**Plant-Based Recipes**

**(Entrees & Salads)**

The American Institute for Cancer Research recommends a plant-based diet, incorporating a minimum of 5 servings of fruits/vegetables daily. This can be challenging to accomplish; hopefully, these recipes will help!

Always wash fruits and vegetables thoroughly. Many of these recipes are not cooked; there are good reasons to incorporate into your diet foods that are closer to their natural state, as cooking can decrease the nutritional value.

Some of these recipes call for soaked nuts or seeds. Soaking nuts and seeds increases their nutritional value, as it begins the germination process. You can add 1 T of food-grade hydrogen peroxide to the soak water to make sure they are extra clean. The recipes should be refrigerated and eaten within 3 days.

**Dietary needs vary; always follow the guidance provided by a registered dietician and/or your physician to include recipes that are suited to your particular needs.**

All recipes are used with permission from the authors. They are coded as follows, to help with your meal planning:

**= low glycemic**

**= fairly low glycemic**

**= higher glycemic**

**= high protein/high calorie**

***ENTREES***

**Broccoli ‘n’ Cheez**

(adapted from original recipe - Tree of Life Rejuvenation Center, Gabriel Cousens, MD) Serves 2.

Equipment needed: high-speed blender

2 bunches broccoli - florets only ~5 cups (Can use stems for juicing.)

Salt to taste
Cheez sauce from Mac ‘n’ Cheez recipe below (1/2 of recipe)

Remove florets from broccoli stems. Sprinkle florets with Himalayan or Celtic sea salt, and massage salt into florets. Pour sauce over broccoli. Can substitute one head of cauliflower florets for the broccoli florets.

**Mac ‘n’ Cheez**

(adapted from original recipe - Tree of Life Rejuvenation Center, Gabriel Cousens, MD)

Serves 2.

Equipment needed: high-speed blender

SAUCE

2 c Brazil nuts, unsoaked

1 c tomatoes

1 red bell pepper
½ c lemon juice
1-2 t salt

½ t turmeric
¼ c fresh basil

NOODLES

2 large zucchini, 2 large yellow squash, or 1 of each

1/8 t salt

Blend all ingredients except squash until smooth. (You can save half of cheez sauce for Broccoli ‘n’ Cheez recipe.) Serve remaining half over julienned or spiralized zucchini and/or squash noodles, after massaging about 1/8 t salt into “noodles” to soften them.

***Pad Thai***

(adapted from original recipe in *Rainbow Green, Live Food Cuisine*, Gabriel Cousens, MD)

SAUCE

¾ c shredded coconut flakes

1 c water

½ c macadamia nuts, unsoaked

1 clove garlic

1/8 c lime juice

1 t apple cider vinegar

¼ t Celtic salt

½ t ginger

1/8 t cayenne

¼ t black pepper

NOODLES

3-4 zucchini and/or yellow squash, spiralized or very thinly sliced

Process all ingredients except noodles in a blender until smooth. Mix with spiralized zucchini and/or yellow squash noodles. Garnish with coarsely chopped vegetables or dried/fresh cilantro, if desired.

**Tastes Like Refried Beans Pate**

(adapted from original recipe in *Rainbow Green, Live Food Cuisine*, Gabriel Cousens, MD)

Serves 4-6.

2 c sunflower seeds, preferably soaked 4 hours

1 c sundried tomatoes, soaked

2 T, or to taste, Mexican seasoning

1 T red raw miso

¼ t, or to taste, cayenne

¼ t, or to taste, salt

Process all ingredients in a food processor with the “S” blade until smooth and creamy; add a little water for consistency.

**Simplified Savory Spicy Pecan Loaf**

(adapted from original recipe in *Rainbow Green, Live Food Cuisine*, Gabriel Cousens, MD)

1 c pecans, preferably soaked 1-2 hours
2 T lemon juice

2 T water
1 T olive oil
1⁄2 t Celtic salt
2 t cumin
3⁄4 t poultry seasoning

1⁄4 t turmeric

Place all in food processor and process until well blended.

Per recipe:

Calories: 814

Protein: 18 g

**Stuffed Peppers**

(adapted from original recipe in *Rainbow Green, Live Food Cuisine*, Gabriel Cousens, MD)

2 T olive oil
1⁄2 c walnuts, preferably soaked 1-2 hours

1 T raisins (or use a few drops plain or grape stevia instead)

 1 t cinnamon

1⁄2 t allspice
Celtic salt and pepper to taste

 1⁄2 c parsley

Process all ingredients except bell pepper in food processor, until mealy. Serve a dollop atop a bell pepper half.

