

from Plant to Plate

*turning fresh,
simple food
into a
delicious
habit*

D I A B E T E S E D I T I O N

TAMI BIVENS, R.D.
and Life and Health Network

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Life and Health Network is a 501(c)(3) non-profit health media organization created by a group of physicians and dentists who want to do more than diagnose disease and prescribe medication. We believe in the power of lifestyle.

Simple, balanced nutrition, regular fitness, and a positive state of mind can work wonders for your health. The goal of Life and Health Network is to share this with you through:

Healthy recipes, cooking videos, articles, and other wellness resources all for free at lifeandhealth.org.

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Nutritional Information Disclaimer: The nutritional information for each recipe was computed using Calorie Count software. This tool uses general averages for every ingredient, and may not be 100 percent accurate or completely reflective of the brands and ingredients you are using. The statistics provided are per serving and do not account for "optional" ingredients that may or may not be listed.

Medical Disclaimer: This cookbook is designed for educational purposes, but is not intended to be a substitute for professional medical advice. If you have diabetes or pre-diabetes, make sure to work closely with your healthcare providers as you make lifestyle changes. Also, be sure to check your blood sugars regularly. Lifestyle habits like nutrition and exercise can cause dramatic and rapid changes in blood sugars.

ISBN: 978-098955752-8

Printed in China.

*To you who, through the simple act of picking up this book,
have taken a small but mighty step toward a healthier life.*



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A NOTE TO YOU

INTRO

Dear Reader,

If you're looking for recipes that will help "manage" your diabetes, this isn't the right cookbook for you. If you're looking for a program that will revolutionize the way you eat and live...keep reading!

I've taught too many people how to manage high blood sugars, and not enough people how to reverse them. After becoming a registered dietitian, I opened a consulting business for weight loss and lifestyle disease. There, I used the standard approach to diabetes education. "Check your blood sugars, count your carbs, and do your best to manage a chronic and devastating illness."

Today, the message I share is much different. It's a message of hope. When I'm not at home with my kids, I volunteer for a residential lifestyle program called NEWSTART. This **three week** lifestyle-intervention is designed for people struggling with diabetes, heart disease, high blood pressure, etc. For **21 days**, they eat whole, plant-based food, exercise, drink water, sleep, attend wellness lectures, and support one another. And guess what happens? Their diseases start to unravel. I've seen it again and again.

The healthy lifestyle outlined in this book can rapidly lower blood sugars, cholesterol, and triglycerides. More importantly, it can make eyes bright again, help hearts hope again, and help people live again. And that, my friend, is my wish for you.

With love,

Tami Bivens

Tami Bivens, RD



PART ONE THE KNOWLEDGE

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DIABETES...WHAT'S FOOD GOT TO DO WITH IT? 1.1

Nancy Baughn had tried everything. She counted carbs and weighed her food. She checked her blood sugars and visited her doctor. But after an eight-year battle with type 2 diabetes, those blood sugars were only getting worse.

"I had two friends with diabetes and they were already on kidney dialysis and starting to lose their eyesight," Nancy recalls. "One had already had his leg amputated below the knee. I had this horrible feeling that my diabetes was just a slow, progressive death sentence. So I was willing to look at any alternative out there..."

Luckily, Nancy did find an alternative. It came while she was drinking her morning coffee and reading *the Washington Post*.

"Struggling with diabetes?" The words jumped off the page. "Join a clinical study to discover how a plant-based diet impacts diabetes control."

"A plant-based diet?" Nancy thought. "Now that's something I haven't tried. But I've been so careful with the American Diabetes Association diet. Could this really be more effective?"

Nancy was afraid to get her hopes up, but decided to call anyway. Within a few weeks, her plant-based makeover had begun. Her pantry and fridge were bursting with kale, tomatoes, beans, rice, peaches, grapes, and other whole, plant-based foods.

The rules of the study were simple. Nancy was required to eat foods that were:

- 1 Plant-Based (no animal products)
- 2 Low in fat
- 3 Low in refined sugars (low-glycemic index)

Nancy was thrilled that she didn't have to count carbs or calories anymore:

"On the ADA diet I had to weigh and measure and keep track of exchanges. But with a plant-based diet, if you eat just plainly, you can eat what you want. You're not measuring, you're not weighing. I just found it a much simpler way to cook and eat. And

the food is very satisfying. I never felt hungry. I was enjoying food more than ever."

The program was simple enough to follow. But was it working? Absolutely.

"Almost immediately upon starting this diet, I noticed that I felt better," Nancy recalls. "I could tell my blood glucose numbers were dropping, because, of course, I checked them a number of times a day."

"At the beginning of the study, I weighed 196 pounds and my Hemoglobin A1C was 8.4. This placed me at a high risk for heart disease, stroke, and other diabetes complications. Less than four months later, the number had dropped to 5.4, and I was also losing weight. So I needed to cut back my medications dramatically."

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I think about what my life would be like if I hadn't made this change.

Nancy was shocked to discover that the new diet also came with several very unexpected health benefits. With more energy than she knew what to do with, she started skipping her usual afternoon nap. Her joint pain vanished and she noticed improvements in her mood.

By the end of the 18-month study, Nancy had lost 48 pounds and no longer fit the diagnostic criteria for diabetes. The study was over, but Nancy's new lifestyle was not.





"Of course, there was no way I wanted to go back to the old way. I knew that this change of life was nothing but positive for me. The effects had been amazing, healthy, and rapid. The study ended about 10 years ago, but I've been following the guidelines ever since. At my last checkup, my doctor told me, 'You know, I wish everybody's numbers were as perfect as yours.' I'm kind of proud of that, because I'm 74 years old now."

Nancy credits the plant-based diet with helping her get her life back:

"I think about what my life would be like if I hadn't made this change. My two friends with diabetes have since passed away. One had a heart attack during kidney dialysis. I've already laid out my calendar for the trips I'm taking next year. I don't think I would be able to do that if my eyesight was going, if I had to go on kidney dialysis, if I'd lost a limb. Eating vegan gave me the hope I wanted to lead a healthy, full life. I have more energy now

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Let your food be your medicine, and your medicine be your food.

-Hippocrates

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than I've ever had. My friends joke that they'll have to put a GPS on me to keep up with me. I expect to live many more years and to be busy all of those years, and that to me is the gift of eating plant-based."

Not Alone

Nancy wasn't the only one who got her health back. This study, conducted by Neal Barnard, included about 100 people with type 2 diabetes. Half of them

were assigned to follow the diet recommended by the American Diabetes Association. This diet emphasizes portion control and carbohydrate restriction.

The other half of the group (including Nancy) was assigned to follow the plant-based diet low in fat and sugar. They didn't have to count calories or carbs. In fact, they ate significantly more carbohydrates than the ADA group, but were careful about the kinds of carbs they ate. They also avoided animal products, added sugars, and oils.

Both groups experienced improvements, but the plant-based group had much more dramatic results than those on the ADA diet. In fact, the plant-based diet was three times more effective at lowering blood sugars than the ADA diet. The ADA group didn't need to adjust their medications at the end of the 12 weeks, but two thirds of the people on the plant-based diet lowered their diabetes meds.

The plant-based group also lost twice as much weight, significantly lowered their risk for complications, lowered their cholesterol, and experienced multiple other health benefits. Like Nancy, several other participants eventually reversed their diabetes completely.

Many other studies have shown similar results. A growing number of healthcare providers, researchers, and former diabetics are discovering the power

of a plant-based diet, not to just manage type 2 diabetes, but to completely reverse it.

Hope for You

Perhaps like Nancy, you've struggled for years to control your blood sugars or weight. Despite your best efforts, you continue to fight an uphill battle. Don't give up. If good nutrition can work for Nancy, it can work for you. In fact, health may be much more attainable (and more delicious) than you could even imagine.

Food is Medicine

Hippocrates was an ancient Greek physician who is considered to be the father of Western medicine. Over two thousand years ago, he told his patients: "Let your food be your medicine, and your medicine be your food." Healthy food is powerful medicine.

Balanced, plant-based eating can resolve the underlying cause of high blood sugar: insulin resistance. Delicious, plant-based recipes like the ones you'll find in this book can actually fight your insulin resistance, lower your blood sugars, and dramatically improve your health.

Healthy eating is actually pretty simple. Foods can be divided into three groups: green light, yellow light, and red light foods. Let's see how eating green light foods can transform your health.

GREEN LIGHT FOODS 1.2

When you have diabetes or prediabetes, your body is like a house on fire. What you put into your mouth can serve as gasoline or water. Green light foods act like water on the fire, fighting the flames and restoring balance.

Green light foods are unprocessed or minimally processed, whole, plant foods. They are the richest sources of many protective nutrients that heal the body in more ways than we can count.

Green light foods are full of fiber, which is a plant superstar. Fiber is only found in plant foods, not in animal products. Fiber is the carbohydrate in plants that can't be digested or absorbed. Some people call it "nature's broom," because it keeps food moving through the gastrointestinal tract, keeping it clean and healthy. But fiber does more than preventing constipation, it also protects against obesity, cancer, heart disease, diabetes, and a variety of gastrointestinal disorders. Even though your body can't absorb fiber, it desperately needs it.

Fiber fights insulin resistance and helps control blood sugars. Women need at least 25 grams of fiber per day and men need 38 grams. But the average American only gets 15! This fiber-deficit makes it impossible for the body to fight insulin resistance the way that it wants to. The good news is that people who eat a plant-based diet get an average

of 40-60 grams of fiber per day. How can you get more fiber? By eating green light foods.

Let's take a closer look at each green light group.

Vegetables

When it comes to nutrition, vegetables give you the best bang for your buck. They provide the highest number of nutrients for the fewest number of calories. Vegetables are the richest sources of disease-fighting vitamins, minerals, and phytochemicals.

Green leafy veggies are at the very top of the list. A study that surveyed over 200,000 people found that



eating at least a cup and a half of green leafy vegetables each day reduced diabetes risk by 14 percent.

Colorful veggies are important too. Try to eat a wide variety of non-starchy vegetables each day. Five or six servings is a great goal. Include both raw and cooked vegetables, because there are different advantages to each type.

Starchy vegetables such as potatoes and corn are more calorically dense, so portion control is important for people with high blood sugars.

This allows time for your gut flora to adjust to all the additional fiber.



Legumes

Beans. Peas. Lentils. These tiny legumes are powerful weapons to help you control your blood sugar. In a study of over 60,000 women, those who ate the most legumes were 38 percent less likely to develop type 2 diabetes than those who hardly ate any legumes at all. Legumes also reduce the risk of heart disease, cancer, and premature death.

A study published in *the Archives of Internal Medicine* found that people with type 2 diabetes who ate a cup of legumes each day experienced significant blood sugar improvements within just a few short months.

Some people find beans hard to digest, especially when they first start eating them. It's best to add small amounts and gradually increase your intake.

Legumes also reduce the risk of heart disease, cancer, and premature death

If you don't have time to cook beans from scratch, try canned or frozen beans. To reduce the sodium in these foods, choose low sodium or sodium free varieties. You can also rinse canned beans in a strainer to get rid of some of the extra salt.

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Fresh Fruit

Fresh fruit is nature's way of satisfying your sweet tooth. It's bursting with nutrients that are powerful enough to boost your immune system, fight disease, and improve your health in many ways.

Many people with diabetes have been warned against eating fruit. This is a huge mistake. Fruit is a vital part of a healthy diet. It's a much better choice than many processed desserts that have been labeled "diabetic friendly." However, it is true that too much fruit can actually spike your blood sugars, especially if you eat too many calories. You can read how to avoid this in the [Meal Balancing](#) section.

Unrefined Whole Grains

Are you scared of carbohydrates? Don't be. Not all carbs are created equal. Unrefined, whole grains are important for your diet. Their high fiber content prevents them from spiking blood sugars as drastically as refined grains do. Research shows that replacing refined grains with whole grains reduces diabetes risk.



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*Many people with diabetes have been warned against eating fruit. This is a **huge mistake**.*

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Unrefined whole grains are intact grains that have not been processed in any way. Examples include quinoa, brown, red or black rice, wild rice, barley, rye, oat groats, millet, wheat, kamut, and spelt berries.

There are conflicting viewpoints about the amount of carbohydrate that people with diabetes should eat. Some diets strictly limit and count carbs. Others allow unlimited carbohydrate consumption as long as the foods are plant-based. Neither approach is actually optimal for people with diabetes. It's important to pay attention to the quality and quantity of carbohydrates eaten. However, you can eat more carbs if you choose a healthy, plant-based diet.

Whole Food Fats

Whole food fats include nuts, seeds, avocados, olives, and whole coconut. These healthy fats are

packaged with protective nutrients. Some diabetes diets advocate extremely low fat consumption, and even discourage people from eating healthy fats. But there's a reason why nature provides whole food fats for us. These foods enhance the flavor of our meals. They also maximize the absorption of fat-soluble nutrients, antioxidants, and phytochemicals. However, high fat foods are very high in calories, so it's important to control portion sizes.

Summary

Green light foods have incredible healing potential for your blood sugars, your heart, and every aspect of your health. Aim to get 80–90 percent of your calories from green light foods. Why not choose these healing foods today? When it comes to driving and to eating, green means go!



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But What About Protein?

Protein is important, but the average American consumes much more than is necessary. Many fad diets include large amounts of protein, especially from meat. How can we make sense of the protein question and make sure to get the right amount?

A 2014 study found that people with the highest protein intakes had a five-fold increase in diabetes mortality. High protein intakes were also associated with an increase in cancer death and overall mortality. But what's really interesting is that these mortality associations only apply to animal protein. The disease risk disappeared if the protein was from plants.



*If you eat enough calories from a reasonable mix of whole plant foods, it's **difficult** to come up short on protein.*

for kidney function. And while animal protein raises cholesterol, plant protein actually lowers it.

It's actually fairly easy to get enough protein from a plant-based diet. What we need is about 10–15 percent of calories from protein. Almost all plant foods fall within this range.

Twenty to forty percent of the calories in legumes and non-starchy vegetables come from protein. Eight to seventeen percent of calories from grains, nuts, and seeds come from protein. The only foods that consistently fall below the 10 percent mark are fruits and some vegetables. So really, if you eat enough calories from a reasonable mix of whole plant foods, it's difficult to come up short on protein.

Just ask Rich Roll, an ultra-distance athlete who was named one of the twenty-five fittest men in the world. At age 40, Rich was a sedentary and overweight person. But after he adopted a plant-based diet, Rich lost 50 pounds and began his fitness journey.



Rich isn't alone. There are many athletes who are fueled by plants: Carl Lewis, a former Olympic sprinter who won 9 medals for the U.S., Dave Scott, who won 6 Ironman world championships, and Martina Navratilova, one of the greatest tennis players of the 20th century.

Excess protein, especially animal protein, is associated with a decline in kidney function. This can be especially harmful for people with diabetes, who are already prone to kidney damage. Plant protein is less toxic than animal protein and much better



YELLOW LIGHT FOODS 1.3

Yellow means slow. These foods should be approached with caution. Only a small percentage of your calories should come from these foods. In fact, depending on your health status and food preferences, you may want to avoid some yellow light foods altogether.

Processed Whole Grains

Processed whole grains include whole-wheat or whole-grain bread, pasta, or crackers, whole grain cereal, and whole-wheat couscous. These grains have been processed in some way, but without removing the bran or germ. They're much healthier than foods made with white flour; but because they're still refined, they tend to spike blood sugars more than green light grains. Processed grains can be part of a healthy diet, but they need to be used cautiously, especially by people who are overweight or obese, or who have type 2 diabetes.



Processed Fruits & Veggies

Processed fruits and veggies often have added sugar, salt, or fat. Examples include canned or dried fruits with added sugar, sweetened applesauce, and canned, and salted vegetables. It's best to stick to fresh or frozen fruits, which will be more gentle on your blood sugars. If you purchase fruits in cans or jars, be sure they have no added sugar. Processed vegetables can lose many nutrients and are often high in sodium and fat.

Meat Substitutes

Imitation meats such as soy burgers, soy hot dogs, and textured vegetable protein are much lower in cholesterol and saturated fats than real meat products. They're convenient to eat and can be helpful in transitioning to a plant-based diet. But it's important to be careful about which substitutes you choose. Try to limit consumption of meat substitutes to a few times each week, and look for products that are lower in sodium and fat. Some of the healthier products are made from whole foods such as lentils, black beans, quinoa, brown rice and vegetables. They can be really good options, but keep an eye on the sodium content.



Virgin Oils

As we learned earlier, it's best to get our fat from whole, plant sources such as olives, avocados, nuts, and seeds. However, if you choose to use oils, it should be very sparingly. Oils are pure fat so they are more concentrated in calories than any other food. Just one tablespoon of oil has 120 calories! If

you do use oils, choose extra-virgin, cold-pressed forms of olive, avocado, flax or hemp seed oil, organic canola oil, or an essential fatty acid oil blend.

Coconut oil is also an option but it is very high in saturated fat so you want to use it more sparingly. Avoid cooking with omega-3 rich oils or essential fatty acid oil blends. These oils should not be used for cooking and should be reserved for salads.

Animal Products

Animal products fall into the yellow and red light categories. For people who aren't vegetarian or vegan, the yellow light animal products are better choices than the red light animal foods. However, we recommend avoiding animal products as much as possible. Not only can plant-based eating improve your own health, it can also benefit the environment, animals, and other people.

It's true that people in many healthy populations use small amounts of animal products. This



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includes people in the Blue Zones; the areas identified by *National Geographic* as the top few communities on the planet where people live the longest, healthiest lives. However, one common thread woven through all the Blue Zones is that the vast majority of calories come from plant foods.



The more choices you make toward the green light end of the spectrum, the healthier you will be.



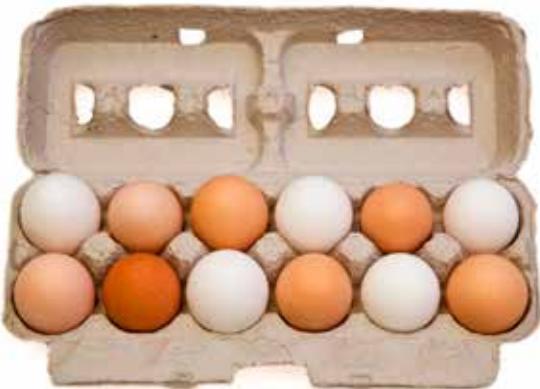
There's a spectrum of healthy food choices. On one end are whole, plant-based, green light foods. On the other end are the worst of the worst red light foods. The more choices you make toward the green light end of the spectrum, the healthier you will be.

We believe that moving toward a whole food, completely plant-based diet is the best option for personal health and for the planet. However, we understand that this isn't an easy choice for everyone. If you choose to consume some animal products, it's important for you to know which are most healthful.

Organic, Fat free, or Low-Fat Dairy Products

These foods don't have as much saturated fat or cholesterol as full-fat dairy, and organic forms are safer than regular dairy products. However, even though they're low in fat, they have been associated with increased risk for some chronic diseases, especially prostate cancer. If you do consume dairy, it should be sparingly.

The most healthful choice in this category is probably organic, nonfat yogurt, which contains flora shown to be beneficial for gut health. Of course, non-dairy cultured yogurt is a better option.



Eggs

If you choose to eat eggs, your best bet are those that are free range and rich in omega-3 fatty acids. The hens producing these eggs are fed flax or fish, which boosts their content of DHA. Of course, all eggs are high in saturated fat, cholesterol, and

animal protein. Remember that the egg yolk is where the cholesterol and saturated fat are contained. Using more whites and fewer yolks reduces the fat and cholesterol content.



Cold Water Fish

Cold Water Fish such as trout, mackerel, herring, salmon, and water-packed tuna contain omega-3 fatty acids, which boost brain function, reduce inflammation, and protect against heart disease. However, many fish contain heavy metals such as mercury and other dangerous environmental contaminants such as dioxins. The Environmental Working Group provides an excellent online guide to seafood.

You don't need to eat fish to get omega 3's. In fact, fish don't actually make EPA and DHA—they get it at some point along the food chain from a plant in the ocean called microalgae. DHA and EPA supplements made from cultured microalgae are now available. You can also get plant-based

omega-3 from flaxseeds, chia seeds, hempseeds, and walnuts.

White Meats

White Meats such as chicken and turkey are generally better options than red meats, but they're no health heroes. When it comes to poultry, legs, thighs and wings are fattier than chicken breast, and all chicken is higher in fat with the skin on. Fried chicken is less healthful than lean red meat cooked without added fat. If you do eat white meat, leave aside the skin, and choose the leanest cuts such as chicken breast. Make sure to buy organic products so you bypass the hormones and antibiotics that are used in conventionally raised animals.



Summary

Remember to choose yellow light foods with caution. Green means go, yellow means slow, and red means no! Now, let's take a look at some foods that are better left out of our diets altogether.

RED LIGHT FOODS 1.4

Red light foods can raise blood sugars, cholesterol, and triglycerides, promote inflammation and weight gain, and significantly increase the risk of disease.

Ideally, red light foods should be completely avoided, but if you do choose to eat them, please make sure it's on a very limited basis. Red light foods include:

Refined Grains

When a kernel of wheat is refined to produce white flour, we remove almost everything of value to human health. This process removes about 75 percent of the vitamins and minerals, 90 percent of the fiber, and 95 percent of the phytochemicals that the wheat kernel originally contained.

But it doesn't stop there. Nobody sits down and eats a bowl of white flour. Before we eat the flour, we add fat, sugar, salt, flavors, preservatives, and colors. We find refined grains in breads, bagels, cereals, pasta, cakes, cookies, pies, pastries, crackers, pretzels, and other baked goods.

Sometimes nutrients are added back to the flour in a process called enrichment. But, the



end product is still missing the fiber, the phytochemicals, and many vitamins and minerals. So although enrichment is desirable, it's a very distant second choice to leaving the grain intact in the first place. That's why we've encouraged you to eat green light grains!

But unfortunately, the average American eats about 6 servings of refined grains every day, and less than 1 serving of whole grains. Close to 90 percent of our grain intake and 70 percent of our total calories comes from refined grains.

Refined grains contribute to low-grade inflammation in the body. They are broken down to sugar, so once absorbed, their impact is similar. Refined grains are linked to increased abdominal fat, atherosclerosis, diabetes, and early mortality.

Refined carbohydrates, including both starches and sugars, should be greatly minimized in the diet. Be sure to get the vast majority of your starches from green light grains and a smaller percentage from yellow light grains. If you do eat red light grains, be sure it's a very small amount, no more than one or two servings each day.

Refined Sugars

Refined sugars such as white sugar, brown sugar, syrups, jams, jelly, candy, and sweet drinks such as soda are even more damaging to health than refined grains. Of course, many refined grain products have large amounts of sugar added.

The average American eats about 30 teaspoons of sugar every day. This is about 480 calories, or almost 25 percent of calories in a 2,000-calorie diet. Close to half of this excess sugar comes from soft drinks. Much of the sugar comes from high fructose corn syrup, which is even more unhealthful than cane sugar or table sugar.



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It's critical to minimize refined sweets and foods with added sugars.

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Excess sugar consumption wreaks havoc on the body in multiple ways. It contributes to weight gain, high triglycerides, insulin resistance, and inflammation. This in turn increases the risk for many diseases, including diabetes, heart disease, and even cancer.

It's critical to minimize your intake of refined sweets and foods with added sugars. Of the 60,000 foods available in grocery stores, 80 percent of them are spiked with added sugar. That's another reason why it's so important to eat whole foods and to read the labels of the packaged foods you do eat.

It's very natural to crave sweet foods, but nature provides them in much healthier forms. Your health will greatly benefit if you replace your usual sweets with whole fruit. Try making fruit smoothies or ice cream with frozen

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fruit like bananas and strawberries and a little nut milk in the blender. With a little practice, healthy sweets can become very satisfying.



Regular Oils

At 120 calories per tablespoon, oils are full of fat but very low in nutrients. Green light fats come from whole foods such avocados, nuts, seeds and olives. Yellow light fats come from extra-virgin, cold-pressed oils. They aren't as nutritious as high fat whole foods, but they have more vitamin E and phytochemicals than regular oils. Virgin, cold-pressed oils are extracted physically, without chemical manipulation. Non-virgin oils are refined even further and often undergo chemical treatment.

Processed, Packaged Foods

Processed foods make up 70 percent of the American diet. From frozen dinners, to baking

mixes, margarines, canned goods, chips, micro-waved popcorn, cookies, and many other snack foods, these foods meet us at every turn.

But although they're popular and convenient, processed foods are loaded with empty calories. Many of them are full of chemicals and food toxins. Healthy foods, once processed, can often do more harm than good.

Packaged foods often contain trans fats, which increase the risk of heart disease, diabetes, and cancer even more than saturated fats do. Trans fats are created by adding hydrogen to vegetable oils under pressure to turn them into solid fats. Research has found trans fats to be so dangerous that the FDA has decided to ban them completely. This policy will take full effect in 2018.

In the meantime, we need to take the initiative to ban trans fats from our own diets. Make sure to read nutritional labels. Even if a product claims to



*When we submerge our food in pure fat, we **triple** the calories.*



be trans fat free, this might not be true. Products with less than 0.5 grams of trans fat per serving still qualify as being trans fat free. The best way to ensure a packaged food does not contain trans fats is to read the ingredient list. If you see the word "shortening" or partially hydrogenated oil, the food contains trans fat, even if it says trans fat free. If you are eating out, there is no foolproof ways to avoid trans fat. However, if you avoid deep fried foods and stick to healthy vegetarian options, you will minimize your chances of getting trans fats in your meal. Also, ask for olive oil instead of margarine.

Fried Foods

Fried foods are loaded with fat, calories, and sodium. When we submerge our food in pure fat, we triple the calories. For example, a large baked potato has about 220 calories. Turn it into French fries and the same potato contains almost 700 calories—480 of which are pure fat. But it's not just the calories that are an issue. Many foods fried in cheap oils contain trans fats. Also, when oils hit their smoke point at very high

temperatures (which often happens with frying), toxic byproducts or toxic compounds are formed that increase oxidative stress and contribute to disease processes. For anyone struggling with metabolic problems, these oils should be avoided completely.

Cheese & Full-Fat Dairy

While these foods are staples in the western diet, they are loaded with saturated fat and cholesterol. Full-fat dairy products increase the risk of heart disease, diabetes, and many other illnesses. Conventional dairy products contain hormones that can promote hormone dependent cancers such as breast, ovarian, and prostate cancer. Dairy can also contain traces of antibiotics, pesticides, and other toxins.

Some research also suggests that dairy consumption may increase the risk of type 1 diabetes and other autoimmune diseases in some individuals.

Although we've been taught to believe that dairy consumption is necessary for bone health, this

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*Don't let the dairy industry fool you.
You **don't need** milk to be healthy or strong.*

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simply isn't true. Yes, dairy products are high in calcium, but that doesn't make cow's milk an essential food any more than moose milk or deer milk (which, incidentally, have about twice as much calcium as cow's milk).

You can get plenty of calcium from plant foods such as dark green leafy vegetables, tofu, legumes, and fortified plant-based products. You can also protect bone health by reducing

the amount of sodium you eat, which will help prevent calcium loss. Regular exercise also strengthens the bones.

Don't let the dairy industry fool you. You don't need milk to be healthy or strong. If you do choose to include dairy, remember that yellow light organic, fat free, or low-fat products are better options than full-fat, non-organic products.



Red Meats

Red meats such as beef, lamb, pork, and veal are high in saturated fat and cholesterol. Red meats dramatically increase the risk of many diseases, including diabetes, some forms of cancer, heart disease, and premature death.

A National Institutes of Health study found that when people increased their usual red meat consumption by about half a serving per day (which is only the size of about half a deck of cards), they had a 48 percent higher risk for developing diabetes in the following four years. Those who decreased their red meat consumption had a reduced risk.

If you need a healthy alternative, try some of the amazing veggie meat replacements. Although they are high in sodium, they are much lower in fat and most are cholesterol-free.

Processed Meats

Processed meats such as wieners, salami, sausages, ham, bologna, bacon, and SPAM are even worse than unprocessed red meats.

According to *the Nurses Health Study*, which followed over 120,000 people for 28 years, eating just one serving of processed red meat a day was associated with a twenty percent increased risk of dying during the study. One serving is equal to one ounce of processed meat or half an ounce of bacon.

