Chili Con Queso  | 388 cal |  |
| 6 saltine crackers   | 86 cal  |  |
| Lunch 15   |         |  |
| 1 serving Chili Con Queso  | 388 cal |  |
| 6 saltine crackers   | 86 cal  |  |
| Dinner 15  |         |  |
| 1 serving Takikomi Genmai  | 483 cal |  |
| Wakame clear soup  |         |  |
| Lunch 16   |         |  |
| 1 serving Takikomi Genmai  | 483 cal |  |
| Wakame clear soup  |         |  |
| Dinner 16  |         |  |
| Egg Salad Sandwich   | 319 cal |  |
| Spinach Salad (as much as you like)  | 120 cal |  |
| Spinach, lettuce, tomato, carrot, celery, peas or whatever veg you have on hand plus a sprinkling of walnuts & cheddar cheese. Cesar dressing 1 Tbsp |         |  |
| Lunch 17   |         |  |
| Egg Salad Sandwich   | 319 cal |  |
| Spinach Salad (as much as you like)  | 120 cal |  |
| Spinach, lettuce, tomato, carrot, celery, peas or whatever veg you have on hand plus a sprinkling of walnuts & cheddar cheese Cesar dressing 1 Tbsp  |         |  |
| Dinner 17  |         |  |
| 1 serving No Olive Putanesca   | 264 cal |  |
| 1 serving Tomato & Mozzarella Salad  | 97 cal  |  |
| 100 ml red wine  | 88cal   |  |
| Lunch 18   |         |  |
| 1 serving No Olive Putanesca   | 264 cal |  |
| 1 serving Tomato & Mozzarella Salad  | 97 cal  |  |
| Dinner 18  |         |  |
| Khadai Curry   | 279 cal |  |
| 1 c cooked brown rice  | 218 cal |  |
| Free day   |         |  |
| Lunch 19   |         |  |
| 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 19  |         |  |

|   |         |
|---|---------|
| 1 serving Black Sesame Risotto  | 440 cal |
| Lunch 20  |         |
| 1 serving Black Sesame Risotto  | 440 cal |
| 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                       | 408cal  |
| Tomato Salad:   | 50cal   |
| 2 sliced tomatoes with a drizzle of olive oil, vinegar, salt & pepper |         |
| Lunch 26  |         |

|           |  |                                       |
|-----------|--|---------------------------------------|
|           | 1 serving Vegetables under a Light Creamy Crust<br>Tomato Salad:<br>2 sliced tomatoes with a drizzle of olive oil, vinegar, salt & pepper  | 408cal<br>50cal                       |
| Dinner 26 |  |                                       |
|           | 1 serving Penne with CanCan sauce<br>Green Salad with 1 T crushed nuts<br>baby leaf, spinach, green onion, steamed asparagus,<br>green beans, broccoli & any other green veg you like! | 398 cal<br>60 cal                     |
| Lunch 27  |  |                                       |
|           | 1 serving Penne with CanCan sauce<br>Green Salad with 1 T crushed nuts<br>baby leaf, spinach, green onion, steamed asparagus,<br>green beans, broccoli & any other green veg you like! | 398 cal<br>60 cal                     |
| Dinner 27 |  |                                       |
|           | 1 serving Vegetarian Soft Tacos  | 464cal                                |
| Lunch 28  |  |                                       |
|           | 1 serving Vegetarian Soft Tacos  | 464cal                                |
| Dinner 28 |  |                                       |
|           | 1 serving Otsu Soba Salad  | 457 cal                               |
| Lunch 29  |  |                                       |
|           | 1 serving Otsu Soba Salad  | 457 cal                               |
| Dinner 29 |  |                                       |
|           | 1 serving Polenta Broccoli Pizza Bake  | 448 cal                               |
| Lunch 30  |  |                                       |
|           | 1 serving Polenta Broccoli Pizza Bake  | 448 cal                               |
| Dinner 30 |  |                                       |
|           | 1 serving Asparagus Quiche<br>1 cup cooked spinach<br>1 cup cherry tomatoes<br>1 tsp Caesar dressing   | 348 cal<br>40 cal<br>27 cal<br>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 |

### **Nutrition Facts**

Serving Size 121.5g

**Amount Per Serving**

|                            |                    |                       |
|----------------------------|--------------------|-----------------------|
| <b>Calories</b>            | 348                | Calories from Fat 280 |
|                            |                    | % Daily Value*        |
| <b>Total Fat</b>           | 28.9g              | 44%                   |
|                            | Saturated Fat 9.5g | 47%                   |
| <b>Cholesterol</b>         | 175mg              | 58%                   |
| <b>Sodium</b>              | 274mg              | 11%                   |
| <b>Total Carbohydrates</b> | 8.8g               | 3%                    |
|                            | Dietary Fiber 4.1g | 16%                   |
|                            | Sugars 2.2g        |                       |
| <b>Protein</b>             | 16.8g              |                       |
| Vitamin A 15%              | :                  | Vitamin C 3%          |
| Calcium 27%                | :                  | Iron 13%              |

