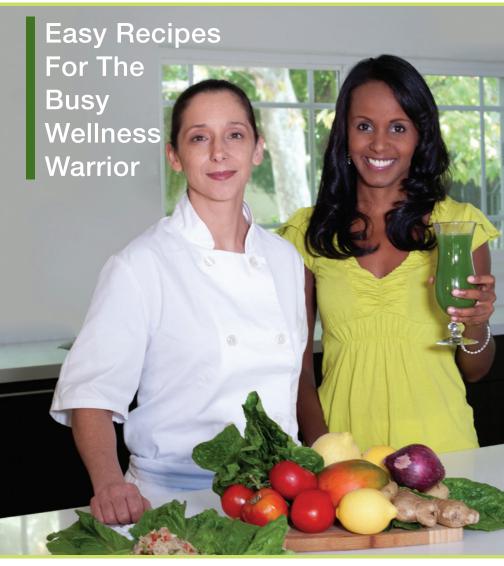
COOK!



JOVANKA CIARES

Chef Contributor: VERITE MAZZOLA

Easy Recipes For The Busy

Wellness

Warrior

JOVANKA CIARES
Chef Contributor:
VERITE MAZZOLA

Cook!

ISBN 978-0-9850607-8-7

© 2012 by Jovanka Ciares

Cover photo by Mimi Fuenzalida Food photos by Oscar Mazzola Design and layout by Julee Song

All Rights Reserved. No part of this publication may be reproduced, distributed or transmitted in any form or by any means or stored in any database or retrieval system, now known or hereafter devised, without the prior written permission of the publisher. For permission, please contact Jovanka Ciares and EVErlasting Press, 1 River Court, #301, Jersey City, NJ 07310.

EVErlasting Press is a trademark of Dynamic Force Productions, LLC.

DISCLAIMER:

Cook! is not meant to be a medical program nor is it designed to treat, diagnose or cure any health conditions. It is designed for educational and entertainment purposes only. The author expressly disclaims any responsibility for any liability, loss or risk, personal or otherwise, that is incurred as a result of using any of the techniques, recipes or recommendations suggested herein.

The information contained in this book should not be used as a substitute for treatment by or the advice of a physician. Always seek competent medical help for any health condition or before undertaking any health, diet or exercise program.

ISBN 978-0-9850607-8-7

www.JovankaCiares.com

First Edition - ebook

1098765432

Legal Notice and Terms: Although the author and his team made every attempt to verify the information provided herein, the author is not responsible for errors, omissions or contradictions subject to interpretation.

The author wanted to present the most complete and accurate content possible. However, she cannot offer any kind of warranty due to the fast changing world we live in.

CONTENTS

INTRODUCTION	5
CONSCIOUS EATING -	
A WELLNESS WARRIOR	
DECLARATION	9
KITCHEN TOOLS	12
SHOPPING	16
RECIPES	25
Veggie Juices	30
Smoothies	33
Small Dishes/Appetizers	37
Sauces and Dressings	40
Salads	48
Entrees - Soups	56
Entrees - Main Dishes	63
Sweets	85
METRIC CONVERSIONS	91
SEASONAL PRODUCE GUIDE	93
RECOMMENDED READING	97
ABOUT THE AUTHOR	99
CHEF CONTRIBUTOR	100

INTRODUCTION

I have never been too fond of cooking. That is the honest truth. I love everything about food: its taste, its history, the traditions around it, how it brings us together and help us learn, love and live. But the chopping, prepping and cooking part of the equation was not something I was ever attracted to. And neither was the cleaning up afterwards.

Yeah, my mom was great in the kitchen and I still love her home-cooked meals. She did her best to try to instill in me a love for the process of cooking. I spent countless hours in the kitchen with my mom, learning how to make typical Puerto Rican dishes and many more hours on the phone with her, learning to make wonderful dishes from other parts of the world. We've had a lot of bonding moments in the kitchen through the years but I guess none of those helped me develop love for the process of cooking.

So you may wonder what motivated a self-defined "cook-by-necessity" gal to create a cookbook? And of vegans recipes, no less! Well, I just wanted to make it easy for other wellness folks like me to have

access to simple, quick and easy-to-do recipes that were also easy on the wallet.

You see, once I became interested in learning about was going in my body; it became obvious that I needed to learn how to cook different types of foods, mostly grains and vegetables into interesting looking and tasting dishes. Back then I was also broke and couldn't afford to buy cooked food or go to restaurants every day. Additionally, I was a full-time student with 2 jobs and no time or patience to spend long hours in the kitchen every day.

Because I knew how important it is to have a wide variety of foods in my diet every week, I needed to find a reasonable solution to my dilemma. I started with buying tons of cookbooks, consulting with nutritionists, wellness practitioners experimenting with my wellness advocate friends to modify recipes and come up with ideas that allowed me to create incredibly healthy meals in a very short period of time (some even as little as 30 minutes).

I also learned to prepare more than one meal in a single cooking session. I would use several of the same ingredients in more than one recipe. Then I would refrigerate/freeze some of them to thaw, finish and eat at a later time, thus cutting my prepping and cooking time to minutes a day in some cases.

As I became a wellness advocate and coach, I started preparing recipes for my individual clients, most of whom were busy professionals like I was. Some of them were clueless about cooking with natural, organic and whole ingredients. Others were simply too busy and others were overwhelmed by the whole prospect. So I made a conscious effort to provide them with great healthy cooking ideas that they could do even on the busiest of schedules.

A few years back, I started to hear from some of my friends about the vegan recipes of executive chef Verite Mazzola. Verite is a traditional chef with an incredible talent for combining ingredients and textures into some of the most amazingly tasting food I've ever eaten, vegan or otherwise. She is a genius in the kitchen. She is not interested in converting you from a meat-eater into a vegetarian or vegan; she only wants to expand your options.

And while doing that, she opens your world up to the wonders of vegan cooking. She is patient in the kitchen, a wonderful teacher; and she will help you see the process of cooking and enjoying plant-based, whole foods in a non-threatening way. There is no way you will ever know that some of her recipes (especially the desserts) have no animal products/ingredients in them and you may not want to go back to traditional desserts after tasting some of her creations.

Verite is a spitfire in the kitchen and in life and I'm incredibly grateful that she agreed to partner with me on this cookbook.

This book is a compilation of the best of my recipes and some brilliant creations by Verite, specifically done for you. It includes over 60 recipes; mostly vegan and gluten free variations of some of the most popular cuisines nowadays (Mexican, Italian, Mediterranean). All of them have little prepping and cooking times with well-known ingredients that are easy to find in your local market most of the year (I always recommend to eat produce that are in season) and are very budget-conscious.

Verite's exclusive recipes are identified in this book by a flower next to each of them. Feel free to try those first if you wish, you won't regret it!!!!

CONSCIOUS EATING -A WELLNESS WARRIOR DECLARATION

The voice in your head may be telling you again: "oh, you eat healthy enough, you take your vitamins and live as consciously as you can. You recycle for holy sakes!" That may be all true and if it is enough for you, then all's well. Or is it?

Living consciously has very little to do with what you do and lots with why you do it. It's not about becoming preachy and crunchy and obsessing over following every rule you'd need to in order to be healthy, stop aging, prevent cruelty and save the world. Living consciously is about developing curiosity and acting on that.

Take organic foods, for example. I hear people all the time say it: organic foods are more expensive than their regular counterparts. Sure they could have up to 10 times the amount of nutrients and little to no harmful chemicals (pesticides, fertilizers) to add to the already thousands of others you are exposed to and producing them reduces the damage done to our water sources and ecosystems but I don't want to pay an extra dollar for them. Yet, that extra dollar goes a long way when it comes to maintaining your health, revert disease and

preserve the world around you. If curiosity takes you a bit further, you will start buying your veggies at local markets or farmer's markets, which have much lower overheads than the big supermarkets and can afford to sell you their produce a bit cheaper.

Just before I transitioned to a whole foods, plant-based diet (but well after the Snickers bars for dinner), I was eating a diet that most people in the Western world would consider very healthy: boxed cereal (my favorite was Frosted Flakes) with skimmed milk, a piece of fruit for mid-morning snack, lean chicken with a small salad for lunch and shrimp with rice for dinner. But I was a curious little one. I wasn't feeling any better on this diet so I kept on looking and reading. I came across many books and articles like "Quantum Wellness" by Kathy Freston and "Diet For A New America" By John Robbins, just to name a few. As I started to buy more whole grains and organic produce and leave behind the packaged, processed food items, I fully expect my weekly food budget to double, but alas, it did not!

Today, I still spend roughly the same amount of money as I did when I was buys Frosted Flakes, TV dinners and white bread. My bottom line did not suffer lasting consequences but my psyche did. I gained a lot of great knowledge and wisdom and for the first time in my life truly became aware of what was going in my body, how it was produce and the effects that it had in my life and yours. And all I had to do was to follow my curiosity and experiment.

