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# **Menus and Recipes**



The following menus and recipes were developed and tested by Bryanna Clark Grogan, a veteran chef, recipe developer, and food writer. Originally from California, Bryanna now lives in British Columbia. Her many cookbooks cover an enormous range of foods and cooking styles, from quick and easy recipes to many kinds of ethnic cuisine.

Bryanna's recipes are full-bodied, savory dishes with a special "something." You will notice that their flavors go beyond the tastes and aromas of the individual ingredients. The blends of simple foods and well-chosen spices make each recipe special.

It may be that she is tapping into the so-called fifth flavor. While Western palates expect the usual sweet, salty, sour, and bitter tastes, culinary scientists discovered long ago that the tongue perceives a fifth flavor that might best be called a *savory* taste (Asian cooks call it *umami*). For decades, food researchers have investigated how this flavor response is triggered by meaty dishes and accentuated by flavor enhancers, such as monosodium glutamate. Health-conscious cooks, of course, prefer to release flavors with healthful ingredients. As Bryanna has found, certain food combinations do indeed accentuate savory flavors and aromas.

This recipe collection is intended for a wide range of tastes and temperaments and includes both simple and more adventurous offerings. When we have included an unusual ingredient, you can find more information in Appendix 2. Thanks to Gabrielle Turner-McGrievy, MS, RD, and Jennifer Reilly, RD, who contributed additional recipes.

## **HOW TO STEAM-FRY**

Some recipes call for steam-frying, a technique for sautéing or stir-frying without fat. Here is how to do it.

Place a heavy nonstick skillet or stir-fry pan over medium heat and add the ingredients to be cooked (e.g., chopped onions or other vegetables). Then add 1 to 2 tablespoons of liquid (water, low-sodium vegetable broth, or wine)—just enough to keep the food from sticking. Do not crowd the pan, or the vegetables will stew.

Increase the heat to high and cook until the liquid starts to evaporate, stirring with a wooden spatula or spoon until the vegetables are done to your liking.

You can brown onions perfectly by this method. As soon as the

natural sugars in the onions start to brown on the bottom and edges of the pan, add a little more liquid and mix the browned portions with the remaining onions. Continue until the onions are soft and brown, being careful not to scorch them.

To steam-fry in a microwave, use a glass dish, such as a round 10-inch Pyrex baking dish or pie plate. Add the ingredients, including the 1 to 2 tablespoons of liquid, and cover with a glass lid or microwaveable plate. Microwave on high for 5 minutes or until the vegetables are soft, then add to the recipe. As almost everyone with a microwave knows, you can cook vegetables in it, but you cannot brown them or any other food. If you like a brown, crispy texture, stick with the stovetop method.

## 7 Days of Healthful Meals

### DAY 1

#### **Breakfast**

Oatmeal cooked with apples

Soy milk

#### **Lunch**

*Black-Eyed Pea and Sweet Potato Soup*

Toasted rye or sprouted-grain bread

Spinach salad with mandarin orange segments and *Creamy Poppy Seed Dressing*

#### **Snack**

*Fruit Smoothie*

#### **Dinner**

*Lebanese-Style Lentils and Pasta*

Steamed broccoli

*Orange-Applesauce Date Cake*

## DAY 2

### Breakfast

*2 High-Protein Oat Waffles*

Sliced berries

Soy yogurt

### Lunch

*Spinach Hummus* and vegetables of choice wrapped in a sprouted-wheat tortilla

*Orange Quinoa and Bulgur Tabbouleh*

### Snack

Baked corn chips, salsa, and *Vegetarian “Refried” Beans*

### Dinner

*Indonesian-Style Stir-Fried Pasta*

*Thai-Style Coleslaw*

Fresh fruit

## DAY 3

### Breakfast

*Tofu Scramblers*

Rye toast

Fruit salad

### Lunch

Panini sandwich made with sprouted-grain bread, *Tofu Mayonnaise*, low-fat vegetarian deli slices, and arugula

