

# Spring 2021 Recipes

Compiled by Anne Taylor & Kristine Gonzales

Community Nutrition Student Interns



SACRAMENTO  
STATE

*Redefine the Possible*



**Cardiovascular Wellness Program**

# Contents

<b>Whole Wheat Pita Bread</b> .....	3
<b>Cilantro Lime Crema</b> .....	5
<b>Crispy Baked Falafels</b> .....	7
<b>Curry in a Hurry</b> .....	9
<b>Colorful Kale Salad with Orange Ginger Dressing</b> .....	11
<b>Lemon Chickpea Orzo Soup</b> .....	13
<b>Roasted Pepper Pasta Sauce</b> .....	15
<b>Super Green Pesto</b> .....	17
<b>Chickpea Salad Sandwich</b> .....	19
<b>Eggless Raw Salad</b> .....	21
<b>Caldo Verde</b> .....	23
<b>White Bean and Spinach “Quesadillas”</b> .....	25
<b>Kale Chips</b> .....	27
<b>Orzo Salad with Kale Ribs</b> .....	29
<b>Green Reset Smoothie</b> .....	31
<b>Green Julius Smoothie</b> .....	32
<b>Vegan BBQ</b> .....	33
<b>Vegan Creamy Coleslaw</b> .....	35
<b>Portobello Mushroom Sliders</b> .....	36
<b>Broccoli Salad</b> .....	38
<b>Broccoli Stem Soup</b> .....	40
<b>Irish White Bean and Cabbage Stew</b> .....	42
<b>Vegan Irish Soda Bread</b> .....	44
<b>Wraps with Greens &amp; Mushrooms</b> .....	46

# Whole Wheat Pita Bread

**Servings:** 9

**Preparation Time:** 1 hr., 25 minutes

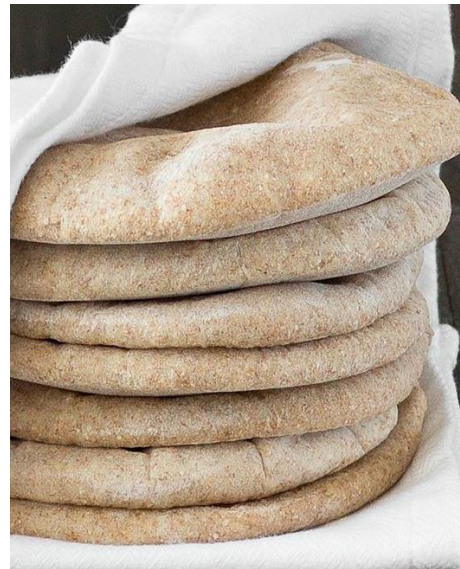
**Cook time:** 15 minutes

**Author:** *As Easy as Apple Pie*

*Homemade whole wheat pita bread: serve it with hummus or fill it up with whatever you prefer. Super easy to make, soft, chewy, and so good!*

## Ingredients

- 1 cup lukewarm water
- 2 teaspoons dry yeast
- 1 teaspoon honey or agave
- 1 ½ cup whole wheat flour
- 1 ¼ cup+1 tablespoon all-purpose flour + extra if needed
- 1 teaspoons salt
- 1 tablespoon olive oil




## Directions

1. In the bowl of your stand mixer, mix the water, honey, and yeast together and let it sit for about five minutes.
2. Add the flours, salt, olive oil and mix for a couple of minutes, until it comes together.
3. Sprinkle a little bit of flour onto your clean work surface and turn out the dough. Knead for about 5 minutes, until it's smooth and elastic. adding more flour only if necessary. Roll dough into a ball and place in an oiled bowl, cover it, and allow to rest until doubled, about an hour.
4. Gently deflate the dough and turn it out onto a lightly floured work surface. Divide it into 9 equal pieces and shape each piece into a ball. Using a rolling pin, roll each ball into a circle about 1/2 cm (1/4 inch) thick. Lift and turn the dough frequently as you roll to make sure it isn't sticking to your counter. Sprinkle with a little extra flour if it starts to stick. Cover the circles with plastic wrap or a clean damp cloth.
5. Preheat the oven to 450 degrees F and place a baking stone or a baking sheet on the middle rack.