\* Based on a [2000 calorie diet](#)

*Nutritional details are an estimate and should only be used as a guide for approximation.*

### *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 1.5 tsp dried)  |
| 1 T           | sage, fresh (or 1 tsp dried sage leaves) |
|               | salt and pepper                          |

### **Nutrition Facts**

Serving Size 191 g

**Amount Per Serving**

|                            |                     |                      |
|----------------------------|---------------------|----------------------|
| <b>Calories</b>            | 363                 | Calories from Fat 35 |
|                            |                     | % Daily Value*       |
| <b>Total Fat</b>           | 3.9g                | 6%                   |
| <b>Cholesterol</b>         | 0mg                 | 0%                   |
| <b>Sodium</b>              | 27mg                | 1%                   |
| <b>Total Carbohydrates</b> | 66.9g               | 22%                  |
|                            | Dietary Fiber 13.3g | 53%                  |
|                            | Sugars 6.8g         |                      |
| <b>Protein</b>             | 17.0g               |                      |
| Vitamin A 62%              | :                   | Vitamin C 49%        |
| Calcium 11%                | :                   | Iron 29%             |

\* Based on a [2000 calorie diet](#)

### *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.

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

## 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               |

| <b>Nutrition Facts</b>   |                       |
|--|-----------------------|
| Serving Size 442.1g  |                       |
| <small>⚠ Some items from this recipe could not be found or sized. This estimate is incomplete.</small>   |                       |
| Amount Per Serving   | % Daily Value*        |
| <b>Calories</b> 446  | Calories from Fat 161 |
| <b>Total Fat</b> 17.9g   | <b>28%</b>            |
| Saturated Fat 2.9g   | <b>14%</b>            |
| <b>Cholesterol</b> 93mg  | <b>31%</b>            |
| <b>Sodium</b> 969mg  | <b>40%</b>            |
| <b>Total Carbohydrates</b> 61.9g   | <b>21%</b>            |
| Dietary Fiber 7.8g   | <b>31%</b>            |
| Sugars 7.7g  |                       |
| <b>Protein</b> 10.9g   |                       |
| Vitamin A 151%   | Vitamin C 142%        |
| Calcium 8%   | Iron 17%              |
| * Based on a <a href="#">2000 calorie diet</a>   |                       |
| <small>Nutritional details are an estimate and should only be used as a guide for approximation.</small> |                       |

### *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                      |

| <b>Nutrition Facts</b>  |               |
|---|---------------|
| Serving Size 470.1g   |               |
| Amount Per Serving  |               |
| <b>Calories</b>   | 221           |
| Calories from Fat   | 55            |
|   | % Daily Value |
| <b>Total Fat</b>  | 6.1g          |
| Saturated Fat   | 1.2g          |
| Cholesterol   | 0mg           |
| Sodium  | 1011mg        |
| <b>Total Carbohydrates</b>  | 29.8g         |
| Dietary Fiber   | 3.6g          |
| Sugars  | 18.2g         |
| <b>Protein</b>  | 18.9g         |
| Vitamin A   | 49%           |
| Calcium   | 31%           |
| Vitamin C   | 79%           |
| Iron  | 24%           |
| * Based on a <a href="#">2000 calorie diet</a>  |               |
| Nutritional details are an estimate and should only be used as a guide for approximation. |               |

### *Directions*

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

## 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        |

### **Nutrition Facts**

|   |               |
|---|---------------|
| Serving Size 290.7g   |               |
| Amount Per Serving  |               |
| <b>Calories</b>   | 352           |
| Calories from Fat   | 121           |
|   | % Daily Value |
| <b>Total Fat</b>  | 13.4g         |
| Saturated Fat   | 5.7g          |
| Cholesterol   | 63mg          |
| Sodium  | 674mg         |
| <b>Total Carbohydrates</b>  | 36.7g         |
| Dietary Fiber   | 3.6g          |
| Sugars  | 8.5g          |
| <b>Protein</b>  | 22.7g         |
| Vitamin A   | 46%           |
| Calcium   | 45%           |
| Vitamin C   | 15%           |
| Iron  | 13%           |
| * Based on a <a href="#">2000 calorie diet</a>  |               |
| Nutritional details are an estimate and should only be used as a guide for approximation. |               |

### *Directions*

- Drain the tofu. Mix with egg, salt, oregano and basil. Set aside.
- Stir together the carrot, zucchini, onion, & garlic. Set aside.
- 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.

| <b>Nutrition Facts</b>  |                           |
|---|---------------------------|
| Serving Size 935.1g   |                           |
| <b>Amount Per Serving</b>   |                           |
| Calories 450  | Calories from Fat 141     |
| % Daily Value *   |                           |
| Total Fat 15.7g   | 24%                       |
| Saturated Fat 2.1g  | 10%                       |
| Cholesterol 0mg   | 0%                        |
| Sodium 169mg  | 7%                        |
| Total Carbohydrates 70.2g   | 23%                       |
| Dietary Fiber 23.3g   | 93%                       |
| Sugars 21.6g  |                           |
| Protein 14.7g   |                           |
| Vitamin A 410% : Calcium 17%  | Vitamin C 496% : Iron 41% |
| * Based on a 2000 calorie diet  |                           |
| Nutritional details are an estimate and should only be used as a guide for approximation. |                           |