Not only are processed meats full of saturated fat and cholesterol, but they also have extremely high sodium levels and are often full of unhealthy chemicals that extend shelf life. The American Institute for Cancer Research recommends limiting red meat and completely avoiding processed meat.

Remember, nutrition guidelines are designed to protect you. Healthy food is powerful medicine. The more you invest in quality nutrition, the more your health will thank you. So fill your plate with green light foods today. This book is full of recipes that can help.



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MEAL BALANCING 1.5

So far we've focused on the quality of different foods. Now let's talk about quantity. Balancing your meals is essential for blood sugar control.

The first meal balancing strategy is to eat two to three regularly scheduled meals every day. It's important to be consistent and feed your body when it's hungry. Regular meals are vital for stabilizing blood sugars.

So how do we balance these meals? By making sure to get the right amounts of healthy carbs, proteins, and fats.

The two most popular systems for helping people with diabetes manage carbs are carbohydrate counting and exchange lists.

Carbohydrate counting involves counting the grams of carbohydrate you eat and limiting them to an amount that will help you control your blood sugars and weight.

For example, a person with diabetes might be allotted 45 to 60 grams of carbohydrate at each meal and then count carbs by reading food labels.

The American Diabetes Association's exchange system groups foods into six categories: starches and breads, meats and meat substitutes,

vegetables, fruits, milk, and fats. People are allotted a certain number of servings from each list at every meal and snack. For example, a person with diabetes might be allotted 2 servings of bread or starch at each meal. A serving could be: one slice of bread, $\frac{1}{2}$ a hamburger bun, $\frac{1}{3}$ cup of pasta or rice, $\frac{3}{4}$ cup of cold cereal, and so forth.

Both these methods are designed to help balance blood sugars and weight. They can be useful, but have some limitations.

Neither system adequately distinguishes between different forms of carbohydrate.

This approach essentially ignores the vital differences in the nutritional value and blood sugar impact of these foods.

With carb counting, 50 grams of carbohydrate from white bread could be viewed as equal to 50 grams of carbohydrate from beans, even though these 2 foods impact blood sugars and health very differently. Foods that are low in carbohydrates such as animal foods and pure fats could mistakenly be viewed as healthy simply because



This diet has been shown to promote remarkable blood sugar improvements and weight loss in people with type 2 diabetes, even if calories are not restricted.

of their low carbohydrate content. The exchange system has similar drawbacks. The starch list includes everything from sugar-frosted cereal to brown rice. Clearly, the health effects of foods within the same group can be wildly different.

The critical point here is that many current systems of diabetes management are only focused on blood sugar control. If we are to succeed at reversing diabetes, we need to shift our focus to reversing insulin resistance and restoring insulin sensitivity. The diet must be designed not only to support blood-glucose control, but also to reduce inflammation, minimize oxidative stress, and restore nutritional status. To accomplish this task, we need to make sure that every calorie supports healing.

Healthy nutrition requires more than just eating a balance of carbohydrates, proteins, and fats. There are healthy and unhealthy foods within each of these categories. Plant-based fats such as nuts, seeds, avocados, and olives impact the body far differently than saturated and trans fats found in the same category. Meat substitutes and tofu have similar protein content to meat or poultry, but are much lower in saturated fat and cholesterol.

Remember, if you do count carbs or use the exchange system; make sure to also pay close attention to the nutrient quality of your food choices.

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The beauty of a green light diet for diabetes is that whole plant foods all contain unrefined carbohydrates and fiber. They cause a more gradual rise in blood sugars than refined, processed foods. A green light diet will provide at least 35 to 50 grams of fiber, which will help to satisfy your appetite without extra calories.

It doesn't mean you should eat unlimited amounts of whatever type of plant food you want, but it does mean that a whole food, plant-based diet places you at an advantage for blood sugar control. This diet has been shown to promote remarkable blood sugar improvements and weight loss in people with type 2 diabetes, even if calories are not restricted.

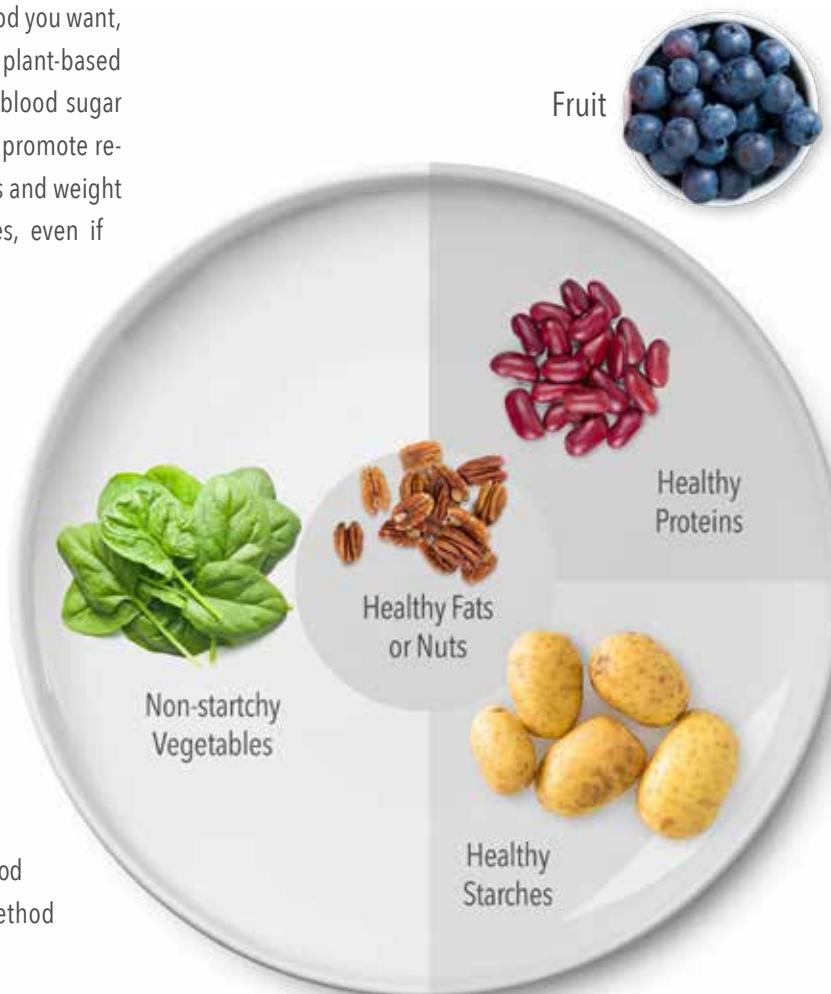
How to Balance Green Light Foods

It's easier than you think. Put these meal-balancing tips into practice, and your health will improve in no time!

The key is to include something from each food group at every meal. Okay, okay... we won't make you eat veggies for breakfast. But try to get at least 4 out of the 5 food groups at each meal. The plate method can help.

The Plate Method

This is an easy way to simplify your food plan. Visually divide your plate in half, and then divide one of the halves again. Fill half of your plate with non-starchy vegetables, a quarter of your plate with healthy proteins, and a quarter with healthy starches. Fruit can be a healthy dessert option and healthy fats or nuts can be incorporated with any part of your plate.





The key is to include something from each food group at every meal.



The plate method can help you simplify your daily servings, which should include:

- ★ 6 servings of non-starchy vegetables. These are essentially free foods—they are unlimited and can help fill you up.
- ★ 1-2 servings of legumes with each meal. The best choices are beans, lentils, or peas. Tofu and tempeh are also excellent choices. Veggie meat should be selected less frequently.
- ★ No more than 1-2 servings of starch per meal. Of course, active, healthy individuals will need more. A serving is about half a cup of brown rice, barley, or quinoa. Remember to stick to green light choices.
- ★ 2-4 servings of fruit per day. This should be spread throughout your meals, not eaten all at once or by itself.
- ★ Whole food fats such as avocado, nuts, seeds, and coconut. These foods can add flavor to your meals, but should be eaten sparingly.

The Breakfast Bowl

The plate method may be more difficult to use at breakfast. But you can build a breakfast bowl. This is a healthier version of the traditional cereal-based breakfast. Begin by selecting your favorite fresh fruits—apples, peaches, mango, banana, and berries. Include about a cup and a half of fruit.

Now it's time to choose your grain. The very best choice is a sprouted grain such as kamut, spelt, and quinoa. Otherwise, you can cook intact whole grains like barley, oat groats, and rye. Cooked grains can be stored in the refrigerator for up to a week.

Once your grain and fruit are ready, you can add soy or nut milk, cinnamon, and nuts and seeds such as walnuts, chia, hemp, flax, and pumpkin seeds. You can turn your breakfast bowl into a parfait by adding non-dairy yogurt, but make sure to watch your sugar content.

If you eat toast, be sure to choose heavy, whole-grain bread, preferably made from sprouted grains.

The real key to balancing meals is to include a reasonable source of protein, fat, and carbohydrate at each meal. The best choices are loaded with fiber, phytochemicals, and antioxidants. They are



also nutrient-dense, meaning that they have a lot of vitamins and minerals per calorie. Be sure to include plenty of water. Most people need at least 8 cups per day. You can also enjoy herbal teas, but avoid caloric beverages. Remember, you want to eat your calories, not drink them!



*Make sure to **check your blood sugars frequently** and work closely with your dietician, doctor, and healthcare team.*



Glycemic Index & Glycemic Load

If you're choosing healthy foods and controlling your portions, but your blood sugars are still spiking, you may want to use the glycemic index and glycemic load tools for further fine-tuning.

The glycemic index, or GI, is a measure of how quickly blood sugars rise after eating fifty grams of carbohydrate from a particular food. Scores fall between 0 and 100. Foods with scores over 70 are considered to have a high glycemic index,

which means that they tend to spike blood sugars. Foods with a low GI release sugar into the blood more slowly. Not surprisingly, many carbohydrates have high GI scores, while legumes, nuts, seeds, and non-starchy vegetables have very low scores. Not all low GI foods are healthy, but you can use this tool to make the best decisions about which green and yellow light foods to eat.

A newer tool, called the glycemic load is an even more accurate way to assess how different foods impact your blood sugars. This tool factors in the amount of carbohydrates you actually eat.

There are extensive charts online that will tell you the glycemic index and glycemic load values for many different types of foods. Replacing high GL and GI foods with low GI and low GL foods will help you to better manage your blood sugars.

Summary

As you put the meal balancing tools to work, make sure to check your blood sugars frequently and to work closely with your dietician, doctor, and healthcare team. It may seem overwhelming at first, but with a little practice, meal balancing will become a simple habit. Before you know it, you'll start to heal, and your insulin sensitivity will begin to improve. In just a few short months, your body will essentially rebuild itself.

MAKING SENSE OF THE LABELS 1.6

As you move toward a whole-food lifestyle, you'll want to pay attention to food labels. Grocery shopping can become a health adventure as you explore which delicious salad or brand of oats is the most nutritious.

Reading nutrition labels can be like reading hieroglyphics, at least at first. A 2011 study published in the *Journal of the American Dietetic Association* showed that less than 10 percent of participants looked at the calorie content of a nutrition label. Understandably so. There are so many confusing terms; who can be expected to keep up? But knowing the basics goes a long way to making sure you put the right ingredients in your body. These simple descriptions will help.

"Low Carb"

Surprisingly, there are no set guidelines for this claim. (What's going on, Food and Drug Administration?) This leaves a lot of room for misleading labels and frivolous purchasing. Often, when a high carbohydrate food is modified to become a low-carbohydrate food, the fat and calorie content go up. It's better to choose foods that are naturally low in carbohydrates, such as nuts (in moderation), tofu, and of course, vegetables.

"High"

In order for a food label to claim that their product is high in a nutrient (e.g., high in fiber), one serving must provide 20 percent of the Daily Value. If the food contains 10–19 percent, then it's considered a "good" source.

"Low Sodium"

Foods that claim to be low sodium must contain 140 milligrams or less per serving. The 2010 Dietary Guidelines for Americans recommend less than 2,300 milligrams per day to prevent hypertension and risk for stroke. Pay close attention to this label. As a general rule, if there is 1 milligram or less of

sodium for every 1 calorie, you can consider the food within a safe sodium level.

"BPA-Free"

BPA stands for bisphenol A, which is an industrial chemical used to make certain plastics, particularly those used in the food industry. The American Chemistry Council stands by their claim that products that contain BPA pose no risk to consumers, but other associations feel differently. There are various products that are BPA-free including cans, baby products, and beverage containers.

"Non-GMO"

Genetically-modified organisms (GMOs) are crops that have been modified in a lab to remain resistant to herbicides or increase nutritional content. Often referred to as "Frankenfood," this experimental practice represents 80 percent of North American crops, yet 53 percent of consumers claim they wouldn't buy something that's been genetically modified. To be absolutely certain about the status of your favorite food, check out the Non-GMO Project, which provides a complete list of foods that have gone through their rigorous verification process.

"Enriched"

Not to be confused with "fortified," enriched means

that some of the nutrients have been added back into a food that may have lost them during the refining process. People often think that this means the food has *additional* vitamins and minerals, but that's not the case. Food companies simply put back what was once there. The most common example of this is enriched flour. During the refining process, many essential nutrients are lost, and during the enriching process, a few are put back in.

"Fortified"

Fortified foods have added vitamins and minerals in addition to the ones that occur naturally. Plenty of foods are fortified to ensure adequate nutrition for the general population.

Calories

A calorie is the currency unit for energy provided by food. There is a calorie requirement for the human body to run and function properly, and this value varies for each individual depending



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on a number of different factors such as metabolic rate and physical activity. When this calorie requirement is exceeded, the body will store fat, resulting in weight gain. When the calorie requirement is not met, the body will draw needed energy from fat stores, resulting in weight loss.

The Harris-Benedict equation is a good formula for calculating calories needed per day. $BMR=655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$. You just need to plug in your weight, height and years. The number you get is the total number of calories you need to exist per day. A 50 year old woman who weighs 160 pounds and is 5 feet 7 inches will have a basal metabolic rate (BMR) of 1,440 calories per day. If you do more than lay around all day, you will need more calories. No time to count? Just eat a balanced, healthy diet, and exercise vigorously for 30 minutes each day. When you make good choices, your calories count themselves.

Fat

Fat is essential for a body to function properly. It's recommended that about 20-25 percent of your calories come from healthy fats. That's about 45 grams of fat per day. Remember, not all fats are created equal. Polyunsaturated and monounsaturated fats are the "healthy fats" that lower your blood cholesterol and protect your heart. These mainly come from plant sources, such as avocados

and nuts. Saturated and trans fats are the "bad fats" that elevate blood cholesterol and increase your risk of heart disease. They mainly come from animal sources, such meat and dairy products, and partially hydrogenated vegetable oils. Less than 10 percent of your calories should come from saturated fat. Trans fats should be avoided completely. Healthy fats are important, but are still high in calories. They need to be carefully balanced with other foods.



Cholesterol

Cholesterol is a necessary element for our cell membranes. However, it's not necessary to consume cholesterol in the diet. Our bodies naturally produce all the cholesterol they need. Dietary cholesterol is found only in animal sources and can increase the risk of high blood cholesterol and plaque buildup in arteries, which eventually leads to heart disease and stroke. Limit

cholesterol intake to as little possible. Remember, all plant-based foods are cholesterol free!

Sodium

90 percent of Americans over the age of two consume too much sodium. The main dietary sources of sodium are processed foods and typical restaurant fare. By eating whole, plant-based foods, you can greatly reduce the amount of sodium in your diet. A high-sodium diet can lead to high blood pressure and increase the risk of heart disease, kidney disease, and stroke. Sodium should be limited to less than 2,300 milligrams (2 teaspoons) of salt per day.

“

90 percent of Americans over the age of two consume too much sodium.

helps prevent blood sugar spikes and keeps you full for longer. Simple carbohydrates are naturally found in fruits and vegetables, but also found in refined foods such as white bread, sweets, and soda. Eating refined and processed carbohydrates stripped of dietary fiber can cause dangerous spikes to your blood sugars.

Dietary Fiber

Fiber is a form of carbohydrate that cannot be digested, but still provides necessary benefits for a healthy body. Dietary fiber comes in two forms:

”

Carbohydrates

The total number of carbohydrates listed on your food label includes added sugar, complex carbohydrates, and fiber. Carbohydrates are the main source of energy your body needs. They can be classified as either simple or complex. Complex carbohydrates include starch and dietary fiber. Fiber is a superhero for blood sugar control. It



soluble and insoluble. Soluble fiber attracts water and forms a gel, which slows down the digestive process and makes you feel fuller for longer. Insoluble fiber does not dissolve in water, and acts as a laxative, helping to prevent constipation.

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Fiber is especially important in regulating the rate at which sugar enters the bloodstream. Foods that are processed and refined have little-to-no fiber, while fresh, whole foods contain loads of fiber. Women need 25 grams of fiber a day, while men need 38 grams. However, the average American only eats 15 grams! How can you get more fiber? By eating green light foods. People who eat a plant-based diet get an average of 40-60 grams of fiber per day.

Sugar

The amount of sugar listed on your food labels refers to added sugars, not those naturally present in the food. Examples include cane sugar, corn syrup, and honey. By looking at the ingredient list of a food product or recipe, you can determine the sources of the sugar content. Generally, the bigger the difference between "total carbohydrates" and "sugar," the more nutritious those carbohydrates are, because fewer of them are coming from sugar. The amount of added sugar should be as low as possible, because added sugars contain no fiber and can rapidly spike blood sugars.

Protein

Besides water, protein is the most abundant substance in your body. The word protein comes from the Greek word proteios, which means of primary importance. Protein helps build

and repair tissues, transports materials, and regulates many body processes. But although protein is important, most Americans consume about twice the amount (100 grams) that they need (45-55 grams) each day.

This excess protein burdens the liver and kidneys, especially if it's animal protein. Animal protein is linked to diabetes, heart disease, kidney disease, and many forms of cancer. Animal foods are very high in protein, which makes it easy to get an excess amount.

The idea that it's necessary to consume animal products to get enough protein is simply a myth. Research shows that plants provide adequate amounts of the safest kind of protein.



*Can you get enough protein from plants? Absolutely!
It's simply a myth that you need meat for protein.*

MAKING PLANT-BASED SUBSTITUTIONS 1.7

Replacing butter, eggs, and other foods can seem daunting. Thankfully, there are some fantastic substitutions available. Although some may seem counterintuitive, don't be afraid to give them a try. With a little time and practice, your taste buds will be as happy as your health.

Just follow this basic formula: When a recipe calls for _____, use _____ instead.

For example, when a recipe calls for meat, choose any one of the following substitutions. You can also use some of our recipes as substitutions! Be sure to check out the sauce section.

Meat

- ★ Tofu
- ★ Mushrooms
- ★ Seitan (wheat gluten)
- ★ Eggplant
- ★ Beans
- ★ Tempeh

Meat Broth

- ★ Vegetable broth
- ★ Vegetable bouillon cubes, prepared as directed

Butter

- ★ Non-hydrogenated margarine, like Earth Balance
- ★ Coconut oil
- ★ $\frac{1}{3}$ cup extra-virgin vegetable oil = one stick of butter

Buttermilk

- ★ Mix 1 cup soy milk with 1 teaspoon apple cider vinegar or lemon juice. Then, let the mixture sit until it separates.

Condensed Milk

- ★ Canned coconut milk (note: coconut milk does not give food a coconut flavor, just a creamy taste, color, and texture)

Eggs

- ★ 1 tablespoon ground flaxseed and 2 ½ tablespoons water = 1 egg (combine and let sit for a 5 minutes before using)
- ★ ¼ cup applesauce = 1 egg
- ★ 1 overripe mashed banana = 1 egg

Heavy Cream

- ★ Canned coconut milk: Put a can of coconut milk in the fridge for 48 hours. Open, and use just the solidified top layer.

Milk

- ★ Soy milk
- ★ Almond milk
- ★ Rice milk
- ★ Oat milk
- ★ Coconut milk
- ★ Hemp milk

Cheese

- ★ Crumbled tofu in place of cottage cheese or ricotta cheese.
- ★ [Nacho Cheese-Style Sauce \(p. 247\)](#)
- ★ Nutritional yeast flakes

Mayonnaise

- ★ Vegan mayonnaise: Available in canola oil, expeller-pressed canola oil, grape seed oil, and organic expeller-pressed soybean varieties.

Refined Sugar

- ★ Dried fruit or applesauce can often substitute for refined sugar in baking. For recipe examples, check out the dessert section at brendadavisrd.com.



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YOUR PLANT-FRIENDLY KITCHEN: THE FOOD 2.1

Surrounded by edible temptations? Give yourself the advantage of a healthy kitchen makeover. Here's how to prepare your fridge, freezer, and pantry for maximum health impact.

Note: Before lengthy grocery receipts start raising your blood pressure, please remember you don't have to buy everything at once. It may be less overwhelming to pick up a few items listed in each section every time you go to the grocery store. For example, add a different kind of fruit to your cart, then use this cookbook's index for tasty ways to prepare it. Most of the items listed can be found at grocery stores nationwide. With some patience and persistence, your kitchen will transform into a haven of healthy food choices.

Refrigerator

Fruits

You could flavor candy to taste like apples, lemons, or berries, but why not go straight to the source? From staples like apples to rare treats like passion fruit, fruit adds sweetness to your meals without

adding inches to your waist. Just like you enjoy the variety of colors in a rainbow, aim for a range of different kinds of fruits.

- ★ Apples
- ★ Oranges
- ★ Bananas—Store bananas outside the fridge until ripe, then eat or freeze immediately. To ripen bananas quickly, store them in a paper bag with an apple. Because of the ethylene gas bananas produce, they can also be used this way to ripen avocados, etc.
- ★ Kiwis
- ★ Lemons
- ★ Berries (blackberries, raspberries, strawberries)

Vegetables

Vegetables are the most nutrient-dense of foods. Filling your plate with them can be a delicious adventure. Choose a variety of colors and flavors. In



general, the more vibrant the color, the richer the nutrients.

- ★ Kale
- ★ Cabbage (green, red, Savoy, bok choy, Napa, brussels sprouts)
- ★ Spinach
- ★ Dark salad greens
- ★ Bell peppers (red, yellow, orange, green)
- ★ Asparagus
- ★ Scallions
- ★ Sprouts, assorted
- ★ Mushrooms (cremini, Portobello, shiitake, white)
- ★ Broccoli
- ★ Cauliflower
- ★ Carrots
- ★ Tomatoes (technically not a vegetable, but usually prepared as one)
- ★ Avocados (technically not a vegetable, but usually prepared as one)



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Fresh Herbs

Brighten a dish instantly with any of the following herbs, which are generally stirred in or added during the final stages of a recipe. Keep herbs fresh by putting them in a container of water in the refrigerator, or wrapping in plastic or a paper towel.

- ★ Basil
- ★ Cilantro
- ★ Flat-leaf parsley
- ★ Rosemary
- ★ Thyme



A Little Bit of Everything

After tossing out the unhealthy, red light foods from your fridge, you'll need something to replace them with. Here are a few ideas:

- ★ Soy, nut, and seed milks (rice, almond, soy, coconut, etc.)
- ★ Tofu and/or tempeh
- ★ Vegan meat replacement products
- ★ Ground flaxseed (can substitute as egg in baking: Mix 1 tablespoon flaxseed meal with 2 1/2 tablespoons water)
- ★ Vegan buttery spread with non-hydrogenated oil (use very sparingly)
- ★ Hummus

Freezer

Whether you need to pull together a quick meal after a long day at work, or want to store leftovers for the long term, the convenience of a freezer is difficult to beat.

- ★ Frozen brown rice
- ★ Frozen peas, corn, and vegetable medleys
- ★ Frozen fruit for smoothies, etc.
- ★ Whole-grain bread
- ★ Frozen beans or soups

Pantry

Vegetables

Some vegetables taste better when they're left out of the fridge. If your house is relatively warm, consider storing the following items in the garage or another cool, dark place. This helps keep them fresh. As with many other produce items, discard if they develop too many soft spots. For potatoes and sweet potatoes, discard immediately if you notice any color changes, which can indicate developing toxicity.

- ★ Onions (red and/or yellow)
- ★ Garlic
- ★ Sweet potatoes
- ★ Russet potatoes
- ★ Winter squash (seasonal)

Beans & Legumes

Beans and legumes are secret weapons for blood sugar control and health. Savor the process (quicker than you might think) of turning dried beans into a delicious dish.

- ★ Lentils (black, brown, red, green)
- ★ Split peas

- ★ Beans (pinto, black, Mayocoba, Great White Northern, etc.)
- ★ Chickpeas (also known as garbanzo beans)

Sauces & Seasonings

Liven up an ordinary meal with the short list of ingredients below or blend to create sauces and dressings.

Remember to use added fats very sparingly.

- ★ Organic extra-virgin olive oil
- ★ Extra-virgin coconut oil
- ★ Extra-virgin olive oil cooking spray
- ★ Bragg Liquid Aminos—this soy sauce substitute is non-fermented, non-GMO, and gluten free. It's listed in several recipes but can also be substituted with soy sauce
- ★ Low-sodium soy sauce

Canned Goods

With the twist of a can opener, ingredients for your quick and healthy meal are ready to roll.

- ★ Low-sodium tomato/marinara sauce
- ★ Low-sodium vegetable broth or bouillon
- ★ Canned tomatoes, no salt added
- ★ Light coconut milk
- ★ Canned beans

Grains

When you're cooking to feed a healthy habit, whole grains are the way to go. Discover less common grains, such as quinoa or millet, or stick to more common ones, like brown rice. When shopping for crackers,

bread, etc., choose items that say "100 percent whole grain" to avoid products that sneak in white flour that's been stripped of its natural nutrients. For a nutty, rich taste and extra nutritional benefits, look for "sprouted grains" on the ingredients list.

- ★ Barley
- ★ Couscous
- ★ Rolled old-fashioned oats
- ★ Brown rice
- ★ Millet
- ★ Quinoa
- ★ Wild rice
- ★ Whole-grain flours (wheat, light spelt, oat, almond meal, kamut, brown rice)
- ★ Whole-grain pastas (wheat, rice, quinoa, spelt, kamut, millet)
- ★ Whole-grain bread (whole wheat and/or gluten free)
- ★ Tortillas (stone-ground corn or other whole grain)



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Nuts, Seeds, and Dried Fruit

Nuts and seeds provide satisfaction in the form of protein, fiber, healthy fats, and great taste. Toasted, they also add crunch to baked goods. Dried fruits contain many nutrients, but can spike blood sugars if eaten in excess. Be sure to carefully balance them with other foods.

- * Raw almonds
- * Raw cashews
- * Raw walnuts
- * Sunflower seeds
- * Chia seeds
- * Whole flaxseed
- * Sesame seeds
- * Pumpkin seeds
- * Nut and seed butters
- * Raisins
- * Cranberries
- * Medjool dates

Spices and Baking

Whether you're preparing an elaborate dish or simply a quick and healthy dinner, we suggest the following for a starter seasoning and baking kit.

- * Aluminum-free baking powder
- * McKay's Chicken Style Instant Broth and Seasoning
- * McKay's Beef Style Instant Broth and Seasoning
- * Baking soda
- * Ground cinnamon
- * Sea salt
- * Basil
- * Garlic powder
- * Paprika (smoked)
- * Oregano
- * Ground cumin
- * Cayenne pepper
- * Chili powder



- ★ Ginger
- ★ Turmeric
- ★ Curry powder
- ★ Pure vanilla extract
- ★ Raw cacao powder and/or unsweetened cocoa
- ★ Nutritional yeast flakes—a great way to give a pungent, nutty, and cheesy flavor to foods.
Nutritional yeast is an inactive yeast that comes in flake or powder form and is different from active yeasts used in bread making.
Nutritional yeast flakes are high in B vitamins, including B12, and can be found in the bulk section of health food stores, some regular grocery stores, and online. Don't confuse it with brewer's yeast which is an active yeast with a bitter flavor.



YOUR PLANT-FRIENDLY KITCHEN: THE TOOLS 2.2

Tools You Must Have (to Make Life a Lot Easier)

Cookbooks

Thousands of cookbooks are available, but not all are created equal, especially when it comes to blood sugars. We recommend *the 30-Day Diabetes Miracle* cookbook, *Eat to Live* cookbook, and *Defeating Diabetes* by Brenda Davis.

High-Speed Blender

There are a plethora of blenders out there, ranging from \$15 to \$500. Most of them work perfectly fine. However, did you know that a good high-speed blender can be used to make soups, sauces, and ice creams? Check out high-speed models such as VitaMix or BlendTec.