This curiosity may take you a lot further than just deciding between organic or non-organic vegetables. Where you go from here is up to you. You can choose the path of ignorant bliss or a path of awareness. Just remember that, just because you don't know about it doesn't mean is not happening.

So today's wellness declaration is this: Get back in touch with your inner 2-year-old. Be curious, explore, question joyfully and then question some more. Get out of your comfort zone long enough to hear that little voice in your head telling you to search and learn. Do it, because you deserve to know!

KITCHEN TOOLS

Every kitchen needs to be equipped with basic tools to make the process as easy and comfortable as possible. If cooking is not your forte, you may not have all of the necessary tools needed to make the cooking process fun and successful. And, if in addition to that, you are substituting traditional ingredients to create vegan dishes, you may need a few extra things to help you along the way.

Here are the very basic tools you need in your kitchen:

BLENDER or FOOD PROCESSOR

The primary difference between a blender and a food processor is that the later has interchangeable blades and attachments to process different types of foods and textures. Unless you're planning on becoming a hostess, I'd recommend you to stick with a blender for now. The Vita-Mix blender is the top of the line as it is powerful and durable and it will allow you to process ingredients in more ways than the average blender can. The price is high so if you are on a budget, try any of the major brand blenders sold at department stores or on Amazon.com.

HAND BLENDER

A Hand blender is an electric blender that can be held in your hand. It gives you more control and the added convenience of fitting into a cup, saucepan or bowl. They are great for blending soft foods and allow you to quickly blend foods without having to transfer the contents to the larger blender container. Most department stores have hand blenders in every conceivable price range.

ZESTER

A zester, as the word implies allows you to get the zest from citrus fruits. Since you will be experimenting with flavors and ingredients that you may not be comfortable with, a zester will allow you to carve out the zest of fruit that will be needed for dressings, pastries and others. It's a great, little inexpensive tool that will make your life much easier when the recipes call for it.

MANDOLIN

A mandolin or mandoline as some people call it is a utensil used slice and cut vegetables in specific ways. It normally comes with attachments that allow you to cut or slice longer, thinner, shorter, thicker. It can cut the prep and cutting time in half and makes the slices and cuts uniform, making for better presentation of the food. It also requires a lot less skill and effort than knives and blades (and it's safer too).

STEAMER

Steamers are a great tool as you can use them to cook almost any type of food. In steamers, the food is kept separate from the boiling water, thus keeping the moisture and better preserving the nutrients of the food. Steaming also allows you to better monitor cooking times and temperature, which will become really helpful when trying to preserve some of the enzymes in fruits and vegetables like broccoli, cauliflower and others. Aim for a steamer made with stainless steel, not plastic.

KNIVES

Cutting knives are important in any kitchen. Look for at least one chef's knives (some of them are very affordable), one utility knife and one serrated knife (for bread and some grains). The Japanese brands tend to be stronger and more durable. Since you're not aspiring at becoming a cooking show celebrity, get a set of knives instead of buying them individually. You can move on to the individual knives when you're ready to graduate!

TEA KETTLE

Tea kettles are used to boil water for tea. They allow the hot water to reach the ideal temperature that will steep your tea into the ideal concentration. They also make the process of making the tea much easier without spoiling the flavor of the tea leaves. Some of them are highly decorative and come in almost every material out there, including stainless steel and glass. Heating water in a kettle will allow you to steer of microwaving water as much as possible.

COOKING UTENSILS

This may sound a bit silly and redundant but I cannot tell you how many clients' kitchens I've walked in where there is not a single large or serving spoon, a jar or a simple cutting board. If you have them, please go on reading. For those of you that are a bit lost, make sure that you get a salad spinner, a set of serving spoons and spatulas, a few glass jars of different sizes, a couple of serving bowls and a cutting board. Avoid plastic (stick to glass instead), especially for the cutting board and storage bowls.

SHOPPING

Let's go shopping, shall we! Here are the foods and staples available in my kitchen on a regular basis.

FRUITS

Filled with vitamins, minerals, fiber and enzymes, fruits were our first foods and are still of extreme importance in our diet. Ideally, the fruit that you consume should be whatever is in season, so no mangoes in February or pineapple in November. Organic should be your choice whenever available. When organic fruit is not available, pick those with a thick skin or that requires peeling like bananas.

Aim at starting with 1 piece of fruit a day and increase your intake from there. Ideally, you should eat fruit on an empty stomach so you're best bet would be to have them before breakfast or as a mid-morning snack. Here are some of the many options available in markets regularly:

- Oranges
- Grapefruit
- Tangerines
- Tangelos
- Lemons
- Pears
- Papayas
- Pineapples
- Mangoes
- Cherries
- Apricots
- Watermelon
- Strawberries
- Dry Fruits

- Cantaloupe
- Cherries
- Blueberries
- Peaches
- Kiwi
- Raspberries
- Plums
- Avocadoes
- Grapes
- Pomegranates
- Cranberries
- Apples
- Bananas
- Tomatoes

VEGETABLES

Vegetables include a large variety of foods from the plant world: from leaves (spinach, kale), to stems (celery) and roots (carrots). Other foods like mushrooms and some fruits (tomatoes, avocadoes) are often grouped in the vegetable category, because they are mostly consumed with other vegetables. Some flowers (broccoli), tubers (sweet potatoes) and bulbs (onions) are also grouped in the large group of foods we call vegetables.

These foods, along with fruits and whole grains are considered to be the healthiest foods for humans and you are encouraged to consume the majority of your calories from these foods. Consuming a large variety of these foods will provide over 95% of all the nutrients your body needs for optimum health and function. Here are just a few examples:

- Cabbages
- Leeks
- Broccoli
- Cauliflower
- Lettuce
- Red Peppers
- Yellow Peppers
- Zucchini
- Rhubarb
- Asparagus
- Okra
- Spring Peas
- Corn
- Tapioca (Yucca)

- Cucumbers
- Tomatoes
- Summer Squash
- Green Beans
- Eggplant
- Pumpkins
- Spinach
- Winter Squash
- Sweet Potatoes
- Spinach Lettuce
- Mushrooms
- Lettuce
- Celery
- Yam

LEGUMES

Beans and legumes are complex carbohydrates (yes, you need those!) and are high in protein, fiber, folic acid, and iron. They are incredibly versatile and can be cooked in large quantities and freeze for consumption later on. Legumes are great for stews, soups, salads and even some dessert dishes (though that may require some expertise). Here are some of the many options:

- Adzuki Beans
- Black Beans
- Black-Eved Peas
- Fava Beans
- Butter Beans
- Calico Beans
- Cannellini Beans
- Chickpeas (Garbanzo Beans)
- Edamame
- · Great Northern Beans
- Yucca

- Italian Beans
- Kidney Beans (or Red Kidney Beans)
- Lentils
- Lima Beans
- Navy Beans
- Pinto Beans
- Soy Beans
- · Split Peas
- White Beans
- Alfalfa
- Batata

WHOLE GRAINS

Grains in their whole (non-processed) form are a great source of fiber, antioxidants. They are known to lower the risk of chronic diseases, reduce inflammation and promote elimination. They are a godsend and have been in our diets for thousands of years.

Refined grains have little to no nutritional value so there is no point in consuming them (unless you want a bigger gut). A lot of the grains mentioned below contain no gluten and can be consumed by people with gluten intolerances or allergies:

- Amaranth
- Barley
- Brown Rice
- Buckwheat
- Chia
- Couscous
- Flax
- Kamut
- Millet
- Oats
- Oatmeal
- Quinoa

- Rye
- Sorghum
- Spelt
- Teff
- Wild Rice
- Whole Wheat Pasta
- Oatmeal
- Gluten Free Pasta

NUTS AND SEEDS

Nuts and seeds are really tasty, filled with the good fat (which you also need), fiber and antioxidants. With them, a little bit goes a long way (a spoonful may be all you need). There are many options and can be consumed raw, roasted and salted (though that last one kinda defeats the purpose).