## 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

| <b>Nutrition Facts</b>         |                          |
|--------------------------------|--------------------------|
| Serving Size 250 g             |                          |
| <b>Amount Per Serving</b>      |                          |
| Calories 389                   | Calories from Fat 182    |
| % Daily Value *                |                          |
| Total Fat 20.3g                | 31%                      |
| Saturated Fat 12.4g            | 62%                      |
| Cholesterol 145mg              | 48%                      |
| Sodium 451mg                   | 19%                      |
| Total Carbohydrates 29.6g      | 10%                      |
| Dietary Fiber 3.0g             | 12%                      |
| Sugars 8.8g                    |                          |
| Protein 23.3g                  |                          |
| Vitamin A 67% : Calcium 63%    | Vitamin C 30% : Iron 28% |
| <b>Nutrition Grade B+</b>      |                          |
| * Based on a 2000 calorie diet |                          |

### *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.

## 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          |

| <b>Nutrition Facts</b>          |                              |
|---------------------------------|------------------------------|
| Serving Size 489 g              |                              |
| <b>Amount Per Serving</b>       | <b>Calories from Fat 143</b> |
| <b>Calories 453</b>             | <b>% Daily Value</b>         |
| Total Fat 15.9g                 | 24%                          |
| Saturated Fat 2.0g              | 10%                          |
| Cholesterol 0mg                 | 0%                           |
| Sodium 418mg                    | 17%                          |
| Total Carbohydrates 57.1g       | 19%                          |
| Dietary Fiber 16.4g             | 66%                          |
| Sugars 14.6g                    |                              |
| Protein 26.0g                   |                              |
| Vitamin A 263% • Vitamin C 164% |                              |
| Calcium 26% • Iron 60%          |                              |
| <b>Nutrition Grade A</b>        |                              |
| * Based on a 2000 calorie diet  |                              |

### *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.

### **Nutrition Facts**

Serving Size 163.6g

| Amount Per Serving        |                       |
|---------------------------|-----------------------|
| Calories 296              | Calories from Fat 156 |
|                           | % Daily Value *       |
| Total Fat 17.3g           | 27%                   |
| Saturated Fat 2.1g        | 11%                   |
| Cholesterol 0mg           | 0%                    |
| Sodium 57mg               | 2%                    |
| Total Carbohydrates 23.7g | 8%                    |
| Dietary Fiber 6.5g        | 26%                   |
| Sugars 0.5g               |                       |
| Protein 11.5g             |                       |
| Vitamin A 0% •            | Vitamin C 12%         |
| Calcium 7% •              | Iron 8%               |

\* Based on a [2000 calorie diet](#)

*Nutritional details are an estimate and should only be used as a guide for approximation.*

## 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                              |

### **Nutrition Facts**

Serving Size 426.8g

|                           |   |
|---------------------------|---|
|                           | Some items from this recipe could not be found or sized. This estimate is incomplete. |
| <b>Amount Per Serving</b> |   |
| Calories 432              | Calories from Fat 133   |
|                           | % Daily Value *   |
| Total Fat 14.8g           | 23%   |
| Saturated Fat 2.1g        | 10%   |
| Cholesterol 0mg           | 0%  |
| Sodium 605mg              | 25%   |
| Total Carbohydrates 66.9g | 22%   |
| Dietary Fiber 6.6g        | 26%   |
| Sugars 6.8g               |   |
| Protein 10.5g             |   |
| Vitamin A 317% •          | Vitamin C 68%   |
| Calcium 17% •             | Iron 24%  |

\* Based on a [2000 calorie diet](#)

*Nutritional details are an estimate and should only be used as a guide for approximation.*

### *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.

| <b>Nutrition Facts</b>  |   |
|---|---|
| Serving Size 479.8g   |   |
| <b>Amount Per Serving</b>   | <b>Calories</b> 313      Calories from Fat 10 |
|   | % Daily Value *                               |
| <b>Total Fat</b> 1.1g   | 2%  |
| Saturated Fat 0.3g  | 2%  |
| <b>Cholesterol</b> 1mg  | 0%  |
| <b>Sodium</b> 38mg  | 2%  |
| <b>Total Carbohydrates</b> 69.5g  | 23%   |
| Dietary Fiber 12.0g   | 48%   |
| Sugars 5.5g   |   |
| <b>Protein</b> 11.5g  |   |
| Vitamin A 44%   | : Vitamin C 82%                               |
| Calcium 13%   | : Iron 18%                                    |
| * Based on a <a href="#">2000 calorie diet</a>  |   |
| Nutritional details are an estimate and should only be used as a guide for approximation. |   |