The high-speed blender's greatest asset is the massively reduced time it takes to prep your ingredients. For example, rather than dicing a carrot for a carrot puree, you can simply put the entire carrot (or carrots) into a blender and let it do all the work. No stopping, stirring, or working in batches. Use it

to make ice cream, bread, nut butter, salad dressing, gravy, hot soup, everything....

Slow Cooker

It's worth every square inch of space it requires. A slow cooker can be a lifesaver for those weeks when time is scarce. No matter what brand of slow cooker you own, the basics of how to use it are the same: put the ingredient(s) in the cooker, choose a setting and time, and let it do its thing. *You can make oatmeal, baked potatoes, applesauce, steamed artichokes, baked apples, brownies, and even bread in a slow cooker!*

Rice Steamer/Rice Cooker

Before you knock this off your list, did you know you can make oats, risotto, polenta, and beans in a rice cooker?

Don't let the name fool you; a "rice cooker" might seem like a unitasker, which isn't necessarily a bad thing if you eat a lot of rice. But it can also serve many other purposes. Whether you're stuck in a kitchenless studio, need an extra "burner," or just want the convenience of making dishes that

require minimal supervision, a rice cooker is the appliance for you.

Food Processor

A few of the Life and Health team members recently attended a raw cooking class led by Chef Ron Russell, of award-winning organic vegan restaurant Sun Cafe in Los Angeles, California. Minutes into the class, he explained what he considers to be the two most important



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tools in his kitchen: a high-speed blender and a food processor.

High-speed blenders are wonderful for smooth textures like ice cream, dough, soup, etc. But the food processor is indispensable for other consistencies, like chunky, minced, and diced. You may want to take this into consideration the next time you're chopping (and crying over) half a dozen onions.

Cutting Board

There are conflicting opinions on cutting boards as to which is the most green, the most sanitary, the least damaging to knives, etc. It's really a matter of personal preference. The most important thing is to eat your fruits and veggies! If you're feeling unconventional, try a Japanese bamboo cutting board. It's chemical-free and resistant to scarring, which means it absorbs less fluid and breeds less bacteria than wooden cutting boards *Just make sure to buy one that uses formaldehyde-free glue.*



Cookware

The basic cookware you'll need:

- ★ **Small two to three quart saucepan with a lid:** Use it for boiling or steaming vegetables, making sauces, or cooking grains and pastas.
- ★ **Large four quart to two gallon saucepan or pot with a lid:** Use this for making pasta sauces, vegetable stocks, or large pots of soup.
- ★ **Large ten to fourteen inch skillet with a lid:** Perfect for quick cooking techniques like stir-frying.
- ★ **Medium ten inch nonstick pan:** Not to be used over high heat.
- ★ **Medium five to six quart Dutch oven:** A heavy metal pot with thick walls and a lid, Dutch ovens are essential for slow cooking techniques like braising and even bread baking.

Stainless steel is a great option because it's "non-reactive" (meaning you can cook any kind of food in it), heavy, durable, dishwasher safe, and inexpensive for basic models.

Cooking Tools

Below are some essential prep tools and utensils you'll need in your kitchen. If you can, choose stainless steel and glass over plastic because they're higher quality and infinitely more durable. However, just choose the best quality you can afford.



- ★ **Knives:** A good chef's knife is absolutely paramount. An experienced cook feels like their knife is almost an extension of their arm. Start with the three bare essentials (and remember to keep your knives sharpened!):
 - » **Eight to ten inch chef's knife:** For chopping herbs, vegetables, greens, etc.
 - » **Paring knife:** For trimming vegetables and other tasks that require a delicate, precise touch.
 - » **Serrated knife:** For slicing bread and other flexible-surface foods like tomatoes.
- ★ **Measuring spoons:** For measuring spices and small quantities. Make sure the spoons are clearly marked so you don't confuse a teaspoon with a tablespoon.
- ★ **Measuring cups:** Standard cup sizes for dry ingredient measurements include $\frac{1}{4}$, $\frac{1}{3}$, $\frac{1}{2}$, $\frac{2}{3}$, $\frac{3}{4}$, and 1 cup sizes. Look for measuring cups with long handles and wide, shallow bodies. Liquid ingredient measuring cups aren't required, per se, but they're specially calibrated for measuring liquids, which differs from measuring dry ingredients. If you purchase these, make sure there's a spout for pouring, clear measurement markings, and a sturdy handle.
- ★ **Three mixing bowls:** Small, medium, and large. A very large one is great for general mixing, baking, and salads. A small-to-medium size is needed for mixing dry ingredients.
- ★ **Wooden spoons:** Endlessly useful, long-lasting, and versatile, a few sturdy wooden spoons are essential in any kitchen.
- ★ **Vegetable peeler:** This tool will be in heavy rotation, especially within the context of our cookbook, and if you cook often from scratch.
- ★ **Colander or fine-mesh strainer:** For rinsing fruits and vegetables, dumping out pasta, and, well... straining things!
- ★ **Can opener:** Pretty self-explanatory, unless you prefer hacking into your cans with a knife... which we don't recommend.

PART TWO THE PREP WORK

Tools That Are Nice to Have Around

Mandoline Slicer

This speedy tool slices, minces, and juliennes potatoes, carrots, beets, onions, etc. (Just watch your fingers!)

Garlic Press

If you love fifteen cloves of garlic in your stews and roasts, let me introduce you to the garlic press. A little secret: it's also great for juicing tiny citrus.

Salad Spinner

They're big and bulky for most small kitchens, but if there's one thing that ruins a salad, it's limp, soggy leaves. Fresh, crisp salad is worth the big spinner.

Steamer Basket

For steaming vegetables. Make sure it's an adjustable basket so you can fit it in a variety of pot sizes.

Tools That Are Just Really Cool

Stand Mixer (KitchenAid or Bosch)

If you like to bake or prepare homemade pasta, a stand mixer like the KitchenAid mixer might be worth the splurge. Consider whether or not you have counter space for one (they're big and too heavy to move frequently), if you'd use it more than once a week, and, of course, if you can afford it.

Champion Juicer

Yes, the Champion Juicer specifically. Not only does it makes a fresh glass of juice quickly, but it also extracts all of the liquid from the fruit or vegetable so you won't be wasting anything. The pulp comes out very dry. Even better: it makes sorbets, nut butters, and non-dairy milks like a dream.



Don't let the name fool you. A "rice cooker" might seem like a unitasker, but it can also serve many other purposes.



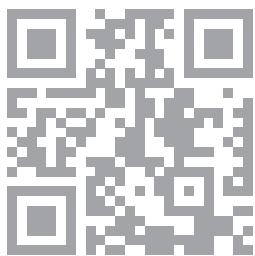


PART THREE THE CHALLENGE

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PART THREE THE CHALLENGE

QR CODES, HOW WE CAN HELP 3.1



Here's how we can help you as you try your hand at changing your life through good nutrition. When you flip through the recipes, you'll notice a little box like the one on the left under most of them. These little boxes are called "QR codes," which stands for "quick response"—it's basically a two-dimensional barcode. You may have noticed these codes on advertisements, magazines, and bus terminals. But a cookbook? That's right, we're taking this innovative piece of technology a big leap further.

Many of the QR codes contain a link to a video demonstrating how to cook a given recipe. We filmed many of the recipes as they were being made, adding written ingredients and instructions to each video to make it as easy as possible for you to cook

successfully. Each video is short, sweet and worth the minute or two it takes to learn how to use a QR code. See instructions below and get cookin'!

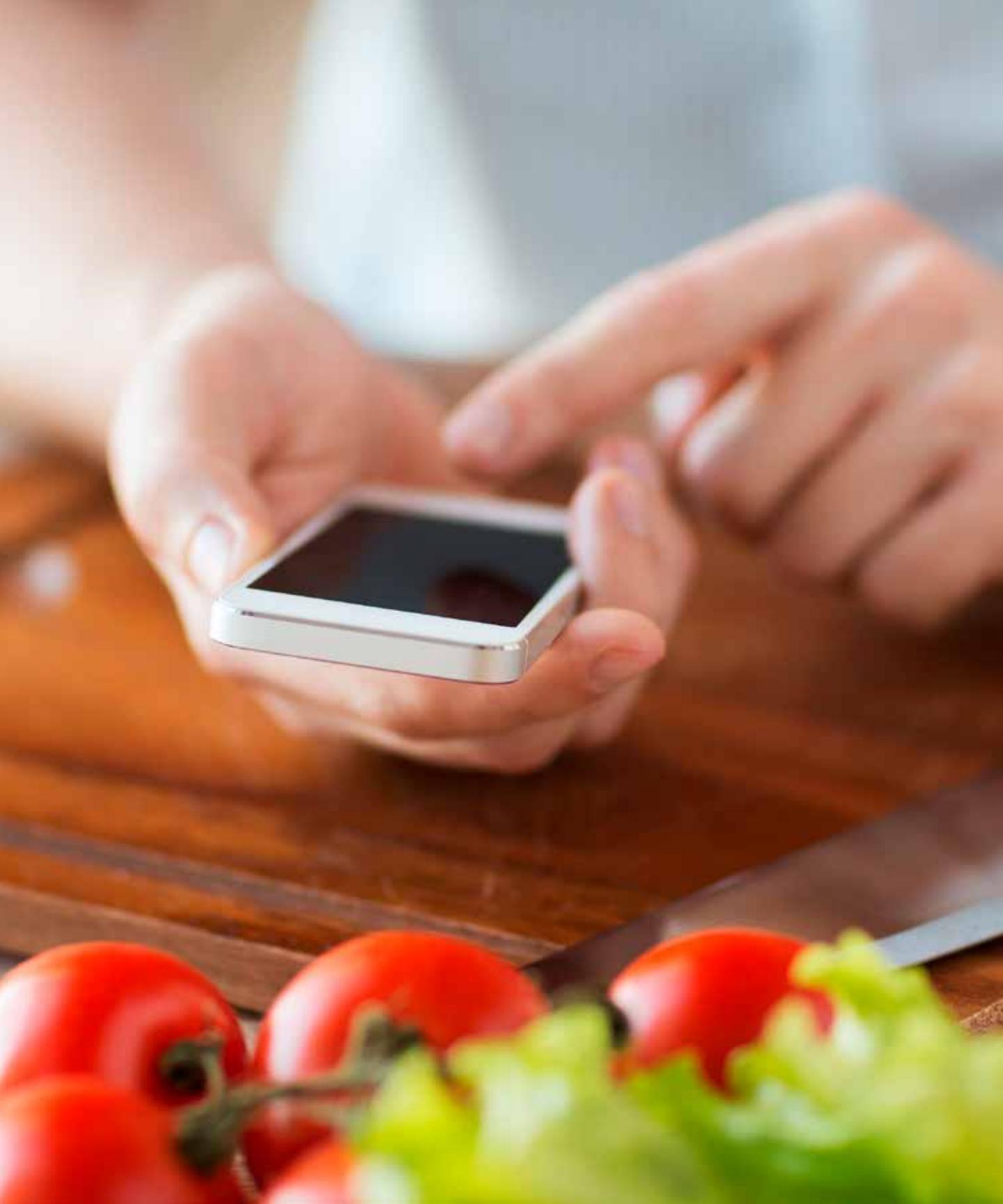
- 1 Use your smartphone or tablet to download a free QR code reader app. There should be many options to choose from in your app store. (The "Scan" app is a personal favorite.)
- 2 Launch the application.
- 3 Scan the QR code. The app will explain how to do this.
- 4 Use the video like an animated, easy-to-follow recipe!
- 5 All videos found in this book can also be accessed by going to lifeandhealth.org and searching for the recipe under the recipes tab.

Short videos, articles, recipes and other dynamic resources for body, mind and spirit.

*All for **free** at*

lifeandhealth.org





RESTART YOUR HEALTH 3.2

Three days and three goals for a healthy new you!

You'll probably agree that getting started is the most difficult part of change. Most of us have a long list of goals we'd like to accomplish. But for some reason, our dreams don't always turn into realities. It's difficult to turn intention into action.

That's why I'm excited to introduce Restart Your Health. This power-packed, 3-day plan will jump-start your wellness journey and stage you for success. We've taken out the guesswork and created a simple way for you to start strong.

Believe it or not, most people with type 2 diabetes or prediabetes can dramatically lower their blood sugars in less than three days. How? By following three simple keys to success.



The journey of a thousand miles begins with a single step.



Restart Keys:

1 Check your blood sugars

Record your blood sugar before each meal and two hours after the beginning of each meal. If you're on insulin, you also need to check at bedtime.

2 Balance Green Light Foods

Eat three balanced meals each day without snacking. Build your meals around non-starchy vegetables and legumes. Avoid animal products, refined grains, sugar, and oil. Limit starch consumption to one to two servings per meal, and continue to check blood sugars.

3 Walk 10–20+ minutes after each meal

After-meal exercise is a secret weapon to lower blood sugar spikes.

Let's take a closer look at each of your action items.

Check Your Blood Sugars

This book promotes diet and exercise changes that can rapidly lower blood sugars. You may need to lower your insulin or oral diabetes medication within just a day or two of starting. Many people who follow this program have discontinued all blood sugar meds within one



to two weeks. This is great news! But it needs to be done safely and in collaboration with your healthcare team.

It's impossible to know how quickly your blood sugars will drop, since everyone is different. That's why testing is critical. On the Restart plan, you must test your blood sugars before and after every meal. Your healthcare providers need this information to know what recommendations to make for adjusting your medications. Tracking your blood sugars will also help you learn how various foods are impacting your blood sugars.

The goal is to eventually get your blood sugars to:

- ★ Under 100 before meals
- ★ Under 160 1 hour after meal
- ★ Under 140 2 hours after meal

Because this program is so effective, it can quickly lower your need for diabetes-related medications. That's why the number one concern is to prevent dangerous drops in blood sugar. Checking

blood sugars regularly will guide you and your medical team to adjust your medications and keep you safe.

Since low blood sugars are very dangerous, it would be better to err on the side of taking too little medication than too much. Since you are checking your blood sugars frequently, repeated high blood sugars at certain times of the day can easily be corrected after you have adjusted to the right diet and exercise strategies. Typically, insulin is adjusted by only about 10 percent every few days, but in an intensive lifestyle intervention program, insulin and oral medications may need to be adjusted dramatically by as much as 50 to 100 percent within days. This is all determined by your blood sugar response to the program.

Some people with type 2 diabetes are no longer able to produce adequate amounts of insulin. This occurs when the pancreas has been damaged over time from chronically high blood sugars. These individuals will have higher blood sugars and won't require as rapid an adjustment in insulin and oral medications. However, they have a good chance of eventually reducing the amount of medication they need. More importantly, they will experience a much higher quality of health and greatly lower their risk of diabetes related complications.

Remember, check your blood sugars frequently to stay healthy and safe!

PART THREE THE CHALLENGE



Exercise Plan

STEP 1: Walk for 15–20 minutes after each meal.

You already know that healthy meals help control blood sugars. But did you know that what you do right after you eat also makes a big difference? After-meal exercise is one of the most powerful (and yet little known) strategies for diabetes reversal. But why is it so effective? Isn't exercise healthy at any time of the day?



Restart Meal Plan

- ★ Goal to have 45+ grams of fiber daily with meals.
- ★ Three balanced meals daily without snacking.
- ★ Limit pasta and rice by emphasizing vegetables with healthy fats and proteins.
- ★ Starches should not compose more than $\frac{1}{4}$ of overall food volume for meal. Serve non-starches first to avoid overconsumption.
- ★ Read and follow the guidelines in the [Meal Balancing](#) section.

It's very important to minimize after-meal blood sugar spikes, and that's where exercise comes in. When you engage in light to moderate exercise right after your meal, your muscles become eager to accept the glucose you just ate.

You can potentially reduce your after-meal blood sugar spike from 1 to 3 points for every minute you exercise after a meal. For example, if your after-meal blood sugar usually spikes to 200, you could potentially prevent that spike and lower it to somewhere between 140 and 180 by simply taking a 20-minute walk right after eating. It doesn't take long for the benefits to add up and show up in your Hemoglobin A1C results.

One study from the Mayo Clinic found that diabetics have significantly lower blood sugars four and a half hours after a meal if they go for a walk right after eating.

After-meal exercise is powerful. It improves blood sugars, lowers triglycerides, helps control weight, aids in digestion, and prevents the awful feeling

of a food coma. After meal exercise is a valuable tool for battling diabetes and optimizing wellness.

So why not start today? Get some light exercise after each meal. Just stand up and go for a walk. You don't need to change your clothes or work up a sweat. Keep it simple. 15-20 minutes is a great goal, but anything is better than nothing. You'll notice a big difference when you move after your meals.

STEP 2: Once you've mastered after-meal exercise, you can build on it by adding 30+ minutes of aerobic exercise, 3-4 times per week. This can be brisk walking, jogging, biking, or anything else that gets your heart pumping, your blood flowing, and your health celebrating.

STEP 3: If you're feeling extra ambitious, you can add a strength-training workout 20-40 minutes, 2-3 times per week. Strengthening your muscles works wonders to help control your blood sugars.

PART THREE THE CHALLENGE

EATING ON THE RUN 3.3

Eating out can quickly throw a monkey wrench in your health plan. But don't despair. With a little planning ahead, you can be a defensive diner while still enjoying your favorite restaurants.

Tips for Eating Out

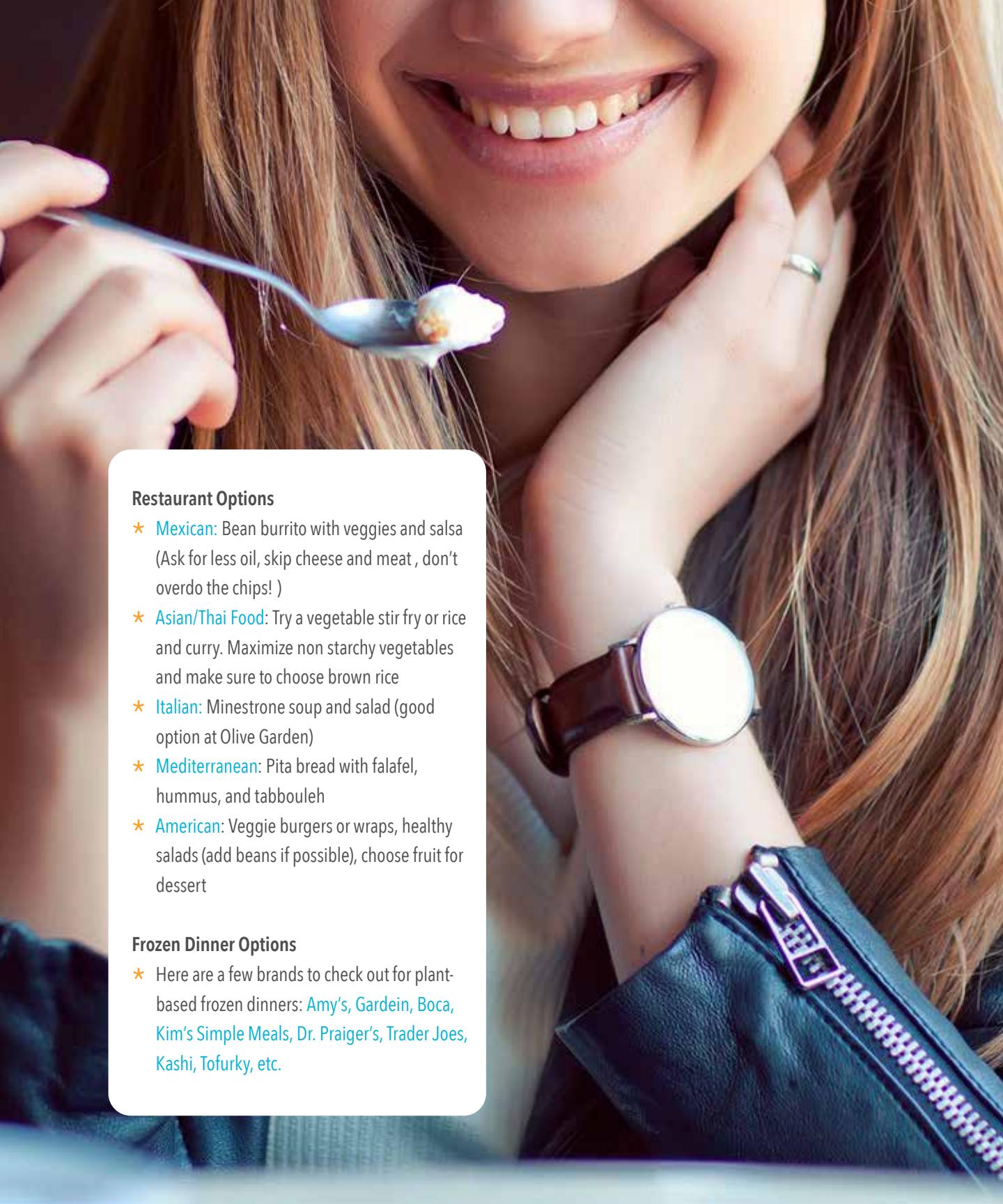
- ★ Avoid super-size portions
- ★ Share your food
- ★ Skip dessert
- ★ Put half the meal in a takeout container before you start eating.
- ★ Ask for substitutions
- ★ Limit sides and extras
- ★ Avoid fried and fatty foods
- ★ Look in the side dishes section of the menu in most restaurants and find a good selection of unprocessed vegetables.

Fast Food Options

Look for a place that offers salads, veggie burgers, baked potatoes, vegetable sandwiches, or bean burritos. Here are a few options:

- ★ **Burger King:** Garden patty veggie burger (hold the cheese and mayo)
- ★ **Chipotle Mexican Grill:** Burrito bowl with beans , veggies, rice, and guacamole (hold on cheese and sour cream, ask for small portion of brown rice)

- ★ **Panera Bread:** Vegetarian Black Bean Soup, Mediterranean Veggie sandwich on whole grain (omit feta), Soba Noodle Bowl, Vegetarian Garden Vegetable Soup With Pesto (omit pesto), Strawberry Poppyseed and Chicken Salad (omit chicken)
- ★ **Subway:** Veggie Delite or Veggie Patty Sandwich (hold on cheese and creamy condiments. Eat as open face sandwich with half the bread)
- ★ **Taco Bell:** Basically, any protein on the menu can be replaced by beans or potatoes so the entire menu is available. In particular, we like 7 Layer Burrito (fresco style), Bean Burrito (fresco style plus lettuce and tomato), Spicy Potato Soft Taco (fresco style), Cantina Veggie Power Bowl or Burrito (hold on cheese and sour cream), rice and bean burrito with lettuce and tomato, hold the cheese
- ★ **Starbucks:** Oatmeal bowl



Restaurant Options

- ★ **Mexican:** Bean burrito with veggies and salsa
(Ask for less oil, skip cheese and meat , don't overdo the chips!)
- ★ **Asian/Thai Food:** Try a vegetable stir fry or rice and curry. Maximize non starchy vegetables and make sure to choose brown rice
- ★ **Italian:** Minestrone soup and salad (good option at Olive Garden)
- ★ **Mediterranean:** Pita bread with falafel, hummus, and tabbouleh
- ★ **American:** Veggie burgers or wraps, healthy salads (add beans if possible), choose fruit for dessert

Frozen Dinner Options

- ★ Here are a few brands to check out for plant-based frozen dinners: [Amy's](#), [Gardein](#), [Boca](#), [Kim's Simple Meals](#), [Dr. Praiger's](#), [Trader Joes](#), [Kashi](#), [Tofurky](#), etc.

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PART FOUR THE FOOD

EATING IN LAYERS 4.1

With your busy schedule, not every meal can be gourmet. Not to worry, there's a simple solution. This section will show you practical ways to cook and combine simple, whole foods. Whether your grandma is Betty Crocker, or you only cook in the microwave, choose the options that work for you.

LAYER 1 | CHOOSE YOUR STARCH 1-2 SERVINGS PER MEAL

Rice

(1 serving = $\frac{1}{3}$ cup cooked)

brown (short grain, long grain, Jasmine, Basmati),
red, black, purple, wild, Arborio



Stovetop

- 1 Put rinsed rice and water in a pot. Use ratio of 1 $\frac{1}{2}$ cups water to 1 cup rice.
- 2 Set to high heat and bring to boil uncovered. Put the lid on the pot and reduce heat to low/ simmer. Simmer for 20 minutes.
- 3 Turn off heat and let rice sit in the covered pot for another 10-20 minutes. For slightly chewy rice remove the lid after 10 minutes.
- 4 Eat and enjoy.

Rice Cooker

- 1 Put rinsed rice and water in a rice cooker. Use ratio of 1 $\frac{1}{2}$ cups water to 1 cup rice.
- 2 Turn on rice cooker according to instructions. Usually takes 20 minutes per uncooked cup of rice.
- 3 Eat and enjoy.

Microwave*

- 1 Put rinsed rice in a microwave-safe bowl. Use ratio of 3 cups water to 1 cup rice.
- 2 Microwave uncovered on high for 10 minutes. Reduce power to 50 percent, cover bowl, and microwave for another 20 minutes.
- 3 Fluff with fork and serve.

*Power level must be adjustable

At the Store

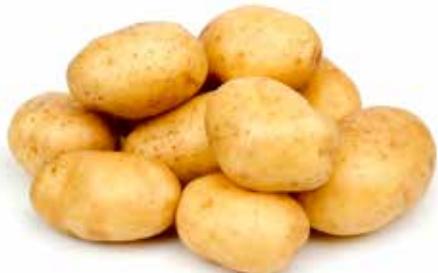
Several stores offer ready-to-eat microwaveable brown rice such as Minute Brown Rice, Minsely Cooked Brown Rice sold at Costco, and Trader

Joes cooked or frozen organic brown rice. While these options are a bit pricier, they will definitely save you time.

Potatoes

(1 serving = 1 medium potato or 1 cup)

Russet, white, red, yellow/golden, purple, petite, sweet potatoes, yams



Boil (Waxy, All-Purpose Potatoes)

- 1 Scrub potatoes clean. If desired, cut the potatoes into large, evenly-sized cubes.
- 2 Transfer potatoes to a saucepan and cover with cold water. Sprinkle 1 teaspoon of salt into water.
- 3 Set heat to medium-high and bring to a boil, then reduce to a simmer. Simmer uncovered for 10-20 minutes depending on the size of cube or whole potato.
- 4 Check doneness by poking the potato with a fork or knife—it should enter the potato easily.
- 5 Drain the potatoes into a strainer. If recipe calls for cold potatoes you can run the potatoes under cold water or dunk them in an ice water bath.

Slow Cooker

- 1 Scrub potatoes clean. Prick potatoes with a fork several times. Sprinkle with salt (*optional*), and wrap tightly in foil.
- 2 Place the potatoes in a slow cooker, cover, and cook on high for 4-5 hours or on low for 7-8 hours until tender.

Oven

- 1 Preheat oven to 425°F.
- 2 Scrub potatoes clean. Prick potatoes with a fork several times. Sprinkle with salt (*optional*), and wrap tightly with foil. Place on a baking sheet or directly on the oven rack. Bake for 45–60 minutes, until tender.

Microwave

- 1 Scrub potatoes clean. Prick them with a fork and place on a microwave-safe dish.
- 2 Microwave on high for 5 minutes. Turn over and microwave another 3–5 minutes.

At the Store

Steam bag in microwave, frozen shredded, or diced potatoes can be found in any standard grocery store. But make sure you read the food labels. Choose brands that contain no preservatives, added fat, or salt. Pre-washed and cut butternut squash can also be found in most grocery stores.

PART FOUR THE FOOD

Oats

(1 serving = $\frac{1}{4}$ cup dry or $\frac{1}{2}$ cup cooked oat groats or steel-cut/Irish oats, $\frac{1}{2}$ cup dry or 1 cup cooked rolled/old fashioned oats)

oat groats, steel cut/Irish, rolled/old-fashioned oats, quick/instant oats



For a creamier texture, replace or do a combination of water to plant-based milk.

Oat Groats

Stovetop

- 1 Use a ratio of 3 cups water to 1 cup oats. Combine oats with water in a pot, cover, and bring to a boil.
- 2 Reduce heat and simmer covered for 45–60 minutes, until desired consistency is reached.