Per recipe:

Calories: 580

Protein: 8

**Summer Pizza**

(adapted from original recipe by Brandi Rollins, rawfoodsonabudget.com)

Makes 8+ Slices - 4 servings

Equipment needed: High-speed blender or food processor

CRUST

8 leaves of Lacinato kale (or collards)

CHEESE

1 ½ cup Brazil nuts, unsoaked

1 ½ lemons, juice of

1 pinch cayenne powder

7-12 tbsp water

1 piece sun-dried tomato

1 tsp Italian spices, dried

1 tsp balsamic vinegar

sea salt to taste

1/4 cup flaxseeds

TOPPING

2 red tomatoes

1 c cherry tomatoes

1 small handful of fresh basil

1 spring onion

4 olives, sliced

sea salt to taste

1 avocado

Soak the sun-dried tomato in water for an hour, or more. CRUST: Wash the kale and dry. CHEESE: Blend the Brazil nuts in a strong blender or food processor, adding water one tablespoon at a time to help them blend. Be careful not to add too much water. Blend until very smooth. Add the remaining cheese ingredients and blend until smooth and creamy. You may need to add 1-3 tablespoons of water to help it blend. If you accidently add too much water, add a sun-dried tomato to thicken the cheese. TOPPING: Chop the tomatoes and slice the cherry tomatoes in half; place in a medium-sized bowl. Add the spring onion and olives (optional). Mince the basil and add. Salt to taste and mix.

To assemble the pizza, spread the cheese on top of a kale leaf. Top with 2 slices of avocado and 2 tbsp of tomato topping. Sprinkle flaxseeds on top.

Per serving (4):

Calories 517

Protein 11 g

**Cabbage and Bon Bon Dipping Sauce**

(from Tree of Life Rejuvenation Center, Gabriel Cousens, MD)

1 head cabbage
1⁄4 t salt
6 T almond butter

3 T miso
1 T olive oil
2 T apple cider vinegar

1 T ginger
1⁄2 c cilantro
1⁄2 c parsley
1-2 t dried chili pepper

1⁄4-1/2 c water
stevia to taste

Slice red or green cabbage, fairly thinly; then massage salt into cabbage. Blend remaining ingredients well in food processor or blender. Serve sauce over cabbage. Makes 2 large servings.

Per serving (2):

Calories: 560

Protein: 22 g

**Sister’s Sunflower Power Pate**

Suzy Edmonson, LOT, SNC, CHC, Cheryl Beesley, author *Landscaping with Edible Plants in Texas*

2 c sunflower seeds, preferably soaked 4 hours
1/2 c lemon juice
1/2 c sesame seeds, unsoaked (or 4T tahini)

1⁄2 t dill
1⁄2 t salt
12 drops stevia
1 c parsley
1⁄2 t mustard powder
1⁄2 shallot
2 cloves garlic
sprig fresh basil (optional)
1T olive oil
1/8 t cayenne

Blend the garlic, shallot, and sesame seeds in a food processor. Add the remaining ingredients and process until slightly chunky.

Per serving (2):

Calories: 535

Protein: 17 g

**Sweet Italian Herb Spaghetti**

(Brandi Rollins, rawfoodsonabudget.com)

Makes 2 1/2 cups/1-2 Servings

2 large zucchini
4 medium red tomatoes

3/4 cup sun-dried tomatoes

1/2 tsp fresh oregano
1/4 tsp fresh thyme
1/4 cup raw walnuts, whole, preferably soaked 1-2 hours
1 clove garlic
sea salt to taste
1/2 tsp balsamic vinegar (or substitute apple cider vinegar)

1 handful fresh basil

Prepare the zucchini noodles using a mandoline, spiralizer, or julienne peeler, or paring knife. Place the noodles in a large bowl, add the sea salt, and mix. Blend 2 tomatoes, 1/2 cup of the sun- dried tomatoes, oregano, thyme, walnuts, garlic, and vinegar until smooth. Pour the sauce over the noodles. Chop the basil and remaining tomatoes; add to the noodles. Serve.

Per recipe:

Calories: 454

Protein: 23 g

***Neatballs***

(adapted from recipe in *Rainbow Green, Live Food Cuisine*, Gabriel Cousens, MD)

1 c almonds, preferably soaked 12 hours, or overnight

½ c walnuts, preferably soaked 1-2 hours

¼ c olive oil

¼ c leeks

2 celery stalks

1 T sage

1 T marjoram

1 T thyme

1 t Celtic salt

Homogenize nuts with oil. Finely chop and stir in leeks, celery, herbs, and salt. Roll into 1.5 inch balls and dehydrate for 2-3 hours at 145 degrees, or eat without dehydrating. Serve with Sweet Italian Herb Spaghetti.