6. When the oven is ready, transfer 3 pitas at a time (or more if your oven is big) onto the baking surface and bake for 4 to 5 minutes, or until the pitas balloon fully.
7. Remove the bread from the oven and repeat with the remaining pieces of dough.
8. Allow the homemade whole wheat pita bread to cool and serve as desired.

<b>Nutrition Facts</b>	
9 servings per container	
<b>Serving size</b>	<b>(67g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 260mg	<b>11%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 2mg	10%
Potassium 105mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

**TIPS**

-  You can freeze pita to use as needed. Place a piece of parchment paper between each pita before freezing so they don't stick to each other and seal them in an air-tight bag for up to three months.

# Vegan Cilantro Lime Crema

**Servings:** 4

**Preparation Time:** 10 mins

**Cook time:** none

## Ingredients

- 1 box silken tofu – medium-firm style
- 1 lime – juiced
- 1/2 jalapeño – deseeded
- 1 teaspoon cumin
- 1/2 teaspoon salt
- 1/2 bunch cilantro (to taste)

## Preparation

1. Using a food processor, blend the silken tofu until smooth.
2. Add jalapeño, lime, cumin, and salt to food processor and blend until smooth.
3. Add the amount of cilantro that suits your tastes.
4. If you want a thinner crema, feel free to add more lime juice or a bit of water until you reach the consistency you prefer.



# Nutrition Facts

4 servings per container

**Serving size** (106g)

Amount per serving

**Calories** **45**

% Daily Value\*

**Total Fat** 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 290mg **13%**

**Total Carbohydrate** 3g **1%**

Dietary Fiber 1g **4%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 4g

Vitamin D 0mcg **0%**

Calcium 66mg **6%**

Iron 1mg **6%**

Potassium 28mg **0%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## TIPS

- ✚ If you are soy intolerant you can swap out the silken tofu for vegan yogurt or cashews.
- ✚ If using yogurt, use 1 1/2 cups of plain yogurt in place of the silken tofu.
- ✚ If using cashews, soak 1 1/2 cups of cashews for an hour or so in filtered water. Drain the water. Using a food processor, process them with the lime juice until smooth. Add the rest of the ingredients and purée until fully combined.

# Crispy Baked Falafels

**Servings:** 4

**Preparation Time:** 10 mins

**Cook time:** 45 mins

Recipe by Del Sroufe <https://www.forksoverknives.com/recipes/vegan-burgers-wraps/baked-falafels-recipe/> (Adapted from *The China Study Quick & Easy Cookbook*)



## Ingredients

- 2 (15-ounce) cans chickpeas, drained and rinsed
- 1 medium yellow onion, chopped
- 6 cloves garlic, chopped
- 4 tablespoons chopped fresh parsley
- 1 tablespoon arrowroot
- 4 teaspoons ground coriander
- 2 teaspoons ground cumin
- Sea salt and black pepper, to taste




## Instructions

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper.

2. Combine all ingredients (chickpeas, onion, garlic, parsley, arrowroot, coriander, cumin, and salt and pepper to taste) in a food processor and process, leaving a little texture to the beans.
3. Shape the mixture into balls, using a small ice cream scoop or tablespoon. Place them on the baking sheet and bake for 25 minutes.
4. Turn the falafel balls over and bake for 20 minutes more.

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>(264g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 630mg	<b>27%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 12g	<b>43%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 12g	
Vitamin D 0mcg	0%
Calcium 116mg	8%
Iron 3mg	15%
Potassium 402mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

## TIPS

-  Serve with vegan Cilantro Lima Crema or hummus.
-  You can store the uncooked falafel in the freezer for later use.
-  If your mixture is a little wet, refrigerate for an hour before forming balls and cooking.



# Curry in a Hurry

**Servings:** 4

**Preparation Time:** 20 mins

**Cook time:** 30 mins

from *The Kick Diabetes Cookbook*

## Ingredients

- 4 cups water or vegetable broth
- 1 onion, diced
- 1 cup dried red lentils (washed)
- 2 cups stemmed and chopped kale or spinach, packed
- 14 ounces canned stewed or crushed tomatoes
- 1 ½ Tablespoons mild Indian curry paste (more as needed)
- ½ tsp salt (optional)
- Freshly ground black pepper

## Directions

1. Put the water, onion and lentils in a large soup pot and bring to a boil over medium-high heat. Decrease the heat to medium-low, cover, and simmer until the lentils are tender, about 20 minutes.
2. Add the kale, tomatoes, curry paste, and salt and stir to combine. Cook until the kale is tender, about 5 minutes.
3. Season with pepper and additional curry paste to taste.