Slow Cooker

- 1 Use a ratio of 4 cups water to 1 cup oats. Combine oats with water in slow cooker. Add in any additional spices or flavorings.

- 2 Put on lid and cook on low heat for 7 hours or high heat for 5 hours.

Steel-Cut/Irish

Stovetop

- 1 Use ratio of 3 cups water to 1 cup oats. Combine oats with water in a pot, cover and bring to a boil.
- 2 Reduce heat and simmer uncovered for 20–30 minutes, until desired consistency is reached.

Slow Cooker

- 1 Combine 3 cups water to 1 cup oats into a slow cooker. Add any additional spices or flavorings.
- 2 Cook on high setting for 3–4 hours or low setting for 7 hours.

Rolled/Old-Fashioned Oats

Stovetop

- 1 Use ratio of 2 cups water to 1 cup oats. Combine oats with water in a pot, cover, and bring to a boil.
- 2 Once boiling, lower heat and simmer for 5 minutes uncovered.

Slow Cooker

- 1 Use ratio of 2 cups water to 1 cup oats. Combine oats and water in a slow cooker with any additional spices and seasonings.
- 2 Put on lid and cook on high setting for 3–4 hours or low setting for 7 hours.

Quick/Instant Oats

Stovetop

Use ratio of 2 cups water to 1 cup oats. Add water in a pot and bring to a boil. Once boiling, turn off heat and add oats. Stir for one minute.

Microwave

Add 1 cup water and ½ cup instant oats in a microwave-safe bowl. Microwave on high for 1 ½–2 minutes.

Starchy Vegetables

(1 serving = ½ cup cooked, 1 cup raw)

corn, carrots, green peas, parsnips, beets, turnip, radish, plantain, taro, squash (pumpkin, butternut, acorn, Kabocha, spaghetti, delicata, calabaza), zucchini



Refer to [Layer 3 | Choose Your Vegetable](#) on ideas to eat and prepare them.

Forgotten Grains

(1 serving = ⅓ cup cooked)

Stovetop

Bring the liquid and grain to a boil, then reduce heat to low. Soak grains overnight to shorten cooking time.

GRAIN	WATER	COOKING TIME	YIELD
Wheat, cracked	2 ½ cups	20 min	2 ¼ cups
Barley, hulled	3 ½ cups	2 hr	4 cups
Kasha	2 cups	10–15 min	3 cups
Millet	3 cups	25–30 min	4 cups
Quinoa	2 cups	15 min	3 cups
Rye, berries	3 ½ cups	1 hr 15 min	3 cups
Rye, flakes	1 ¾ cups	15–18 min	2 cups
Spelt	3 cups	1 hr	3 cups
Teff	4 cups	20 min	3 ¾ cups
Triticale	3 ½ cups	1 hr 20 min	3 cups
Wheat, berries	3 ½ cups	1 hr 30 min	3 cups
Wheat, cracked	3 cups	25–30 min	2 ¾ cups
Wheat, flakes	2 cups	15 min	2 cups

PART FOUR THE FOOD

LAYER 2 | CHOOSE YOUR LEGUME 1-2 SERVINGS PER MEAL

Beans

(1 serving = $\frac{1}{2}$ cup cooked)

black, pinto, kidney, lima, garbanzo/chickpea, soy, fava, mung, black-eye peas, white/Italian



Stovetop

- 1 Rinse beans and soak* them overnight in a bowl. Make sure the water is a few inches above the beans. This will reduce cooking time and help them cook more evenly.
- 2 The next day, drain the beans and rinse them under water.
- 3 Transfer the beans to a pot and add any aromatics (bay leaf, garlic, onion, dried herbs) or seasonings that you want to flavor the beans. Hold on the salt until later, when the beans are just becoming tender. Salt may prevent the starches from breaking down.
- 4 Cover the beans with water an inch above the beans. Bring them to a boil over medium-high heat.
- 5 Once boiling, reduce the heat to low and simmer. For firmer beans meant for cold salads and pasta dishes, leave the lid off. For creamier

beans for soups, casseroles, and burritos, cover the pot with the lid slightly ajar.

- 6 After an hour of simmering, check for doneness. Cooking time will depend on the variety, age, and size of the bean. If not tender, continue to simmer until done. Add more water if the beans are no longer covered.

Oven

- 1 Rinse beans and soak* them overnight for shorter cooking time. Place in a bowl and cover with water a few inches above the beans.
- 2 The next day, heat the oven to 325°F. Drain the beans and put them in an oven-safe pot with lid such as a Dutch oven or clay pot.
- 3 Add in salt and any additional seasonings and aromatics.
- 4 Cover with water to at least an inch above the beans. Bring the pot to a boil on the stove.
- 5 Cover the beans with lid and cook in the oven for 75 minutes. Check for doneness. If not done, continue cooking until beans have reached the desired consistency.

Slow Cooker

- 1 Soak* the beans overnight (*optional*).
- 2 The next day, rinse beans and transfer them to a slow cooker. Add aromatics and seasonings. Cover with water to about 2 inches above beans.

- 3 Cook on low for 6–8 hours or until at desired consistency.

**Quick soaking method: If you forgot to soak your beans overnight, try this 1-hour soak. Add rinsed beans to a pot and cover with water a few inches above the beans. Bring to a boil on high heat, cook for 1 minute, and turn off heat. Cover lid and leave soaking for one hour.*

At the Store

Go for low-sodium canned beans. Make sure you rinse them well before using them.

Stovetop

- 1 Use a ratio of 2:1 water to lentils. Choose between brown, green, or French lentils. Measure your lentils into a strainer or colander. Pick out rocks or debris and run under water.
- 2 Place lentils into a pot with water and add seasonings of choice.
- 3 Bring to a boil on high heat, and reduce heat to a simmer. Cook uncovered for 20–30 minutes. Add water as needed to make sure lentils are just barely covered.

At the Store

Look for low sodium canned or packaged lentils.

Lentils

(1 serving = $\frac{1}{2}$ cup cooked)

red, orange, yellow, brown, green, French



 Red, yellow, and orange lentils tend to get mushy when cooked on their own so use them to add to soups and sauces.

PART FOUR THE FOOD

LAYER 3 | CHOOSE YOUR VEGETABLES 2-3 SERVINGS PER MEAL



Dark Leafy

(1 serving = $\frac{1}{2}$ cup cooked, 1 cup raw)

spinach (baby, regular), lettuce (romaine, green, arugula, butterhead), Swiss chard, chicory/radicchio

Cruciferous Leafy

(1 serving = $\frac{1}{2}$ cup cooked, 1 cup raw)

kale, mustard greens, collard greens, cabbage (green, Napa, red), broccoli, Brussels sprouts, bok choy



Bulbs

(1 serving = $\frac{1}{2}$ cup cooked, 1 cup raw)

fennel, garlic, leek, onion, shallot, spring/green onion/scallions, chives

Edible Green Leaves

(1 serving = $\frac{1}{2}$ cup cooked, 1 cup raw)

dandelion, beet, red clover, plantain, watercress, chickweed





Flowers

(1 serving = $\frac{1}{2}$ cup cooked, 1 cup raw)
artichoke

Seed-Containing

(1 serving = $\frac{1}{2}$ cup cooked, 1 cup raw)

cucumber, eggplant, tomato, fuzzy melon, Indian marrow



Stems

(1 serving = $\frac{1}{2}$ cup cooked, 1 cup raw)
celery, asparagus, kohlrabi

Fresh

as is, salads

Cooked

boil, steam, blanch, roasted, grilled, sautéed

Add to

soups, casseroles, grain bowls

At the Store

Salads come prewashed and chopped in packages. Some specialty grocery stores carry a self-serve salad bar. Frozen vegetables are a great option to add to soups or casseroles. Steam-in-a-bag options are also convenient and time savers.

PART FOUR THE FOOD

LAYER 4 | CHOOSE YOUR FRUIT 1 SERVING PER MEAL



Berries

(1 serving = 1 small fruit, $\frac{1}{2}$ cup chopped)

strawberry, blueberry, boysenberry, blackberry,
raspberry, cherry

Melons

(1 serving = 1 small fruit, $\frac{1}{2}$ cup chopped)

cantaloupe, watermelon, honeydew



Citrus

(1 serving = 1 small fruit, $\frac{1}{2}$ cup chopped)

orange, grapefruit, tangerine, mandarin,
clementine, blood orange, pomelo, kumquat

Tropical

(1 serving = 1 small fruit, $\frac{1}{2}$ cup chopped)

pineapple, banana, guava, mango, coconut, durian, jackfruit, papaya, passion fruit, star fruit, dragon fruit, purple mangosteen



Other

(1 serving = 1 small fruit, $\frac{1}{2}$ cup chopped)

apple, apricot, nectarine, peach, grape, fig, pear, persimmon, plum, jujube, pomegranate, lychee

Fresh

Fruits are great for adding sweetness to a whole foods meal. Look at them as your dessert. They can be eaten as is, blended into smoothies, or cut and combined to create a beautiful fruit salad.

At the Store

Precut fruit can be found in grocery stores to save time chopping. Also, frozen fruits are great for making smoothies. Try to avoid canned fruit which contain added syrup.

PART FOUR THE FOOD

LAYER 5 | CHOOSE YOUR HEALTHY FAT 1-2 SERVINGS PER MEAL

Olives

(1 serving = 8 olives)

Kalamata, Nicoise, Cerignola, Nyon, Mission, Gaeta, Sicilian green

At the Store

Many grocery stores now carry a self-serve "olive bar" with a variety of different types. Olives can also be found jarred or canned.



Avocados

(1 serving = $\frac{1}{2}$ large avocado)



How to choose: gently squeeze the avocado in the palm of your hand. Ripe, ready-to-eat avocados will be firm yet will yield to gentle pressure. If you plan to eat the avocado in a few days, choose hard, unripened fruit and leave at room temperature. To speed up the ripening process, place the fruit in a brown paper bag or oven with an apple or kiwi. The more apples and kiwis you add, the faster the ripening process. To slow down the ripening process, leave soft ripened avocados in the refrigerator for up to two days.

At the Store

Guacamole is a quick option to get healthy fat in a meal. Look for ones that only contain whole foods and no added preservatives.

Coconut

(1 serving = $\frac{1}{2}$ ounce)



Whole coconuts can be found in Asian or Hispanic grocery stores.



How to choose: shake it close to your ear and hear if there is liquid inside. If not, the coconut is overly ripe.

At the Store

Dried coconut can be found at the store.



Nuts

(1 serving = $\frac{1}{2}$ ounce)

almonds, walnuts, Brazil, macadamia, peanut, pecan, cashews, pistachio, pine nuts, chestnut, hazelnut



Seeds

(1 serving = $\frac{1}{2}$ ounce, 2 tablespoons flaxseed, chia seeds, or nut butter)

sesame, pumpkin, sunflower, flax, chia, hemp, poppy, safflower

Nut/Seed Butter

Add nuts or seeds into a food processor and blend until desired consistency is reached. This may take up to 10 minutes to reach smooth consistency.

At the Store

You can buy nuts and seeds prepackaged or in bulk in some stores. They can come raw, roasted, salted and unsalted. Try to avoid the salted.

PART FOUR THE FOOD

LAYER 6 | CHOOSE YOUR FAVORITE BOOSTERS



Spices/Seasonings

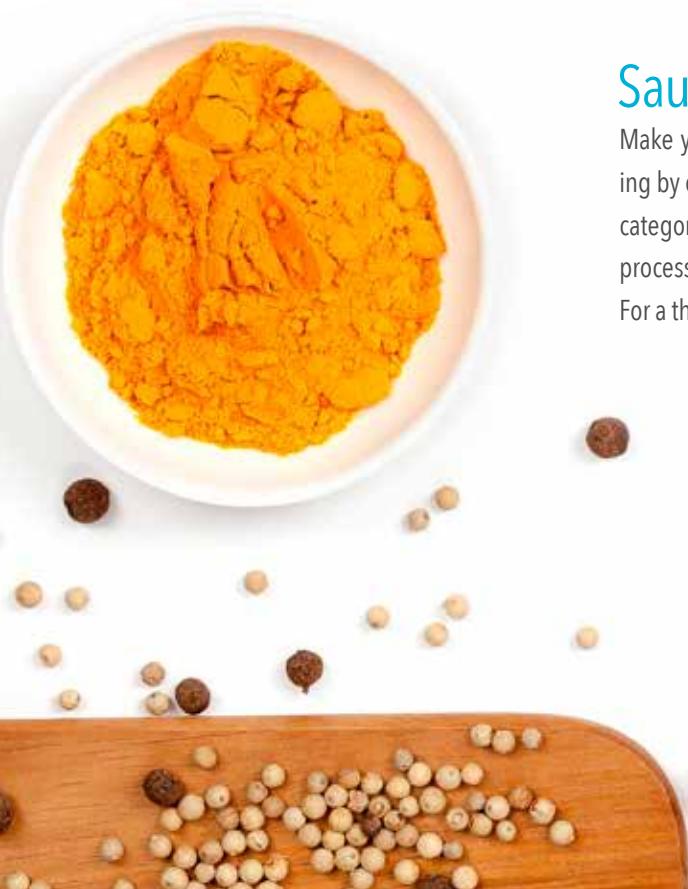
cinnamon, nutmeg, ground mustard, ground cumin, turmeric, paprika, cardamom, celery seed, clove, coriander, curry powder, oregano, Italian seasoning

Herbs

cilantro, mint, parsley (Italian, curly), dill, basil, oregano, rosemary, bay leaves, lemongrass, thyme

Sauces/Dressings

Make your own super tasty and super easy dressing by choosing one or more ingredient from each category below. Puree all the ingredients in a food processor or high-powered blender until smooth. For a thicker consistency add less liquid.



Tart

any citrus fruit (lemon, lime, grapefruit, orange, etc.), tomatoes

Creamy

avocado, nuts or seeds, especially raw cashews, nut or seed butters, i.e. tahini, silken tofu

Salty

olives, capers, miso, salt

Sweet

fruits (raw or dried), carrots, beets

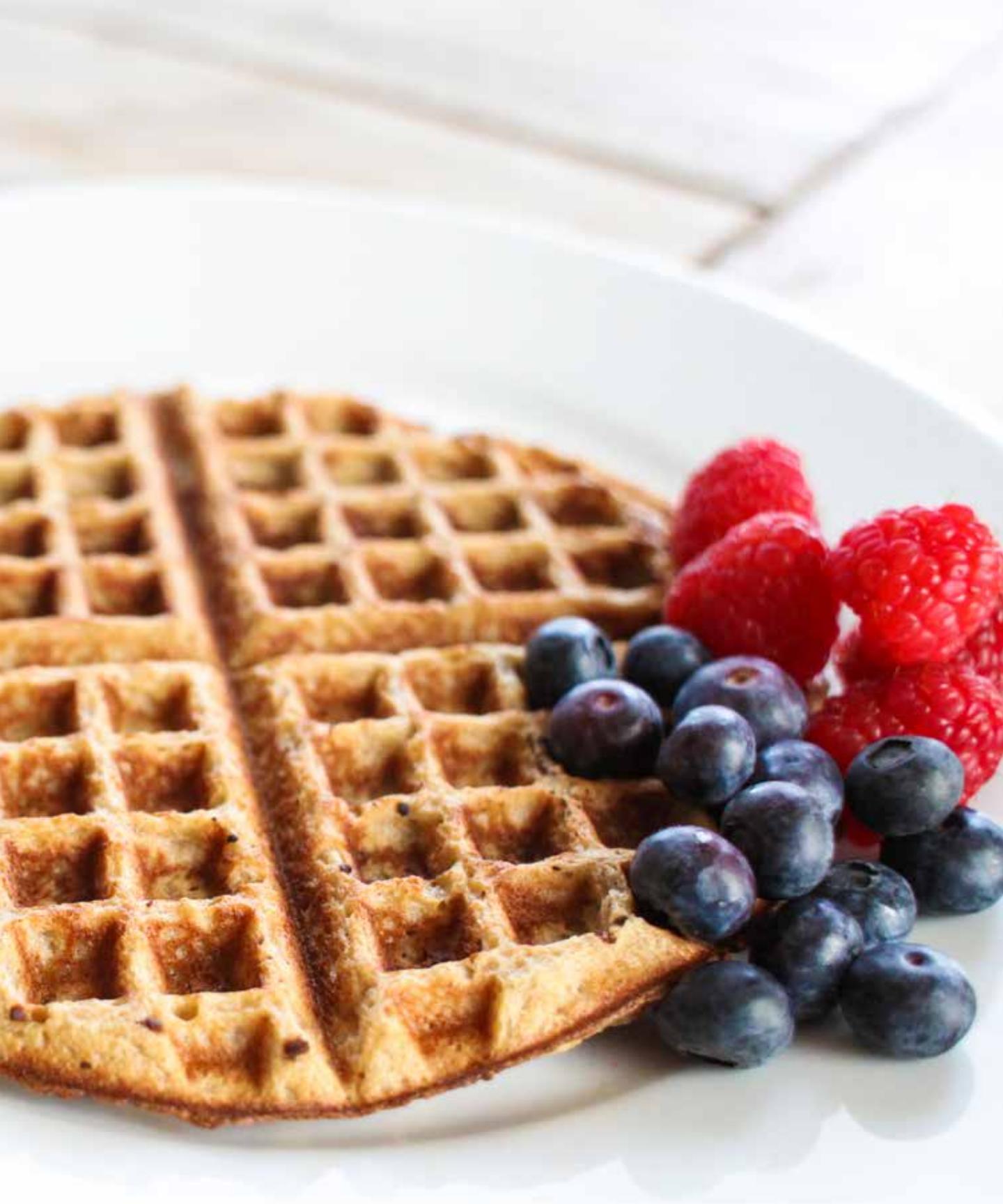
Seasoning

garlic, ginger, onions, dried spices, fresh herbs



CASHEW-DATE WAFFLES
SIMPLE SCRAMBLED TOFU
AVOCADO TOAST
ROASTED HERB POTATOES
OVERNIGHT OATS
SIMPLE PANCAKES
ON-THE-GO BREAKFAST PUDDING
"HUEVOS" RANCHEROS
BREAKFAST BEANS OVER TOAST
SUPER GRAINS OATMEAL

BREAKFAST



CASHEW-DATE WAFFLES

Cashews, dates and oats are three of the most ubiquitous ingredients in the plant-based repertoire. Combine all three to make the quintessential waffle.



17 minutes



10 minutes



6 servings



1 waffle

2 1/4 cups cold water, divided
 1/2 cup raw cashews
 2-4 Medjool dates, pitted
 1/2 teaspoon salt
 1 teaspoon vanilla extract
 2 cups rolled oats

OPTIONAL TOPPINGS

almond butter, fresh berries,
 sliced bananas

- 1 In a high-speed blender, blend 1 cup of water with the cashews until smooth.
- 2 Add pitted dates, salt, and vanilla extract. Blend until smooth.
- 3 Add rolled oats and remaining water. Blend until smooth.
- 4 Let mixture sit for 5 minutes before making the first waffle.
- 5 Lightly spray PAM or olive oil on the surface of a heated waffle iron and then pour in $\frac{1}{6}$ of the mixture.
- 6 Bake until the waffle is golden to dark brown, approximately 5 minutes.
- 7 Repeat for all 6 waffles and enjoy with optional toppings.



Make a large batch and freeze them for up to two weeks.



You could eat just 1/2 a waffle if your meal includes other carbs.

Per waffle : 179 calories, 7.1g fat (1.4g saturated fat), 0mg cholesterol, 163mg sodium, 24.4g carbohydrates, 3.3g dietary fiber, 2.7g sugar, 5.4g protein





SIMPLE SCRAMBLED TOFU

All it takes is a pinch of turmeric for tofu to take on the same color as eggs! Stir in as many or few of the suggested add-ins to create your own perfect tofu scramble.

 5 minutes

 10 minutes

 2-4 servings

 1 cup

1 (16 ounce) package medium firm tofu, drained
 1 clove garlic, minced
 1 tablespoon low-sodium soy sauce or Bragg's Liquid Aminos
 ½ teaspoon turmeric
 1 teaspoon butter-flavored salt (*optional, for an "eggier" flavor*)

OPTIONAL HERB ADD-INS

cilantro, parsley, basil,
 oregano

OPTIONAL VEGETABLE ADD-INS chopped tomatoes, broccoli florets, cubed zucchini, diced bell peppers, chopped spinach, sliced carrots, cauliflower florets, diced mushrooms, diced onions, additional minced garlic

OPTIONAL SPICE ADD-INS

ground cumin, cayenne,
 Creole seasoning

- 1 Place tofu on a flat surface and lay a dry dishtowel on top of the tofu. Gently press down on the towel with your hands or a heavy book to remove any water.
- 2 In a pan over medium heat, sauté the garlic with optional vegetables and a little water.
- 3 Crumble the tofu with your hands into the pan.
- 4 Add the soy sauce, turmeric, and butter-flavored salt.
- 5 Sauté the mixture until heated through and the tofu is evenly coated.



For a firmer scramble, cook tofu longer until most of the moisture is removed.

Per 1-cup serving: 113 calories, 6.4g fat (1.3g saturated fat), 0mg cholesterol, 319mg sodium, 3.8g carbohydrates, 1.6g dietary fiber, 1g sugar, 12.8g protein





AVOCADO TOAST

We've nicknamed this "the best avocado toast you'll ever have." The quality is in the details... crusty and seedy toast, perfectly ripe avocado, tangy lime, and a bonus black bean protein boost.



2 minutes



2 minutes



4 servings



1 slice

4 slices multi-grain bread
1 ripe avocado
pinch salt
 $\frac{1}{4}$ lime, juiced (1 teaspoon)

OPTIONAL ADD-ONS

1 large tomato, sliced
 $\frac{1}{2}$ cup black beans, warmed

- 1 Pit the avocado, then scoop the flesh out of the skin into a small bowl.
- 2 Sprinkle on salt, then spritz with the lime.
- 3 Mash with a fork (mash well to create a smooth spread, or mash just a few times to create a chunky spread).
- 4 Toast the bread.
- 5 Spread the avocado on each slice, adding sliced tomato and/or a spoonful of black beans on top for added protein.



Each slice is a serving of carbohydrate. Make sure to choose a heavy, whole-grain bread.

Per 1-slice serving: 150 calories, 8.5g fat (1.3g saturated fat), 0mg cholesterol, 170mg sodium, 16g carbohydrates, 5.3g dietary fiber, 2g sugar, 4.5g protein





ROASTED HERB POTATOES

A little roasting goes a long way, especially when you have the perfect combination of savory red potatoes and herbs.

 5 minutes

 55 minutes

 8-12 servings

 1/2 cup

3 pounds small red potatoes, halved widthwise

1 medium yellow onion, quartered and sliced 1/2 inch thick

coarse salt, to taste

4 teaspoons fresh rosemary, chopped (or 1 teaspoon dried rosemary)

4 teaspoons fresh thyme, chopped (or 1 teaspoon dried thyme)

OPTIONAL FLAVORFUL ADDITIONS

1/4 cup nutritional yeast flakes

1/4 teaspoon cayenne pepper

1/4 teaspoon chipotle powder

2 teaspoons granulated garlic

- 1 Preheat oven to 450°F.
- 2 Distribute the potatoes and onions evenly on a large rimmed baking sheet.
- 3 Sprinkle with salt, and then toss to coat (it helps to use your hands for this).
- 4 Place in the oven and roast for 35 minutes.
- 5 Remove the potatoes from the oven, sprinkle with herbs, toss to coat.
- 6 Return to oven and roast for 20 minutes longer. The potatoes should be brown and tender.



One trick for not overdoing your serving sizes is to chew slowly. Put your fork down between bites. Savor each delicious potato chunk. Beans are a great combo to balance out starchy potatoes.

Per 1/2-cup serving: 102 calories, 0.2g fat (0g saturated fat), 0mg cholesterol, 33 mg sodium, 23.2g carbohydrates, 2.4g dietary fiber, 1.8g sugar, 2.75g protein





OVERNIGHT OATS

This oatmeal favorite never gets old. Toss the ingredients together the night before and it'll be ready to go in the morning.

 5 minutes

 0 minutes

 4 servings

 1 cup

2 cups rolled oats
2 cups unsweetened almond or soy milk
3 tablespoons ground flaxseed (or whole chia seeds)
1 teaspoon ground cinnamon
2 ripe bananas, chopped
pinch salt
1 teaspoon alcohol-free vanilla extract

OPTIONAL MIX-INS

blueberries, chopped nuts

- 1 In a large bowl, mix all ingredients together, including the optional mix-ins.
- 2 Cover and leave in fridge overnight, or at least 2 hours.
- 3 Give it a stir in the morning and serve cold with additional berries and nuts on top.



Can keep in the fridge for 2-3 days.

Per 1-cup serving: 184 calories, 5.6g fat (0.7g saturated), 0mg cholesterol, 134mg sodium, 20g carbohydrates, 8.1g dietary fiber, 4g sugar, 7.3g protein





SIMPLE PANCAKES

Enjoy these hearty pancakes exactly the way this cookbook shows: with a little dab of almond butter and sliced banana. This recipe can also be used as a waffle mix.



10 minutes



15 minutes



14 servings



1-2 pancakes

2 cups soy or nut milk

1 cup tofu

1 teaspoon vanilla

½ teaspoon salt (*optional*)

2 dates (or 1 tablespoon honey) (*optional*)

1 ¾ cups Bob's Red Mill 7 Grain Pancake and Waffle Mix* (or 2 cups for more firm pancakes)

* You can also substitute the following for Bob's Red Mill Pancake Mix: 1 ½ cups oatmeal, plus 1 ½ teaspoons baking powder, plus ¼ to ½ cup whole grains such as buckwheat, barley, spelt, bulgur, kamut, rye, quinoa, or whole wheat. Whole grains can be dry-blended into a flour or wet-blended with milk before tofu is added.

- 1 Blend milk, tofu, vanilla, and optional ingredients in blender.
- 2 Pour mix over the 1 ¾ cups of Bob's Red Mill Mix.
- 3 Stir with wire whisk until large lumps are gone then let stand 2 minutes to thicken.
- 4 Pour ¼ cup batter onto sprayed frying pan on medium-high burner.
- 5 Cook about 2 minutes on each side or until golden-brown.



Instead of going for the maple syrup and butter, try healthier options like almond butter, applesauce, chopped fruit, and granola.

Per pancake without optional ingredients: 63 calories, 1.4g fat (0.2g saturated fat), 0mg cholesterol, 88mg sodium, 8.4g carbohydrates, 1.3g dietary fiber, 1.3g sugar, 4g protein





ON-THE-GO BREAKFAST PUDDING

It only takes a few minutes to prepare but the overnight wait in the fridge makes this healthy breakfast taste like a chilled dessert.

 5 minutes

 0 minutes

 6 servings

 $\frac{1}{2}$ cup

2 cups unsweetened soy milk or almond milk
1 ripe banana
1/4 cup rolled oats
1/4 cup chia seeds
1 1/2 cups fresh fruit, chopped
1 teaspoon alcohol-free vanilla
pinch salt

OPTIONAL ADD-INS

chopped nuts, cinnamon,
unsweetened shredded coconut

- 1 Blend banana with milk using a blender, hand-mixer, or fork.
- 2 Stir in the remaining ingredients.
- 3 Ladle into jars, cover, and place in refrigerator overnight. It will be ready to grab and go in the morning!

Per $\frac{1}{2}$ -cup serving: 106 calories, 4.5g fat (0.5g saturated fat), 0mg cholesterol, 54mg sodium, 14g carbohydrate, 5g dietary fiber, 0.8g sugar, 5g protein





"HUEVOS" RANCHEROS

The "huevos" in this recipe are lightly pan fried tofu strips. Simply delicious!

 10 minutes

 10 minutes

 4 servings

 2 tortillas

8 corn tortillas

2 (14 ounce) cans tomatoes in juice, whole or diced

½ cup white onion, chopped

¼ cup (plus additional for sprinkling) fresh cilantro, chopped

1 tablespoon canned chipotle chiles in adobo, chopped

2 cloves garlic, coarsely chopped

1 teaspoon salt

1 (16 ounce) package firm or extra firm tofu

- 1 Warm each tortilla on both sides in a non-stick skillet or over a medium flame on a gas stove. Stack warmed tortillas and wrap loosely in foil and keep warm in oven.
- 2 Puree tomatoes with their juice, together with onion, cilantro, chipotle, garlic, and salt in a blender until very smooth. Add mixture to a pan and simmer, stirring occasionally, until salsa is slightly thickened, about 10 minutes.
- 3 While salsa is cooking, drain the tofu, and press dry with a paper towel. Cut into thin strips and place in a nonstick skillet, lightly sprayed with oil. Sprinkle with salt. Turn with spatula when golden and sprinkle other side with salt. Cook until both sides are golden.
- 4 Place 2 tortillas on a plate, add 2 strips of tofu, fold tortilla in half. Spoon salsa over the tortillas and sprinkle with cilantro.
- 5 Serve with beans and sliced avocado.