These can be eaten alone as a snack or be made into milks or added to your salad or favorite pasta dish:

- Almonds
- Filherts
- Hazelnuts
- Peanuts
- Chestnuts
- Pistachios
- Walnuts
- Cashews
- Pecans
- Macadamias
- Pine Nuts
- Pumpkin Seeds

- Sunflower Seeds
- Hemp Seeds

STAPLES

With the below staples, you will be able to fix most of your meals without having to resort to animal based condiments or highly processed products. I normally get these in my local health food store but traditional markets are now carrying some of these products. Check out the gluten-free or organic section in your market for these and others:

- · Vegetarian Stock
- · High Quality Oils (Extra-Virgin Olive Oil, Flax Oil, Grape Seed Oil)
- Nut. Rice or Hemp Seed Milk
- Coconut Milk Yogurt
- Tamari Sauce (for seasoning and cooking)
- Raw Sea Salt
- Herbamare (seasoning)
- Agave Nectar (sweetener)
- Nut Butters (raw)
- Whole Wheat Bread
- Flax or Rice Crackers
- Pita Bread
- Nutritional Yeast (for thickening, baking and sauces)
- Organic Pasta Sauce
- Bragg Liquid Aminos (soy sauce substitute, seasoning)

CONDIMENTS

- Garlic (fresh)
- · Onions (fresh)
- Ginger Root (fresh)
- Herbs (Parsley, Oregano, Basil, Chives, Rosemary, Thyme)
- Raw Apple Cider Vinegar
- Wasabi
- Mustard

SNACKS

The snacks mentioned below are just a small sample of the wide variety of healthier options available in health food stores and markets. While they are healthier than other packaged goods, they should still be limited to special occasions, when traveling or to snack on when the alternatives available are the unhealthy kind. If there is a need for snacking when at home or at work, you can always snack on dry fruit, nuts and seeds or celery sticks with nut butter, just to name a few. Here are some of my favorite snack treats:

- Lara Bars
- Raw Vegan Ice Cream (Bliss or Good Karma)
- Kale or Teriyaki Chips
- Dagoba Dark Chocolate (70% cacao or more)
- Raw Granola
- Gluten Free Crackers and Cookies

RECIPES

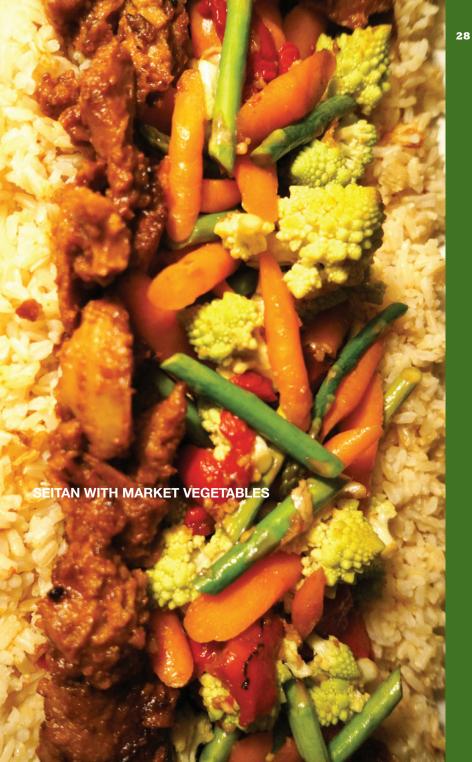


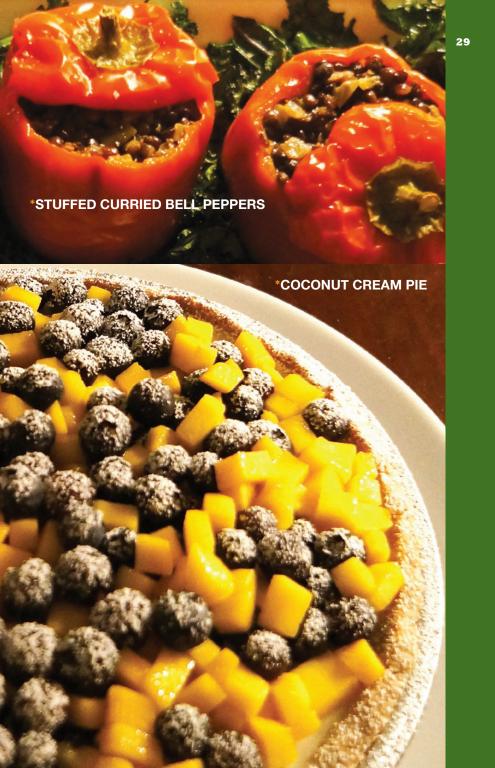
Denotes a recipe created exclusively for YOU by Chef Verite Mazzola











VEGGIE JUICES

For vegetable and fruit juices done in a juicer.

BEAUTIFUL SKIN DRINK

(makes about 18 ounces)

- 1 bunch of spinach
- 1 large cucumber
- 1 small bunch of parsley
- · 2 ounces of aloe vera juice
- · 3 medium carrots
- ½ lemon, peeled

ENERGY AND PURITY JUICE

(makes about 18 ounces)

- 2 medium carrots
- 1 bunch of spinach
- 2 stalks of celery
- ¼ of a small beet
- 1 cucumber
- 1 ounce of wheatgrass

GREEN DETOX JUICE

(makes about 20 ounces)

- · 3 celery sticks
- 1 bunch of parsley
- ½ head of white or green cabbage
- 1 medium cucumber
- a handful of kale (or spinach)
- 1 green apple
- ½ lemon
- 1 inch of ginger root

IMMUNITY NOW JUICE

(makes about 16 ounces)

- 1/4 head of green cabbage
- 3 stalks of celery
- 1 inch of ginger root
- 1 green apple
- 1 lemon, peeled
- 1 bunch of kale

JOVANKA'S RED JUICE

(makes about 20 ounces)

- · 2 medium carrots
- ½ a small beet
- 3 celery sticks
- 1 medium cucumber
- a handful of kale (or spinach)
- ½ green apple
- ½ lemon
- · 2 inches of ginger root

SWEET SUNSHINE JUICE

(makes about 18 ounces)

- 1 cup of pineapple
- 1 green apple
- 1 pear
- 1 inch of ginger
- 1 lemon, peeled
- 1 bunch of spinach

**Optional add-ons (for all juices): spirulina powder, aloe water, coconut water, cayenne pepper

SMOOTHIES

BANANA RASPBERRY SMOOTHIE

(makes about 16 ounces)

- ½ large banana
- 1 cup of raspberries (or strawberries)
- ½ cucumber peeled if not organic
- ½ cup of coconut milk
- 3/4 cup of filtered water
- 1 teaspoon of Superfood

In a blender or food processor combine all ingredients and blend for 2 minutes or until smooth. Add ice if desired.

CARIBBEAN SHAKE SHAKE

(makes about 20 ounces)

- 1 cup of pineapple chunks
- 1 cup of papaya chunks
- ½ lime peeled
- ½ cup of avocado
- ½ cup of mango
- ½ teaspoon of vanilla extract
- 1 ½ cup of filtered water
- 1 tablespoon of coconut flakes

Add pineapple, papaya, water, vanilla extract and coconut flakes and blend for about 1 minute. Add the rest of the ingredients and blend for another 2 minutes or until smooth. For a thicker consistency, add ½ a cup of ice.

PEACHY BUTTER SHAKE

(makes about 16 ounces)

- · 2 large peaches
- 1 medium apples
- ½ lime, peeled
- 2 tablespoons of almond or nut butter
- ½ cup of almond milk
- 1 cup of filtered water

Cut all fruit into small chunks, separating the seeds and discarding them. Blend all ingredients until smooth, for just about 2 minutes. Serve immediately.

REFRESH SMOOTHIE

(makes about 18 ounces)

- 1 cup of filtered water
- ½ cup of coconut water
- 1 bunch of spinach
- 2 stalks of celery
- 1 organic pear
- · A bunch of mint
- 1 cup of watermelon

Mix all ingredients in a blender, increasing speed until smooth. For a thicker consistency, freeze the fruit overnight.

TROPICAL GREEN SMOOTHIE

(makes about 18 ounces)

- 1 cup of filtered water
- ½ cup of pomegranate or unsweetened apple juice
- 1 spoonful of Superfood (available at your closest health food store)
- 4-5 organic strawberries
- 1 cup of papaya
- ½ lemon peeled and without seeds
- · a small bunch of parsley

Mix all ingredients in a blender, increasing speed until smooth. For a thicker consistency, freeze the fruit overnight.

**NOTE: You can still make some of these great juices and smoothies, even if you lack some of the ingredients from time to time. Feel free to experiment with other fruits and veggies and explore the different flavors and textures.

SMALL DISHES/APPETIZERS

ITALIAN BRUSCHETTA

(10 Servings)

- ½ cup sun-dried tomatoes
- · 6 plum tomatoes, chopped
- 1/4 cup olive oil
- · 2 tablespoons of balsamic vinegar
- · 3 cloves garlic, minced
- ¼ cup fresh basil leaves
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 2 cups shredded vegan mozzarella cheese
- 1 loaf of French baguette

In a large bowl, add the plum tomatoes, sun-dried tomatoes, garlic, olive oil, vinegar, basil, salt, and pepper. Mix and allow to sit for 20 minutes. Preheat the oven on broiler setting. Cut the baguette into ½ inch thick slices. Arrange the slices evenly on a baking sheet and broil for 2 or 3 minutes, until slightly toasted. Remove and add some of the mix over each of the broiled slices. Return to the oven and broil for another 5 minutes. Remove and add the cheese immediately. The heat from the slices will slightly melt the cheese, but not completely. Let cool and serve.