*Creamy Mushroom Bisque*

**Snack**

Apple slices dipped in *Lemon Crème*

**Dinner**

*Lemon and Artichoke Tagine*

*Orange Couscous Pilaf*

Baby mixed greens salad with *Creamy Black Pepper Dressing*

*Berry Mousse*

**DAY 4****Breakfast**

*Breakfast Barley with Fruit*

Soy milk

**Lunch**

*Red Lentil and Sweet Potato Soup*

*Italian Stuffed Griddle Dumplings*

**Snack**

Raw vegetables

Whole grain rye-crisp crackers

*Spinach Dip*

**Dinner**

*Eggplant Parmesan*

Green salad with *Balsamic Vinaigrette*

*Bulgur Wheat and Quinoa Pilaf*

Fresh fruit

## DAY 5

### Breakfast

Frozen fat-free hash browns baked in a nonstick waffle iron

Low-fat vegetarian sausage

Sliced oranges

### Lunch

*Black Bean Soft Tacos*

*Cherry Tomato and Brown Rice Salad with Artichoke Hearts*

### Snack

*Orange-Applesauce Date Cake*

Nondairy milk

### Dinner

*Balkan-Style Slow-Cooker Stew*

Crusty rye bread

*Brussels Sprouts with Lemon and Vegetarian Bacon*

Fresh fruit

## DAY 6

### Breakfast

*Muesli Cereal*

Soy milk

Fresh fruit

### Lunch

*Sloppy Joes for Two* on sprouted-wheat hamburger buns

Green salad

**Snack**

Whole grain crackers

*Cypriot Yellow Split Pea and Dill Spread*

**Dinner**

*White Bean and Sweet Potato Stew*

Sprouted grain buns

*Sautéed Portobello Mushroom Salad*

*Cranberry–Orange–Pear Granola Crisp*

**DAY 7****Breakfast**

*Wheatberry Pancakes* with apple-cider maple syrup

Fresh fruit

**Lunch**

*Barley and Winter Squash Chowder*

*Oatmeal Drop Scones*

*Red Cabbage Slaw with Cranberries and Apples*

**Snack**

*Pineapple Sherbet Pops*

**Dinner**

*Vegetarian Mixed-Bean Chili Express*

*Tender Barley Cornbread*

*BLT Salad*

*Chocolate-Dipped Strawberries*



# Breakfasts

## Breakfast Barley with Fruit

For delicious taste, lots of soluble fiber, and a wonderfully low glycemic index, try rolled barley (also called barley flakes) for your breakfast porridge. It takes a bit longer to cook than oatmeal unless you soak it the night before. Serve with your favorite nondairy milk and a touch of brown sugar or the sweetener of your choice.

- 1/3 cup rolled barley (barley flakes)
- 1/8 teaspoon salt
- 3/4 cup water
- 1 tablespoon wheat bran
- 1/2 medium apple with peel, cored and chopped, or other chopped fruit
- 1 1/2 teaspoons ground flaxseed

*The night before:* Combine the barley, salt, and water in a microwaveable bowl, cover, and refrigerate overnight. (Use a 1-quart or larger bowl—barley can really boil up!)

*In the morning:* Add the bran and apple or other fruit to the soaked barley. Cover the bowl with a microwaveable plate and microwave on high for 2 minutes. Finish cooking on medium for 4 minutes. Stir in the flaxseed.

*To cook on the stovetop:* Bring the soaked barley, bran, and apple or other fruit to a boil in a small nonstick saucepan over high heat, stirring. Reduce the heat to low, partially cover, and simmer for about 15 minutes, stirring occasionally. The mixture should have the consistency of cooked oatmeal. If it's too watery, continue cooking over low heat to desired consistency.

### MAKES 1 SERVING

*Per serving:* 197 calories, 6 g protein, 8 g carbohydrates, 8 g sugar, 2 g total fat, 10% calories from fat, 0 mg cholesterol, 42 g fiber, 252 mg sodium



## Tofu Scramblers

It takes about the same amount of time to make Tofu Scramblers as it does to make scrambled eggs when you use the handy homemade mix. Shake or stir the mix before measuring. Scramblers can be used in breakfast burritos or soft tacos made with sprouted wheat or corn tortillas, topped with salsa, or used in vegan huevos rancheros.

### Scrambler Mix

- 1 cup nutritional yeast flakes
- 5 tablespoons + 1 teaspoon onion powder
- 4 teaspoons curry powder
- 4 teaspoons salt
- 4 teaspoons ground turmeric
- 4 teaspoons ground cumin

### Scramblers

- 1½ teaspoons Tofu Scrambler Mix
- 4 ounces reduced-fat extra-firm silken tofu, crumbled
- 2 tablespoons reduced-fat soy milk (optional)

*For the mix:* Blend the yeast flakes, onion powder, curry powder, salt, turmeric, and cumin in a dry blender or mini-processor. Store in a covered jar.

*For the scramblers:* Combine the scrambler mix and tofu well in a medium bowl. Add the soy milk, if desired. Cook the mixture in a heavy nonstick skillet until it reaches the desired consistency, stirring constantly with a plastic spatula.

To microwave, combine the ingredients in a microwaveable dish, cover, and cook on high (for 4 ounces, about 2 minutes; for 8 ounces, about 3½ minutes; for 12 ounces, about 5 minutes; and for 16 ounces, about 7½ minutes).

### MAKES 1 SERVING

*Per serving: 54 calories, 9 g protein, 3 g carbohydrates, 1 g sugar, 1 g total fat, 15% calories from fat, 0 mg cholesterol, 1 g fiber, 252 mg sodium*

## Variations

*If you like, add chopped vegetarian bacon or ham; vegetarian bacon bits; or steam-fried chopped onions, scallions, mushrooms, bell peppers, or tomatoes. If cooking in the microwave, place the vegetables in the bottom of the dish, put the tofu (mixed with the scrambler mix) on top, and cook as usual, then stir together before serving.*

## Muesli Cereal

Bircher muesli was invented in Switzerland as a nutritious raw but digestible breakfast cereal. You can buy expensive commercial versions, but the original is low in fat, easy to make, and quick, as long as you remember to start the night before. Serve muesli with reduced-fat nondairy milk or soy yogurt; brown sugar, maple syrup or agave syrup to taste; and fresh fruit (such as berries), if desired.