***Walnut Pate***

(*Rainbow Green, Live Food Cuisine*, Gabriel Cousens, MD)

2 c walnuts, preferably soaked 1-2 hours

1/2 c leeks

2 T olive oil

1 T Italian seasoning

½ - 1 t Celtic salt

Process all ingredients in a food processor until smooth and creamy; add a little water for consistency.

Per recipe:

Calories: 1308

Protein: 30 g

***SALADS (FOR SIDE OR ENTRÉE)***

** Autumn Salad**

Suzy Edmonson, LOT, SNC, CHC

3 servings

SALAD

½ cup pecan halves, preferably soaked 1-2 hours

6 cups (~2 bunches) chopped kale (any variety)

2 medium Granny Smith apples, cut into chunks

DRESSING

3 tablespoons olive oil

1½ tablespoons apple cider vinegar

1 tablespoon smooth Dijon mustard

1½ teaspoons honey (can substitute Bee Free honey, available at Amazon)

Sea salt and freshly ground pepper, to taste

In a large bowl, combine salad ingredients. In a small bowl, combine dressing ingredients. Toss together just before eating.

Per serving

Calories: 396

Protein: 7g

***Avocado Salad with Rosemary***

(*Rainbow Green, Live Food Cuisine*, Gabriel Cousens, MD)

2 c avocado, diced (about 2 avocados)

1 c tomatoes

1 c sunflower sprouts

1 T rosemary

1 ½ T lemon juice

1 ½ T garlic, minced

½-1 t Celtic salt

Salad greens, any variety (optional)

Combine all ingredients in a mixing bowl; leave a slightly chunky consistency. Serve over salad greens, if desired.

Per recipe, without salad greens:

Calories: 574

Protein: 5 g

**Good Ole’ Collards and Sweet Peppers**

(Brandi Rollins, rawfoodsonabudget.com)

Makes 2 Servings

4 medium collard green leaves

1/4 tsp sea salt

1 tsp apple cider vinegar

juice from 1/4 lemon

1 medium sweet bell pepper

14 brazil nuts

1/4 tsp raw honey (optional)

Place the sliced collards into a large bowl, and add the salt, vinegar, and lemon juice and mix well. Grind 10 brazil nuts into a flour using a coffee grinder, food processor, or high-speed blender. Pour the nuts our onto the greens and mix until the greens are well coated. Add on the honey and mix well. Grind the remaining brazil nuts into a flour. Before serving, sprinkle the nut flour on top of the greens! Enjoy!

**Kale Salad**

Suzy Edmonson, LOT, SNC, CHC

Makes 2-3 large servings.

1 large bunch kale (~4c)

1⁄4 t salt
1⁄4 t onion powder

1 avocado

1 tomato, cut into chunks

3⁄4 c sprouts of any variety

chili pepper flakes

Tear or cut kale into bite-size pieces. (You can strip the leafy part from the stem by pinching the base of the stem, just under the leaf, and dragging pinched fingers up to the top of the leaf.) Massage salt and onion powder into kale. Slice avocado and massage avocado into kale. Add tomato and sprouts. Add chili pepper flakes sparingly, to taste.

Per recipe:

Calories: 283

Protein: 8 g

**Festive Salad**

Suzy Edmonson, LOT, SNC, CHC

Makes a big salad ~ 3 large servings

*SALAD*

6 cups (~2 bunches) curly green kale (or other greens) – massage with a little salt -1/16 to 1/8 t)

1 Granny Smith apple

1 pomegranate, seeds

1 pear

juice of 1 lemon or lime

~4 drops orange stevia

honey walnuts (top with)

*DRESSING*

Whisk together in a small bowl:

Juice of one orange

2 t raw honey (can substitute Bee Raw honey)

dash cinnamon

1-2 t apple cider vinegar

1.5 T raw nut butter (or substitute walnuts, soaked ~ 4 hrs and blended).

HONEY WALNUTS (or substitute Nate’s Raw Harvest

1/2 cup walnuts (or substitute pecans), soaked

1 t Honey

~ 4 drops orange stevia

dash cinnamon

dash pumpkin pie spice (or garam masala and omit the pepper)

pinch salt

pinch pepper

Seed the pomegranate (underwater, in a bowl of water, works best to avoid juice spurting) and chop the apple and pear - place all in a medium bowl and stir in lemon juice. Add ~4 drops orange stevia. DRESSING: Whisk together the dressing ingredients in a small bowl. HONEY WALNUTS: Prepare the honey walnuts by first soaking the walnuts ~ 2 hours, drain, pat dry. Whisk together the other ingredients and then stir together with the walnuts. You can dehydrate the walnuts at 118 degrees, or less (to preserve the enzymes), or use them as is, without dehydrating them. Just before serving, toss the greens with the fruit and dressing and top with the honey walnuts.