EGGPLANT SPREAD SPANISH STYLE

(4 Servings)

- 1 pound eggplant, sliced ⅓ inch thick
- 5 tablespoons extra virgin olive oil
- 3 medium cloves garlic, minced
- · 6 green onions, squared
- 2 tablespoons of vinegar
- 4 branches of Italian parsley
- · sea salt to taste
- rustic or French bread

In a frying pan, heat the 3 tablespoons of olive oil to medium and add the eggplant slices. Stir often until the eggplant is soft and brown on both sides. Remove eggplant from pan and allow to cool. Pour 2 tablespoons of olive oil into the same frying pan. Sauté green onions and garlic for 5 minutes. Remove from frying pan and place in a blender or food processor, add vinegar, parsley and eggplant slices. Spin until smooth. Add sea salt to taste. Spread over slices of rustic or French bread.

SAUTÉED MUSHROOMS IN WHITE WINE SAUCE

(4 Servings)

- 12-15 large cremini mushrooms
- 6 tablespoons virgin olive oil
- 3 large cloves of garlic, minced
- 1 cup white wine, dry
- · salt and pepper to taste

Clean mushrooms, drain and slice, trimming the stems. In a large pan, add the olive oil and heat. Add the garlic and sauté for about 2 minutes. Add sliced mushrooms and sauté for another 5 minutes, stirring often. Add white wine and continue stirring. Season with salt and pepper. Serve warn alone or with slices of French baguettes or gluten free Tapioca toasts.

SAUCES AND DRESSINGS

AVOCADO DRESSING

- 1 small avocado
- 1 tablespoon lemon juice
- 1 tablespoon miso
- 1/4 cup of filtered water
- 1 tablespoon dill

Add all ingredients in a food processor and blend until smooth. If you desire a lighter consistency, add another ¼ cup of water.

*CITRUS & CAPERBERRY VINAIGRETTE

- 3 tablespoons of caperberries (or capers), minced
- 1/4 cup of lemon juice
- 1 tangerine zest (small)
- 1 tangerine juice (small)
- ½ cup of canola or vegetable oil
- ½ cup of white balsamic vinegar
- 1/4 teaspoon of black pepper
- · 1 teaspoon of sea salt
- 1 teaspoon of sugar

Combine the caperberries, tangerine zest, pepper, salt and sugar. Mix and slightly muddle the ingredients. Whisk together the lemon juice, tangerine juice, balsamic vinegar and olive oil. Continue to whisk while adding in the caper mixture.

*CREAMY THAI AIOLI

(approx. 2 cups)

- 2 tablespoons of Serrano chili, rough chopped
- 1 tablespoon of pickled ginger
- · 2 tablespoons of lime juice
- 12 basil leaves
- 12 mint leaves
- ½ cup of avocado
- ½ cup of veganaise
- 1 tablespoons of toasted sesame oil
- · 2 tablespoons of canola oil
- · 2 teaspoon of sea salt
- 1/3 cup of water

Place the chili, ginger, lime juice, basil, and mint into a food processor and blend until almost smooth. Add the avocado and blend until smooth. Add the veganaise, sesame oil, and canola oil. Blend again. Add the water and the salt, and blend again.

*GINGER/HOISIN MARINADE

- 1 tablespoon of garlic, minced
- 1 tablespoon of shallots, minced
- 1/3 of cup of fresh ginger, minced
- ½ cup of Hoisin sauce
- 1/4 cup of sesame oil
- ½ cup of rice wine vinegar
- 1 tablespoon of agave nectar

Place all ingredients into a food processor, and blend until almost smooth.

*HARRISA MARINADE

- 3 tablespoons of Harrisa paste
- ½ cup of Majoul dates
- 1 tablespoon of lemon juice
- 2 tablespoons of hemp oil
- 2 tablespoons of extra virgin olive oil
- · 2 teaspoon of sea salt
- 1 tablespoon of agave nectar
- 2 tablespoons of water

Place all ingredients into a food processor, and blend until almost smooth.

PESTO SAUCE

(can be used as salad dressing, sauté or pasta sauce)

- 3 cloves garlic, peeled and chopped
- 3 cups fresh basil leaves
- ½ cup of pine nuts
- 1 dash salt and pepper
- ½ cup extra virgin olive oil
- 2 tablespoons miso
- · 2 tablespoons nutritional yeast
- 1/4 cup lemon juice
- salt and pepper to taste

Add all ingredients in a food processor (except oil) and blend while slowly adding the olive oil to the mix. Season with salt and pepper to taste.

PUERTO RICAN HUMMUS

- 1 cup of chickpeas (garbanzo beans), cooked and drained
- · 2 tablespoons of olive oil
- · 2 tablespoons of melted coconut oil
- · 3 cloves garlic
- 2 tablespoons lemon juice
- ½ teaspoon tahini
- 3 tablespoons of water
- dash of cayenne pepper
- · salt to taste

Add all ingredients in a food processor and blend until smooth, adding more water until desired consistency.

VEGAN SPINACH/ARTICHOKE DIP

- 1 small box of frozen spinach, thawed
- 1 cup artichoke hearts, chopped
- 1 box of vegan cream cheese
- 1/4 cup rice milk
- 1/4 cup of vegan mayo
- · 4 tablespoons of nutritional yeast
- · 3 cloves of garlic, minced
- · 4 tablespoons olive oil
- ½ onion, chopped

In a pan, heat oil, onion and garlic and sauté for about 3 minutes. Add rice milk and stir for another minute. Add artichoke and vegan cream cheese and stir for another 2-3 minutes. Add nutritional yeast and vegan mayo, stir for another 2 minutes or until melted and add spinach. Stir for another 3 minutes.

Preheat oven to 350 degrees Fahrenheit. Season mix with salt and pepper to taste and add the mix into a dish and broil for 10 minutes. Let cool in the refrigerator for 2-3 hours before serving.

ZESTY SESAME DRESSING

- ½ cup of orange juice, freshly squeezed
- 2 tablespoons of lemon juice
- 2 tablespoons sesame seeds
- 21/2 tablespoons of sesame oil

Combine all ingredients in a bowl and mix well. Serve over salad or your favorite vegetable stir-fry.

SALADS

AMARANTH TABBOULEH SALAD

(serves 4)

- 1 bag of lettuce, whole
- 1 cup of amaranth, cooked
- 1 cup parsley, chopped
- ½ cup white onion, finely chopped
- · 3 tomatoes, diced
- · 2 medium cucumbers, seeded and diced
- · 2 tablespoons fresh mint
- ½ cup lemon juice
- 1/4 cup olive oil
- · 2 cloves of garlic, pressed
- · pinch of sea salt

Cook amaranth according to the instructions on the package. Let it cool. In a small bowl, combine the lemon juice, olive oil, garlic and salt and mix. In a large bowl, add all the chopped herbs and vegetables, except for the lettuce. Add the amaranth to the large bowl, followed by the mixture from the small bowl. Mix together lightly and allow to cool for 2-3 hours. Separate the lettuce leaves and use them to line a salad bowl. Add the tabbouleh mix to the bowl.

AVOCADO ASPARAGUS SALAD

(serves 4)

- 1 large bag of mixed greens
- 1 bunch of asparagus, chopped
- 2 Haas avocados, cut in squares
- ½ red pepper, chopped
- 1/2 cup of white mushrooms

Wash greens and vegetables. Mix all ingredients in a large bowl. For dressing, create a mixture of olive oil, lemon juice and nutritional yeast to taste. Mix vigorously and serve.

CHICKPEA SALAD

(Serves 4)

- 1 cup cooked chick-peas
- · 2 bags of arugula salad
- 1 scallions, sliced
- ½ cup diced sweet red pepper
- ½ cup of sweet peas
- 1 Haas avocado
- ½ cup of yellow pepper
- ½ cup of raw cucumbers, thinly sliced
- 1/4 teaspoon basil
- ¼ teaspoon oregano

Combine all ingredients in a large mixing bowl. Dress with the juice of half a lemon, olive oil and Bragg apple cider vinegar if needed. Toss gently and serve.

KALE AND MUSHROOM SALAD

(serves 4)

- · 2 bags of kale
- 1 cup of mushrooms
- ½ cucumber, thinly sliced
- 1 cup of beets
- 1 tablespoon sunflower seeds
- 1/3 cup cut walnuts

Wash and shake off extra water from the kale. Remove the center ribs and stems; discard. Chop the leaves until fine. Mix all ingredients in a large salad bowl. Season with sea salt and lemon juice. Dress with a mixture made with olive oil, Bragg Liquid Aminos and a pinch of honey and toss.

*MARKET VEGETABLE SALAD

- 1 gold beet
- 1 red beet
- ½ fennel bulb
- · 2 small carrots
- 1 black radish
- · 3 ounces of baby mixed greens
- 3 ounces of arugula
- · 4 ounces creamy Thai aioli
- 1 teaspoon sea salt

Use a slicer, or mandolin to cut the beets, fennel, carrots and radish very fine. Place the vegetables into separate small containers or bags, and cover with cold water. Hold in the fridge until ready to eat (or overnight). Mix the greens together. Drain the sliced vegetables and add to the lettuce mixture. You can either dress the salad with the creamy Thai aioli, or leave it on the side. To finish the salad, sprinkle the salt over the salad.