- 1½ cups rolled oats or other rolled whole grain cereal
- 1½ cups water
- 2 tablespoons wheat bran
- 2 tablespoons currants, raisins, or other dried fruit
- ¼ teaspoon salt
- 2 medium apples with peel, grated
- 3 tablespoons lemon juice

*The night before:* Combine the oats and water in a bowl and refrigerate overnight.

*Just before serving:* Add the bran, currants or raisins, salt, apples, and lemon juice to the soaked oats.

**Note:** To make 1 serving, use 6 tablespoons oats; 6 tablespoons water; 1 teaspoon bran; 1 teaspoon dried fruit; a pinch of salt; ½ small apple, shredded; and 2¼ teaspoons lemon juice.

### MAKES 4 SERVINGS

*Per serving: 173 calories, 6 g protein, 36 g carbohydrates, 11 g sugar, 2 g total fat, 10% calories from fat, 0 mg cholesterol, 6 g fiber, 122 mg sodium*

## Oatmeal Drop Scones

Traditional Scottish *skon* recipes contained no fat at all. They were eaten immediately, warm and fresh, as these should be. Enjoy them with low-sugar jam.

- 1 cup old-fashioned oats
- 1¼ cups whole wheat pastry flour (not regular whole wheat flour)
- 1 teaspoon sugar
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1¼ cups reduced-fat soy milk
- 1 tablespoon lemon juice or vinegar
- Sugar or caraway seed

Preheat the oven to 400°F. Grind the oats to a fine meal in a dry blender. Pour into a medium bowl and add the flour, sugar, baking soda, and salt. Mix well.

Mix the soy milk and lemon juice or vinegar in a small bowl. Pour into the dry mixture and stir briefly with a fork. Drop by large spoonfuls onto 2 nonstick baking sheets (or baking sheets lined with parchment), making 12 mounds. Smooth the tops a bit with wet fingertips. Bake for about 15 minutes. Split with a fork while still hot.

For a bannock shape: Divide the dough in half. With wet hands, pat the dough pieces into 8" circles in two 9" nonstick cake pans (or cake pans lined with parchment cut to fit). Score each circle into 6 wedges and bake for 15 to 20 minutes.

Sprinkle with the sugar or caraway seed.

### MAKES 12 SERVINGS

*Per serving: 77 calories, 3 g protein, 15 g carbohydrates, 1 g sugar, 1 g total fat, 9% calories from fat, 0 mg cholesterol, 2 g fiber, 144 mg sodium*

### Variations

*Currant Scones: Add ¼ to ½ cup dried currants. You can also add ¾ cup grated apple.*

*Herb Scones: Add ½ cup loosely packed chopped fresh herbs of your choice.*

*Herb Bannock: This resembles a focaccia, is quick to make, and is a great snack. Add ½ cup fresh herbs to the oatmeal scone dough. Divide the dough in half and follow the instructions for making the bannock shape. Make indentations all over the dough with your fingertips. Spray the tops lightly with water from a pump sprayer and sprinkle with coarse salt or soy Parmesan, or top with steam-fried or grilled chopped mushrooms, garlic, bell peppers, and/or onions. Serve with balsamic vinegar for dipping.*

## Tender Barley Cornbread



You can whip up this high-fiber, low-fat cornbread fast, and it bakes in 15 minutes. Use stone-ground cornmeal if you can.

- ¾ cup yellow cornmeal
- ½ cup barley flour
- ⅓ cup whole wheat flour (regular or pastry flour)
- 2 tablespoons sugar
- 2 teaspoons baking powder
- ½ teaspoon salt
- ¼ teaspoon baking soda
- 1 cup reduced-fat soy milk
- ¼ cup unsweetened applesauce

Preheat the oven to 425°F. Whisk together the cornmeal, barley and whole wheat flours, sugar, baking powder, salt, and baking soda in a medium bowl. Add the soy milk and applesauce and stir just until mixed. Scrape into an 8" × 8" nonstick baking pan and smooth the top. Bake for 15 minutes. Cut the hot cornbread into 6 equal pieces.

### MAKES 6 SERVINGS

*Per serving: 150 calories, 4 g protein, 32 g carbohydrates, 5 g sugar, 1 g total fat, 6% calories from fat, 0 mg cholesterol, 3 g fiber, 237 mg sodium*

## High-Protein Oat Waffles

If you didn't make these crisp, ultra-nutritious waffles yourself, you'd never guess beans were among the ingredients. Soaking the beans takes just minutes before you retire for the night, and in the morning, you can make the batter quickly in the blender. (Note: To cook waffles without added fat, you will need a good-quality nonstick waffle iron.)

These waffles take a little longer to bake than ordinary waffles (about 8 minutes), so you may want to make them ahead of time. They can be reheated quickly in a toaster. Topped with chili or creamed vegetables, they make a great lunch or supper. For gluten-free waffles, substitute brown rice flakes or quinoa flakes for the oats.