## 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

| <b>Nutrition Facts</b>  |  |
|---|--|
| Serving Size 614.8g   |  |
| <b>Amount Per Serving</b>   | <b>Calories</b> 449      Calories from Fat 206 |
|   | % Daily Value *                                |
| <b>Total Fat</b> 22.9g  | 35%  |
| Saturated Fat 3.3g  | 17%  |
| <b>Cholesterol</b> 0mg  | 0%   |
| <b>Sodium</b> 64mg  | 3%   |
| <b>Total Carbohydrates</b> 40.7g  | 14%  |
| Dietary Fiber 10.4g   | 42%  |
| Sugars 18.2g  |  |
| <b>Protein</b> 23.1g  |  |
| Vitamin A 461%  | : Vitamin C 364%                               |
| Calcium 16%   | : Iron 26%                                     |
| * Based on a <a href="#">2000 calorie diet</a>  |  |
| 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

| <b>Nutrition Facts</b>         |                             |
|--------------------------------|-----------------------------|
| Serving Size 119 g             |                             |
| <b>Amount Per Serving</b>      | <b>Calories from Fat 11</b> |
| <b>Calories 60</b>             | <b>% Daily Value</b>        |
| Total Fat 1.3g                 | 2%                          |
| Cholesterol 0mg                | 0%                          |
| Sodium 474mg                   | 20%                         |
| Total Carbohydrates 11.4g      | 4%                          |
| Dietary Fiber 2.7g             | 11%                         |
| Sugars 6.7g                    |                             |
| <b>Protein 2.3g</b>            |                             |
| Vitamin A 55% •                | Vitamin C 44%               |
| Calcium 4% •                   | Iron 5%                     |
| <b>Nutrition Grade A</b>       |                             |
| * Based on a 2000 calorie diet |                             |

*Directions*

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

## 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 caramelised.
2. Serve warm or cold.

| <b>Nutrition Facts</b>  |                            |
|---|----------------------------|
| Serving Size 156.9g   |                            |
| <b>Amount Per Serving</b>   | <b>Calories from Fat 4</b> |
| <b>Calories 125</b>   | <b>% Daily Value</b>       |
| Total Fat 0.4g  | 1%                         |
| Saturated Fat 0.1g  | 0%                         |
| Cholesterol 0mg   | 0%                         |
| Sodium 2mg  | 0%                         |
| Total Carbohydrates 32.1g   | 11%                        |
| Dietary Fiber 3.6g  | 14%                        |
| Sugars 18.3g  |                            |
| <b>Protein 1.5g</b>   |                            |
| Vitamin A 2% •  | Vitamin C 48%              |
| Calcium 1% •  | Iron 2%                    |
| * Based on a 2000 calorie diet  |                            |
| Nutritional details are an estimate and should only be used as a guide for approximation. |                            |

## 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                 |

| <b>Nutrition Facts</b>  |                      |
|---|----------------------|
| Serving Size 354.8g   |                      |
| <b>Amount Per Serving</b>   | Calories from Fat 28 |
| <b>Calories</b> 264   | % Daily Value*       |
| Total Fat 3.1g  | 5%                   |
| Saturated Fat 0.5g  | 2%                   |
| Cholesterol 0mg   | 0%                   |
| Sodium 1260mg   | 52%                  |
| Total Carbohydrates 49.1g   | 16%                  |
| Dietary Fiber 5.8g  | 23%                  |
| Sugars 8.3g   |                      |
| <b>Protein</b> 10.5g  |                      |
| Vitamin A 36%   | • Vitamin C 157%     |
| Calcium 15%   | • Iron 15%           |
| * Based on a <a href="#">2000 calorie diet</a>  |                      |
| Nutritional details are an estimate and should only be used as a guide for approximation. |                      |

### *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                    |

| <b>Nutrition Facts</b>  |                       |
|---|-----------------------|
| Serving Size 630.2g   |                       |
| <b>Amount Per Serving</b>   | Calories from Fat 105 |
| <b>Calories</b> 388   | % Daily Value*        |
| Total Fat 11.7g   | 18%                   |
| Saturated Fat 6.7g  | 33%                   |
| Cholesterol 31mg  | 10%                   |
| Sodium 1114mg   | 46%                   |
| Total Carbohydrates 52.3g   | 17%                   |
| Dietary Fiber 16.8g   | 67%                   |
| Sugars 13.5g  |                       |
| <b>Protein</b> 22.4g  |                       |
| Vitamin A 60%   | • Vitamin C 172%      |
| Calcium 37%   | • Iron 34%            |
| * Based on a <a href="#">2000 calorie diet</a>  |                       |
| Nutritional details are an estimate and should only be used as a guide for approximation. |                       |

### *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 | ususage tofu             |
| 100 g   | carrot                   |
| 2 T     | soy sauce                |
| 1/3 t   | salt                     |
| 1/4 c   | peas                     |