*MIXED BEET SALAD

- ½ head of frizee lettuce
- ½ head of escarole lettuce
- · 2 medium size gold beets, cooked
- · 2 medium size red beets, cooked
- 2 ounces vegan mozzarella cheese, thinly sliced
- ¼ cup of toasted almonds, chopped

Trim and cut the lettuce into approximately 2" pieces. Then toss them together. Place onto a nice platter, then layer with beets, cheese and almonds. Drizzle with the citrus caperberry vinaigrette, and a pinch of sea salt.

PESTO HEMP SALAD

(serves 4)

- 1 head of romaine lettuce
- 1 large bunch of arugula
- 1 cup of sundried tomatoes
- 1/2 small red onion, sliced
- 4 tablespoons of hemp seeds
- ½ cup of roasted red beets, chopped in small squares

Chop all leaves and mix in a bowl. Add tomatoes, onions, beets and hemp seeds. Dress with a pesto dressing (see Section on sauces and dressings below).

SWEET SPINACH SALAD

(serves 4)

- · 2 bags of organic baby spinach
- 1 cup of dried unsweetened cranberries
- 1 cup of string beans
- 1 cup of sliced almonds
- · 2 avocados
- 2 teaspoons of sesame seeds
- 1 teaspoon of hemp seeds

Combine all ingredients in a large mixing bowl. Toss gently and serve. For dressing, mix Bragg apple cider vinegar, olive oil, dried mustard and agave nectar to taste, mixing until properly blended.

ENTREES - SOUPS

CARROT GINGER CRÈME SOUP

(serves 4)

- 2 pounds carrots, cut into pieces
- 1 medium onion, chopped
- · 2 teaspoons ground ginger
- · 4 cups vegetable broth
- · 2 tablespoons grapeseed oil
- 2 cups
- 1/2 teaspoon of salt
- 1 pinch of pepper

Add oil and onions in a pot over medium heat. Stir until onions are tender (translucent). Stir in carrots, ginger, and vegetable broth, and simmer for 20 minutes or until carrots are tender. Remove from heat and allow to cool. Transfer to a blender or food processor and blend until smooth. Return to soup pot, add coconut cream, and heat until hot. Season with salt and pepper, and serve.

CAULIFLOWER BROCCOLI ENERGIZING SOUP

(serves 4)

- 1 small cauliflower
- 1 small broccoli head
- ½ onion, chopped
- 1 small carrot, chopped
- 2 tablespoons of Bragg Liquid Aminos
- 1 teaspoon of turmeric
- · 2 cloves of garlic
- 4 cups of filtered water or to cover all ingredients
- 1 tablespoon of grapeseed oil or olive oil
- parsley to taste
- 1 teaspoon of sea salt

Wash cauliflower and spinach and separate into florets. Gently sauté all vegetables in the grapeseed or olive oil, along with the onion and garlic. Add water and the rest of the ingredients and simmer in low for 5 minutes, until the cauliflower and broccoli are cooked but still crispy. Alternatively, you can remove from the fire, cool and blend until smooth. Can be eaten with some brown rice or a slice of avocado.

*CORN CHOWDER

- 5 cups of water
- ½ cup of medium grain rice
- 1 bay leaf
- · 1 teaspoon of sea salt
- ¼ teaspoon fresh turmeric
- ¼ teaspoon of old bay spice

Place all of the above ingredients into a pot and cook 30-35 minutes on a low simmer.

- 2 cups of fresh corn
- 1 cup of red onion, diced
- 1 cup of celery, cut into half moons
- 1 cup of carrots, thinly sliced
- 1 cup of sweet potato, diced 1/4" thick
- · 2 tablespoons of extra virgin olive oil
- 1½ teaspoons of sea salt
- 1/2 teaspoon of black pepper
- ½ teaspoon of ground caraway
- 10 escarole leaves, cut julienne

Toss everything (except the escarole leaves) in a bowl, and either sauté or roast until just tender. Remove the bay leaf, and use a hand blender to mix the rice until smooth. Fold in the lightly cooked vegetable mixture. Garnish with escarole leaves when served.

IMMUNITY SOUP

(serves 4)

- · 4 large organic carrots, washed with skin
- 2 large potatoes, washed with skins
- ½ head red cabbage
- 1 onion, chopped
- ½ bunch broccoli
- · 3 stalks organic celery
- ½ teaspoon parsley
- 1 clove garlic

Add water to cover the vegetables, bring to a boil and then simmer with lid on for 30 minutes until the vegetables are cooked, but not mushy. Season it with sea salt, pepper and Bragg Liquid Aminos. Eat as is or puree in a blender for more of a broth texture. Eat with a slice of gluten free bread.

PUMPKIN SOUP

(serves 4)

- 1 small pumpkin
- 1 stack of celery
- 1 small onion, chopped
- ½ cup of coconut or rice milk
- · fresh parsley, chopped
- 1 tablespoons nutritional yeast
- 1 teaspoon sea salt
- 1 clove of garlic
- 1 tablespoon fresh lemon juice
- · 3 cups of filtered water

Peel pumpkin and remove the seeds. Cut into pieces. Add all ingredients, except milk and cook until vegetables are cooked. Let soup cool, add milk and then put in a blender until smooth.

SPLIT PEA SOUP

(serves 4)

- · 2 cups of dried split peas, rinsed
- · 6 cups of water
- 1 tablespoon extra-virgin olive oil
- 1 onion, chopped
- 1 teaspoon salt
- ½ teaspoon pepper
- · 2 cloves of garlic, minced
- · 2 stalks of celery, chopped
- 2 medium carrots, sliced
- 2 pinches of turmeric
- 1 teaspoon of dried parsley

Combine the water, split peas, onion, salt, pepper and garlic in a large pot. Bring to boil, reduce heat and simmer for 20 minutes. Add vegetables, garlic, turmeric, olive oil and parsley, raise heat to medium and simmer for another 45 minutes. Stir regularly and add water if needed. Put the soup in a blender and blend to desire texture (this is optional).

*TUSCAN TOMATO SOUP

- ¼ cup of extra virgin olive oil
- 6 garlic cloves, chopped
- ½ cup of celery, chopped
- ½ cup of fennel bulbs
- 1 cup of carrots
- 1 28 oz. can of plum tomatoes
- 1 cup of roasted red peppers
- · 2 teaspoon of sea salt
- 1 teaspoon of black pepper
- 1 teaspoon of chili flakes (optional)
- · 4 cups of vegetable stock
- 1 teaspoon of balsamic vinegar
- ½ cup of fresh basil, minced

Sauté the garlic with the extra virgin olive oil. Add the celery, fennel, and carrots. Cook until just tender. Add the tomato, red peppers, pepper, sea salt, and chili flakes. Add the vegetable stock, and cook approximately 30 minutes. Finish the soup with the basil, and balsamic vinegar.

ENTREES - MAIN DISHES

ASIAN VEGETABLE STIR-FRY

(serves 4)

- ½ Chinese cabbage
- 1 cup of snow peas
- 1 cup of mushrooms
- 1 cup of broccoli
- 1 teaspoon of ginger
- 1/2 onion, sliced
- ½ teaspoon of turmeric
- 1 tablespoon grapeseed oil
- 2 tablespoons Bragg Liquid Aminos
- ½ cup of water

Cut cabbage into strips, mushrooms and onion into slices. Cut broccoli into florets. Sauté the oil, garlic and onion for a few minutes or until onion is soft. Add broccoli and stir for another 2-3 minutes. Add the water, cabbage, mushroom and snow peas and stir with the liquid aminos. Add the turmeric and ginger at the end. Continue stirring for another minute or two. Serve over a bed of brown rice.

BLACK BEAN BURRITO

(serves 2)

- · 2 cups of black beans
- 1 medium to large onion
- ½ cup water
- 1 tomato, cubed
- 1 avocado, peeled and cubed
- 1 cup of lettuce, cut in small slices
- · 2 tablespoons apple cider vinegar
- · 1 clove of garlic, minced
- 1/4 teaspoon cumin
- 1 pinch of cayenne pepper
- 1 pinch black pepper
- · gluten free tortillas

Cut onion into rings, place in a pan with the water, stir and cover. Strain and rinse black beans, then mash them into a puree. Add apple cider vinegar and spices and mix.

Add beans to onions and mix. Remove from heat and cover. Use tortillas to wrap up the beans and add avocado, tomato and lettuce before wrapping the tortilla into a burrito.