- ½ cup dried cannellini, white kidney, or great Northern beans
- 2¼ cups water
- 1¾ cups old-fashioned oats
- 2 tablespoons sugar or 1 tablespoon agave nectar
- ¾ tablespoon whole flaxseed
- 1 tablespoon baking powder
- 1½ teaspoons vanilla extract, or ¾ teaspoon vanilla extract and  
¾ teaspoon orange, almond, or coconut extract
- 1 teaspoon salt

*The night before:* Place the beans in a large bowl and cover generously with water. Refrigerate overnight or for up to a week.

*In the morning:* Drain the beans, discarding the soaking water. Place in a blender with 2¼ cups fresh water and the oats, nectar, flaxseed, baking powder, vanilla, and salt. Blend until smooth, light, and foamy. Set aside and preheat a nonstick waffle iron.

Pour a generous ⅓ cup of batter onto the hot waffle iron for each 4" waffle, close the iron, and cook for a minimum of 8 minutes. If the iron is hard to open, let the waffle cook for another minute or two.

Repeat with the remaining batter, blending briefly before pouring each waffle. If the batter thickens while standing, add enough water to return it to its original consistency.

The waffles should be golden brown and crisp. Serve immediately or cool completely on a rack and freeze in an airtight container. Serve with your favorite toppings.

**MAKES TEN 4" WAFFLES (5 SERVINGS)**

*Per serving: 196 calories, 10 g protein, 35 g carbohydrates, 2 g sugar, 3 g total fat, 11% calories from fat, 0 mg cholesterol, 6 g fiber, 386 mg sodium*

## Wheatberry Pancakes



Who would guess that with the help of your blender, you could make deliciously light pancakes from freshly ground wheat in minutes? Try these! Leftover batter works great for waffles, too.

- 1 cups wheat berries (whole wheat kernels)
- 1 tablespoon whole flaxseed
- 2 cups water
- 1/3 cup chickpea flour (besan) or low-fat soy flour
- 1 tablespoon sugar
- 2 teaspoons lemon juice
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt

Place the wheat berries, flaxseed, and water in a blender and process at high speed for about 2 minutes. Add the flour and process for 2 to 3 minutes or until very smooth. Add the sugar, lemon juice, baking powder, baking soda, and salt and process until well mixed.

Heat a heavy nonstick griddle or skillet (a nonstick electric griddle cooks very evenly) over high heat until drops of water dance on the surface and then quickly disappear. Reduce the heat to medium-high. Working in batches if necessary, pour dollops of batter quickly onto the griddle, leaving space to expand. When bubbles appear on the surface, gently flip the pancakes. Don't overcook; they should be a bit puffy when you take them off the griddle, so they are light and cakey.

**MAKES TWELVE 4" PANCAKES (3 SERVINGS)**

*Per serving: 261 calories, 11 g protein, 53 g carbohydrates, 6 g sugar, 3 g total fat, 9% calories from fat, 0 mg cholesterol, 9 g fiber, 534 mg sodium*

## Fruit Smoothie



This quick and easy recipe is great way to start your day—or give you a healthy boost anytime.

- ½ cup unsweetened apple or orange juice
- ½ cup reduced-fat soy milk
- ½ cup frozen blueberries or other berries
- ½ cup frozen peaches
- 1 tablespoon soy protein powder

Combine the juice, soy milk, berries, peaches, and protein powder in a blender or food processor. Blend until very smooth.

### MAKES 1 SERVING

*Per serving: 148 calories, 4 g protein, 32 g carbohydrates, 13 g sugar, 2 g total fat, 9% calories from fat, 0 mg cholesterol, 3 g fiber, 65 mg sodium*

## Dips, Spreads, and Dressings

### Low-Fat Guacamole

This “mock-amole” is creamy and tasty. It is delicious with baked corn tortilla chips.

- 5 ounces fresh green beans or frozen small whole green beans
- 5 ounces frozen baby lima beans
- ½ cup reduced-fat firm or extra-firm silken tofu
- 3 tablespoons lemon juice
- 2 cloves garlic, crushed
- ¾ teaspoon salt
- ½ teaspoon ground cumin
- ¼ cup chunky no-sugar-added tomato salsa

Cook the green beans and lima beans in enough water to cover for about 5 minutes or just until tender but not mushy. Drain well, transfer to a food processor, and blend until smooth.



Add the tofu, lemon juice, garlic, salt, and cumin and blend until smooth. Add the salsa and pulse briefly to mix. Scoop into a covered bowl and refrigerate.

#### MAKES 2 CUPS

*Per ¼ cup: 37 calories, 2 g protein, 7 g carbohydrates, 1 g sugar, 0.5 g total fat, 5% calories from fat, 0 mg cholesterol, 2 g fiber, 226 mg sodium*

## Vegetarian “Refried” Beans



This fat-free version of refried beans has a light texture and can be made with a variety of beans. It also makes a great warm bean dip or a delicious cold spread for sandwiches, wraps, or crackers.

- 4½ cups cooked or 3 cans (15 ounces each) black, small red, kidney, or pinto beans, rinsed and drained
- 1 small onion, finely chopped
- 2 tablespoons red wine vinegar
- 1 teaspoon salt
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon dried garlic granules
- 1 teaspoon chili powder
- Hot-pepper sauce to taste (optional)
- A few dashes of liquid smoke (optional)

Place the beans, onion, vinegar, salt, cumin, oregano, garlic granules, chili powder, hot-pepper sauce, if desired, and liquid smoke, if desired, in a food processor. Blend for several minutes or until very smooth. Transfer to a serving bowl, cover, and refrigerate.