Per serving

Calories: 378

Protein: 10

**Kale and Peaches**

(Brandi Rollins, rawfoodsonabudget.com)

Makes 1 Large Serving

5-6 leaves dinosaur or Lacinto kale

sprinkle of sea salt (to taste)

1 tbsp balsamic vinegar

1 small or 1/2 medium sweet pepper

1/3 medium cucumber

1 small handful of cherry tomatoes

1 medium peach

2-3 tbsp hemp seeds

2 tbsp sunflower seeds, preferably soaked 4 hours

1 tbsp extra virgin olive oil

Layer the kale leaves on top of each other, roll them into a burrito, and cut them into thin, 1/4-inch slices. Place the sliced kale into a salad bowl and massage the salt and vinegar into the kale. Set aside. Chop the sweet pepper, slice the cucumbers, and cut the cherry tomatoes in half. Add to the kale and mix well. Chop the peach into slices or cubes. Add the peaches, hemp seeds and sunflower seeds and oil and mix well. Enjoy!

**Kale Salad Ole**

(adapted from original recipe by Brandi Rollins, rawfoodsonabudget.com)

1 bunch lacinato kale

sea salt (to taste)

2 tbsp apple cider vinegar

2 tsp garlic powder

1 tsp coriander

1 tsp cumin

¼ cup Brazil nuts, unsoaked, chopped or blended in Vitamix with ¼ t salt

3 T hemp seeds

1 tbsp extra virgin olive oil

Layer the kale leaves on top of each other, roll them into a burrito, and cut them into thin 1/4-inch slices. Place the sliced kale into a salad bowl and massage the salt and vinegar into the kale. Add the remaining ingredients to the kale except for the oil and mix well. Add the oil to the kale and mix well. Enjoy!

Per recipe:

Calories 548

Protein 21

**Mango, Tomato, Avocado Chop Bowl**

(Brandi Rollins, *Raw Food on a Budget*)

Makes 1 large serving

1 medium ripe tomato, chopped into ½” cubes

1 medium mango, chopped into ½” cubes

1 medium avocado, chopped into ½” cubes

6-10 fresh mint leaves, torn up (or basil)

pinch sea salt

¼- ½ teaspoon cinnamon

optional: ½ teaspoon Balsamic Vinegar

Stir gently. Allow flavors to mingle for 15-30 minutes. Or not.

Calories: 528

Protein: 21g

**Lemon Green Yum Kale Salad**

(Brandi Rollins – *Raw food on a Budget*)

Makes 4 Servings

1 bunch Lacinato kale

sea salt to taste

2 tbsp apple cider vinegar

2 tsp garlic powder

1 tsp coriander, ground

1 tsp cumin, ground

3 tbsp nutritional yeast

5 tbsp hemp seeds

2 tbsp extra virgin olive oil

Layer the kale leaves on top of each other, roll them into a burrito, and cut them into thin, 1/4-inch slices. Place the sliced kale into a salad bowl and massage the 3 salt and vinegar into the kale. Add the remaining ingredients on to the kale except for the oil and mix well. Add the oil to the kale and mix well. Enjoy!

Nutrition Information Per Serving (based on 2,000 calorie daily intake): calories 214, protein 11g, total fat 14g, carbohydrate 16g, dietary ber 5g, total sugars 0g, calcium 30%, iron 36%, sodium 16%, potassium 25%, zinc 10%, vitamin A 83%, vitamin E 14%, thiamin 255%, riboflavin 222%, niacin 114%, vitamin B6 197%, folate 9%, vitamin B12 49%, vitamin C 291%

**Rainbow Salad**

(adapted from recipe in Rainbow Green, Live Food Cuisine, by Gabriel Cousens, MD)

Makes 2 servings.

1 tomato, diced

1 carrot, cut in rounds

1 yellow pepper, diced

6 large kale leaves, finely chopped

1 avocado, diced

3 T hemp seeds

1 T olive oil

Pinch Celtic or Himalayan sea salt

Massage kale leaves and salt. Combine salad with other ingredients.