Per 2-tortilla serving: 160 calories, 2g fat (0.3g saturated fat), 0mg cholesterol, 430mg sodium, 33g carbohydrate, 6g dietary fiber, 1g sugar, 5g protein





BREAKFAST BEANS OVER TOAST

Beans? For breakfast? Yes! Beans are perfect to start your day off with a full stomach, stabilized sugars, and less likelihood to have cravings in between meals.

 5 minutes

 20 minutes

 6-8 servings

 1/2 cup

3 cups cooked white beans (or 2 (15 ounce) cans white beans), drained and rinsed

1/4 cup onions, diced

1/4 cup raw cashews

1 cup water

1/4 teaspoon garlic powder (or 1 clove garlic, minced)

3/4 teaspoon cornstarch

1/4-1/2 teaspoon salt

2 tablespoons pimentos (*optional*)

8 slices whole-wheat bread, toasted

- 1 Sauté onion in 2 tablespoons of water.
- 2 When water evaporates and pan starts to brown, add a little more water.
- 3 When onions become translucent, add beans and cook for 5 minutes.
- 4 Meanwhile, blend cashews, water, garlic, cornstarch, and salt until smooth and add to beans and onions. You may mix in diced pimentos if desired.
- 5 Heat for 10 minutes and serve over whole-wheat toast.



Even though there are a lot of carbohydrates in this meal, the fiber in the beans helps minimize blood sugar spikes.

Per 1/2-cup beans + 1 slice toast serving : 189 calories, 3g fat (0g saturated fat), 0mg cholesterol, 445mg sodium, 39g carbohydrate, 12g dietary fiber, 4g sugar, 11g protein





SUPER GRAINS OATMEAL

Whole grains are packed with nutrients, including protein, fiber, B vitamins, antioxidants, and trace minerals (iron, zinc, copper, and magnesium). A diet rich in whole grains has been shown to reduce the risk of heart disease, type 2 diabetes, obesity, and some forms of cancer. Redefine your breakfast with this grain packed oatmeal.

 2 minutes 20 minutes 8-12 servings 1/2 cup

2–3 cups water
1 (13.5 ounce) can light coconut milk
1/4 cup buckwheat
1/4 cup millet
1/2 cup steel cut oats
2 tablespoons chia seeds

TOPPINGS

assorted nuts, fresh fruit
unsweetened dried fruit,
cinnamon

- 1 Boil water and coconut milk in a pot over high heat.
- 2 Use 2 cups water for firmer cereal and 3 cups for creamier texture.
- 3 Add grains and chia seeds to the pot.
- 4 Once the mixture comes backs to a boil, lower the heat and let the grains simmer for 20–30 minutes.
- 5 Top cereal with your favorite nuts, seeds, and fruit.



Not a fan of coconut? Replace the coconut milk with unsweetened soy milk or any other nut milk. And feel free to try a variety of different grains such as farro, quinoa, and wheat berries.

Per 1/2-cup serving: 105 calories, 5g fat (2.5g saturated fat), 0mg cholesterol, 0.15mg sodium, 14g carbohydrate, 3g dietary fiber, 1g sugar, 3g protein



LENTIL ROAST
KENYAN BEANS & RICE
CREAMY MUSHROOM STROGANOFF
MUJADDARA (LEBANESE LENTILS)
BAKED FALAFEL
TOFU THAI CURRY
ASIAN SHIITAKE, KALE, & RICE BOWL
OAT BURGERS
CHIPOTLE LENTIL LETTUCE WRAPS
VEGAN EGG FOO YOUNG
CRISPY WALNUT ROAST
TABBOULEH HUMMUS WRAP
CHILI CHEEZE BAKED POTATO
HUMBLE LENTILS
WHITE BEAN BASIL STUFFED SHELLS
SWEET POTATO CAKE LETTUCE WRAPS
MASALA-SPICED CHICKPEAS & CAULIFLOWER
SWEET POTATO BURGERS
CUBAN BLACK BEANS & RICE
SZECHUAN EGGPLANT
PORTOBELLO SANDWICH

ENTRÉES

LENTIL ROAST

Did you know that lentils and beans can help control your blood sugars? It's true. Lentil roast might sound strange at first, but give it a chance. It's full of both fiber and flavor.



10 minutes



60 minutes



8-10 servings



3 ounce slice

2 cups cooked green or brown lentils

1 cup pecans, chopped

3 cups cornflakes

2 cups unsweetened soy milk

1 medium onion, finely chopped

1 teaspoon dried sage

½ teaspoon garlic powder

1 teaspoon salt

1 Preheat oven to 350°F.

2 Crush cornflakes in a plastic bag and combine all ingredients in a bowl. Continue mixing until it reaches a thick consistency, adding more cornflakes if there is any excess liquid.

3 Transfer the mixture to a casserole dish, and bake for 1 hour.

4 Set aside for 10–15 minutes to let it cool, then slice into 10 portions to serve.



Eat your roast with a raw veggie salad or carrot sticks.



Per slice: 183 calories, 9g fat (1g saturated fat), 0mg cholesterol, 314mg sodium, 20g carbohydrates, 5g dietary fiber, 2.6g sugar, 7g protein



KENYAN BEANS & RICE

In Kenya, this dish would be called mahragwe (simply “beans” in Kiswahili). It’s an extremely simple stew of kidney beans, coconut milk, tomatoes, and curry spices. It’s easy to make and even easier to eat.

 10 minutes

 40 minutes

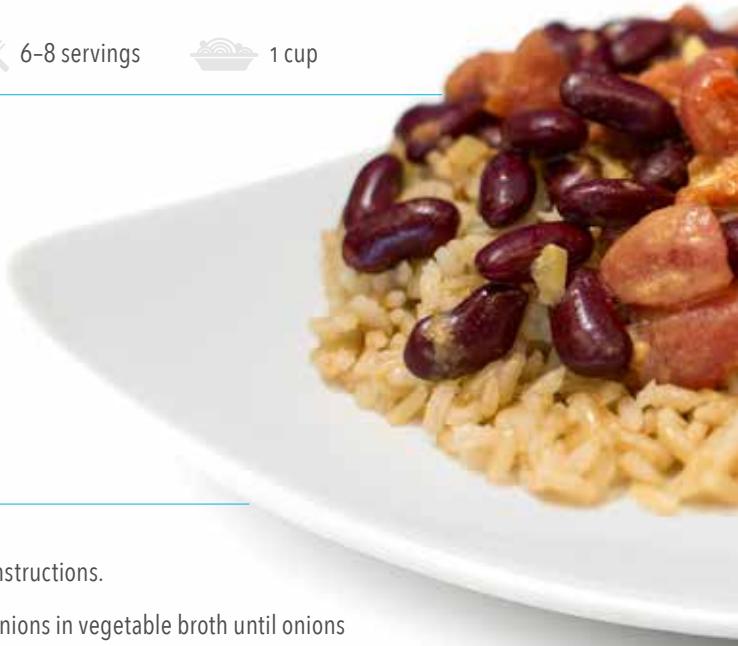
 6-8 servings

 1 cup

4 cups cooked brown basmati rice
1/4 cup vegetable broth
1 clove garlic, minced
1 small onion, chopped
2-3 teaspoons curry powder
1 (28 ounce) can diced tomatoes, juice reserved
2 (15 ounce) cans kidney beans, drained
1 (13.5 ounce) can light coconut milk
salt, to taste

- 1 Cook the basmati rice according to package instructions.
- 2 In a pot over medium heat, sauté garlic and onions in vegetable broth until onions are translucent. Add more water or broth if needed.
- 3 Add 2 teaspoons curry powder and stir.
- 4 Add tomatoes with juice and simmer for about 10 minutes.
- 5 Add the coconut milk and simmer for 10 minutes.
- 6 Taste the mixture and add more curry powder to your liking.
- 7 Add the kidney beans.
- 8 Cover and simmer for 15-20 minutes. Salt to taste, then serve over rice.

Per 1 cup-serving: 269 calories, 5g fat (2.6g saturated fat), 0mg cholesterol, 361mg sodium, 44.7g carbohydrates, 7.1g dietary fiber, 4.8g sugar, 9.2g protein



CREAMY MUSHROOM STROGANOFF

Many Russian, Eastern European, and German dishes are meat and cream heavy, loaded with cholesterol and saturated fat. By using cashews and multiple varieties of mushrooms, you can save the stroganoff without harming your health.



10 minutes



20 minutes



4-6 servings



½ cup

8 ounces whole-wheat pasta, uncooked

½ cup raw cashews

¼ (16 ounce) package silken tofu

1 ½ cups water, divided

1 tablespoon Bragg Liquid Aminos (or low-sodium soy sauce)

1 tablespoon McKay's Beef Style Instant Broth and Seasoning (or other beef-like seasoning)

1 tablespoon onion powder

1 ½ tablespoons nutritional yeast flakes

½ medium onion, julienned

1 cup fresh cremini mushrooms, sliced

1 cup fresh shiitake mushrooms, chopped



- 1 Boil and drain pasta according to package directions.
- 2 While the pasta is cooking, prepare the tofu sauce base. Place the cashews and tofu in a blender with ½ cup water and blend until smooth, adding in the seasonings (Bragg Liquid Aminos, McKay's seasoning, onion powder, and nutritional yeast flakes). When the mixture is smooth, add the remaining cup of water and blend again. Set aside.
- 3 In a pan over medium heat, sauté the onions and mushrooms in a small amount of water until tender.
- 4 Stir in the blended tofu sauce. Warm the mixture, making sure not to boil it, as the mixture will curdle slightly.
- 5 Serve over cooked pasta or brown rice.

Per ½ cup of sauce: 72 calories, 3g fat (0.3g saturated fat), 0mg cholesterol, 336mg sodium, 8g carbohydrates, 2g dietary fiber, 1.5g sugar, 4g protein



MUJADDARA (LEBANESE LENTILS)

An article by NPR called "In Praise of the Humble Lentil" puts it best:

"I sat by the window and slowly ate what I couldn't pronounce: the rice, the lentils, the caramelized onions. At the time, it seemed like the best food in the world—filling, nutty and earthen. As I walked the block home, I muttered, "Muhdaahrderer, moojardarah, murdarjerer," stumbling over the rolled "r" in the middle and wondering how I would go about ordering it the next time." The good news is it tastes fantastic, whether or not you can pronounce it.



 10 minutes

 75 minutes

 6 servings

 $\frac{3}{4}$ cup

LENTILS AND RICE

4 cups water
 $\frac{1}{4}$ cup vegetable broth or water
 1 cup onion, diced
 $\frac{1}{2}$ cup brown rice, uncooked
 1 cup brown lentils, uncooked and rinsed
 1 teaspoon salt
 pinch cayenne pepper

CARAMELIZED ONIONS

2 teaspoons extra-virgin olive oil
 3 large onions, julienned
 pinch salt

- 1 In a large, heavy bottomed pot, sauté 1 cup of diced onions in vegetable broth or water until they are translucent.
- 2 Add both lentils and rice to the onions and sauté a few minutes longer.
- 3 Add the water, salt, and cayenne pepper to the pot, then cover the pot and simmer over low heat for about 1 $\frac{1}{2}$ hours.
- 4 Stir the mixture from time to time and add water as needed.
- 5 Prepare the caramelized onions in a separate pan while the lentils and rice simmer. Heat $\frac{1}{2}$ cup of water to medium-high temperature in a large pan. Add the onions and salt to the pan, stirring constantly until they're translucent and very soft, nearly melting consistency—it may take up to 30 minutes. If the onions stick to the bottom of the pan, add a very small amount of water and stir vigorously. Continue this process until onions are caramelized.
- 6 Top the lentils and rice with the onions and serve hot, at room temperature, or cold.

Per $\frac{3}{4}$ -cup serving: 145 calories, 0.7g fat (0g saturated fat), 0mg cholesterol, 429mg sodium, 33.9g carbs, 9.8g fiber, 5.7g sugar, 9.2g protein





BAKED FALAFEL

One bite into a warm, whole-wheat pita stuffed with freshly baked falafel, tomatoes, and cucumbers, and you'll never think about ordering deep-fried, takeout falafel again.



15 minutes



30 minutes



15 servings



2 falafels

1 ½ (15 ounce) cans chickpeas, drained and ¼ cup liquid reserved

2 tablespoons fresh lemon juice

¼ cup fresh cilantro or flat-leaf parsley, chopped (or 2 tablespoons dried)

½ teaspoon dried basil

¼ teaspoon dried oregano

1 teaspoon ground cumin

¼ teaspoon cayenne

½ teaspoon paprika

1 teaspoon salt

1 small onion, finely chopped

1-2 cloves garlic

1-1 ½ cups whole grain breadcrumbs

OPTIONAL ADD-IN

¼ cup sesame seeds



- 1 Preheat oven to 350°F.
- 2 In a food processor, add the chickpeas, fresh lemon juice, onion, garlic, and parsley (if using fresh), and puree until smooth.
- 3 Put the bean mixture in a large bowl and add all other dry seasonings (oregano, basil, cumin, cayenne, paprika, and salt). Then, stir in the breadcrumbs to hold the mixture together. Add more breadcrumbs if the mixture isn't holding together.
- 4 Roll into 1 inch balls and place them on a cookie sheet. Lightly spray the falafel with oil and bake in the oven for 10–15 minutes per side or until the falafel are lightly browned. Test for completion by pressing the outside with your finger. The falafel should be moist inside and give to the pressure of your finger.

Per 3-falafel serving: 92 calories, 1g fat (0.13g saturated fat), 0mg cholesterol, 660mg sodium, 18g carbohydrate, 2.7g dietary fiber, 3.3g protein



TOFU THAI CURRY

Thai restaurants are near and dear to many healthy hearts. Why? Many of the dishes are plant-based. This curry recipe is absolutely worth a try.

 15 minutes

 30 minutes

 6-8 servings

 1 cup

3-6 cups cooked brown rice
1 (16 ounce) package extra firm tofu, drained and cut in ½ inch cubes
¼ cup vegetable broth
1 medium onion, chopped
1 teaspoon ground cumin
1 tablespoon garlic, pressed
1 tablespoon ginger, minced finely
1 teaspoon curry powder
1 ½ teaspoons salt
1 teaspoon jalapeño pepper, seeded and minced (or 1 teaspoon (or more) chili pepper paste*), to taste
1 (14 ounce) can coconut milk
1 (14.5 ounce) can diced tomatoes
1 cup potato, cut in ½ inch cubes
½ cup carrot, cut in ½ inch cubes
½ cup yellow or red bell pepper, julienned
½ cup fresh or frozen peas
8 fresh basil leaves, chopped (or ½ teaspoon dry basil, to taste)

* Chili pepper paste can be found in the Asian section of most supermarkets.

- 1 Cook the rice according to package directions.
- 2 Preheat oven to 375°F to begin baking the tofu.
- 3 Spray a baking sheet with oil. Lay the tofu cubes out evenly, spray with oil, then sprinkle with salt. Bake for about 20 minutes until golden brown.
- 4 While the tofu is baking, prepare the curry. In a pot, sauté the onions and cumin over medium-high heat in vegetable broth until onions are transparent.
- 5 Add ginger, garlic, curry powder, salt, and jalapeño pepper. Sauté for a couple of more minutes.
- 6 Stir in coconut milk, diced tomatoes, potatoes, carrots, and bell pepper. Bring to a simmer for 10 minutes, making sure to stir occasionally.
- 7 Add the baked tofu cubes, peas, and basil leaves, and then cover and simmer for about 5 minutes, until the vegetables are tender.
- 8 Serve the tofu curry over brown rice and season to taste with hot chili sauce.

Per 1-cup serving (without rice): 257 calories, 15.6g fat (10.5g saturated fat), 0mg cholesterol, 814mg sodium, 19.6g carbohydrates, 4.5g dietary fiber, 5.9g sugar, 11.3g protein



ASIAN SHIITAKE, KALE, & RICE BOWLS

Kale is a member of the cancer-fighting cruciferous family of vegetables and is packed full of fiber and antioxidants. That, in combination with common Asian ingredients like soy sauce, wasabi paste, red pepper flakes, and shiitake mushrooms, makes for a balanced and unique lunch or dinner in a bowl.



 5 minutes 20 minutes 4-6 servings $\frac{3}{4}$ cup

4 cups cooked brown rice
1/4 cup vegetable broth or water
1 small onion, chopped
2 cloves garlic, minced
2 tablespoons low-sodium soy sauce
2 teaspoons agave syrup or maple syrup
1 tablespoon sesame seeds
1/2 teaspoon wasabi paste (*optional*)
1/2 teaspoon red pepper flakes
1 cup shiitake mushrooms, sliced
1/2 (16 ounce) package firm tofu, drained and cubed
 $\frac{1}{3}$ cup water
4 cups packed kale, ribs removed and chopped (about 1 bunch)

- 1 Cook the rice according to package directions.
- 2 While the rice is cooking, pan fry the tofu with vegetable broth or water in a deep pan or wok.
- 3 Add the onion and garlic and sauté for 3 minutes.
- 4 Add the soy sauce, agave syrup or maple syrup, sesame seeds, wasabi paste, red pepper flakes, and mushrooms and stir well. Sauté for an additional 5 minutes.
- 5 Then, stir in $\frac{1}{3}$ cup water and the kale and sauté until the kale is slightly wilted and crisp-tender, about 4 minutes.
- 6 Portion the rice into 2-4 bowls and top with the kale mixture.

Per $\frac{3}{4}$ cup (without rice): 122.8 calories, 3.5g fat (0.6 saturated fat), 0mg cholesterol, 395.9mg sodium, 19.5g carbohydrates, 4.5g fiber, 6.9g sugar, 7.5g protein



OAT BURGERS

Enjoy the flavor of a tasty burger without the saturated fat or cholesterol. These burgers are easy to make, versatile, and so much healthier than their cow counterparts.

 15 minutes

 20 minutes

 6-8 servings

 1 patty

3 cups water

1/4 cup Bragg Liquid Aminos

1 tablespoon McKay's Beef Style Instant Broth and Seasoning (or other beef-like seasoning)

1 teaspoon Italian seasoning

1 teaspoon garlic powder

1/2 tablespoon onion powder

1/2 teaspoon salt

3 tablespoons nutritional yeast flakes

1/4 cup dry onion flakes (or 1 onion, finely diced)

3 cups quick oats

1/2 cup walnuts or pecans, ground





- 1 Preheat oven to 375°F.
- 2 Place all ingredients except the oats and nuts in a high-speed blender. Cover and turn the blender on for 2–3 seconds, just enough for the ingredients to run through the blades and get chopped finely but not pureed.
- 3 Place the mixture in a saucepan and simmer everything together for 3 minutes, then remove from the heat and stir in the quick oats and nuts. Allow it to cool.
- 4 Using an ice cream scoop or your hands, shape the mixture into 6–8 balls, placing them on a nonstick baking sheet. Press down with the palm of your hand to make each patty $\frac{1}{4}$ inch thick and place them in the oven.
- 5 Bake for 25–30 minutes, flipping them after 15 minutes so that both sides are golden brown.



VARIATION 1: Try adding 1 tablespoon of molasses and 1 tablespoon of tomato puree for a richer flavor.



VARIATION 2: Make chili-oat burgers by replacing the Italian seasoning with 1 teaspoon cumin, and the McKay's Beef Style Seasoning with 1 tablespoon chili powder.

Per patty: 172 calories, 6g fat (0.7g saturated fat), 0g cholesterol, 545mg sodium, 26g carbohydrates, 5g dietary fiber, 1.5g sugar, 6.5g protein





CHIPOTLE LENTIL LETTUCE WRAPS

Think of the lettuce as a container for tasty ingredients! Enjoy this Asian inspired treat.

 5 minutes

 45 minutes

 6-8 servings

 2 wraps

1 cup dry lentils, sorted and rinsed
1 small onion, minced
2 cloves garlic, minced
½ teaspoon dried oregano
2 teaspoons chipotle chili powder
1 teaspoon ground cumin

½ teaspoon ground coriander
½ teaspoon salt
3 tablespoons tomato paste
½ teaspoon Sriracha or hot sauce of choice, or to taste
4-8 romaine lettuce leaves
1 large avocado, sliced

- 1 In a medium pot, cover lentils with lightly salted water and bring to a boil. Cook until lentils are soft, approximately 30-45 minutes. Drain but reserve the cooking water.
- 2 In large skillet over med-high heat, sauté onion with 2 tablespoons water and cook until translucent. When water evaporates and pan starts to brown, add in 2 more tablespoons of water. Add garlic and sauté 1 minute more.
- 3 Stir in oregano, chipotle powder, cumin, coriander, and salt. Toast for 30 seconds, until lightly fragrant.
- 4 Lower heat to medium and add cooked lentils with a little reserved cooking water.
- 5 Stir in tomato paste and Sriracha (or you choice of hot sauce). Cook for 5 minutes to get the flavors to meld, adding any additional reserved cooking water as necessary.
- 6 Add ¼ cup of filling into a lettuce leaf and top with sliced avocado and any additional veggies.

Per 2 wraps: 161 calories, 4g fat (0.6g saturated fat), 0mg cholesterol, 280mg sodium, 24g carbohydrate, 9g dietary fiber, 1g sugar, 9g protein





VEGAN EGG FOO YOUNG

Never imagined healthy Egg Foo Young (without eggs) could be so good!

 10 minutes

 20 minutes

 10 servings

 1 patty

2 cups soaked red lentils

½ green bell pepper

1 cup water

½ red bell pepper

1 tablespoon toasted sesame seeds

10 snow peas

1 teaspoon garlic powder

3 green onions

1 teaspoon onion powder

1 carrot

1 teaspoon salt

½ onion

½ teaspoon chicken-like seasoning

1 cup mung bean sprouts

- 1 Process first 7 ingredients in a blender until smooth.
- 2 Shred or slice vegetables julienne-style into long, thin 1 ½-2 inch strips.
- 3 Combine all ingredients and mix well.
- 4 Drop by ¼ cup portions onto sprayed griddle or skillet, heated to medium-low.
- 5 Cook well to a golden brown color on the bottom before turning and browning other side.

Per 1 patties: 140 calories, 0.5g fat (0g saturated fat), 0mg cholesterol, 260mg sodium, 25g carbohydrate, 8g dietary fiber, 1g sugar, 10g protein





CRISPY WALNUT ROAST

Savory and meaty, this nutty roast goes well with just about anything.

 5 minutes

 60 minutes

 6–8 servings

 3x2 inch slice

1 (16 ounce) package soft tofu

¾ cup walnuts, chopped

1 small onion, chopped

6 cups crispy (puffed) brown rice cereal or 3 cups cooked brown rice

4 teaspoons powdered vegan broth (preferably McKay's Beef-Style Seasoning with no MSG)

¼ cup unsweetened soy milk (use only if mixture is too dry)

- 1 Preheat oven to 350°F.
- 2 Drain tofu and squeeze out moisture. Mash tofu with a fork in a large bowl and mix in remaining ingredients.
- 3 Lightly spray 9x13 inch baking dish with oil and transfer mixture into dish. Tightly cover with foil and bake for 45 minutes.
- 4 Uncover and bake for additional 15–20 minutes.

Per 3x2" square serving: 202 calories, 10.2g fat (1g saturated fat), 0mg cholesterol, 423mg sodium, 23g carbohydrate, 1.1g fiber, 1.4g sugar, 7.3g protein





TABBOULEH HUMMUS WRAP

This is a great example of mixing and matching recipes. Take the Tabbouleh recipe and stuff it into a wrap with hummus. Fantastic!

 10 minutes

 0 minutes

 8 servings

 1/2 wrap

4 whole wheat tortillas or wraps

1 cucumber, sliced

1 recipe [Tabbouleh \(p. 217\)](#)

1 recipe [Hummus \(p. 243\)](#) or store-bought hummus

- 1 Assemble your wrap by spreading a layer of [Hummus](#) on the tortilla, adding $\frac{1}{3}$ cup of [Tabbouleh](#), and 2–3 slices of cucumber. Wrap it up like you would a burrito, cut, and enjoy!



Add any additional vegetables in your wrap.

Per wrap: 150 calories, 7g fat (3g saturated fat), 0mg cholesterol, 218mg sodium, 19g carbohydrate, 4g dietary fiber, 2g sugar, 4.5g protein





CHILI CHEEZE BAKED POTATO

A plain baked potato only has 160 calories with only 1 percent of calories from fat. They rate high in satiety, meaning they help fill you up, so you may eat less. Potatoes also contain proteinase inhibitors, which may suppress appetite. How you prepare a potato is important. So toss the sour cream and butter and top with a tasty 3-bean chili!

 5 minutes 60 minutes 6 servings ½ potato + ½ cup chili

3 Russet potatoes

1 recipe [Spicy 3-Bean Chili \(p. 178\)](#)

1 recipe [Nacho Cheese-Style Sauce \(p. 247\)](#)

4 green onions, chopped

1 Scrub potatoes well.

2 Wrap in foil and bake at 400°F for approximately 1 hour or until soft.

3 Remove foil. Split potatoes with knife and top with [Spicy 3-Bean Chili](#), [Nacho Cheese-Style Sauce](#), and chopped green onions or any other veggies on hand.



*Not in the mood for chili and cheese? Try the baked potato with the [Basic Cream Sauce \(p. 251\)](#),
or guacamole, salsa, and chopped veggies..*



Short on time? Poke holes in the potato and microwave on high for 6 minutes.

*Per ½ potato + ½ cup chili: 172 calories, 3g fat (0.5g saturated fat), 0mg cholesterol, 310mg sodium,
33g carbohydrate, 6.6g dietary fiber, 3g sugar, 7g protein*





HUMBLE LENTILS

Lentils shine because they know how to get out of the way. Whether it's caramelized onions or oregano, lentils provide a comforting palette for flavors to shine. So get creative, break out the spice rack, and let the humble lentils shine!

 5 minutes 30 minutes 6-8 servings 1 cup

3 cups dry brown or green lentils
6 cups water
1 1/2 cups onions, chopped
1 tablespoon dried oregano
1/2 teaspoon dried thyme
1/2 teaspoon dried basil
1-2 cloves garlic, minced
salt to taste

-
- 1 Put all ingredients in a large pot and bring to a boil.
 - 2 Once boiling, lower heat, cover, and simmer until lentils are tender, usually 30-45 minutes.



Serve over toasted whole wheat French bread or brown rice. Top with lettuce, tomatoes, onions, olives, and avocado. Finish with salsa and/or [Tangy Herb Salad Dressing \(p. 265\)](#) or favorite vegan ranch dressing.

Per 1-cup serving: 100 calories, 0.3g fat (0g saturated fat), 0mg cholesterol, 293mg sodium, 18g carbohydrate, 6g dietary fiber, 1g sugar, 7g protein





WHITE BEAN BASIL STUFFED SHELLS

White beans are versatile and tasty. But in a pasta shell? Brilliant!

 15 minutes

 25 minutes

 7-8 servings

 2 shells

15 jumbo pasta shells (preferably whole wheat)
3 cups cooked white beans, drained and rinsed
½ cup unsweetened soy milk or almond milk
2 teaspoons garlic powder
¼ cup nutritional yeast flakes
1 ½ teaspoons salt
1 ¼ tablespoons lemon juice
½ cup fresh basil, chopped
4 cups tomato basil pasta sauce of your favorite kind

OPTIONAL ADD-INS

½ cup walnuts or pine nuts, chopped
1 tablespoon vegan cheese shreds

- 1 Cook pasta shells to al dente according to package instructions. Cool under cold water and set aside.
- 2 Preheat oven to 350°F.
- 3 In a food processor add beans, milk, garlic powder, nutritional yeast flakes, salt, and lemon juice. Blend until chunky or smooth depending on desired consistency. Add chopped nuts and basil and pulse a few times.
- 4 Spread half of the pasta sauce at the bottom of a casserole dish.
- 5 Take each shell and fill with 1-2 tablespoons of bean filling. Place in casserole dish.
- 6 Once all shells are filled, drizzle the rest of the pasta sauce over the shells and sprinkle with cheese.
- 7 Cover casserole dish with foil and bake for 25-30 minutes.