For a hot dip, microwave on high for about 3 minutes or heat in a skillet, stirring constantly.

#### MAKES 4 CUPS

*Per ¼ cup: 68 calories, 4 g protein, 12 g carbohydrates, 0.5 g sugar, 0.5 g total fat, 4% calories from fat, 0 mg cholesterol, 4 g fiber, 120 mg sodium*

## Spinach Hummus

Most versions of this popular Middle Eastern chickpea dip are chock-full of olive oil and sesame tahini. This recipe contains a little tahini and plenty of spinach or other greens for good nutrition and lots of color. Serve with raw veggies and wedges of sprouted-wheat pita bread or with fat-free dark rye-crisp crackers. Heating the chickpeas before processing makes a creamier hummus.

- 1 package (10 ounces) frozen spinach, thawed
- 2 cups well-cooked chickpeas or 1 can (19 ounces) chickpeas, heated and drained
- $\frac{1}{3}$  cup lemon juice
- 1 tablespoon sesame tahini
- 4–6 cloves garlic
- $1\frac{1}{2}$  teaspoons salt
- 1 teaspoon ground cumin
- $\frac{1}{4}$  teaspoon cayenne pepper

Squeeze as much liquid from the spinach as you can and chop with a sharp knife. Set aside.

Place the chickpeas, lemon juice, tahini, garlic, salt, cumin, and cayenne in a food processor. Blend until as smooth as desired, adding a bit of water if necessary (it will thicken somewhat in the refrigerator). Add the spinach and blend briefly.

Transfer to a serving bowl, cover with plastic wrap, and refrigerate until ready to serve.

### MAKES ABOUT $3\frac{1}{2}$ CUPS

*Per  $\frac{1}{4}$  cup: 107 calories, 7 g protein, 19 g carbohydrates, 0.5 g sugar, 2 g total fat, 13% calories from fat, 0 mg cholesterol, 6 g fiber, 336 mg sodium*

### Variations

*Try this recipe with cooked or thawed frozen kale, Swiss chard, or collard greens instead of spinach.*

*For a more traditional hummus, omit the greens and decrease the salt to 1 teaspoon, the cumin to  $\frac{1}{2}$  teaspoon, and the cayenne to a pinch.*

*For delicious red pepper hummus, make the traditional hummus variation and add ½ cup drained and rinsed roasted red peppers from a jar when you process the chickpeas.*

## **Cypriot Yellow Split Pea and Dill Spread**

This easy spread is delicious with dark rye-crisp crackers or sprouted-wheat pita wedges. The garlic mellows considerably when cooked.

- 1 cup dried yellow split peas
- 7 cloves garlic
- 1 small onion, chopped
- 1 teaspoon salt
- 3 cups water
- 3 tablespoons fresh lemon juice
- 2 teaspoons dried dill weed or 2 tablespoons chopped fresh dill
- Freshly ground black pepper to taste
- Paprika (optional)
- 1 sprig fresh dill (optional)

Combine the split peas, 6 of the garlic cloves, onion, salt, and water in a medium saucepan. Bring to a boil, skimming off any foam. Reduce the heat, cover, and simmer for 30 minutes.

Transfer to a food processor or blender and process, or use a hand-held blender in the pan. (Remove the “pusher” from the top of the food processor so hot air can escape. Cover the hole loosely with a folded clean cloth while processing.) Crush the remaining garlic clove and add to the mixture along with the lemon juice and dill. Process until very smooth. Season with the pepper.

Pour into a decorative serving bowl, cover, and let cool. Garnish with the paprika and dill sprig, if desired.

This spread is best served at room temperature. If you store it in the refrigerator, simply bring it to room temperature before serving.

**MAKES 2½ CUPS**

*Per ¼ cup: 74 calories, 5 g protein, 14 g carbohydrates, 2 g sugar, 0.5 g total fat, 2% calories from fat, 0 mg cholesterol, 5 g fiber, 193 mg sodium*

## Red Wine Vinaigrette



This is a good basic dressing for many types of salads. Unlike plain juice or water, the oil substitute will help the dressing stick to the greens. I like to make 2 cups at a time and refrigerate the extra.

### Fat-Free Oil Substitute

- 1 cup cold water
- 1 tablespoon low-sodium vegetarian broth powder
- 2 teaspoons cornstarch

### Dressing

- 1¼ cups Fat-Free Oil Substitute
- ¼ cup red wine vinegar
- 1 tablespoon balsamic vinegar
- 1 clove garlic, crushed
- 1 teaspoon salt
- 1 tablespoon Dijon mustard (optional)
- 1 tablespoon brown sugar (optional)

*For the oil substitute:* Place the water in a small saucepan and whisk in the broth powder and cornstarch. Cook over medium-high heat, stirring constantly, until thickened and clear.

*For the dressing:* Whisk, shake, or blend the oil substitute, red wine and balsamic vinegars, garlic, salt, mustard, if desired, and sugar, if desired, until well mixed. Transfer to a jar and refrigerate.