### **Nutrition Facts**

| Serving Size 332 g             |                      |
|--------------------------------|----------------------|
| Amount Per Serving             |                      |
| Calories                       | Calories from Fat 63 |
| 463                            |                      |
|                                | % Daily Value *      |
| Total Fat 7.1g                 | 11%                  |
| Saturated Fat 1.2g             | 6%                   |
| Cholesterol 0mg                | 0%                   |
| Sodium 940mg                   | 39%                  |
| Total Carbohydrates 92.4g      | 31%                  |
| Dietary Fiber 6.2g             | 25%                  |
| Sugars 7.4g                    |                      |
| Protein 14.2g                  |                      |
| Vitamin A 85%                  | • Vitamin C 9%       |
| Calcium 7%                     | • Iron 17%           |
| <b>Nutrition Grade A-</b>      |                      |
| * Based on a 2000 calorie diet |                      |

### *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**

| Serving Size 256.2g   |                       |
|---|-----------------------|
| Amount Per Serving  |                       |
| Calories  | Calories from Fat 122 |
| 319   |                       |
|   | % Daily Value *       |
| Total Fat 13.6g   | 21%                   |
| Saturated Fat 3.6g  | 18%                   |
| Cholesterol 374mg   | 125%                  |
| Sodium 726mg  | 30%                   |
| Total Carbohydrates 30.6g   | 10%                   |
| Dietary Fiber 5.5g  | 22%                   |
| Sugars 6.9g   |                       |
| Protein 19.6g   |                       |
| Vitamin A 26%   | • Vitamin C 16%       |
| Calcium 13%   | • Iron 20%            |
| * Based on a 2000 calorie diet  |                       |
| Nutritional details are an estimate and should only be used as a guide for approximation. |                       |

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.*

| <b>Nutrition Facts</b>   |                      |
|--|----------------------|
| Serving Size 196.9g  |                      |
| <b>Amount Per Serving</b>  | Calories from Fat 24 |
| <b>Calories</b> 264  | % Daily Value*       |
| Total Fat 2.7g   | 4%                   |
| Saturated Fat 0.4g   | 2%                   |
| Cholesterol 3mg  | 1%                   |
| Sodium 201mg   | 8%                   |
| Total Carbohydrates 53.2g  | 18%                  |
| Dietary Fiber 1.7g   | 7%                   |
| Sugars 3.6g  |                      |
| <b>Protein</b> 11.6g   |                      |
| Vitamin A 19% : Vitamin C 27%  |                      |
| Calcium 5% : Iron 16%  |                      |
| * Based on a <a href="#">2000 calorie diet</a>   |                      |
| <i>Nutritional details are an estimate and should only be used as a guide for approximation.</i> |                      |

## Tomato & Mozzarella Salad

Makes 4 servings

*Ingredients*

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

*Directions*

| <b>Nutrition Facts</b>   |                      |
|--|----------------------|
| Serving Size 142.4g  |                      |
| <b>Amount Per Serving</b>  | Calories from Fat 59 |
| <b>Calories</b> 97   | % Daily Value*       |
| Total Fat 6.6g   | 10%                  |
| Saturated Fat 2.4g   | 12%                  |
| Cholesterol 8mg  | 3%                   |
| Sodium 85mg  | 4%                   |
| Total Carbohydrates 5.4g   | 2%                   |
| Dietary Fiber 1.5g   | 6%                   |
| Sugars 3.3g  |                      |
| <b>Protein</b> 5.0g  |                      |
| Vitamin A 23% : Vitamin C 26%  |                      |
| Calcium 12% : Iron 2%  |                      |
| * Based on a <a href="#">2000 calorie diet</a>   |                      |
| <i>Nutritional details are an estimate and should only be used as a guide for approximation.</i> |                      |

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                          |

| <b>Nutrition Facts</b>           |                       |
|----------------------------------|-----------------------|
| Serving Size 462 g               |                       |
| <b>Amount Per Serving</b>        |                       |
| <b>Calories</b> 283              | Calories from Fat 167 |
|                                  | % Daily Value *       |
| <b>Total Fat</b> 18.5g           | 29%                   |
| Saturated Fat 2.8g               | 14%                   |
| <b>Cholesterol</b> 0mg           | 0%                    |
| <b>Sodium</b> 125mg              | 5%                    |
| <b>Total Carbohydrates</b> 22.4g | 7%                    |
| Dietary Fiber 6.7g               | 27%                   |
| Sugars 10.3g                     |                       |
| <b>Protein</b> 12.1g             |                       |
| Vitamin A 25% • Vitamin C 171%   |                       |
| Calcium 26% • Iron 19%           |                       |
| <b>Nutrition Grade A</b>         |                       |
| * Based on a 2000 calorie diet   |                       |

### 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 caramelised, 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            |