Per recipe:

Calories: 620

Protein: 20 g

**Summer Bowl**

(adapted from original recipe by Brandi Rollins, rawfoodsonabudget.com)

Makes 1.5 Servings

1 zucchini, large

1 garlic clove

1 small handful of basil

2 T balsamic vinegar

1 T olive oil

1 medium tomato (or 1 handful of cherry tomatoes)

1/2 medium spring onion

1 small or 1/2 medium sweet pepper

3 T hemp seeds

¼ c almonds, preferably soaked 12 hours, chopped

1 cup of blueberries

sea salt to taste

Equipment needed: Julienne peeler or Spiralizer. Julienne peelers are less expensive (~$8), can be found in any kitchen store or online, and are easy to use and clean. Spiralizers are also great if you want to create noodles out of hard squashes, such as Butternut, in addition to soft squashes like zucchini. You can find one at Amazon.com for ~ $25.; mine is a Joyce Chen.

Slice the zucchini into noodles using your Julienne peeler or Spiralizer. If you use a Julienne peeler, do not slice the center of the zucchini... it is too mushy. Mince the garlic and basil leaves and add them to the noodles. Now, add the balsamic vinegar to the noodles and stir well. Chop your tomato(es), onion, and pepper (remove core). Add them to the noodles and stir. Add the hemp seeds, almonds, and olive oil. Stir. Sprinkle blueberries on top and stir. That’s it! Enjoy!

Per recipe:

Calories 619

Protein 23g

**Simple Italian Salad**

(adapted from original recipe by Brandi Rollins, rawfoodsonabudget.com)

Makes 1 large serving

3 cups Romaine lettuce

1 cup cherry tomatoes (halved)

2 T fresh basil

1/2 medium avocado

sprinkle of dried Italian herbs

sprinkle of balsamic vinegar

3 tbsp hemp seeds (optional)

sprinkle of olive oil (optional)

sea salt to taste

Wash and prepare the lettuce, placing it in a large bowl. Chop the tomatoes and add to the salad. Mince the fresh herbs and add to the salad. Add the 4 dried herbs as well.

Add the avocado, hemp seeds, balsamic vinegar, and salt, and mix well.

Lastly, pour the olive oil onto the salad and mix. Serve!

Per recipe

Calories: 446

Protein: 17 g

**Summer Celebration Salad**

(adapted from original recipe by Brandi Rollins, rawfoodsonabudget.com)

Makes 1 very large serving

SALAD

6 cups of spring mix or other favorite greens

1/3 medium cucumber

1 small handful of basil

1 cup strawberries

¼ c raw sunflower seeds, preferably soaked 4 hours

¼ c almonds, sliced

DRESSING

1-2 tbsp lemon juice (~1/2 lemon)

1 tbsp extra virgin olive oil

sea salt to taste

Set the greens into a large mixing bowl. Thinly slice the cucumber. Mince the basil. Add to the greens. DRESSING: Mix all of the ingredients in a small cup or bowl. You can store the dressing in an airtight container in the refrigerator for up to 6 days. Immediately before eating, pour the dressing over the salad and stir. Sprinkle the sunflower seeds and almonds over the greens and gently stir. Enjoy!

Substitute fruits and veggies with produce that is in season and local to your area. You can substitute the lemon juice with balsamic or apple cider vinegar.

Per recipe:

Calories 628

Protein 16g

**Tomato/Cucumber/Onion Chop**

(adapted from original recipe by Brandi Rollins, rawfoodsonabudget.com)

Serves 1.

1 medium tomato, chopped

1 small cucumber, cubed

1 thin slice onion, diced

¼ teaspoon sea salt

 Toss veggies together and sprinkle with salt.

Calories: 48

Protein: 2g

**Waldorf Salad**

SALAD

3-4 celery ribs, chopped

1/3 cup chopped celeriac (celery root, optional)

1/3 cup chopped tart apple

1/3 -1/2 cup chopped walnuts (soaked in water 4 hours, dehydrated if desired)

1/8 t freshly ground black pepper

1 bunch Romaine lettuce

1 t olive oil

DRESSING

1/2 cup cashew nuts (soaked in water 2 hours)

1/4 cup purified water

1 Tbsp raw apple cider vinegar

1/3 cup virgin olive oil

1/2 tsp mustard powder or 1 tsp mustard

1/2 tsp Celtic salt

Method:

Mix the chopped celery, celeriac, apple and walnuts in a large bowl. Using a food processor or a blender, blend cashews, water, vinegar, olive oil, mustard and salt. (Add additional salt, mustard, oil or vinegar, to taste.) Pour the dressing over the chopped ingredients and mix well. Add freshly ground pepper. Serve over Romaine dressed with olive oil.