**MAKES 1½ CUPS**

*Per 2 tablespoons: 6 calories, 0.5 g protein, 2 g carbohydrates, 0 g sugar, 0 g total fat, 0% calories from fat, 0 mg cholesterol, 0.5 g fiber, 160 mg sodium*

### Variation

*Balsamic Vinaigrette:* Omit the red wine vinegar and use 5 tablespoons balsamic vinegar. Use the optional mustard and brown sugar.

*Per 2 tablespoons: 11 calories, 0.5 g protein, 3 g carbohydrates, 1 g sugar, 0.5 g total fat, 3% calories from fat, 0 mg cholesterol, 0.5 g fiber, 176 mg sodium*

## Spinach Dip

Serve this blender dip with raw vegetables and/or fat-free dark rye-crisp crackers.

- 20 ounces reduced-fat extra-firm silken tofu
- $\frac{1}{4}$  cup lemon juice
- 1 envelope Lipton Recipe Secrets Vegetable Soup Mix
- $\frac{1}{2}$  teaspoon salt
- 1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry
- 2 scallions, minced
- 1 can (8 ounces) water chestnuts, drained and chopped (optional)
- 1 tablespoon vegetarian bacon bits (optional)

Place the tofu, lemon juice, soup mix, and salt in a food processor and blend until smooth. Add the spinach, scallions, water chestnuts, if desired, and bacon bits, if desired, and pulse until mixed. Transfer to a serving bowl, cover, and refrigerate until ready to serve.

**MAKES 4 CUPS (12 SERVINGS)**

*Per serving: 16 calories, 1 g protein, 3 g carbohydrates, 1 g sugar, 0.5 g total fat, 10% calories from fat, 0 mg cholesterol, 1 g fiber, 226 mg sodium*

## **Creamy Poppy Seed Dressing**

This quick and easy dressing is very low in fat. With just the right amount of sweetness, it's great on fruit salads and spinach salads.

- 8 ounces reduced-fat firm or extra-firm silken tofu, crumbled
- 6 ounces ( $\frac{1}{2}$  can) frozen apple juice concentrate, thawed
- 6 tablespoons reduced-fat soy milk
- 3 tablespoons cider vinegar
- 1 tablespoon poppy seeds
- $1\frac{1}{2}$  tablespoons chopped onion
- $1\frac{1}{2}$  tablespoons Dijon mustard
- 1 scant teaspoon salt

Place all the ingredients in a blender and process until smooth. Transfer to a jar and refrigerate. Shake before serving.

### **MAKES 2 CUPS**

*Per  $\frac{1}{4}$  cup: 45 calories, 3 g protein, 7 g carbohydrates, 1 g sugar, 1 g total fat, 18% calories from fat, 0 mg cholesterol, 0.5 g fiber, 268 mg sodium*

## **Creamy Black Pepper Dressing**

This is sure to be a favorite, especially if you are a fan of spinach salads. The blender is the key to the creamy texture.

- $1\frac{1}{2}$  tablespoons low-sodium vegetarian broth powder
- 1 package (12.3 ounces) reduced-fat firm silken tofu
- 1 large clove garlic, finely chopped
- 3 tablespoons fresh lemon juice
- 1 tablespoon rice vinegar
- 1 tablespoon nutritional yeast flakes
- $1\frac{1}{2}$  teaspoons whole black peppercorns
- 1 teaspoon miso
- 1 teaspoon sugar
- $\frac{3}{4}$  teaspoon salt
- $\frac{2}{3}$  cup water

Place all the ingredients in a blender and process until very smooth. Transfer to a jar and refrigerate. Shake well before serving.

**MAKES 2 CUPS**

*Per 2 tablespoons: 15 calories, 2 g protein, 2 g carbohydrates, 0.5 g sugar, 0.5 g total fat, 11% calories from fat, 0 mg cholesterol, 0.5 g fiber, 123 mg sodium*

## Soups

### **Dutch Green Pea Soup**

A very satisfying meal on a cold day! Serve this soup hot along with dark pumpernickel bread.

- 1 cup green split peas
- 8 cups low-sodium vegetarian broth
- 1 tablespoon vegetarian bacon bits
- 2 medium new or red potatoes, peeled and chopped
- 2 medium leeks, chopped, including any tender green parts
- ½ cup chopped celery, including leaves
- ½ teaspoon dried savory
- ½ teaspoon liquid smoke
- 1 package (10–12 ounces) low-fat vegetarian hot dogs or sausages, sliced diagonally into chunks
- Salt to taste
- Freshly ground black pepper to taste

Bring the split peas, broth, and bacon bits to a boil in a large saucepan, skimming off any foam. Reduce the heat, cover, and simmer for about 3 hours. Add the potatoes, leeks, celery, savory, liquid smoke, and hot dogs or sausages. Simmer for 30 minutes or until the potatoes are tender. Season with the salt and pepper.

**MAKES 8 SERVINGS**

*Per serving: 184 calories, 15 g protein, 27 g carbohydrates, 3 g sugar, 3 g total fat, 11% calories from fat, 0 mg cholesterol, 7 g fiber, 36 mg sodium*

## Barley and Winter Squash Chowder



This is a lovely soup for a cold evening.