BUTTERNUT SQUASH QUINOA

(serves 4)

- 4 cups peeled and diced butternut squash
- · 6 cloves of minced garlic
- · 3 shallots, minced
- 1 tablespoon olive oil
- 1 cup of quinoa, rinsed
- 1½ cups vegetable broth
- 1 tablespoon sea salt
- 1 bunch fresh sage
- ½ teaspoon black pepper
- 1/4 teaspoon cayenne pepper
- ½ cup of egg replacer
- ½ cup almond milk
- 1 cup vegan cheese, shredded
- ½ cup gluten free bread crumbs

Preheat oven to 350 degrees. Roast diced squash for 15 minutes. Heat olive oil over medium heat. Add shallots and sage and cook for 10 minutes or until shallots are tender. Add in garlic and cook for another 30 seconds. Add in quinoa and squash and stir for another minute. Add in broth, black pepper, sea salt and cayenne pepper. Bring to a boil and then reduce the heat to medium low. Cover and cook for 15 minutes or until most of the liquid is absorbed.

Move the quinoa mixture to an oven safe pan. In a small bowl, combine almond milk and eggs replacers and pour over the quinoa mixture. Top with cheese and then bread crumbs. Bake at 350 degrees for 30 minutes. Broil for two minutes to brown the top.

*CAPONATA STUFFED PORTABELLA

- 2 medium eggplants, cut into 1 inch slices
- ½ cup of olive oil
- · 2 teaspoon sea salt
- 2 teaspoon black pepper
- 2 tablespoons olive oil
- · 2 teaspoons of shallots, minced
- · 2 tablespoons of garlic, minced
- 3 Roma tomatoes, chopped
- 5 fresh basil leaves, minced
- · 2 fresh oregano sprigs, cleaned and minced
- · 1 teaspoon of chili flakes
- 4 large portabella mushrooms
- 2½ cups of vegetable stock
- 2 teaspoon black Hawaiian salt

Brush the eggplant with olive oil, then sprinkle with the salt and pepper. Place on a hot grill, or under the broiler until lightly charred. In the ½ cup of olive oil, add the shallots and garlic. Cook until golden. Chop the eggplant and add to the hot pan. Add the tomato, fresh herbs, and chili flakes. Cook for approximately 5 minutes. Remove the stems, and generously fill the mushroom cap with the caponata mix. Pour the vegetable stock into a baking pan, then place the stuffed mushrooms in the pan and cover with foil. Bake at 350 degrees for approximately 20-25 minutes.

CREOLE SEITAN WITH RICE

(serves 4)

- · 2 cups seitan, cut into small pieces
- 1½ cups okra, chopped
- 3 cloves garlic, minced
- 1 onion, diced
- 1 tablespoon olive oil
- 1 medium red bell pepper, diced
- 3 tablespoons of Bragg Liquid Aminos (soy sauce substitute)
- · 3 small tomatoes, diced
- 1/4 teaspoon cayenne pepper
- cooked brown rice

In a large pan, add olive oil and sauté the pepper, onion and garlic for about 3 minutes or until onion and pepper are soft. Add the liquid Aminos, tomatoes and cayenne pepper and simmer at low heat. Add the seitan, cover and cook for about 20 minutes. Add the okra, stir and cover again, allowing to cook for another 10 minutes, or until okra is cooked. Serve over brown rice and accompany with a small kale salad.

GLUTEN FREE PASTA

(serves 6)

- 1 16 oz. bag of gluten free pasta (fusilli or penne)
- 1 large head of broccoli
- 1 cup grated carrot
- ½ cup raisins
- ½ of white beans, cooked
- 1/4 cup sliced almonds
- 1 tablespoon of honey
- · 2 tablespoons of olive oil
- 1 tablespoon of rice vinegar
- · salt to taste

Cook the pasta according to package directions. Run water over cooked pasta before draining. Chop broccoli into small florets and steam them lightly until they are soft on the outside but still hard in the center. In a separate bowl, whisk honey, olive oil, vinegar and salt.

In a large mixing bowl, mix all ingredients and toss lightly. Add the mixture of the olive oil, vinegar and honey to combine. Put in the refrigerator to cool before serving or serve warm.

HEARTY VEGETABLE STEW

(serves 4)

- 3 medium potatoes unpeeled, cut into chunks
- 4 cups mushrooms cut into quarters
- 1 cup carrot cut into slices
- 1 cup celery cut into slices
- · 2 cups cooked kidney beans
- 1 tablespoon vegetable oil
- 1½ cups sliced onions
- · 2 garlic cloves minced
- 1 8 ounce can tomato sauce
- 1 cup water
- 1/4 cup red wine
- 1 teaspoon dried thyme
- 1 bay leaf
- · salt and pepper to taste

Heat oil in a large, heavy saucepan over medium heat. Add onions, garlic, carrots, celery, and mushrooms. Cook 10 minutes, stirring frequently. Add small amounts of water, if necessary, to prevent sticking. Add remaining ingredients, except wine. Cover, reduce heat to low, and simmer 30 minutes, or until vegetables are tender. Stir occasionally while cooking. Add wine to stew. Cook, stirring, 5 more minutes. Remove and discard bay leaf before serving. Serve with brown rice or quinoa.

*HERB POLENTA

- 1 cup of polenta
- 4 cups of vegetable stock
- 2 tablespoons of olive oil
- 1 tablespoon of shallot
- 1 tablespoon of garlic
- 1 cup of corn kernels
- · 4 fresh basil leaves, minced
- · 1 fresh oregano sprig, cleaned and minced
- · 2 teaspoon of sea salt
- 1 teaspoon of black pepper

Heat the oil, then add the shallots, garlic, and corn kernels. Cook till golden. Add the vegetable stock, and bring to a boil. Whisk in the polenta, fresh herbs, salt, and pepper. Cook approximately 7-10 minutes. Taste seasoning levels, more can be added.

*KALE WRAPPED 5 GRAIN TEMPEH

- 1 bunch of dino kale, cleansed with no stems
- · 2 tablespoons of sea salt
- 2 quarts of water
- 1 recipe of Hoisin/ginger marinade
- 8 ounces of 5 grain tempeh, cut into 8 pieces
- 1 large sweet potato
- 1 medium red onion
- 1 cup of sugar
- 1 cup of white or apple cider vinegar

Bring water and salt to a boil. Submerge the kale, and cook aprx. 2 minutes. Pour out into a colander, and run cold water over the top until cool. Set aside. Toss the tempeh in the marinade, then wrap each piece with the dino kale, one leaf one way, then one leaf the other. Arrange them in a steamer, and cook approximately 40-45 minutes.

Bake the sweet potato in the oven until cooked thru, approximately 45 minutes (times will vary).

Mix the sugar and vinegar until the sugar is dissolved. Toss in the onion. Let the onion marinate for minimum of 1 hour. Will hold for at least 2 weeks. Serve with toasted sunflower seeds and warm pita, or crostini.

OVEN ROASTED ROOT VEGETABLES

(serves 4)

- 1 medium sweet potato (white or yellow), cut in slices
- 1 large butternut squash, cut, seeded and peeled
- · 2 large gold potatoes, scrubbed
- · 3 medium beets, trimmed
- 1 medium red onion
- 2 large parsnips
- 8 cloves of garlic
- 2 tablespoons extra-virgin olive oil, plus more for drizzling
- 1½ teaspoons sea salt
- pinch ground black pepper

Place a baking sheet in the oven and preheat to 425 degrees F. Cut all the vegetables into 1 1/2-inch pieces. Cut the onions in chunky pieces. Toss all the vegetables with garlic, olive oil, salt and pepper in large bowl. Carefully remove the heated baking sheets from the oven, brush or drizzle with olive oil. Spread the vegetables evenly in the pan. Roast the vegetables until tender and golden brown, stirring occasionally, about 45 minutes. May need 2 pans in order to spread the vegetables evenly.

PAD THAI NOODLES

(serves 4)

- 1 pound Asian-style rice noodles
- ¼ cup soy sauce
- ½ cup lime juice
- 2 tablespoons almond butter
- 2 tablespoons hot sauce
- ¼ cup agave nectar
- 1 block tofu, diced
- 1 onion, diced
- · 4 cloves garlic, minced
- 2 tablespoons sesame oil
- ½ cup bean sprouts
- ¼ cup chopped or crushed cashews (optional)
- · 4 green onions (scallions), sliced

Cook noodles according to package instructions. Whisk together the soy sauce, peanut butter, lime juice, hot sauce and agave. In a large wok or skillet, sauté the tofu, onion and garlic in sesame oil for a minute or two, stirring frequently. Allow to cook for another minute or two.

Add the cooked noodles and the almond butter and soy sauce mixture. Stir well, and allow sauce to thicken as it cooks for about 3 minutes. Top with cashews, bean sprouts and green onions and serve hot.