Skip the garlic bread side and choose a fresh salad instead.

Per 2 shells: 290 calories, 10g fat (1g saturated fat), 0mg cholesterol, 750mg sodium, 44g carbohydrate, 7g dietary fiber, 13g sugar, 13g protein





SWEET POTATO CAKE LETTUCE WRAPS

 20 minutes

 65 minutes

 6 servings

 2 patties

1 large sweet potato
2 cups cooked chickpeas
1 sweet onion, minced
1 large handful fresh cilantro or parsley
½ cup oat flour*

1 teaspoon smoked paprika
1 teaspoon chipotle powder
½ teaspoon salt, to taste
bread crumbs
lettuce leaves

* You can make your own oat flour by blending oat flakes in a blender until flour consistency is achieved.

- 1 Preheat oven to 400°F and bake sweet potato for 45 minutes or until tender. Set aside and cool. Lower the oven to 350°F.
- 2 While the sweet potato is cooling, sauté the onion in 2 tablespoons of water over medium heat. When water evaporates and pan begins to brown, add a little more water. Cook onions until translucent. Place sweet potato and chickpeas in food processor and process until almost smooth.
- 3 In a medium bowl add and mix sweet potato mixture, sautéed onions, cilantro or parsley, oat flour, spices and salt. If consistency is too moist to shape into patties, add bread crumbs (about ¼–½ cup).
- 4 Shape into golf ball-sized balls and press flat to about ½ inch thickness. Place on parchment paper covered sheet pan or cookie sheet.
- 5 Bake for 20 minutes, flipping patties after 10 minutes.
- 6 To assemble, place patties in lettuce leaf. Top with [Mango Avocado Salsa \(p. 263\)](#).



Save time by microwaving your sweet potato. Poke holes in the sweet potato, and cook on high for 7–8 minutes.

Per 1 patty serving: 104 calories, 2g fat (0.3 g saturated fat), 0mg cholesterol, 239mg sodium, 18g carbohydrate, 4g dietary fiber, 2g sugar, 4g protein



MASALA-SPICED CHICKPEAS & CAULIFLOWER

Masala dishes like this one are popular in Northern India. In this recipe, chickpeas and cauliflower are simmered along with Indian spices like cumin and turmeric. Delicious over rice or scoop it up with naan.



10 minutes



30 minutes



4-6 servings



1 cup

GARAM MASALA

- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1/4 teaspoon ground chili pepper
- 1/4 teaspoon turmeric

CHICKPEAS

- 6 tablespoons water, divided
- 2 small onions, finely chopped
- 1/2 head cauliflower, cut in florets
- 1 (15 ounce) can chickpeas, drained and rinsed
- 2 cloves garlic, minced
- 3/4 teaspoon salt
- 2 cups fresh tomatoes (or 2 cups canned diced tomatoes)
- 1/2 cup frozen sweet peas (*optional*)
- 1 1/2 teaspoons lemon juice
- 1/4 cup cilantro, chopped

- 1 Prepare garam masala by toasting spices over medium heat until brown. Set aside.
- 2 In a saucepan over medium-high heat, add onions and 2 tablespoons of water and cook, stirring frequently.
- 3 When water evaporates and pan begins to brown, add 2 more tablespoons of water scraping the brown from the bottom of the pan. Repeat process until onions are a light brown.
- 4 Add toasted spices and stir for a minute.
- 5 Stir in chickpeas, cauliflower, garlic, salt, and 2 tablespoons of water. Cook over medium heat, stirring constantly for 7 minutes or until the first few chickpeas begin to split. If mixture begins to dry, add a little more water, a tablespoon at a time.
- 6 Add tomatoes and optional sweet peas and cook for 7 more minutes.
- 7 Remove from heat and stir in lemon juice and chopped cilantro.
- 8 Serve over brown rice.

Per 1-cup serving: 251 calories, 5g fat (1g saturated fat), 0mg cholesterol, 850mg sodium, 42g carbohydrate, 10g dietary fiber, 3g sugar, 16g protein





SWEET POTATO BURGERS

It's a texture match made in heaven: soft sweet potato and dense garbanzo beans combine to create a firm, yet tender burger, perfect in a bun or as an entree.

 15 minutes

 30 minutes

 10 servings

 1 patty

1 medium sweet potato

1 (15.5 ounce) can garbanzo beans, rinsed and drained

3 tablespoons whole wheat flour

1 tablespoon tahini or nut butter

½ cup quick oats

1 teaspoon pure maple syrup

½ teaspoon garlic powder

1 small onion, minced

¼ cup parsley

1 teaspoon salt, to taste

¼ teaspoon cayenne

1 Poke holes in a sweet potato and microwave on high for 7–8 minutes.

2 Remove skin and place sweet potato in a large bowl. Add remaining ingredients and use potato masher or fork to mash ingredients.

3 Measure ¼ cup of batter and form into patties.

4 Place on a lightly sprayed baking sheet and bake at 375°F for 30 minutes, flipping the patties halfway through. Burgers should be lightly brown.



Freeze leftover patties and have them on hand for a quick-fix lunch.



These patties are also great for chopping over salads.

Per patty: 139 calories, 1.9g fat (0.3g saturated fat), 0mg cholesterol, 243mg sodium, 24.4g carbohydrate, 4.2g sugar, 6g protein





CUBAN BLACK BEANS & RICE

This isn't just beans and rice, this is beans and rice with a kick!

 10 minutes

 20 minutes

 5-6 servings

 $\frac{3}{4}$ cup

$\frac{1}{4}$ cup water

1 medium onion, minced

$\frac{1}{2}$ green pepper, seeded and minced

1 medium zucchini, minced

1 jalapeño chili, seeded and minced

3 cloves garlic, minced

1 tablespoon tomato paste

1 teaspoon ground cumin

$\frac{1}{2}$ teaspoon dried oregano

1 (14.5 ounce) can fire-roasted diced tomatoes, undrained

2 (15.5 ounce) cans black beans, rinsed and drained

$\frac{3}{4}$ teaspoon salt

brown rice for serving

- 1 Heat the water in a large saucepan over medium heat.
- 2 Add the onion, bell pepper, zucchini, garlic, and jalapeño. Cover and cook until the vegetables begin to soften, about 5 minutes.
- 3 Stir in tomato paste, cumin, and oregano, and cook for 30 seconds.
- 4 Add the tomatoes, beans, and salt. Cook for another 15 minutes uncovered, stirring occasionally.

Per $\frac{3}{4}$ -cup serving: 216 calories, 0.75g fat (0.2g saturated fat), 0mg cholesterol, 368mg sodium, 38g carbohydrate, 14g dietary fiber, 1.5g sugar, 13g protein





SZECHUAN EGGPLANT

Add tasty eggplant to your diabetes reversal regimen! Eggplant is very low in calories, high in fiber and has been found to be great for naturally managing blood sugar.

 5 minutes

 20 minutes

 4-6 servings

 1 cup

SAUCE

½ cup water
2 tablespoons soy sauce
1 tablespoon maple syrup
2 teaspoons ginger, grated
2 teaspoons chili garlic sauce, to taste
3 cloves garlic, minced
1 teaspoon red pepper flakes, to taste

EGGPLANT

2 tablespoons water
1 large eggplant, cut in ½ inch cubes
2 teaspoons cornstarch

brown rice for serving

- 1 Whisk the sauce ingredients in a small bowl and set aside.
- 2 Sauté eggplant in water in a large pot under medium high heat. Cook until eggplant is soft and translucent, about 15-20 minutes. You can add 2 tablespoons more water if the bottom of the pan starts to brown.
- 3 Mix in sauce, reserving about 2 tablespoons for dissolving cornstarch.
- 4 Whisk cornstarch in reserved liquid until there are no more lumps and add to pan.
- 5 Cook 5-10 more minutes until sauce thickens.
- 6 Serve over brown rice.



If you want to make it a one-dish meal, add in *Baked Tofu* (p. 215) as your protein.

Per 1-cup serving: 44 calories, 0.2g fat (0.1g saturated fat), 0mg cholesterol, 330mg sodium, 9.7g carbohydrate, 2.5g fiber, 5.3g sugar, 1.4g protein





PORTOBELLO SANDWICH

Portobello mushrooms make a great meat substitute. And they are low in calories, a good source of protein, B vitamins, minerals and have good anti-inflammatory effects.



10 minutes



30 minutes



2 servings



1 mushroom

2 cloves garlic, crushed

2 portobello mushrooms

½ teaspoon sea salt

crushed red pepper flakes, to taste

1 tablespoon lemon juice

dried thyme, to taste

- 1 Preheat oven to 400°F.
- 2 In a small bowl add garlic and salt. While whisking with a fork, add lemon juice until well homogenized. Add a couple shakes of thyme and red pepper.
- 3 Use a spoon to remove the gills and the stem underneath the cap of the mushroom. Wash the mushrooms and pat them dry with a paper towel. Brush all sides with some of the marinade.
- 4 Put mushrooms on a cookie sheet caps down and bake for 15 minutes.
- 5 Flip around, add some more of the marinade, and poke with a fork all around so the marinade soaks in and the extra liquid comes out.
- 6 Continue baking, flipping caps after another 10 minutes, poke on the top, add some more marinade, and continue baking until mushrooms are tender (5-10 minutes).
- 7 When cooked through, take out and serve with whole wheat artisan bread, sautéed red onion, arugula, and heirloom tomato slices.
- 8 Pour a little of the marinade over the veggies to give it an extra kick.



Skip the bread and slice the mushrooms over a bed of arugula, accompanied with red onion and tomato. Yum!

Per mushroom: 27 calories, 0.2g fat (0g saturated fat), 0mg cholesterol, 141mg sodium, 5.5g carbohydrate, 1.3g dietary fiber, 2.2g sugar, 2.3g protein



SALADS

MOCK TUNA SALAD
ROASTED BEET & CARROT SALAD
QUEEN OF GREENS SALAD
PROTEIN-PACKED QUINOA SALAD
SUMMER BLAST SALAD
ULTIMATE GREEK CHOPPED SALAD
TEX-MEX TACO SALAD
KOREAN CUCUMBER SALAD
AVOCADO CHICKPEA SALAD SANDWICH
ASIAN SLAW WITH RED CHILI PEANUT SAUCE
PERUVIAN AVOCADO COLESLAW
SPEEDY 3-BEAN SALAD



MOCK TUNA SALAD

Believe it or not, this tastes like the real thing, incredibly and almost eerily so. Serve it as you would other tuna salad: on crackers or toast, in a wrap, or with celery sticks.

 10 minutes

 0 minutes

 4-6 servings

 $\frac{3}{4}$ cup

1 (15 ounce) can chickpeas, drained
1/4 cup [Cashew Mayo \(p. 264\)](#)
1/3 cup celery, finely chopped
2 tablespoons sweet onion, finely chopped
1/2 tablespoon nutritional yeast flakes
1 green onion, chopped
1 teaspoon low-sodium soy sauce

- 1 In a medium bowl, mash the chickpeas with a fork or pulse in a food processor and combine with the rest of the ingredients. Serve on whole-wheat bread with lettuce.

Per $\frac{3}{4}$ -cup serving: 100 calories, 2g fat (0.2g saturated fat), 0mg cholesterol, 245mg sodium, 17g carbohydrates, 3.5g dietary fiber, 0g sugar, 4g protein





ROASTED BEET & CARROT SALAD

The recipe is simple, but the unique roasty flavor and sheer beauty make it the perfect dish to bring to a fancy potluck dinner.

 10 minutes

 25 minutes

 4–6 servings

 1/2 cup

3 small beets, peeled and thinly sliced
3 carrots, peeled and thinly sliced
salt, to taste
1/4 cup pecans, toasted and chopped

OPTIONAL ADD-IN

1 tablespoon fresh tarragon, chopped

- 1 Preheat the oven to 400°F.
- 2 Mix all ingredients together, except the tarragon and pecans.
- 3 Layer the sliced beets and carrots on a roasting pan lined with parchment paper. Roast for 25 minutes, turning occasionally.
- 4 Remove from the oven and sprinkle with pecans and tarragon before serving.

Per 1/2-cup serving: 77 calories, 4g fat (0.4g saturated fat), 0mg cholesterol, 225mg sodium, 9g carbohydrates, 3g dietary fiber, 5g sugar, 2g protein





QUEEN OF GREENS SALAD

Kale is one of the healthiest foods on the planet. It's been called "the new beef," "the queen of greens," and "a nutritional powerhouse." Why? It's low in calories and high in nutrients. It's anti-inflammatory and good for your heart. We love kale and hope you will too. This salad is a great way to start!

 5 minutes

 45 minutes

 4-6 servings

 1 cup

1 bunch kale

sprinkle salt

½-1 tablespoon fresh lemon juice

dressing of choice

- 1 Wash your fresh kale greens. Run each leaf under warm to hot water and wash any grit away. Then, refresh the leaves by running them all under ice cold water.
- 2 Prep the kale. Remove the thick stems from the leaves and discard. Place chopped kale in a large bowl and sprinkle with a little salt and lemon juice. Using your hands, massage the leaves until the kale is reduced to half its original volume, and is no longer bitter.
- 3 Make your dressing in a small bowl. (See [Sauces, Dips, & Dressings](#) for ideas.)
- 4 Mix the dressing with the kale, along with any additional ingredients such as veggies, fresh or dried fruits, and nuts.
- 5 Chill. Allow at least 20 minutes for the dressing to really sink into the ingredients. Plus, chilling everything ensures a refreshing and tasty cold salad. You could make this salad the night before you serve it, but make sure you eat the greens within 48 hours.

*Per 1-cup serving (without dressing and toppings): 33 calories, 0.5g fat (0.1g saturated fat),
0mg cholesterol, 25mg sodium, 6g carbohydrates, 3g protein*





PROTEIN-PACKED QUINOA SALAD

This earthy, nutty flavored, grain-like seed makes a great rice substitute. It's gluten-free, packed with protein, and delicious!

 5 minutes

 20 minutes

 8-12 servings

 1/2 cup

SALAD

- 1 cup uncooked quinoa
- 2 cups water or vegetable broth
- 1 (15 ounce) can black beans, drained and rinsed
- 1 1/2 cups sweet corn, frozen or fresh
- 1 1/2 cups tomatoes, diced
- 1 orange, yellow, or red bell pepper, diced
- 5 green onions, diced
- 1/2 cup fresh cilantro, chopped

DRESSING

- 1 teaspoon ground cumin
- 1 clove garlic, minced
- 1/4 cup lime juice
- 1/4 teaspoon salt (more to taste)
- 1/2 teaspoon chipotle chili powder (*optional*)

- 1 Rinse quinoa thoroughly in a mesh strainer for 2 minutes.
- 2 Add to pot with 2 cups water or broth and bring to a boil. Cover, reduce heat to low, and simmer for 20 minutes or until liquid has absorbed and quinoa is tender. Set quinoa aside or put into refrigerator to cool down.
- 3 In a small bowl, add all dressing ingredients and whisk together to thoroughly combine.
- 4 In a large bowl, add the cooked quinoa with all other salad ingredients.
- 5 Pour dressing over the top and toss to combine.
- 6 Chill for at least an hour for better flavor.



Remember that grains in your salad still count as carbohydrate servings. To bulk up this meal, you could add extra beans and serve with carrot sticks and fresh fruit.

Per 1/2-cup serving: 121 calories, 3.3g fat (0.1g saturated fat), 0mg cholesterol, 211mg sodium, 23.4g carbohydrate, 4.3g dietary fiber, 3.3g sugar, 5.2g protein





SUMMER BLAST SALAD

This chilled salad is an edamame feast! Edamame are soybeans harvested at the peak of ripening but before hardening. Full of protein, minerals and vitamins, this low-glycemic food is a must for your diabetes-free diet!

 10 minutes

 0 minutes

 4-6 servings

 1 cup

SALAD

2 large ears corn (or 2 cups frozen corn, thawed)
8 ounces (about 1 ½ cups) cherry tomatoes, halved
1 cup frozen shelled edamame, cooked
1 avocado, diced
¼ cup red onion, diced (*optional*)
handful fresh herb of choice (mint, cilantro, basil, dill), roughly chopped

DRESSING

2-3 tablespoons fresh lemon juice
pinch (or more) salt, to taste
1 clove garlic, minced (*optional*)

- 1 If using fresh corn, boil or steam ears of corn with water in a medium pot. Cook for 10 minutes or until tender. Drain and cool. Carefully cut kernels off the cob.
- 2 Add all salad ingredients into a large bowl. In a small bowl, whisk together dressing ingredients and pour over salad. Lightly toss to combine.
- 3 Chill in the refrigerator for an hour before serving.

Per 1-cup serving: 134 calories, 5.9g fat (0.7g saturated fat), 0mg cholesterol, 62mg sodium, 17.2g carbohydrate, 4.3g dietary fiber, 4.9g sugar, 6g protein



ULTIMATE GREEK CHOPPED SALAD

Sure, we miss the feta cheese too, but the garbanzo beans add a delicious texture and protein to this simple salad.



10 minutes



0 minutes



4-6 servings



1 cup

SALAD

- 1 large head romaine lettuce, chopped
- 1 hothouse cucumber, diced
- 2 tomatoes, diced, liquid removed
- ½ red bell pepper, diced
- ½ red onion, diced
- ¼ cup Kalamata olives, sliced
- 1 (15 ounce) can low-sodium garbanzo beans, drained and rinsed

DRESSING

- 3 tablespoons lemon juice
- 2 teaspoons garlic powder
- 1 ½ teaspoons salt
- 2 teaspoons onion powder
- 1 teaspoon dried oregano
- 1 teaspoon dried basil

- 1 In a small bowl whisk dressing ingredients and set aside.
- 2 Put vegetables and garbanzo beans in a large bowl and toss with salad dressing.
- 3 Eat immediately or refrigerate for at least an hour to let flavors meld.



Per 1-cup serving: 102 calories, 2.9g fat (0g saturated fat), 0mg cholesterol, 650mg sodium, 19g carbohydrate, 5.4g dietary fiber, 2.5g sugar, 6.4g protein



TEX-MEX TACO SALAD

When you feel like Mexican food but you want something light, go for it!

10 minutes

0 minutes

5-8 servings

¾ cup

SALAD

- 1 large head romaine, chopped
- 1 (15 ounce) can black beans, drained and rinsed
- 1 large orange bell pepper, diced
- 1 pint cherry tomatoes, quartered
- 2 cups fresh or frozen sweet corn
- 5 green onions, diced
- 2 cups tortilla chips (preferably high fiber)

DRESSING

- 1 cup loosely packed cilantro, stems removed and roughly chopped
- ½ large avocado
- 3 tablespoons lime juice, more to taste
- 1-2 cloves garlic
- ¼ teaspoon salt
- ½ teaspoon ground cumin

- 1 Blend all dressing ingredients in a food processor or blender until smooth. Taste and adjust seasonings if necessary.
- 2 Place all salad ingredients except tortilla chips in a large bowl and toss with dressing.
- 3 Crush tortilla chips over salad and serve immediately. (If preparing the recipe ahead of time, save this step until just before serving.)



Per ¾-cup serving: 139 calories, 3.3g fat (0.5g saturated fat),
0mg cholesterol, 127mg sodium, 21.8g carbohydrate, 8.8g dietary
fiber, 3g sugar, 7.4g protein





KOREAN CUCUMBER SALAD

This tangy Korean salad makes a great side dish.



10 minutes



0 minutes



4-6 servings



1 cup

3 cups sliced cucumbers
½ red onion, sliced
½ lemon peel, grated
¼ cup fresh lemon juice
1 tablespoon water
1 tablespoon Bragg's Liquid Aminos (or soy sauce)
1 tablespoon toasted, ground sesame seeds
½ tablespoon honey
1 teaspoon garlic, minced
1 teaspoon ginger root, grated (*optional*)
½ teaspoon salt

- 1 Place cucumbers, onion, and lemon peel in a large bowl.
- 2 Combine remaining ingredients and mix well.
- 3 Pour over cucumber and toss together.
- 4 Chill and serve.

Per 1-cup serving: 27 calories, 1g fat (0g saturated fat), 0mg cholesterol, 355mg sodium, 5g carbohydrate, 1g dietary fiber, 2g sugar, 1g protein





AVOCADO CHICKPEA SALAD SANDWICH

Creamy and textured like egg salad, this sandwich will make you forget the real thing.



10 minutes



0 minutes



6 servings



1/2 sandwich

1 cup cooked chickpeas

½ cup avocado

1 tablespoon [Cashew Mayo \(p. 264\)](#) or store-bought light vegan mayo of choice (*optional*)

½ teaspoon lime juice

2 green onions, chopped

1 tablespoon cilantro, chopped

¼ teaspoon salt

6 slices whole wheat bread

- 1 Either in a food processor or in a bowl, smash chickpeas and avocado until desired texture is reached.
- 2 Mix in remaining ingredients and spread ½ cup of salad onto whole wheat bread.
- 3 Add other optional sandwich fillings such as sliced cucumber and spinach.



Another option is to eat as an open-face sandwich and load up with veggies.

Per 1/2 sandwich: 190 calories, 5g fat (0.5g saturated fat), 0mg cholesterol, 325mg sodium, 30g carbohydrate, 10g dietary fiber, 4g sugar, 7g protein





ASIAN SLAW WITH RED CHILI PEANUT SAUCE

This hearty and colorful salad is bursting with fiber and vitamin C.

 15 minutes

 0 minutes

 6 servings

 $\frac{3}{4}$ cup

DRESSING

1 ½ tablespoons water
1 teaspoon golden flax, ground
1 ½ tablespoons peanut or almond butter
½ tablespoon grade B pure maple syrup
2 teaspoons lime juice
1 teaspoon garlic chili sauce
1 tablespoon Braggs Liquid Aminos, or low sodium soy sauce

SALAD

3 cups Napa cabbage, shredded
½ cup purple cabbage, shredded
1 cup carrots, shredded
2 green onions, sliced
1 (15 ounce) can Mandarin oranges in light syrup, drained
¼ cup sliced almonds (*optional*)

- 1 Toss all salad ingredients except Mandarin oranges and almonds in large bowl.
- 2 In a small bowl, combine ground flax and water, whisk, and set aside until thickened.
- 3 Combine flax mixture with the other dressing ingredients.
- 4 Whisk or use food processor to get a smooth consistency.
- 5 Pour dressing over cabbage mixture and stir to coat. Top with oranges and sliced almonds.

Per $\frac{3}{4}$ -cup serving: 125 calories, 5g fat (0.75g saturated fat), 0mg cholesterol, 230mg sodium, 18g carbohydrate, 4g dietary fiber, 6g sugar, 4g protein





PERUVIAN AVOCADO COLESLAW

Amazingly simple, amazingly tasty. This Peruvian dish makes a complete meal.



10 minutes



0 minutes



8 servings



1/2 cup

1/4 head cabbage, chopped

1-2 medium tomatoes, chopped

1-2 avocados, sliced and cut into 2 inch lengths

1/2 sweet onion, thinly sliced

onion salt, to taste

garlic salt, to taste

3 tablespoons fresh lemon juice

1 teaspoon [Cashew Mayo \(p. 264\)](#) or store-bought light vegan mayo of choice

-
- 1 Mix all ingredients together and serve.

Per 1/2-cup serving: 90 calories, 7g fat (1g saturated fat), 0mg cholesterol, 33mg sodium, 9g carbohydrate, 4g dietary fiber, 1.5g sugar, 2g protein





SPEEDY 3-BEAN SALAD

Beans provide protein and fiber. They're a secret weapon for blood sugar control. This recipe is an easy and tasty way to eat your beans.

 10 minutes

 0 minutes

 5-8 servings

 $\frac{3}{4}$ cup

SALAD

1 (15 ounce) can green beans, drained and rinsed
1 (15 ounce) can chickpeas, drained and rinsed
1 (15 ounce) can kidney beans, drained and rinsed
1-2 stalks celery, sliced
1 jalapeño, seeded and finely chopped (*optional*)
 $\frac{1}{3}$ cup packed fresh parsley, finely chopped
3 green onions, finely chopped

DRESSING

$\frac{1}{3}$ cup fresh lemon juice
 $\frac{1}{2}$ teaspoon ground mustard
 $\frac{1}{4}$ teaspoon garlic powder
 $\frac{1}{4}$ teaspoon onion powder
 $\frac{1}{3}$ - $\frac{1}{4}$ teaspoon salt

- 1 Place beans and vegetables in a large bowl and mix.
- 2 In a small bowl, whisk together the dressing ingredients until combined. Adjust to taste if needed.
- 3 Pour dressing over salad and mix well.
- 4 Place in the fridge for 30 minutes to allow the flavors to develop.
- 5 Season with salt and adjust dressing to taste.



The salad will taste even better the next day. Store it in the fridge for up to 3-4 days.

Per $\frac{3}{4}$ -cup serving: 100.5 calories, 0.9g fat (0.1g saturated fat), 0mg cholesterol, 465mg sodium, 19g carbohydrate, 4.5g dietary fiber, 0.9g sugar, 4.7g protein





ITALIAN WHITE BEAN SOUP

Jaws dropped when we served this to the cookbook team during our recipe testing phase. They had the recipe right in front of them—it was only 5 ingredients long (minus the water), so expectations weren't very high. All preconceived notions changed with one creamy, rosemary-scented spoonful. Yes, it's that good.

 2 minutes

 15 minutes

 4–6 servings

 1 cup

1/4 vegetable broth or water

2 cloves garlic, minced

1 cup water (add more for preferred consistency)

1 (32 ounce) can Great Northern beans, liquid reserved

1–2 teaspoons McKay's Chicken Style Instant Broth and Seasoning (or other chicken-like seasoning)

1 teaspoon fresh rosemary, stem removed and leaves chopped

1 In a medium pot, sauté the garlic in vegetable broth or water for 2–3 minutes.

2 When the garlic is translucent, add the remaining ingredients and simmer for 10 minutes.

Per 1-cup serving: 187 calories, 0.7g fat (0.2g saturated fat), 0mg cholesterol, 483mg sodium, 33g carbohydrates, 10.9g dietary fiber, 0.5g sugar, 13g protein



RUSTIC TOMATO, RICE & KALE STEW

This is an everything-but-the-kitchen-sink sort of stew. If you're feeling adventurous, you could also throw in a can of black beans.



 5 minutes 25 minutes 8 servings 1 cup

1 1/4 cups brown rice, cooked
1 (28 ounce) can fire-roasted tomatoes
3 cups vegetable broth, divided (low-sodium preferred)
3/4 cup nutritional yeast flakes
1 bunch kale, ribs removed and julienned
3 red potatoes, diced
2 cups frozen vegetable blend
2 bay leaves
1 tablespoon chili powder
1 teaspoon garlic powder (or 2 cloves fresh garlic, minced)
cayenne pepper, to taste
salt, to taste

- 1 Prepare rice according to package instructions.
- 2 While the rice is cooking, add the fire-roasted tomatoes and 1 cup of vegetable broth to a high-speed blender, then blend on low until smooth.
- 3 Pour the mixture into a large, heavy-bottomed pot. Add the potatoes and 2 cups of vegetable broth to the pot and boil until the potatoes are fork tender, about 10–15 minutes.
- 4 Add the frozen vegetables and seasonings (bay leaves, chili powder, garlic, powder, cayenne, and salt), and reduce the heat to a simmer.
- 5 When the vegetables are cooked through, add the kale and cooked rice. Season to taste, adding more spice and salt if desired.
- 6 Simmer on low until the kale is tender, at least 10 minutes.
- 7 Remove the bay leaves and serve.

Per 1-cup serving: 141 calories, 0.5g fat (0.1g saturated fat), 0mg cholesterol, 547mg sodium, 26g carbohydrates, 5g dietary fiber, 5g sugar, 8g protein





SPICY 3-BEAN CHILI

You'll never miss the meat in this plant-protein-packed chili. Bursting with flavor and fiber, it's sure to become a new fave.