- 4 cups low-sodium vegetarian broth
- 1 pound winter squash, peeled, seeded, and cut into  $\frac{3}{4}$ " cubes
- $\frac{1}{2}$  large onion, chopped
- 6 ounces low-fat chicken substitute strips, such as Butler Soy Curls, reconstituted
- $\frac{3}{4}$  cup pearly barley
- 8 ounces red potatoes, chopped
- $\frac{1}{4}$  cup chopped celery leaves and tops
- $1\frac{1}{2}$  teaspoons vegetarian bacon bits
- 1 bay leaf
- $\frac{1}{2}$  teaspoon dried thyme
- $\frac{1}{2}$  teaspoon dried savory
- $1\frac{1}{2}$  cups reduced-fat soy milk
- Salt to taste
- Freshly ground black pepper to taste
- Chopped fresh parsley (optional)

Place the broth, squash, onion, chicken substitute strips, barley, potatoes, celery, bacon bits, bay leaf, thyme, and savory in a soup pot and bring to a boil. Reduce the heat to low, cover, and simmer for 30 minutes. Remove the bay leaf, stir in the soy milk, and season with the salt and pepper. Sprinkle each serving with chopped parsley, if desired.

### MAKES 6 SERVINGS

*Per serving: 204 calories, 11 g protein, 40 g carbohydrates, 4 g sugar, 1 g total fat, 4% calories from fat, 0 mg cholesterol, 8 g fiber, 229 mg sodium*

## Creamy Mushroom Bisque



A food processor turns this dairy-free soup into a rich, creamy treat with a delightful mushroom flavor.

- 1 small onion, finely chopped
- 5 cups mushroom broth



- 1 bay leaf
- ½ teaspoon dried thyme
- ⅔ cup old-fashioned oats
- 12 ounces mushrooms, sliced
- 2 teaspoons low-sodium soy sauce
- 2 tablespoons dry sherry (optional)
- Salt to taste
- Freshly ground black pepper to taste
- Vegan Parmesan cheese (optional)

Steam-fry the onion in a heavy nonstick skillet over medium heat until soft but not browned, adding very small amounts of water as needed to prevent sticking and burning. (Or place in a microwaveable dish, cover, and microwave on high for 3 minutes.)

Place the broth, bay leaf, thyme, and oats in a medium saucepan. Add the onion and bring to a boil, then reduce the heat to low, cover, and simmer for 20 minutes or until the oats are soft.

Meanwhile, steam-fry the mushrooms in a large, heavy nonstick skillet over high heat, adding a sprinkle of salt and very small amounts of water as needed to prevent sticking and burning. Cook until the mushrooms release and reabsorb their liquid. Remove from the heat and set aside.

When the oats are soft, remove the bay leaf and puree the soup until creamy with a hand-held blender or in batches in a blender or food processor. (Remove the middle part of the blender or food processor's lid so hot air can escape. Cover the hole loosely with a folded clean cloth while blending.)

Return the soup to the pan and add the mushrooms, soy sauce, sherry (if desired), salt, pepper, and vegan Parmesan (if desired). Serve hot.

#### **MAKES 4 SERVINGS**

*Per serving: 80 calories, 5 g protein, 14 g carbohydrates, 3 g sugar, 1 g total fat, 12% calories from fat, 0 mg cholesterol, 3 g fiber, 93 mg sodium*

## Black-Eyed Pea and Sweet Potato Soup

This delectable soup contains Southern ingredients—black-eyed peas, vegetarian bacon and sausage, sweet potatoes, and greens.

- 1 large onion, chopped
- 3 cloves garlic, minced
- 6 cups low-sodium vegetarian broth
- ¼ cup tomato paste
- 3 cups cooked or 2 cans (15 ounces each) black-eyed peas, rinsed and drained
- 2 tablespoons vegetarian bacon bits or a few dashes of liquid smoke
- 2 teaspoons dried oregano
- 1 bay leaf
- ½ teaspoon salt
- ½ teaspoon crushed red pepper
- 4 ounces kale, collards, or other dark greens, cleaned, trimmed, and thinly sliced
- 1 pound sweet potatoes, peeled and chopped
- 2 vegetarian Italian sausages, such as Lightlife Smart Links Italian or Yves Veggie Spicy Italian Sausage, cut into ¼" slices

Steam-fry the onion and garlic in a large, heavy nonstick skillet over medium heat until soft, adding very small amounts of water as needed to prevent sticking and burning. (Or place in a microwaveable dish, cover, and microwave on high for 5 minutes.)

Place the broth, tomato paste, black-eyed peas, bacon bits or liquid smoke, oregano, bay leaf, salt, red pepper, greens, sweet potatoes, and sausage in a large saucepan. Add the onion and garlic and simmer for 30 minutes or until the sweet potatoes are tender. Remove the bay leaf and serve immediately.