POTATO BURGERS

(serves 8)

- · medium potatoes, boiled
- 1 teaspoon olive oil
- 2 large stems of kale, chopped (or spinach or parsley, chopped)
- · 2 carrots, grated
- 1 small onion, diced
- 1 clove garlic, pressed
- 1 teaspoon dried wakame (sea vegetable), soaked in water and then chopped
- 1 teaspoon ground coriander
- ¼ teaspoon cayenne
- 1 teaspoon sea salt
- · black pepper, to taste
- · 2 tablespoons olive oil

Cook the potatoes in boiling, salted water for 15-20 minutes. Drain, then mash with enough of the cooking water to make it creamy. Heat a large pan to medium, and sauté the onion and garlic in the oil until soft. Stir the onion, garlic, grated carrots, kale and wakame into the potatoes. Season to taste. Add the additional olive oil to the batter. Shape the mixture into 8 small rounds, and put them on a lined baking tray. Bake at 350 degrees F for 25-30 minutes.

RATATOUILLE

(serves 4)

- 1 yellow squash
- 1 zucchini
- 1 bell pepper
- · 3 tomatoes
- 1 small eggplant
- 1 onion, finely chopped
- · 2 garlic cloves
- 3 tablespoons of extra virgin olive oil
- 3 bay leaves

Wash the squash, zucchini, pepper (remove the seeds), eggplant and tomatoes and cut in thin slices. In a large round pan, sauté 2 tbsps. of olive oil, onions and garlic first, adding slowly the peppers, eggplant, then the rest of the ingredients. Vegetables should be carefully placed in the pan, starting with the outer layers and working your way into the center of the pan, and making sure that the vegetable slices overlap. Drizzle the rest of the olive oil and season with Herbamare or with salt and pepper. Add the bay leaves and cover with a piece of wax paper.

Preheat the oven at 375 degrees and bake for 30 minutes, until vegetables are cooked but still a bit crispy. Serve with couscous, quinoa or your favorite grain.

RED LENTIL CURRY

(serves 8)

- · 2 cups red lentils
- 16 ounces of tomato puree (canned is fine)
- · 2 tablespoons of curry paste
- 1 tablespoon of curry powder
- 1 large onion, diced
- 1 tablespoon of grapeseed oil
- 1 tablespoon of ground turmeric
- 1 tablespoon of ground cumin
- 1 tablespoon of chili powder
- 1 tablespoon of agave nectar
- 1 tablespoon of minced garlic
- 1 tablespoon of ginger root, minced
- 1 tablespoon of salt

Wash the lentils in cold water until the water runs clear. Cover with water and simmer covered until lentils are tender, adding more water if needed. In a large pan or skillet add the oil and onions and sauté for about 3 minutes.

In a mixing bowl, combine the curry paste, curry powder, turmeric, cumin, chili powder, salt, agave, garlic, and ginger, mixing well. Add this mixture to the skillet with the onions and cook in high heat for another 2 minutes, stirring constantly. Add the tomato puree, reduce heat

and continue to stir, allowing it to simmer.

When the lentils are tender drain them and add the curry mixture, stirring lightly. Serve immediately over your favorite whole grain and a small salad.

*SEITAN WITH MARKET VEGETABLES

- 8 ounces of seitan strips
- ½ cup of Harrisa Marinade
- ½ bunch of asparagus, chopped
- 1 bunch of baby carrot, chopped
- · 6 ounces romesco, separated
- 1 small red bell pepper, sliced
- 3 garlic cloves, minced
- · 2 tablespoons of olive oil
- ½ cup of vegetable stock

Toss the seitan into the marinade, and sauté until almost dry with areas of color. Heat the oil in a large sauté pan. Add the garlic, and cook until just golden. Add the vegetable stock. Then add the carrot, romesco, bell pepper, and asparagus. Cook until just tender, then fold in the cooked seitan. Serve over brown rice.

*STUFFED CURRIED BELL PEPPERS

- 1 cup of Beluga lentils
- ¼ teaspoon celery seeds
- 1 bay leaf
- · 2 teaspoon salt
- · 3 cups of water
- · 2 tablespoons olive oil
- ½ cup of carrot (about 1 carrot), diced
- ½ fennel bulb, diced
- ½ red onion, diced
- 1 small zucchini, diced
- 1 tablespoon yellow curry powder
- 2 tablespoons agave syrup
- ½ cup coconut cream
- 4 medium to large red bell peppers
- 1 cup of vegetable stock
- 1 bunch of kale, cleaned
- · 2 teaspoons olive oil
- ½ teaspoon sea salt

Cook lentils until just soft, approximately 25-30 minutes on medium/low heat. In a small bowl combine the coconut cream, curry powder, and agave. Mix until smooth. Heat the oil in a sauté pan, and add all of the vegetables. Cook for approximately 2 minutes. Add the curry mixture, and cook another minute or two. Combine the strained lentils, and the curried vegetable, and

mix well.

Cut off the tops, and clean the inside of the bell peppers (save the tops). Fill the peppers with the curried lentil mixture. Do not pack them. Place peppers with tops, and the vegetable stock into a deep baking dish, and cook at 350 degrees for approximately 40-45 minutes. Then cook at 450 degrees another 3 minutes, or until edges are crispy.

VEGAN MUSHROOM RISOTTO

(serves 4)

- 6 cups vegetable broth
- 1 cup of risotto rice
- ½ cup of fresh mushroom
- ½ cup of asparagus, chopped
- 1 onion, minced
- · 3 cloves garlic, minced
- 3 tablespoons olive oil
- 2 tablespoons of basil, chopped
- 2 teaspoons fresh parsley, chopped
- 1/3 cup vegan parmesan cheese substitute

Sauté the onion and garlic in olive oil until onions are soft. Add the risotto rice and stir constantly to avoid burning. Cook for 2-3 minutes, until rice starts to brown. Add 1 cup of vegetable broth and stir well. Add salt and pepper or your choice of seasoning. When most of the liquid has been absorbed, add one more cup of broth, along with the rest of the ingredients. Continue to add broth as the liquid gets absorbed, one cup at a time, stirring frequently, until the rice is cooked. Can be served with a side green or kale salad.

VEGETARIAN CHILI

(serves 6)

- 1 large organic sweet potato, clean and chopped (no need to peel)
- 1 cup of cooked black beans
- ½ of pink beans
- · 2 celery stalks, chopped
- ½ red bell pepper, chopped
- · 2 cloves garlic, minced
- 1 small onion, diced
- · 2 tablespoons olive oil
- · 2 full tablespoons of tomato paste
- ½ cup vegetable broth
- 1 tablespoon chili powder
- 1 teaspoon cumin
- cayenne pepper, garlic powder, sea salt and pepper to taste

Sauté onions and garlic in olive oil for a minute or two, until onions are soft. Add sweet potatoes, celery and pepper and stir for another 5 or 6 minutes. With heat at medium low, add remaining ingredients, stirring constantly to combine well. Season to taste, cover and simmer for about 25 minutes, stirring occasionally, until flavors have mingled and vegetables are cooked. Serve alone or with quinoa or brown rice.

SWEETS

*COCONUT CREAM PIE (GLUTEN FREE)

Crust:

- 1 cup of raw almonds, soaked for 4 hours
- 6 large dates (majoul are great)
- ½ teaspoon of ginger
- ½ teaspoon of cinnamon
- 1/4 teaspoon of salt

After soaking the almonds, drain the almonds, and pat dry. Place into a food processor, and run until finely ground. Chop the dates into smaller pieces, and add to the almonds. Add the ginger, cinnamon, and salt to the almonds and dates mix. Run the mixture until well mixed (may need to be pushed down a few times.) Press the crust into the pie plate all the way to the top edges. Bake in the oven for 8 minutes at 350 degrees.

Filling:

- ½ cup of coconut powder
- ½ cup of sugar
- 2 tablespoons agar agar powder
- 1/4 teaspoon of salt
- · 2 cups of coconut cream

Combine all dry ingredients above, and gently whisk together. Add coconut cream and whisk everything together in a medium size pot on medium heat. Cook until the mixture begins to boil, continuously stirring. Cook for approximately 4 more minutes. Pour into the almond crust, and chill for at least 2 hour. Top with your favorite fruit for garnish. Serve at room temperature. Garnish with blueberries and mango chunks (optional).

GLUTEN FREE PUMPKIN PIE (IT'S VEGAN TOO!)

- 1 cup of cooked pumpkin
- 1 cup rice or almond milk
- ½ of agave nectar
- 1 tablespoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon powdered cloves
- · pinch of salt
- 1 teaspoon vanilla extract
- 1/4 cup corn starch
- 1 9-inch gluten free pie crust

Add all ingredients into a blender and mix slowly for 5-6 minutes. Pour the mix into a gluten free pie crust and bake at 425 degrees Fahrenheit for 15 minutes. Turn oven temperature down to 350 degrees and bake for another 45 minutes. Let cool and then refrigerate for another hour.