### **Nutrition Facts**

|                                  |                       |
|----------------------------------|-----------------------|
| Serving Size 255.8g              |                       |
| <b>Amount Per Serving</b>        |                       |
| <b>Calories</b> 440              | Calories from Fat 104 |
|                                  | % Daily Value         |
| <b>Total Fat</b> 11.5g           | 18%                   |
| Saturated Fat 1.7g               | 8%                    |
| <b>Cholesterol</b> 0mg           | 0%                    |
| <b>Sodium</b> 778mg              | 32%                   |
| <b>Total Carbohydrates</b> 74.7g | 25%                   |
| Dietary Fiber 4.9g               | 20%                   |
| Sugars 1.7g                      |                       |
| <b>Protein</b> 9.6g              |                       |
| Vitamin A 1%                     | *                     |
| Calcium 15%                      | *                     |
| Vitamin C 4%                     |                       |
| Iron 19%                         |                       |

\* Based on a [2000 calorie diet](#)

*Nutritional details are an estimate and should only be used as a guide for approximation.*

### *Directions*

1. Heat oil in large fry pan.
2. Sauté 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          |

### **Nutrition Facts**

|                                 |                       |
|---------------------------------|-----------------------|
| Serving Size 296.6g             |                       |
| <b>Amount Per Serving</b>       |                       |
| <b>Calories</b> 334             | Calories from Fat 288 |
|                                 | % Daily Value         |
| <b>Total Fat</b> 32.0g          | 49%                   |
| Saturated Fat 20.8g             | 104%                  |
| <b>Cholesterol</b> 0mg          | 0%                    |
| <b>Sodium</b> 249mg             | 10%                   |
| <b>Total Carbohydrates</b> 9.7g | 3%                    |
| Dietary Fiber 1.8g              | 7%                    |
| Sugars 1.5g                     |                       |
| <b>Protein</b> 7.7g             |                       |
| Vitamin A 7%                    | *                     |
| Calcium 9%                      | *                     |
| Vitamin C 9%                    |                       |
| Iron 31%                        |                       |

\* 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

#### Nutrition Facts

| Serving Size 159 g             |                       |
|--------------------------------|-----------------------|
| Amount Per Serving             |                       |
| Calories                       | Calories from Fat 152 |
| Total Fat 16.9g                | 26%                   |
| Saturated Fat 2.8g             | 14%                   |
| Cholesterol 0mg                | 0%                    |
| Sodium 252mg                   | 11%                   |
| Total Carbohydrates 19.6g      | 7%                    |
| Dietary Fiber 2.4g             | 10%                   |
| Sugars 2.4g                    |                       |
| Protein 4.6g                   |                       |
| Vitamin A 56%                  | • Vitamin C 83%       |
| Calcium 8%                     | • Iron 6%             |
| <b>Nutrition Grade C+</b>      |                       |
| * Based on a 2000 calorie diet |                       |

#### 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.
9. Serve hot, garnished with green onion.

### **Nutrition Facts**

|                                 |                       |
|---------------------------------|-----------------------|
| Serving Size 209.2g             |                       |
| <hr/>                           |                       |
| <b>Amount Per Serving</b>       |                       |
| <b>Calories</b> 196             | Calories from Fat 133 |
|                                 | % Daily Value         |
| <b>Total Fat</b> 14.8g          | 23%                   |
| Saturated Fat 3.3g              | 17%                   |
| <b>Cholesterol</b> 279mg        | 93%                   |
| <b>Sodium</b> 326mg             | 14%                   |
| <b>Total Carbohydrates</b> 7.3g | 2%                    |
| Dietary Fiber 1.9g              | 8%                    |
| Sugars 4.0g                     |                       |
| <b>Protein</b> 9.9g             |                       |
| Vitamin A 28%                   | • Vitamin C 29%       |
| Calcium 6%                      | • Iron 11%            |

\* Based on a [2000 calorie diet](#)

*Nutritional details are an estimate and should only be used as a guide for approximation.*

## 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              |

### **Nutrition Facts**

|                                  |                       |
|----------------------------------|-----------------------|
| Serving Size 280.8g              |                       |
| <hr/>                            |                       |
| <b>Amount Per Serving</b>        |                       |
| <b>Calories</b> 460              | Calories from Fat 145 |
|                                  | % Daily Value         |
| <b>Total Fat</b> 16.1g           | 25%                   |
| Saturated Fat 2.0g               | 10%                   |
| <b>Cholesterol</b> 0mg           | 0%                    |
| <b>Sodium</b> 213mg              | 9%                    |
| <b>Total Carbohydrates</b> 65.8g | 22%                   |
| Dietary Fiber 9.9g               | 40%                   |
| Sugars 5.3g                      |                       |
| <b>Protein</b> 16.5g             |                       |
| Vitamin A 170%                   | • Vitamin C 72%       |
| Calcium 25%                      | • Iron 39%            |

\* Based on a [2000 calorie diet](#)

*Nutritional details are an estimate and should only be used as a guide for approximation.*

### *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.

- Whisk together the olive oil, lemon juice, honey, black pepper, salt and green onion for the dressing.
- Toss the dressing, quinoa and spinach mix together.
- Make a bed of baby leaf and spoon the quinoa on top.
- 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*