5 minutes

35 minutes

6-8 servings

1 cup

- 1/4 cup vegetable broth
- 2 cups onion, chopped
- 4 cloves garlic, minced
- 1 red bell pepper, chopped
- 2 tablespoons chili powder (reduce for a less spicy chili)
- 2 teaspoons dried oregano
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon cayenne pepper
- 1 (15 ounce) can black beans, drained and 1/2 cup liquid reserved
- 1 (15 ounce) can kidney beans, drained and rinsed
- 1 (15 ounce) can chickpeas, drained and rinsed
- 1 (15 ounce) can fire-roasted tomato sauce
- salt, to taste
- 2 tablespoons cilantro, chopped (*optional*)



- 1 Heat vegetable broth in a large pot over medium-high heat and add the onions, garlic, and bell peppers. Sauté until the onions are translucent and soft, about 10 minutes, adding more broth or water if necessary.
- 2 Add the seasonings (chili powder, oregano, cumin, and cayenne) and stir for 2 minutes.
- 3 Add the tomato sauce, beans, and ½ cup of reserved black bean liquid. Bring the chili to a boil, stirring occasionally.
- 4 When the chili has reached a boil, reduce the heat to medium low and simmer until flavors blend and thicken to your liking, at least 15 minutes.
- 5 Season to taste with salt to taste, then top with chopped cilantro, if desired.

Per 1-cup serving: 199 calories, 1.4g fat (0.1g saturated fat), 659mg sodium, 37.7g carbohydrates, 10g dietary fiber, 4.2g sugar, 10.4g protein



INDIAN RED LENTIL SOUP

Lentil soup is as comforting as it is affordable. This variation is more exotic than most. The fragrant Indian spices lighten and brighten the soup's homey flavor. Red lentils tend to easily break down into a coarse puree during the cooking process, so you should expect a creamier texture than typical lentil soups.



10 minutes



125 minutes



4-6 servings



1 cup

5 cups water
1 cup red lentils, uncooked
1 clove garlic, crushed
1/4 cup vegetable broth or water
1 cup onions, chopped
1/2 cup celery, thinly sliced
1 cup carrots, finely diced

1 1/2 tablespoons tomato paste
1 bay leaf
1/8 teaspoon chili powder
1 teaspoon salt
3/4 (15 ounce) can tomatoes, chunky, whole-crushed
1 tablespoon curry powder
1/2 cup parsley or cilantro (*optional*)

- 1 In a large pot, combine the first 7 ingredients (water, red lentils, garlic, vegetable broth or water, onions, celery, and carrots) together, and bring to a boil.
- 2 Reduce the heat to medium and simmer for about 2 hours, making sure to keep the pot covered so the liquid doesn't evaporate.
- 3 Except for the parsley, add the rest of the ingredients (tomato paste, bay leaf, chili powder, salt, tomatoes, curry powder) and let simmer for a few minutes longer.
- 4 Just before serving, stir in the 1/2 cup of freshly chopped parsley.



Per 1-cup serving: 132 calories, 0.2g fat (0g saturated fat),
0mg cholesterol, 665mg sodium, 25.6g carbohydrates,
6g dietary fiber, 4.1g sugar, 8.5g protein



CREAMY POTATO SOUP

This is one of the easiest soups in this cookbook, and can be dressed up or down in any direction. Try adding green beans or fresh peas.

 5 minutes

 15 minutes

 5-8 servings

 $\frac{3}{4}$ cup

4 red potatoes, peeled and diced
5 cups water, divided
1 cup raw cashews
1 tablespoon onion powder
2 teaspoons salt
1 teaspoon fresh rosemary, thyme, or basil, minced (*optional*)

- 1 Combine the potatoes with 4 cups of water in a large pot over high heat and bring to a boil.
- 2 Meanwhile, in a high-speed blender, blend the cashews, onion salt, and 1 cup of water until the mixture is very smooth.
- 3 When the potatoes are tender, add the cashew soup base to the pot. Heat for 5 minutes, stirring constantly to avoid burning the cream.
- 4 Stir in herbs, if using, then serve.

Per 1-cup serving: 208 calories, 10g fat (2g saturated fat),
0mg cholesterol, 347 mg sodium, 27g carbohydrates,
2.85g dietary fiber, 2.3g sugar, 5.6g protein



EWALD WILD RICE STEW

This thick, creamy stew is delicious enough to deserve the author's name in the title. Kimberly Ewald, who graciously shared this recipe, lives in Minnesota where wild rice is the state grain and a pantry staple.



 5 minutes 145 minutes 4-6 servings 1 cup

½ cup wild rice, uncooked
2 cups water
2 cups unsweetened soy milk
1 cup raw cashews
2 cloves garlic
½ medium onion
¼ cup pearl barley, uncooked
1 cup carrots, shredded
1 teaspoon salt
1 tablespoon McKay's Chicken Style Instant Broth and Seasoning (or other chicken-like seasoning)
½ teaspoon poultry seasoning
1 teaspoon McKay's Beef Style Instant Broth and Seasoning (or other beef-like seasoning)
1 tablespoon Bragg Liquid Aminos

- 1 Cook the wild rice according to the package's instructions. When the rice begins to soften and crack, take it off the heat, drain, and set aside.
- 2 While the rice is cooking, use a high-speed blender to blend the cashews, garlic, onions, and some of the water (enough to liquefy the other ingredients).
- 3 Transfer the cashew cream to a large pot over medium heat. Add the remaining water, uncooked barley, cooked wild rice, shredded carrots, and the remaining seasonings (salt, McKay's Chicken Style seasoning, poultry seasoning, beef style seasoning, and Bragg Liquid Aminos).
- 4 Simmer for a couple hours, or until the barley and rice are cooked and chewy. Then add the soy milk and cook for an additional 10-15 minutes.

Per 1-cup serving: 246 calories, 10g fat (1.5g saturated fat), 0mg cholesterol, 921mg sodium, 32g carbohydrates, 4g dietary fiber, 5g sugar, 9g protein





VELEZ'S HEARTY MINESTRONE

When Daniel cooks this in the Life+Health office, we all abandon our packed lunches and drool around the kitchen until he offers us some.



10 minutes



50 minutes



8 servings



1 cup

1/4 cup vegetable broth or water
1 small onion, diced
1 tablespoon + 1/4 teaspoon Italian seasoning, divided
1/2 teaspoon salt
dash crushed red pepper flakes
2 cloves garlic, minced
1 (15 ounce) can tomato sauce

1/2 cup whole-wheat elbow pasta
1 (15 ounce) can red kidney beans, rinsed and drained
1 medium Russet potato
1 medium eggplant
1 medium zucchini
1 small green pepper
8 cups water

- 1 In a medium pot heat vegetable broth or water and sauté onion with 1/4 teaspoon Italian seasoning, 1/2 teaspoon salt, and a dash of red pepper flakes.
- 2 Once onions are soft, add garlic and cook for a minute. Add tomato sauce and more broth if needed and bring to a boil. Lower heat and simmer for 20 minutes stirring occasionally.
- 3 In the meantime, chop vegetables into 3/4 inch cubes. Add 8 cups of water and an additional tablespoon of Italian seasoning. Set heat to medium high and when soup comes to a boil add pasta and rest of vegetables.
- 4 Simmer for 15 minutes or until vegetables are tender.

Per 1-cup serving: 126 calories, 0.6g fat (0.1g saturated fat), 0mg cholesterol, 577mg sodium, 27g carbohydrate, 7.6g dietary fiber, 7g sugar, 5.8g protein





RAMEN REMIX

Who says you can't have ramen noodles? OK, it's not as simple as cup ramen, but it's so much tastier!

 5 minutes

 20 minutes

 6-8 servings

 1 cup

4 cups water

3 tablespoons Bragg's Liquid Aminos or soy sauce

1 tablespoon beef-like seasoning

2 cloves garlic, minced

½ inch ginger root, minced

4 ounces (around a handful) whole wheat angel hair noodles

3 cups vegetables of choice (Shiitake mushrooms, carrots, bok choy, snow peas, etc.)

1 (16 ounce) package extra firm tofu, cubed

- 1 Bring first 6 ingredients to a boil in a medium pot.
- 2 Add angel hair pasta and cook for 5 minutes.
- 3 Add in vegetables and tofu and cook until vegetables are tender.

Per 1-cup serving: 116 calories, 2.9g fat (0.3g saturated fat), 0mg cholesterol, 460mg sodium, 14g carbohydrate, 1.4g dietary fiber, 0.9g sugar, 8.9g protein





SMOKY CHICKPEA & VEGETABLE SOUP

On a cold, wintry day, nothing hits the spot better than a warm bowl of savory soup.



10 minutes



40 minutes



6-8 servings



1 cup

2 tablespoons water
1 yellow onion, finely chopped
4 cloves garlic, minced
1 large carrot, diced
1/4–1/2 teaspoon smoked paprika
3/4 teaspoon ground cumin
4 cups low-sodium vegetable broth
1 (14.5 ounce) can diced tomatoes

1/3 cup uncooked red lentils
1/2 teaspoon dried thyme
2 bay leaves
1 teaspoon salt
1 (14.5 ounce) can chickpeas, drained and rinsed
1/2 cup green beans, fresh or frozen
1/2 cup frozen peas

- 1** In a large pot, heat water over medium heat. Add onion and cook until soft, about 5 minutes. If the pot starts to brown, add 2 additional tablespoons of water.
- 2** Add garlic, carrots, smoked paprika, and cumin. Cook for 2 minutes, stirring frequently so garlic doesn't brown.
- 3** Add the broth, diced tomatoes, red lentils, thyme, bay leaves, and salt and bring to a boil. Cover the pot and reduce the heat to a simmer. Cook for 10 minutes.
- 4** Add chickpeas, cover pot, and cook for an additional 10 minutes.
- 5** Take out the bay leaves, and then transfer 2 cups of the soup to a blender and puree until smooth. Add the pureed soup back in the pot and stir.
- 6** Add green beans and peas and simmer until vegetables are tender.

Per 1-cup serving: 101 calories, 1g fat (0.1g saturated fat), 0mg cholesterol, 590mg sodium, 19g carbohydrate, 5g dietary fiber, 3g sugar, 4g protein





BUTTERNUT SQUASH SOUP

Readily available during the winter months, this colorful veggie makes a delicious soup.

 15 minutes

 25 minutes

 4–6 servings

 1 cup

1/4 cup vegetable broth or water
1 white onion, chopped
1 medium butternut squash, peeled and cut into cubes
1/2 teaspoon granulated garlic (or **1** clove garlic, minced)
3 cups water
1/4 cup roasted pumpkin seeds
5 fresh sage leaves, chopped coarsely (or rubbed sage)
1 teaspoon sea salt
pinch red chili flakes (optional)

- 1 Heat up a heavy saucepan, put in the onion, vegetable broth or water, and salt. Sauté until the onions are caramelized.
- 2 Add the squash, garlic and 3 cups of water. Cover and cook until the squash is soft (about 15–20 minutes).
- 3 Take off the heat, put mixture in the blender, and blend until it is soft.
- 4 Pour into bowls, add sage, mixing it in, and decorate with the pumpkin seeds.

Per 1-cup serving: 51 calories, 0.5g fat (0.1g saturated fat), 0mg cholesterol, 445mg sodium, 11.1g carbohydrate, 2.2g dietary fiber, 2.4g sugar, 1.2g protein





SWEET PEA SOUP

The humble pea soup. Comfort food in a bowl.

 2 minutes

 0 minutes

 6-8 servings

 1 cup

3 cups frozen sweet peas

½ cup raw cashews or blanched almonds, rinsed

1 tablespoon onion powder

½ teaspoon salt

½ teaspoon garlic powder

½ teaspoon celery seed

4 cups hot water

1 Put the cashews, seasonings and water in a high-speed blender. Blend until smooth.

2 Add the peas, and continue blending until everything well pureed.

3 Heat over stove if soup is not hot enough.

Per 1-cup serving: 82 calories, 3g fat (0.5g saturated fat), 0mg cholesterol, 147mg sodium, 10g carbohydrate, 3g dietary fiber, 3g sugar, 4g protein





PASTA E FAGIOLI SOUP

"Pasta e fagioli" or "pasta and beans," is robust and filling, perfect for a cold winter day.

 15 minutes

 45 minutes

 4–6 servings

 1 cup

2 tablespoons water
1 medium yellow onion, finely diced
2 medium carrots, finely diced
2 medium celery stalks, finely diced
2 cloves garlic, minced
6 cups low sodium vegetable broth
1 teaspoon salt

2 (15 ounce) cans cannellini beans or chickpeas, rinsed and drained
 $\frac{1}{4}$ cup dried lentils, rinsed (preferably French green lentils)
1 cup diced or chopped canned tomatoes with their juices
2 bay leaves
1 tablespoon fresh rosemary, minced
 $\frac{3}{4}$ cup dried whole wheat elbow pasta

- 1 Heat 2 tablespoons of water in a large pot over medium-low heat. Sauté onion, carrots, and celery and increase the heat to medium. Cook until onions become translucent, stirring frequently. If bottom of pot becomes brown, add 2 tablespoons of water.
- 2 Add garlic and cook 1 minute, stirring constantly.
- 3 Add the broth, salt, beans, lentils, diced tomatoes, bay leaves, and rosemary. Increase the heat to high and bring to a boil, then reduce to medium-low and simmer, covered, until the lentils are just tender, 15–30 minutes.
- 4 Use a slotted spoon to transfer 1 cup of bean mixture and a little liquid to a blender. Puree until smooth and set aside.
- 5 Add the dried pasta to the pot and stir to incorporate. Turn the heat up to a gentle boil and cook until pasta is tender but still firm to the bite, about 8–12 minutes. Discard the bay leaves.
- 6 Stir the reserved pureed bean mixture into the soup. Cook briefly until soup is heated through.
- 7 Remove the soup from heat and season with salt. Serve immediately.

Per 1-cup serving: 193 calories, 0.5g fat (0g saturated fat), 0mg cholesterol, 750mg sodium, 27g carbohydrate, 11g dietary fiber, 7g sugar, 10g protein



BROCCOLI WITH ROASTED PEPPERS & OLIVES
GARLICKY POTATO & WHITE BEAN MASH
SWEET BAKED LENTILS
ROASTED BRUSSELS SPROUTS
CARAMELIZED KOREAN TOFU
SPICY QUINOA "TACO MEAT"
FRESH SPRING ROLLS
ZESTY GARLIC SWEET POTATO FRIES
BAKED TOFU
TABBOULEH
EASY MICROWAVE EDAMAME
SPANISH ROASTED GARBANZOS

SIDES



BROCCOLI WITH ROASTED PEPPERS & OLIVES

Broccoli is native to the Mediterranean and Asia Minor, so it only seems right to pair it with Mediterranean flavors like smoky peppers, acidic olives, and a kick of lemon. Green, red, purple-black, and yellow—it's a beautiful plate of bright and complex flavors.

 10 minutes 25 minutes 6-8 servings 1/2 cup

1/2 red bell pepper
1 large head broccoli, cut into florets (about 3 cups chopped)
1/4 cup vegetable broth
1 clove garlic, thinly sliced
10 kalamata olives, quartered
2 teaspoons fresh marjoram, finely chopped (or 1/2 teaspoon dried)
salt, to taste
lemon wedges, for serving

- 1 Preheat the oven to 400°F.
- 2 Place the 1/2 red bell pepper cut-side down on a sheet pan, and roast it in the oven for 10 minutes.
- 3 While the pepper is roasting, steam the broccoli in a bit of water until tender, but still crunchy, then set aside.
- 4 When the pepper has cooled down, peel off the skin and discard. Dice the pepper into small cubes, and set aside.
- 5 Heat vegetable broth in a skillet, and sauté the garlic slices over medium heat until they're browned.
- 6 Add the roasted bell pepper, steamed broccoli, quartered olives, and marjoram, and sauté until vegetables are heated through.
- 7 Salt to taste and serve with lemon wedges.

Per 1/2-cup serving: 33 calories, 1.8g fat (0.1g saturated fat), 0mg cholesterol, 177mg sodium, 3.7g carbohydrates, 1.5g dietary fiber, 0.8g sugar, 1.4g protein





GARLICKY POTATO & WHITE BEAN MASH

When is the last time you made mashed potatoes without entire spoonfuls of butter? This recipe uses creamy white beans to add a silky texture and unique flavor to the mash. Try mixing up the flavors by adding more steamed and mashed vegetables, like carrots, celery, or parsnips.

 5 minutes

 30 minutes

 12-16 servings

 ½ cup

1 head garlic, pointed end cut off

5 large Yukon Gold potatoes, peeled, washed, and cubed

1 ½ cups (¾ of a 15 ounce can) cannellini beans, drained and mashed

1 teaspoon onion powder

½ teaspoon salt

1 Preheat the oven to 375°F.

2 Wrap the garlic head completely with foil, and roast in the oven for 30 minutes, or until the cloves are soft enough to squeeze out of its skin.

3 While the garlic is roasting, prepare the potatoes and beans. Boil the potatoes in salted water until they are fork tender. While the potatoes are boiling, use a potato masher to mash the beans in a large mixing bowl.

4 When the potatoes are ready, add them to the mixing bowl and mash together with the beans, roasted garlic, onion, and salt until it reaches your desired consistency. Use a blender for smoother consistency.

5 Salt to taste and serve.

Per ½-cup serving: 67 calories, 0g fat (0g saturated fat), 0mg cholesterol, 165mg sodium, 16g carbohydrates, 2.8g dietary fiber, 1g sugar, 3.5g protein





SWEET BAKED LENTILS

These baked lentils may remind you of a favorite American comfort food, baked beans. They're affordable, easy, and bursting with flavor.

 5 minutes

 80 minutes

 8-10 servings

 1 cup

5 cups water

2 cups brown lentils, uncooked

1 teaspoon salt

1 tablespoon molasses

1 medium onion, chopped

1 (12 ounce) can tomatoes, blended

1 Preheat the oven to 350°F.

2 In a large pot, boil 5 cups of water and cook the lentils until they're tender, about 20 minutes.

3 When the lentils are soft and have absorbed the water, add the remaining ingredients (salt, molasses, onion, tomatoes) and stir to combine.

4 Transfer the lentils to a baking dish and bake for 60 minutes.



Serve over brown rice as a main dish, or enjoy as a side dish.

Per 1-cup serving: 157 calories, 0.5g fat (0.1g saturated fat), 0mg cholesterol, 335mg sodium, 28.4g carbohydrate, 12g dietary fiber, 2.7g sugar, 10.4g protein





ROASTED BRUSSELS SPROUTS

This recipe is the secret to making Brussels sprouts palatable to just about anyone. It brings out their wonderful nutty flavor.

 5 minutes

 30 minutes

 6-8 servings

 ½ cup

30 brussels sprouts

¼ teaspoon salt, or to taste

¼ cup pine nuts

¼ cup dried currants or cranberries

- 1 Preheat the oven to 400°F.
- 2 Cut the ends off the brussels sprouts, and take off the flimsiest outer leaves before cutting the sprouts in half. Toss them in a large mixing bowl with the olive oil and salt.
- 3 Transfer the sprouts to a baking pan and place them in the oven. Roast until the outer leaves are slightly brown, about 20-30 minutes.
- 4 During the last 4 minutes of roasting, add the pine nuts and currants to the pan and return to the oven.
- 5 Remove the pan from the oven and transfer to a serving platter. Squeeze fresh lemon juice over the brussels sprouts and serve.

Per ½-cup serving: 79 calories, 4g fat (0.3g saturated fat), 0mg cholesterol, 104mg sodium, 8.7g carbohydrates, 2.4g dietary fiber, 4.4g sugar, 2.3g protein





CARAMELIZED KOREAN TOFU

Pan-fried tofu is a traditional Korean side dish (or banchan). This recipe enhances the classic flavor by caramelizing the sauce and tofu together. The result? Every flavor—from the maple syrup to the ginger—is enhanced tenfold.

5 minutes

10 minutes

4-6 servings

2 slices

TOFU

olive oil spray

1 (16 ounce) package extra firm tofu, drained and cut into ½ inch thick slices
salt, to taste

SAUCE

2 tablespoons maple syrup
2 tablespoons Bragg Liquid Aminos (or low-sodium soy sauce)
1 tablespoon green onion, finely sliced
3 cloves garlic, minced
½ teaspoon fresh ginger, minced
¼ teaspoon chili paste (or ¼ jalapeño, seeded and minced)

GARNISH

2 green onions, finely sliced
½ teaspoon sesame seeds, toasted

-
- 1 Lightly spray skillet, and place the sliced tofu strips onto the pan, sprinkling lightly with salt. Fry the tofu strips on medium high heat until golden.
 - 2 Flip the strips and lightly sprinkle with salt. Fry until golden, about 5 minutes each side. Leave in the pan.
 - 3 Meanwhile, prepare the sauce by whisking together the maple syrup, Bragg Liquid Aminos, garlic, ginger, and chili paste in a bowl. Set aside until the tofu segments are golden.
 - 4 When the tofu is ready, pour the sauce over it, and let it simmer in the pan for a few minutes or until caramelized.
 - 5 Transfer the tofu onto a serving platter and garnish with green onions and sesame seeds.

Per slice: 88 calories, 3.6g fat (0.4g saturated fat), 0mg cholesterol, 246mg sodium, 7.6g carbohydrates, 1g dietary fiber, 4g sugar, 7.5g protein





SPICY QUINOA “TACO MEAT”

The ever-versatile quinoa gets another twist as a ground beef substitute. Take this protein-packed, low-glycemic food and turn it into a healthy “meat” for tacos or other dishes that need ground beef.

 5 minutes

 30 minutes

 6 servings

 $\frac{1}{3}$ cup

1 cup uncooked quinoa

1 teaspoon chili powder

2 cups water or broth

1/2 teaspoon ground cumin

3/4 teaspoon salt

1/2 teaspoon black pepper

1 teaspoon granulated onion

1/4 cup tomato sauce

1 teaspoon granulated garlic

- 1 Rinse quinoa thoroughly in a mesh strainer for 2 minutes. This step is important for getting rid of the bitter flavor of quinoa.
- 2 Add to pot with 2 cups water or broth and bring to a boil.
- 3 Cover, reduce heat to low, and simmer for 20 minutes or until liquid has been absorbed and quinoa is tender.
- 4 Transfer quinoa into a saucepan and stir in seasonings.
- 5 Add tomato sauce and let quinoa cook for 5 minutes or until quinoa crisps up to resemble taco meat.



Freeze taco meat in a ziplock bag and have it on hand for future meals.

Per $\frac{1}{3}$ -cup serving: 120 calories, 1.3g fat (0g saturated fat), 0mg cholesterol, 363mg sodium, 22g carbohydrate, 2.7g dietary fiber, 1.3g sugar, 3.3g protein





FRESH SPRING ROLLS

Essentially fresh veggies wrapped in rice paper, this Asian inspired meal can be modified to add whatever fresh vegetables and herbs you have in the fridge. Best served dipped in a sauce.

 15 minutes

 0 minutes

 3 servings

 2 wraps

1 cup fresh zucchini, julienned or shredded
1 cup fresh carrots, julienned or shredded
1 avocado, cut into 6 wedges
1 cup mung bean sprouts
6 large fresh basil leaves
3 tablespoons cilantro, chopped
6 brown rice paper wrappers
1 recipe [Almond Butter Sauce](#) (p. 255)

- 1 Place warm water into a shallow pie pan.
- 2 Take one rice paper wrap at a time and dip it into the water for about 5 seconds.
- 3 Take it out and lay flat on a plate. Wait about 30 seconds to allow the wrap to soften.
- 4 Fill your wrap with all of the ingredients listed above.
- 5 Wrap like a burrito and dip into [Almond Butter Sauce](#).



Be creative with your filings! Use any vegetables or herbs that you have in the refrigerator.



This is a nice option for a light dinner.

Per 2 wraps (without sauce): 205 calories, 9g fat (1g saturated fat), 0mg cholesterol, 67mg sodium, 31g carbohydrate, 8g dietary fiber, 5g sugar, 2g protein





ZESTY GARLIC SWEET POTATO FRIES

A sweet potato is sweeter but much lower on the glycemic index than a potato. Try this super tasty variation on a classic side.



10 minutes



30 minutes



3 servings



½ cup

1 large or 2 medium sweet potatoes, peeled and cut into long strips
1 tablespoon water
1 clove garlic, minced
2 tablespoons parsley, minced
zest of 1 small lemon

- 1 Preheat oven to 425°F.
- 2 Line a baking sheet with parchment paper and spread out a single layer of sweet potatoes.
- 3 Bake for 15 minutes and turn fries. Bake until they are soft and beginning to brown, about 10 minutes.
- 4 Heat water and garlic in a pan over medium heat for 2 minutes.
- 5 Add sweet potato fries and cook for 2 minutes.
- 6 Remove from heat and stir in parsley and lemon zest.

Per ½-cup serving: 40 calories, 0g fat (0g saturated fat), 0mg cholesterol, 0mg sodium, 12g carbohydrate, 2g dietary fiber, 6g sugar, 1g protein





BAKED TOFU

It doesn't get any easier than this to add a tasty protein entrée to your meal. It's also good as a "meat" at breakfast, in sandwiches, or cubed and mixed into a vegetable stir fry.

 5 minutes

 30 minutes

 2-4 servings

 ½ cup

1 (14 ounce) package firm tofu, rinsed and drained

sprinkle salt

1 tablespoon nutritional yeast flakes

1 ½ tablespoons fresh lemon juice

- 1 Preheat oven to 400°F.
- 2 Pat tofu block with a paper towel to remove excess water. Cut tofu into cubes, slices, or any other desired shape and put in a medium bowl.
- 3 Add seasonings and lemon juice, and mix to incorporate well.
- 4 Spread tofu evenly on a lightly greased baking pan. Bake for 30–45 minutes flipping midway through. The longer you bake the tofu, the firmer it will become.



This recipe is great on its own or as added protein to any dish. Feel free to play around with spices to give it a different twist.

Per ½-cup serving: 65 calories, 3.5g fat (0.7g saturated fat), 0mg cholesterol, 50mg sodium, 2.6g carbohydrate, 1g dietary fiber, 1g sugar, 7.7g protein





TABBOULEH

This classic Arabic dish is as easy as it is delicious. Like many other recipes, it can be adapted to your preferences. Consider using quinoa or couscous instead of bulgur, or add chopped cucumbers or sun-dried tomatoes for a different flavor profile.

 35 minutes

 0 minutes

 8-10 servings

 1/2 cup

1/2 cup bulgur wheat
2 cups fresh parsley, minced
1 cup fresh mint, minced
2 cups tomatoes, seeded and chopped
1 small red onion, finely chopped
1/4 cup fresh lemon juice
salt, to taste

- 1 Soak the bulgur in room-temperature water and cover until the bulgur becomes tender, about 30 minutes.
- 2 Drain well, squeezing out as much water as possible.
- 3 Combine the bulgur with parsley, mint, tomatoes, and onion.
- 4 Whisk the olive oil with lemon juice and toss with the salad.
- 5 Season with salt to taste.

Per 1/2-cup serving: 64 calories, 0.4g fat (0g saturated fat), 0mg cholesterol, 36mg sodium, 13.7g carbohydrates, 4.3g dietary fiber, 0.3g sugar, 2.6g protein





EASY MICROWAVE EDAMAME

Edamame is a tasty snack with a nutritional punch!

 1 minute

 5 minutes

 1-2 servings

 1/2 cup

1 cup frozen shelled edamame soybeans

1 teaspoon soy sauce

dash crushed red pepper flakes

dash sea salt or Himalayan pink salt

- 1 Put edamame in a microwaveable bowl. Add soy sauce, a liberal dash of red pepper flakes, and a dash of salt.
- 2 Mix well, and microwave on high for 5 minutes, stopping halfway through to mix.
- 3 Once the edamame is roasted and all the liquid evaporates, bring out of the microwave and eat warm.



These are great as a topping on salads.

SIDES

Per 1/2-cup serving: 101 calories, 2.5g fat (0g saturated fat), 0mg cholesterol, 296mg sodium, 9g carbohydrate, 4g dietary fiber, 1g sugar, 8g protein





SPANISH ROASTED GARBANZOS

Research shows that the simple act of eating legumes like garbanzo beans lowers the Hemoglobin A1C scores of people with type 2 diabetes. Here's a delicious, spicy way to eat your beans.

 2 minutes

 20 minutes

 6 servings

 1/4 cup

1 (16 ounce) can garbanzo beans, rinsed and drained

1/4 teaspoon sea salt or Himalayan

1/4 teaspoon smoked paprika

cayenne powder

1 Preheat oven to 400°F.

2 Put garbanzos in a bowl, add the salt and the spices, and mix carefully without breaking the garbanzos, but making sure they're all evenly coated.