*LEMON CHEESECAKE WITH CHOCOLATE CRUST

Crust:

- 2 cups of crunchy chocolate cookies, finely crushed
- 1 cup of sugar
- 6 tablespoons soy margarine/shortening, cold

Crush the cookies into tiny pieces. Mix in the sugar. Add the margarine, or shortening and mix by hand till the crumbs bind when squeezed. Press the crust into a spring form pan, or a pie dish.

Filling:

- 12 ounces silken tofu
- 8 ounces vegan cream cheese
- 1/4 cup of lemon juice
- · zest of 4 lemons
- ½ cup of sugar
- ½ teaspoon xanthium gum

Place the tofu into a food processor and blend until smooth. Add the vegan tofu, and blend until smooth. Add the lemon juice, and the zest. Blend until smooth. In a separate bowl, combine the sugar and the xanthium gum. Add the sugar mixture to the tofu mixture, and blend until smooth. Pour the cheesecake filling into the chocolate crust. Place the cheesecake into a water bath, and bake at 350 degrees for approximately 1 hour. Let cool for 15-20 minutes, then continue to chill completely in the refrigerator. Garnish any way you like.

PINEAPPLE COCONUT ICE CREAM

(serves 4)

- 1 cup of pineapple, cubed and frozen
- ½ cup of coconut milk
- ¼ cup of agave nectar
- 1/2 teaspoon vanilla extract

Place all ingredients into a Vitamix or high power blender, increasing the speed slowly. Blend for about 60 seconds. Serve immediately.

VEGAN RAW COCOA TRUFFLES

(makes 8-10 truffles)

- 1/4 cup of almond milk
- 2 cups of raw vegan cocoa chips/nibs
- 2 tablespoons coconut oil
- 1/3 cup of coconut flakes
- 3 drops of vanilla extract
- pinch or two of cayenne pepper

Heat the almond milk and stir in the chocolate chips, coconut oil and vanilla extract until all ingredients are fully blended together. Remove from heat, add the cayenne pepper and cool overnight. Using your hands, create small round balls (truffles), rounding them over the coconut flakes.

METRIC CONVERSIONS

US TO METRIC CONVERSIONS

1/5 teaspoon	1 ml
1 teaspoon	5 ml
1 tablespoon	15 ml
1 fluid ounce	30 ml
1/5 cup	50 ml
1 cup	240 ml
2 cups (1 pint)	470 ml
4 cups (1 quart)	95 liter
4 quarts (1 gallon)	3.8 liters
1 ounce	28 grams
(16 ounces) 1 pound	454 grams

METRIC TO US CONVERSIONS

1 milliliter	1/5 teaspoon
5 ml	1 teaspoon
15 ml	1 tablespoon
30 ml	1 fluid ounce
100 ml	
240 ml	1 cup
1 liter	34 fluid ounces
1 liter	4.2 cups
1 liter	2.1 pints
1 liter	1.06 quarts
1 liter	26 gallon
1 gram	035 ounce
100 grams	3.5 ounces
500 grams	1.10 pounds
1 kilogram	2.205 pounds
1 kilogram	35 ounces

NOTES:

- "ml" stands for milliliter, one thousandth of a liter
- To convert Fahrenheit to Celsius: (F-32) x 0.5555
- To convert Celsius to Fahrenheit: C x 5/9 + 32

SEASONAL PRODUCE GUIDE

SPRING

- Apricots (start)
- Cherries (seasons starts some places at the end of spring)
- Grapefruit
- Lemons
- Navel oranges (end)
- Strawberries
- Artichokes
- Arugula
- Asparagus
- Beets
- Carrots
- Chard and other greens (particularly in colder regions)
- Fava beans
- Fennel
- Fiddleheads
- Garlic scapes/green garlic

- Green onions/scallions
- Greens (particularly in colder regions)
- Kohlrabi
- Kumquats (end)
- · Leeks (end)
- Lettuce
- Morels
- Nettles
- Spring onions
- Parsley
- Pea greens
- Peas (garden, snap, snow, etc.)
- Radishes
- Rhubarb
- Scallions/green onions
- Spinach
- Turnips

SUMMER

- Apples (late summer)
- Apricots (early summer)
- Avocados
- Blackberries
- Blueberries
- Boysenberries
- Cantaloupes
- Cherries
- Corn
- Basil
- Beets
- Carrots
- Chard
- · Chiles, fresh
- Corn
- Cucumbers
- Eggplant

- Grapes (late summer)
- Green Beans
- Kiwi
- Lettuce
- Mangoes
- Peaches
- Plums
- Pomegranates
- Radishes
- Raspberries
- Spinach (late summer)
- Pumpkins (late summer)
- Strawberries
- Summer Squash
- Tomatoes
- Watermelons
- Zucchini

AUTUMN

- Apples
- Cranberries
- Figs
- Grapes (early fall)
- Limes
- Pears
- Pomegranates
- Artichokes (second crop)
- Arugula
- Beets
- Broccoli
- Broccoli Rabe, Rapini
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chard
- Edamame
- Eggplant (early fall)
- Fennel
- Garlic
- Green beans (early fall)
- Horseradish

- Jerusalem artichokes/ sunchokes
- Kale
- · Kohlrabi (late fall)
- Leeks
- Lemongrass
- Lettuce
- Mushrooms (wild)
- Okra (early fall)
- Onions
- Parsnips
- Peppers (early fall)
- Potatoes
- Pumpkins
- Radicchio
- Radishes (all types)
- Rapini
- Rutabaga
- Scallions
- Shallots
- Shelling Beans (early fall)
- Sweet Potatoes
- Turnips
- Winter Squash

WINTER

- Clementines
- Grapefruit
- Kiwi
- Kumquats (late)
- Lemons
- Mandarins
- Oranges
- Pommelos
- Tangerines
- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Cardoons
- Carrots (storage)
- Cauliflower
- Celeriac/celery root
- Celery

- Escarole
- Fennel
- Horseradish
- Jerusalem artichokes/ sunchokes
- Kale
- Kohlrabi
- Leeks
- Onions (storage)
- Parsnips
- Potatoes (storage)
- Radishes (large varieties)
- Rutabaga
- Salsify
- Shallots (storage)
- Sweet Potatoes
- Winter squash

RECOMMENDED READING

Detox

Detox for Life by Loree Taylor Jordan The Raw Food Detox Diet by Natalia Rose Clean by Alejandro Junger

Healthy Lifestyle/Food Choices/Diets

The China Study by T. Colin Campbell and Thomas M. Campbell, II

Diet For A Small Planet by Frances Moore Lappe Diet For A New America by John Robbins Becoming Vegan: The Complete Guide To Adopting A Healthy Plant-Based Diet by Brenda Davis and Vesanto Melina

The Acid-Alkaline Diet for Optimum Health by Christopher Vasey N.D.

Crazy, Sexy Diet by Kris Carr Conscious Eating by Gabriel Cousens M. D.

Health Guides

Perfect Health by Deepak Chopra
Eat More, Weigh Less by Dean Ornish, M. D.
Quantum Wellness by Kathy Freston
The Omnivore's Dilemma by Michael Pollan
Food Matters by Mark Bittman

Juicing

The Complete Book of Juicing by Michael T. Murray, N.D. Power Juices, Super Drinks: Quick, Delicious Recipes to Prevent & Reverse Disease by Steve Meyerowitz

The Joy of Juicing by Gary Null and Shelly Null

Recipe Books

This Crazy Vegan Life by Christina Pirello Vegan Soul Kitchen by Bryant Terry The Gluten Free Vegan by Susan O'Brein Ani's Raw Food Kitchen by Ani Phyo Ani's Raw Food Desserts by Ani Phyo

ABOUT THE AUTHOR

Jovanka Ciares is an author, wellness coach, speaker and blogger, with a focus on health, nutrition and conscious living. She works tirelessly to teach people to live rich, live healthy and feel great. Jovanka's message of "power through knowledge" helps improve the quality of life of people around the world. Her blog focuses on adopting a new, healthier way of life, primarily through diet, exercise and the power of positive thinking. It also emphasizes the importance of personal responsibility and teaches the public about the impact of our diet and lifestyle choices and how those affect the world around us. Visit her on the internet at:

Jovanka Ciares.com

Inspiring You To Live A Healthy, Happy And Beautiful Life

Join Jovanka On The Internet: www.JovankaCiares.com





ABOUT THE CHEF CONTRIBUTOR

Throughout her 22 years of experience, Verite has worked in various restaurants in Los Angeles, New York, Miami and San Francisco, first as a pastry chef and now as an executive chef.

A native of Southern California, Verite studied at the Culinary Institute of America in New York. After working in the industry for several years, she won the Pastry Chef of the Year award from the Restaurant Writer Association of California.

She also spent a summer working as a sous-chef with Redelio Iigobot at the Shangri-La Resort in Asia. Upon her return to the USA, she consulted with Blau and Associates on the launch of The Huntley Hotel and the Terranea Resort in California.

She also helped re-launch the Nets/Jets VIP private charter plane menus.