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

### **Nutrition Facts**

Serving Size 112.4g

**Amount Per Serving**

| Calories                   | 207   | Calories from Fat 93 | % Daily Value * |
|----------------------------|-------|----------------------|-----------------|
| <b>Total Fat</b>           | 10.3g | 16%                  |                 |
| Saturated Fat              | 1.4g  | 7%                   |                 |
| <b>Cholesterol</b>         | 0mg   | 0%                   |                 |
| <b>Sodium</b>              | 16mg  | 1%                   |                 |
| <b>Total Carbohydrates</b> | 27.6g | 9%                   |                 |
| Dietary Fiber              | 3.1g  | 12%                  |                 |
| Sugars                     | 2.6g  |                      |                 |
| <b>Protein</b>             | 3.9g  |                      |                 |
| Vitamin A                  | 4%    | •                    | Vitamin C 13%   |
| Calcium                    | 1%    | •                    | Iron 7%         |

\* Based on a [2000 calorie diet](#)

*Nutritional details are an estimate and should only be used as a guide for approximation.*

## 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 |

### **Nutrition Facts**

Serving Size 113 g

**Amount Per Serving**

| Calories                   | 131   | Calories from Fat 39 | % Daily Value * |
|----------------------------|-------|----------------------|-----------------|
| <b>Total Fat</b>           | 4.4g  | 7%                   |                 |
| Saturated Fat              | 0.6g  | 3%                   |                 |
| <b>Cholesterol</b>         | 0mg   | 0%                   |                 |
| <b>Sodium</b>              | 195mg | 8%                   |                 |
| <b>Total Carbohydrates</b> | 19.7g | 7%                   |                 |
| Dietary Fiber              | 3.6g  | 14%                  |                 |
| Sugars                     | 2.7g  |                      |                 |
| <b>Protein</b>             | 4.1g  |                      |                 |
| Vitamin A                  | 10%   | •                    | Vitamin C 12%   |
| Calcium                    | 6%    | •                    | Iron 9%         |

**Nutrition Grade A**

\* Based on a 2000 calorie diet

### *Directions*

1. Sauté 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 rucola.
5. Season to taste with salt and pepper

## Broccoli Pesto Gratin

Makes 4 servings

### *Ingredients*

|       |                            |
|-------|----------------------------|
| 1 t   | olive oil                  |
| 5 c   | broccoli, cooked & chopped |
| 1 c   | Parmesan cheese, grated    |
| 1/4 c | breadcrumbs                |
| 1/2 c | pesto                      |

### *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.

### **Nutrition Facts**

|                                  |                       |
|----------------------------------|-----------------------|
| Serving Size 173.9g              |                       |
| <b>Amount Per Serving</b>        |                       |
| <b>Calories</b> 332              | Calories from Fat 207 |
|                                  | % Daily Value *       |
| <b>Total Fat</b> 23.0g           | 35%                   |
| Saturated Fat 7.1g               | 36%                   |
| <b>Cholesterol</b> 32mg          | 11%                   |
| <b>Sodium</b> 738mg              | 31%                   |
| <b>Total Carbohydrates</b> 16.2g | 5%                    |
| Dietary Fiber 4.2g               | 17%                   |
| Sugars 4.5g                      |                       |
| <b>Protein</b> 17.1g             |                       |
| Vitamin A 31%                    | • Vitamin C 167%      |
| Calcium 42%                      | • Iron 13%            |

\* Based on a [2000 calorie diet](#)

*Nutritional details are an estimate and should only be used as a guide for approximation.*

## Vegetables Under a Light Creamy Crust

Makes 4 servings

### *Ingredients*

|          |                          |
|----------|--------------------------|
| 2        | leeks, thinly sliced     |
| 3        | zucchini, thickly sliced |
| 1 1/2 c  | sliced mushrooms         |
| 2 cloves | garlic                   |
| 1 T      | olive oil                |
| 1 T      | butter                   |
| 1 T      | all purpose flour        |
| 1 1/4 c  | vegetable broth          |
| 1 t      | dried thyme              |
| 250 g    | cottage cheese           |
| 250 g    | plain yogurt             |
| 2 T      | butter, melted           |
| 3        | eggs, beaten             |
| 1/2 c    | bread crumbs             |
| 1/4 c    | Parmesan cheese, grated  |
| 1 dash   | nutmeg                   |
| 1 dash   | salt                     |
| 1 dash   | pepper                   |

### **Nutrition Facts**

|                                  |                       |
|----------------------------------|-----------------------|
| Serving Size 488.4g              |                       |
| <b>Amount Per Serving</b>        |                       |
| <b>Calories</b> 408              | Calories from Fat 189 |
|                                  | % Daily Value *       |
| <b>Total Fat</b> 21.0g           | 32%                   |
| Saturated Fat 9.8g               | 49%                   |
| <b>Cholesterol</b> 177mg         | 59%                   |
| <b>Sodium</b> 902mg              | 38%                   |
| <b>Total Carbohydrates</b> 31.5g | 10%                   |
| Dietary Fiber 3.5g               | 14%                   |
| Sugars 10.7g                     |                       |
| <b>Protein</b> 25.4g             |                       |
| Vitamin A 32%                    | • Vitamin C 53%       |
| Calcium 33%                      | • Iron 21%            |