### MAKES 6 SERVINGS

*Per serving: 257 calories, 16 g protein, 44 g carbohydrates, 8 g sugar, 3 g total fat, 10% calories from fat, 0 mg cholesterol, 10 g fiber, 263 mg sodium*

## Red Lentil and Sweet Potato Soup



This hearty soup makes a great light lunch or a starter for a several-course meal. Blending gives it a delightfully smooth texture.

- 2 small onions, chopped
- ½ teaspoon ground cumin
- ½ teaspoon ground ginger
- 4 cups low-sodium vegetarian broth
- 2 cups cubed peeled sweet potatoes
- ⅔ cup red or pink lentils, rinsed
- 1 teaspoon lemon juice
- ¼ teaspoon salt
- White pepper to taste
- Paprika

Steam-fry the onions in a large, heavy nonstick skillet over medium heat until soft, adding very small amounts of water as needed to prevent sticking and burning. (Or place in a microwavable dish, cover, and microwave on high for 5 minutes.) Stir in the cumin and ginger and blend well.

Place the broth, sweet potatoes, and lentils in a medium soup pot. Add the onions and simmer, uncovered, for about 30 minutes or until the lentils are tender. Add the lemon juice, salt, and white pepper. Process using a hand-held blender in the pan or in batches in a blender or food processor, until creamy. (Remove the middle part of the blender or food processor lid so hot air can escape. Cover the hole loosely with a folded clean cloth while blending.) Serve hot and with paprika sprinkled on top of each bowl.

### MAKES 4 SERVINGS

*Per serving: 185 calories, 10 g protein, 36 g carbohydrates, 4 g sugar, 1 g total fat, 3% calories from fat, 0 mg cholesterol, 6 g fiber, 158 mg sodium*

# Sandwiches and Salads

## Black Bean Soft Tacos

In Mexico, tacos are usually made with fresh, hot tortillas (not deep-fried ones). This machine-blended filling brings you all the traditional taste and heartiness of the real thing.

### Tofu Sour Cream

- 1 package (12.3 ounces) reduced-fat extra-firm silken tofu, crumbled
- 3 tablespoons lemon juice
- $\frac{1}{2}$  teaspoon sugar
- $\frac{1}{4}$  teaspoon salt

### Tacos

- 8 corn tortillas (6")
- $1\frac{1}{2}$  cups Vegetarian “Refried” Beans made with black beans (page 199)
- 2 cups (1 recipe) Low-Fat Guacamole (page 198)
- 1 cup no-sugar-added tomato salsa
- 4 cups finely shredded green cabbage or lettuce
- 1 cup Tofu Sour Cream

*For the tofu sour cream:* Place the tofu, lemon juice, sugar, and salt in a food processor or blender and process until very smooth. Refrigerate in a covered container for up to 1 week.

*For the tacos:* Heat the tortillas (see Note). Spread about 3 tablespoons of beans down the middle of each tortilla. Top with guacamole, salsa, cabbage or lettuce, and tofu sour cream. Eat out of hand with lots of napkins!

**Note:** If the tortillas are frozen, heat them between two microwavable plates on high for about 1 minute, then turn over the plates and heat for 1 minute longer. You can soften thawed or fresh tortillas in a hot, dry pan; grill them quickly just until soft; or wrap them in a clean kitchen towel moistened with hot water, then wrap them in

foil and place them in the oven until all are heated. Or, wrap the tortillas in a clean kitchen towel moistened with hot water, wrap them in foil, and bake them in a 350°F oven for about 12 minutes.

If you have a noninsulated microwaveable steamer, place a little hot water under the steamer tray. Wrap the thawed tortillas in a clean kitchen towel and place them in the steamer tray. Cover and microwave for 2 to 3 minutes for 6 tortillas or 4 minutes for 12 tortillas. If you leave the wrapped tortillas in the steamer, they will stay hot during the meal.

#### **MAKES 8 SERVINGS**

*Per serving: 174 calories, 10 g protein, 33 g carbohydrates, 3 g sugar, 1 g total fat, 7% calories from fat, 0 mg cholesterol, 7 g fiber, 557 mg sodium*

## **Asparagus and Veggie Ham Panini**



This Italian panini will become a lunchtime favorite.

- 2 slices rye or sprouted-grain bread
- 2 tablespoons Tofu Mayonnaise (page 220)
- 6 thin asparagus spears, steamed or roasted
- 6 fresh basil leaves
- 2 slices low-fat vegetarian bacon or ham, such as Yves Veggie Canadian Bacon

Spread each bread slice on 1 side with 1 tablespoon tofu mayonnaise and assemble the sandwich with the rest of the ingredients the way you like it, being careful not to overfill.

The easiest way to make panini is with an electric nonstick panini press or closed indoor grill. Set the timer for 5 minutes, then check the bread. If it is not as golden and crisp as you like, cook for a few minutes longer. Cut the sandwich into triangles and serve hot.

If you do not have a panini press or grill, cook the sandwich in a heavy nonstick skillet or on a griddle over medium heat, placing a flat heavy lid on the sandwich as you brown each side.

*Per serving (using rye bread): 308 calories, 31 g protein, 32 g carbohydrates, 0.2 g sugar, 4 g total fat, 11% calories from fat, 0 mg cholesterol, 6 g fiber, 825 mg sodium*