3 Spread beans evenly on a cookie sheet lined with parchment paper, and bake for 20–30 minutes, shaking occasionally to make sure they get roasted evenly. Bring them out when they are crispy.



Use these over salads for a spicy crunch.

Per 1/4-cup serving: 83 calories, 0.8g fat (0.1g saturated fat), 0mg cholesterol, 306mg sodium, 15.8g carbohydrate, 3.1g dietary fiber, 0g sugar, 3.5g protein





Before you rush to your kitchen to prepare a delicious dessert, read this! Desserts should be reserved for special occasions and eaten with balanced meals in moderate portion sizes. Remember that the carbs found in your desserts count toward your total carb servings in a meal. Don't sabotage your success by overdoing it on the sweets.



ONE-INGREDIENT BANANA ICE CREAM

What's the one magic ingredient that can be whipped into perfectly rich and silky ice cream, with no dairy whatsoever? The good ol' banana. If you freeze a banana until solid, then whiz it up in a blender or food processor, it gets creamy and a little gooey, just like good custard ice cream. Feel free to mix in a little nut butter or sprinkle with berries and nuts.

 2 minutes

 0 minutes

 1 serving

 1 banana

1 medium overripe banana

OPTIONAL TOPPINGS

mixed berries, nut butter, nuts,
unsweetened cocoa powder,
unsweetened shredded coconut

- 1 Peel the banana, chop into 1 inch coins, and freeze them in a plastic bag for at least two hours.
- 2 When the bananas are frozen, blend them in a food processor or a high-speed blender, scraping down the sides as necessary. Continue to blend until the bananas reach a soft-serve ice cream-like consistency.



Add a little soy milk if the bananas are not blending well.



Add a few nuts to help balance this sweet treat.

*Per medium banana (no topping) serving: 105 calories, 0.4g fat (0.1g saturated fat),
0mg cholesterol, 1mg sodium, 27g carbohydrates, 3.1g dietary fiber, 14.4g sugar, 1.3g protein*





NEAPOLITAN CHIA-BANANA PARFAIT

What if you could eat dessert for breakfast, but not feel guilty about it? You can! These parfaits taste like a decadent frozen dessert, but only involve layers of overnight chia-seed pudding, frozen banana cream, and an array of mix-ins. You can also plop everything in a bowl if you prefer not to layer it.

 10 minutes

 0 minutes

 2 serving

 1 parfait

1/3 cup rolled oats
1 cup unsweetened soy or almond milk
1 tablespoon chia seeds
1 ripe banana, mashed
1/4 teaspoon pure vanilla extract
pinch salt

OPTIONAL TOPPINGS
chopped fruit, nut butter,
unsweetened coconut flakes,
toasted nuts, granola, jam

RASPBERRY CREAM
1 frozen banana + 4 fresh raspberries

CHOCOLATE CREAM
1 frozen banana + 2 teaspoons cocoa powder

- 1 Mix the ingredients in a bowl and place in the fridge overnight.
- 2 The next day, layer the chia-banana mixture with raspberry and/or chocolate cream.



Remember to enjoy just one portion!

Per parfait (without cream): 140 calories, 4.1g fat (0.3g saturated fat), 0mg cholesterol, 208mg sodium, 25g carbohydrates, 4.6g dietary fiber, 7.5g sugar, 3.7g protein





MANGO & COCONUT RICE

One of the pleasures of home cooking is discovering that many exotic foods are quite simple to prepare. You don't have to go to a Thai restaurant to enjoy this comforting Asian classic.



10 minutes



65 minutes



8 servings



1/4 cup

1-2 mangoes, peeled and sliced
1 cup brown jasmine rice, uncooked
1/2 stick cinnamon (or 1/4 teaspoon ground cinnamon)
2 1/4 cups water
1/2 (13.5 ounce) can coconut milk
1 tablespoon agave syrup or maple syrup
1/2 tablespoon black sesame seeds, toasted (*optional*)

- 1 Combine the brown rice, water, agave syrup or maple syrup, and cinnamon in a saucepan and bring it to a boil.
- 2 Cover, turn the heat to low, and let it simmer for 45 minutes.
- 3 Remove from heat and pour in the coconut milk.
- 4 Fluff the rice, then cover and let it sit for about 20 minutes.
- 5 Serve with sliced mangoes and an optional sprinkle of sesame seeds.



Remember to enjoy just one portion!

Per 1/4-cup serving: 140 calories, 4g fat (2.7g saturated fat), 0mg cholesterol, 13mg sodium, 24g carbohydrates, 1.6g dietary fiber, 8.25g sugar, 1.8g protein





FRESH WATERMELON-MANGO SALAD

Few things are lovelier or more refreshing than a colorful salad of freshly cut fruit.

 10 minutes

 0 minutes

 4-6 servings

 $\frac{3}{4}$ cup

1 tablespoon fresh lime juice (*optional*)

2 cups watermelon, cubed

1 large mango, cubed

1 cup raspberries or strawberries

1 banana, sliced

1 Cut fruit and gently toss to combine.



Add thin ribbons of mint for a refreshing touch.



Remember to enjoy just one portion!

Per $\frac{3}{4}$ -cup serving: 68 calories, 0.5g fat (0.1g saturated fat), 0mg cholesterol, 2mg sodium, 17g carbohydrates, 3g dietary fiber, 11g sugar, 1g protein





PEANUT BUTTER & BANANA BLONDIES

A cookie bar with a ton of peanut butter flavor, this blondie has a healthy twist with the blended chickpeas.

 5 minutes

 25 minutes

 16 servings

 2x2 inch square

1 (15 ounce) can low-sodium chickpeas or garbanzo beans, drained and rinsed

1 medium ripe banana

½ cup smooth natural peanut butter

2 teaspoons vanilla extract

¼ teaspoon baking powder

¼ teaspoon baking soda

pinch sea salt

½ cup walnuts or pecans, chopped (*optional*)

¼ cup carob or vegan chocolate chips (*optional*)

- 1 Preheat your oven to 350°F
- 2 Lightly grease 8x8 inch baking pan.
- 3 Blend all ingredients except nuts and carob or vegan chocolate chips into a food processor until well combined.
- 4 Fold in any additional toppings and spread mixture into a baking pan.
- 5 Bake for 25 minutes and let it cool for 30 minutes before slicing.



Remember to enjoy just one portion!

Per 2x2 square (with chopped nuts): 108 calories, 8g fat (1g saturated fat), 0mg cholesterol, 80mg sodium, 8g carbohydrate, 3g dietary fiber, 1g sugar, 4g protein





SECRET INGREDIENT BROWNIE BITES

Normally, brownies would be out of the question. But with the secret ingredient (black beans), this guilty pleasure becomes accessible once more.

 5 minutes

 20 minutes

 36 servings

 1 brownie bite

1 cup low-sodium black beans, drained and rinsed
½ cup pumpkin puree
¼ cup maple syrup
½ cup smooth natural peanut butter
½ cup carob or unsweetened cocoa powder

1 tablespoon vanilla extract
½ cup + 1 ½ tablespoons whole wheat flour
1 tablespoon aluminum-free baking powder
½ cup carob or vegan chocolate chips

- 1 Preheat your oven to 350° F.
- 2 Lightly grease a mini muffin tin and set aside.
- 3 Blend black beans, pumpkin puree, maple syrup, peanut butter, carob or cocoa powder, and vanilla extract in a blender or food processor.
- 4 In a separate bowl, whisk together the whole-wheat flour and baking powder.
- 5 Add the wet ingredients to the dry. Fold in the carob or vegan chocolate chips without over-mixing.
- 6 Scoop 1 tablespoon portions of batter in each tin slot. Then with slightly moistened fingertips, press the tops to flatten.
- 7 Bake for 15–20 minutes, cool, and serve.



Remember to enjoy just one portion!

Per brownie bite: 51 calories, 2.2g fat (0.8g saturated fat), 0mg cholesterol, 65.5mg sodium, 8g carbohydrate, 1g dietary fiber, 4g sugar, 1.5g protein





COCOA COCONUT COOKIES

This easy-to-make dessert takes cookies to another level!

 5 minutes

 15 minutes

 18 servings

 1 cookie

1 ½ tablespoons chia seeds
¼ cup unsweetened soy or almond milk
2 ¼ tablespoons carob or unsweetened cocoa powder
3 tablespoons honey
1 ¾ cups rolled oats
⅓ cup unsweetened shredded coconut
¼ cup dates, chopped
2 tablespoons creamy natural peanut or almond butter
⅛ teaspoon salt

- 1 Preheat your oven to 350° F.
- 2 In a medium bowl, add chia seeds and soy milk and let sit for at least 5 minutes. Combine all remaining ingredients and stir until well combined.
- 3 Scoop out a generous tablespoon of dough onto a greased cookie sheet. You should get about 18 cookies.
- 4 Place in oven and bake for 12-15 minutes, or until the cookies are browned or light.
- 5 Take them out and let cool.



Remember to enjoy just one portion!

Per cookie: 76 calories, 3g fat (0.2g saturated fat), 0mg cholesterol, 21mg sodium, 12g carbohydrate, 2g dietary fiber, 4g sugar, 2g protein





SUMMER PEACH CRISP

There's nothing like the old-fashioned goodness of a fruit crisp or cobbler.

 10 minutes

 30 minutes

 12-16 servings

 1/4 cup

TOPPING

2 cups rolled oats
1 cup nuts of choice, chopped
1 cup unsweetened shredded coconut
1 cup unsweetened soy milk
12 pitted dates
1 teaspoon vanilla extract
½ teaspoon cinnamon
½ teaspoon salt

FILLING

10 medium peaches, peeled and sliced

- 1 Preheat oven to 350° F.
- 2 Place peaches in a casserole dish or baking pan.
- 3 Mix oats, nuts, and coconut flakes in a large mixing bowl.
- 4 Blend coconut milk, dates, vanilla, cinnamon, and salt in a blender until smooth.
- 5 Pour into oat mixture. Stir well.
- 6 Spread crumble topping over the peaches.
- 7 Bake until golden brown, approximately 30-45 minutes.



Remember to enjoy just one portion!

Per 1/4-cup serving: 150 calories, 3.5g fat (0g saturated fat), 0mg cholesterol, 93mg sodium, 21g carbohydrate, 3g dietary fiber, 10g sugar, 3g protein

SWEETS



TOMATO-AVOCADO SALSA
HUMMUS
PISTACHIO-BASIL SPREAD
NACHO CHEESE-STYLE SAUCE
CREAMY ALFREDO SAUCE
BASIC CREAM SAUCE
BLACK BEAN CHIPOTLE DIP
ALMOND BUTTER SAUCE
ROASTED BEET HUMMUS
SPINACH ARTICHOKE DIP
TOFU "COTTAGE CHEESE" SPREAD
MANGO AVOCADO SALSA
CASHEW MAYO
TANGY HERB SALAD DRESSING

SAUCES, DIPS, & DRESSINGS



TOMATO-AVOCADO SALSA

A delicious cross between guacamole and salsa.



5 minutes



0 minutes



8 servings



1/4 cup

$\frac{1}{3}$ cup tomato, seeded and diced

$\frac{1}{2}$ avocado, diced

2 tablespoons red onion, chopped

2–3 tablespoons cilantro, chopped

1 tablespoon jalapeño, seeded and diced

1 tablespoon fresh lemon juice

$\frac{1}{8}$ teaspoon salt, to taste

-
- 1 Mix all ingredients and season to taste with salt.



Per $\frac{1}{4}$ -cup serving: 53 calories, 4.5g fat (0.6g saturated fat), 0mg cholesterol, 29mg sodium, 4g carbohydrates, 2.2g dietary fiber, 0.2g sugar, 1g protein



HUMMUS

Maximum taste with minimal effort. Creamy, delicate, and "authentic" tasting, this is sure to be a family favorite.

10 minutes

0 minutes

12 servings

2 tablespoons

1 (15 ounce) can chickpeas, drained, rinsed, $\frac{1}{4}$ cup liquid reserved
½ cup tahini
1 clove garlic
½ teaspoon ground cumin
2 tablespoons fresh lemon juice
 $\frac{1}{3}$ cup water, or as needed
salt, to taste

- 1 Place all ingredients except the water into a food processor or high-speed blender. Blend until smooth, adding as much water as needed to reach the preferred consistency.
- 2 Taste and add more garlic, salt, lemon juice, or cumin as needed.
- 3 To serve, sprinkle lightly with cumin.

Per 2-tablespoon serving: 102 calories, 5.8g fat (0.8g saturated fat), 0mg cholesterol, 129mg sodium, 10.3g carbohydrates, 2.5g dietary fiber, 0.2g sugar, 3.5g protein





PISTACHIO-BASIL SPREAD

This exceptionally flavorful pesto uses pistachios instead of pine nuts. Try it with crackers as an appetizer, tossed together with pasta, spread on sandwiches and burgers, or even in lasagnas and casseroles.

 5 minutes

 0 minutes

 20 servings

 2 tablespoons

1-2 cloves garlic

1 cup unsalted pistachios, shelled

1 cup fresh basil, loosely packed

1 teaspoon fresh lemon juice

¼ teaspoon salt

½ cup of silken tofu (or substitute with ½ cup cooked white beans)

- 1 Add all ingredients except the tofu (or white beans) to a food processor. Pulse until nuts are finely chopped.
- 2 Add the tofu (or white beans) and process again until a thick paste forms. Add a little water if needed and process again.



Be sure to control your portion sizes, as this treat is high in fat.

Per 2-tablespoon serving: 35 calories, 2.8g fat (0.4g saturated fat), 0mg cholesterol, 29mg sodium, 1.8g carbohydrates, 0.7g dietary fiber, 0.4g sugar, 1.3g protein





NACHO CHEESE-STYLE SAUCE

Warm cheese sauce is comforting and creamy. This vegan version is loaded with flavor and comfort, but low in calories and fat.

 10 minutes

 20 minutes

 28 servings

 1/4 cup

3 cups white potatoes, peeled and chopped
½ cup carrots, sliced
½ cup raw cashews
½ cup nutritional yeast flakes

1 teaspoon onion powder
½ teaspoon garlic powder
2–3 teaspoons salt
dash turmeric, for color
2 cups water

- 1 Boil the carrots and potatoes until they are fork tender.
- 2 While the vegetables are cooking, place the cashews and 1 cup of water in a high-speed blender and blend until creamy.
- 3 Add cooked potatoes, carrots, seasonings (nutritional yeast flakes, onion powder, garlic powder, salt, turmeric), and 1 cup of water to the blender, then blend until smooth.

Per 1/4-cup serving: 30 calories, 1g fat (1.5g saturated fat), 0mg cholesterol, 169mg sodium, 3.8g carbohydrates, 0.9g dietary fiber, 0.3g sugar, 1.5g protein





CREAMY ALFREDO SAUCE

It's hard to beat a rich and creamy Alfredo sauce. Fortunately, the creamy, smooth flavor of Alfredo can be replicated without dairy products and whipped together in less than 15 minutes.

 5 minutes

 10 minutes

 8 servings

 $\frac{1}{4}$ cup

1 (16 ounce) package silken tofu
1 $\frac{1}{2}$ cups unsweetened almond milk
2 cloves garlic
3 tablespoons nutritional yeast flakes
1 $\frac{1}{2}$ teaspoons fresh lemon juice
1 $\frac{1}{2}$ teaspoons onion powder
1 $\frac{1}{2}$ teaspoons salt
2 tablespoons Italian parsley (for garnish)

- 1 Blend all ingredients except parsley in a high-speed blender until creamy.
- 2 Transfer the mixture to a medium saucepan and cook at medium-high heat, stirring constantly so that it does not burn. Do not boil.
- 3 Sprinkle the parsley on top and serve.

Per $\frac{1}{4}$ -cup serving: 53 calories, 2.1g fat (0.3g saturated fat), 0mg cholesterol, 485mg sodium, 4g carbohydrate, 1g dietary fiber, 1g sugar, 5g protein





BASIC CREAM SAUCE

The most versatile of our cream sauces, cashew cream is the result of blending soaked cashews with water. Depending on how much water you add, it can be quite thick (like the texture of ricotta), or thin enough to resemble heavy cream. You can dress it to be sweet or savory. In the following recipe, basic cashew cream meets rich, savory ingredients that turn it into a luscious sauce for any number of your favorite dinners.

 5 minutes

 10 minutes

 16 servings

 1/4 cup

1 cup raw cashews

4 cups water, divided

1 teaspoon salt, or more to taste

1 tablespoon McKay's Chicken Style Instant Broth and Seasoning (or other chicken-like seasoning)

2 teaspoons onion powder

1/2 teaspoon garlic powder (*optional*)

2 tablespoons cornstarch or flour

- 1 Starting with 2 cups of water, place the rest of the ingredients in a high-speed blender and blend on high for about 2 minutes until smooth.
- 2 Add the remaining water to the blender, swish it around, and transfer it to a saucepan.
- 3 Bring the mixture to a boil, stirring constantly to prevent lumping. As soon as it thickens, remove it from the heat. If a thicker sauce is needed, return it to the heat and slowly stir in more cornstarch, dissolved in cold water, letting the mixture come to a gentle boil as the mixture thickens.



Add a sprinkle of red pepper flakes for some heat.

Per 1/4-cup serving: 45 calories, 3g fat (0.5g saturated fat), 0mg cholesterol, 233mg sodium, 4g carbohydrates, 0.3g dietary fiber, 0.8g sugar, 1.3g protein





BLACK BEAN CHIPOTLE DIP

Give your whole grain crackers and fresh cut veggies something different to cheer about. The secret to this great dip is to use lots of garlic and lime.

 5 minutes

 0 minutes

 10 servings

 $\frac{1}{4}$ cup

1 (15 ounce) can black beans, drained and rinsed

1 avocado

$\frac{1}{2}$ cup roasted tomato with chipotle salsa*

$\frac{1}{4}$ cup water

1 clove garlic

1 tablespoon lime juice

$\frac{3}{4}$ teaspoon ground cumin

pinch salt, more to taste

$\frac{1}{4}$ cup cilantro, chopped (optional)

* If you can't find roasted tomato with chipotle salsa, use any salsa and add $\frac{1}{2}$ -1 teaspoon chipotle chili powder or one tablespoon chipotle chile in adobo sauce.

1 Rinse and drain black beans. Set aside about $\frac{1}{2}$ cup of the beans.

2 Place remaining beans and all other ingredients, except cilantro, in a blender or food processor. Blend until it reaches desired texture. Taste and adjust seasonings if necessary.

3 Place in a bowl and stir in the remaining black beans as well as optional cilantro.



Great served warm, cold, or at room temperature.

Per $\frac{1}{4}$ -cup serving: 78 calories, 3g fat (0g saturated fat), 0mg cholesterol, 181mg sodium, 12g carbohydrate, 4g dietary fiber, 1g sugar, 3g protein





ALMOND BUTTER SAUCE

Think of this as an Asian peanut sauce replacement—only tastier and healthier. Add any kind of spicy pepper (finely chopped) for a nice flavor kick.

 5 minutes

 0 minutes

 10 servings

 $\frac{1}{4}$ cup

$\frac{1}{2}$ cup smooth almond butter

$\frac{1}{2}$ cup hot filtered water

1 teaspoon fresh lime juice

1 $\frac{1}{2}$ tablespoons maple syrup

2 tablespoons cilantro, chopped

1 clove garlic, minced

1 tablespoon Bragg's Liquid Aminos (or soy sauce)

-
- 1 Combine all ingredients, and stir together until everything is well combined.



Use as a dipping sauce for spring rolls, a salad dressing, or pour over a baked potato.



You can store in an airtight container for 3–5 days.

Per 2-tablespoon serving: 43 calories, 4g fat (0g saturated fat), 0mg cholesterol, 49mg sodium, 2g carbohydrate, 1g dietary fiber, 1g sugar, 1g protein





ROASTED BEET HUMMUS

Wow your guests (and kids) with this stunning hummus. Full of low-glycemic flavor, this dip works great as a sandwich spread on bread or pita.

 5 minutes

 45 minutes

 16 servings

 2 tablespoons

1 medium beet
1 (15 ounce) can chickpeas, drained and rinsed
1 large clove garlic
2 tablespoons lemon juice
2 tablespoons tahini
1 teaspoon ground cumin
1/4 teaspoon salt, or to taste

- 1 Scrub and wash the beet and cut off ends.
- 2 Wrap the beet in foil and roast at 350°F for 45 minutes to an hour, or until tender (you can tuck it in as you bake other stuff).
- 3 Cool, peel and slice into chunks.
- 4 Put all ingredients into a food processor and purée until smooth.
- 5 Taste and adjust seasoning (salt, lemon juice, cumin) as you need to.
- 6 Serve immediately or refrigerate for up to 4 days before serving.



Serve with your favorite veggies, tortilla chips, or whole-wheat pita.

Per 2-tablespoon serving: 45 calories, 1.3g fat (0.2g saturated fat), 0mg cholesterol, 121mg sodium, 7g carbohydrate, 1.5g dietary fiber, 0.4g sugar, 1.7g protein





SPINACH ARTICHOKE DIP

Despite its thorny, armor-like exterior, research suggests that every effort should be made to eat artichokes. This super food dip is lighter than normal, but still packed with flavor!



10 minutes



0 minutes



12 servings



1/4 cup

9 ounces frozen spinach
3 tablespoons green onions, chopped
3 tablespoons onions, chopped
3 tablespoons water chestnuts, chopped (*optional*)
1 (15 ounce) can artichoke hearts, water-packed
3/4 cup Mori-nu firm tofu
3/4 cup [Cashew Mayo \(p. 264\)](#) or store-bought light vegan mayo of choice
3 tablespoons pimientos, diced (*optional*)
1 tablespoon nutritional yeast flakes
1/2 tablespoon lemon juice
1/2 tablespoon onion powder
1/2 tablespoon garlic, crushed
1/2 teaspoon dill weed
1/2 teaspoon salt

- 1 Thaw spinach, squeeze out most of the moisture, and put in mixing bowl with onion, green onion, and water chestnut.
- 2 Rinse and drain artichoke hearts and pulse in food processor until coarsely chopped. Add into bowl with spinach.
- 3 Blend the next 9 ingredients in the same food processor and mix in with the spinach mixture.



Serve with whole-wheat crackers, sliced vegetables, your favorite whole-wheat baguette.

Per 1/4-cup serving: 78 calories, 3g fat (0g saturated fat), 0mg cholesterol, 181mg sodium, 12g carbohydrate, 4g dietary fiber, 1g sugar, 3g protein





TOFU "COTTAGE CHEESE" SPREAD

This tofu spread goes great wherever you would use cream cheese or sour cream as a spread or topping.

 5 minutes

 0 minutes

 8 servings

 $\frac{1}{4}$ cup

1 (16 ounce) package firm tofu
2 $\frac{1}{2}$ teaspoons onion powder
2 teaspoons nutritional yeast flakes
1 teaspoon dried parsley
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{3}$ teaspoon dill weed
 $\frac{1}{2}$ teaspoon garlic, crushed
 $\frac{1}{3}$ cup [Cashew Mayo \(p. 264\)](#) or store-bought light vegan mayo of choice

- 1 Drain and rinse tofu. Squeeze out moisture from tofu and mash into a bowl.
- 2 Add seasonings and mix in mayo.
- 3 Chill for at least an hour for flavors to meld.



This spread works great with crackers, veggie sticks, or as a filling for your sandwich.

Per $\frac{1}{4}$ -cup serving: 54 calories, 4g fat (0g saturated fat), 0mg cholesterol, 264mg sodium, 2g carbohydrate, 1g dietary fiber, 1g sugar, 4g protein





MANGO AVOCADO SALSA

Ripe mango, creamy avocado and crisp peppers combine to make a most beautiful and flavorful dish. Great as a dip, spread or all on its own.



10 minutes



0 minutes



8 servings



1/4 cup

1 large ripe mango, diced
1 avocado, diced
1/2 purple onion, diced
1/2 orange or red pepper, diced
1 tablespoon cilantro, chopped
1/4 cup lime juice (about 2 limes)
pinch salt

- 1 Mix all ingredients together.

Per 1/4-cup serving: 59 calories, 3g fat (0.5g saturated fat), 0mg cholesterol, 22mg sodium, 8g carbohydrate, 2g dietary fiber, 4g sugar, 1g protein



CASHEW MAYO

It's hard to live without mayo. This light version can be used wherever you need mayo.

 2 minutes

 0 minutes

 10 servings

 2 tablespoons

$\frac{1}{2}$ cup raw cashews

$\frac{1}{2}$ cup water

$\frac{1}{4}$ teaspoon garlic powder

$\frac{1}{2}$ teaspoon salt

1 teaspoon onion powder

3 tablespoons lemon juice

1 Blend all ingredients until smooth.



Use this recipe to replace any recipe calling for mayo.

Per 2-tablespoon serving: 32 calories, 2g fat (0.4g saturated fat), 0mg cholesterol, 118mg sodium, 2g carbohydrate, 0.2g dietary fiber, 0.5g sugar, 1g protein



TANGY HERB SALAD DRESSING

This versatile dressing can be used on salads, but also works great as a dip.

 5 minutes

 0 minutes

 12 servings

 2 tablespoons

½ cup cashews

¼ cup lemon juice

1 tablespoon onion, chopped

1 tablespoon pineapple concentrate

½ tablespoon salt

1 teaspoon nutritional yeast flakes

½ cup water

½ cup Mori-nu firm tofu

¾ teaspoon dried basil

¾ teaspoon dill weed

¾ teaspoon Italian seasoning

¾ teaspoon marjoram

¾ teaspoon parsley

¾ teaspoon oregano leaves

- 1 Blend all ingredients except herbs until silky smooth. Add herbs and pulse to just mix together.

Per 2-tablespoon serving: 30 calories, 2g fat (0g saturated fat), 0mg cholesterol, 250mg sodium, 3g carbohydrate, 0.2g dietary fiber, 1g sugar, 1g protein



PART FIVE THE EXTRAS

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ACKNOWLEDGMENTS 5.1

This book represents the efforts of a wonderful team whose big imaginations and hearts turned the dream into a reality.

Warmest Thanks to...

Editor

Ashley Kim, RD

Design & Layout

Sung Hoon Kang

Contributors

Sarah Jung, Jonathan Ewald, Ashley Kim, Elise Harboldt, Danny Kwon, Daniel Velez, Diana Santos

Medical Advisers

Randall Bivens, MD, Lorayne Barton, MD, Wes Youngberg, DrPH

Video Production

Danny Kwon, Shane Smith, Ricardo Camacho, Daniel Velez

Food Styling & Photography

Danny Kwon, Sung Hoon Kang, Daniel Velez, Cavell Blood

Project Generously Underwritten By

Naren James, MD, Todd Guthrie, MD, Donn Latour, MD, Brian Schwartz, MD, Lorayne Barton, MD, John Chung, MD, Randall Bivens, MD

Friends & Relatives Who Generously Shared Their Favorite Recipes & Ideas

Neva Brackett, Sharon Cho, Rachelle Diaz, Ashley Kim, Danny Kwon, Kimberly Ewald, Erin Engle, Lena Williams, Darlene Niderost, Carmen Nashland, Cindy Magan, Sarah Jung, Lorayne Barton, MD, Michelle Irwin

My Dear Family

Randy, Alec, Cristian, Savannah





Recipe Credits

Sharon Cho

Tofu Thai Curry
Caramelized Korean Tofu

Kimberly Ewald

Ewald Wild Rice Stew

Weimar Institute

Breakfast Beans Over Toast (revised)
Spinach Artichoke Dip (revised)
Tofu "Cottage Cheese" Spread
Tangy Herb Salad Dressing (revised)
Cashew Mayo

Michelle Irwin

Vegan Egg Foo Young
Fresh Spring Rolls
Almond Butter Sauce
Ramen Remix (revised)
Masala-Spiced Chickpeas and Cauliflower (revised)
Korean Cucumber Salad

Daniel Velez

Velez's Hearty Minestrone
Portobello Sandwich
Easy Microwave Edamame
Spanish Roasted Garbanzos
Butternut Squash Soup
Sweet Pea Soup

Andrea Parra

Avocado Chickpea Salad Sandwich

Phyllis Smith

Sweet Potato Burgers

PART FIVE THE EXTRAS

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