\* Based on a [2000 calorie diet](#)

*Nutritional details are an estimate and should only be used as a guide for approximation.*

### *Directions*

1. Preheat oven to 180C
2. Sautee 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**

|                                  |                       |
|----------------------------------|-----------------------|
| Serving Size 253 g               |                       |
| <b>Amount Per Serving</b>        |                       |
| <b>Calories</b> 398              | Calories from Fat 100 |
|                                  | % Daily Value *       |
| <b>Total Fat</b> 11.2g           | 17%                   |
| Saturated Fat 1.4g               | 7%                    |
| <b>Cholesterol</b> 0mg           | 0%                    |
| <b>Sodium</b> 65mg               | 3%                    |
| <b>Total Carbohydrates</b> 61.6g | 21%                   |
| Dietary Fiber 15.7g              | 63%                   |
| Sugars 11.3g                     |                       |
| <b>Protein</b> 16.6g             |                       |
| Vitamin A 30%                    | • Vitamin C 85%       |
| Calcium 10%                      | • Iron 29%            |
| <b>Nutrition Grade A</b>         |                       |
| * Based on a 2000 calorie diet   |                       |

### *Directions*

1. Boil the pasta according to package instructions and drain.
2. Saute 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**

|   |                       |
|---|-----------------------|
| Serving Size 386.8g   |                       |
| ⚠ Some items from this recipe could not be found or sized. This estimate is incomplete.   |                       |
| <b>Amount Per Serving</b>   |                       |
| <b>Calories</b> 464   | Calories from Fat 140 |
|   | % Daily Value *       |
| <b>Total Fat</b> 15.5g  | 24%                   |
| Saturated Fat 3.4g  | 17%                   |
| <b>Cholesterol</b> 0mg  | 0%                    |
| <b>Sodium</b> 1151mg  | 48%                   |
| <b>Total Carbohydrates</b> 66.7g  | 22%                   |
| Dietary Fiber 11.3g   | 45%                   |
| Sugars 4.6g   |                       |
| <b>Protein</b> 12.6g  |                       |
| Vitamin A 18%   | • Vitamin C 30%       |
| Calcium 5%  | • Iron 10%            |
| * Based on a 2000 calorie diet  |                       |
| Nutritional details are an estimate and should only be used as a guide for approximation. |                       |

1/2 tsp cumin seeds  
 1 t olive oil  
 250 g kidney beans (1 can), drained  
 1 tsp Tabasco  
 2 tomatoes, chopped fine  
 1/4 c cilantro leaves, chopped  
 1/2 head lettuce, shredded  
 2 T jalapenos, sliced or minced  
 1 c cooked brown rice

*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

| <b>Nutrition Facts</b>           |                       |
|----------------------------------|-----------------------|
| Serving Size 281 g               |                       |
| <b>Amount Per Serving</b>        | <b>% Daily Value</b>  |
| <b>Calories</b> 457              | Calories from Fat 136 |
|                                  | *                     |
| <b>Total Fat</b> 15.1g           | 23%                   |
| Saturated Fat 2.4g               | 12%                   |
| <b>Cholesterol</b> 0mg           | 0%                    |
| <b>Sodium</b> 1351mg             | 56%                   |
| <b>Total Carbohydrates</b> 67.7g | 23%                   |
| Dietary Fiber 2.8g               | 11%                   |
| Sugars 5.2g                      |                       |
| <b>Protein</b> 19.9g             |                       |
| Vitamin A 10%                    | • Vitamin C 13%       |
| Calcium 29%                      | • Iron 29%            |
| <b>Nutrition Grade B+</b>        |                       |
| * Based on a 2000 calorie diet   |                       |

*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  |

| <b>Nutrition Facts</b>           |                       |
|----------------------------------|-----------------------|
| Serving Size 465 g               |                       |
| <b>Amount Per Serving</b>        |                       |
| <b>Calories</b> 448              | Calories from Fat 207 |
|                                  | % Daily Value         |
| <b>Total Fat</b> 23.0g           | 35%                   |
| Saturated Fat 11.9g              | 59%                   |
| <b>Cholesterol</b> 55mg          | 18%                   |
| <b>Sodium</b> 606mg              | 25%                   |
| <b>Total Carbohydrates</b> 42.8g | 14%                   |
| Dietary Fiber 6.8g               | 27%                   |
| Sugars 6.1g                      |                       |
| <b>Protein</b> 21.5g             |                       |
| Vitamin A 81%                    | • Vitamin C 90%       |
| Calcium 50%                      | • Iron 15%            |
| <b>Nutrition Grade B</b>         |                       |
| * Based on a 2000 calorie diet   |                       |

### *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.