# Nutrition Facts

4 servings per container

**Serving size** (423g)

Amount per serving

**Calories** **240**

% Daily Value\*

**Total Fat** 3g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 250mg **11%**

**Total Carbohydrate** 40g **15%**

Dietary Fiber 11g **39%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

**Protein** 16g

Vitamin D 0mcg **0%**

Calcium 69mg **6%**

Iron 3mg **15%**

Potassium 253mg **6%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## TIPS

- ✚ **Variations:** Increase greens OR add cauliflower florets or bell peppers or sliced carrots.
- ✚ Can also add garlic, ginger &/or turmeric along with the lentils.

# Colorful Kale Salad with Orange Ginger Dressing

**Servings:** 3

**Preparation Time:** 20 mins + 20 mins to marinate

**Cook time:** none

*from The Kick Diabetes Cookbook*

## Ingredients

### Kale Salad

- 6 cups kale, de-stemmed and thinly sliced
- 1 cup thinly sliced red cabbage
- 1 carrot, grated or julienned
- ½ red pepper, thinly sliced
- 2 Tablespoons chopped cilantro or parsley
- 2 Tablespoons mint, chopped (optional)
- ¼ cup raw sunflower, sesame, or chia seeds (optional)

### Orange Ginger Dressing

- 1 orange, peeled and seeded
- 1 ½ Tablespoons tahini
- 2 pitted soft dates
- 1 tablespoon minced, fresh ginger
- 1 ½ teaspoons light miso
- 1 tablespoon apple cider vinegar
- 1 ½ teaspoons tamari (or light soy sauce)
- Pinch cayenne or black pepper, to taste



## Directions

1. Add the kale, cabbage, carrot, red pepper, and herbs to a large bowl, and toss to combine.
2. Add the dressing and toss until evenly distributed. Let marinate for at least 20 minutes.
3. Sprinkle with optional seeds just before serving.
4. For dressing: place orange, tahini, dates, ginger and miso in a blender and process until well combined. Add the vinegar, tamari and cayenne and process until smooth.

## Nutrition Facts

3 servings per container

**Serving size** (177g)

Amount per serving

**Calories** **160**

% Daily Value\*

**Total Fat** 7g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 440mg **19%**

**Total Carbohydrate** 21g **8%**

Dietary Fiber 5g **18%**

Total Sugars 11g

Includes 0g Added Sugars **0%**

**Protein** 6g

Vitamin D 0mcg **0%**


Calcium 106mg **8%**

Iron 2mg **10%**

Potassium 581mg **10%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## TIPS

 Refrigerate leftovers to enjoy the next day.

# Lemon Chickpea Orzo Soup

**Servings:** 4

**Preparation Time:** 10 mins

**Cook time:** 15-20 mins

**Author:** Julie | The Simple Veganista



## Ingredients

- ¼ cup water (for water sauté)
- ½ onion, diced
- 3 carrots, peeled and diced
- 3 cloves garlic, minced
- 7-8 cups vegetable broth or water (or combo)
- 1 cup whole wheat orzo
- 2 cans (15 oz.) chickpeas (garbanzo beans), drained and rinsed
- ⅓ cup tahini
- ¼ - ½ cup lemon juice (2-4 large lemons)
- a large handful fresh baby kale or spinach
- chopped fresh dill, to taste
- mineral salt, to taste
- fresh cracked pepper or lemon-pepper, to taste

## Directions

1. Heat water over medium heat, add onion and carrot, sauté for about 5-7 minutes, add the garlic and sauté for 1 minute more.
2. Add the broth or water, bring to a boil, add the orzo and chickpeas, reduce heat to medium-low and cook at a gentle boil for 8-9 minutes, orzo should be tender.
3. Remove from heat, add tahini and lemon juice (start with the smaller amount of juice, adding more to taste), stir well. Add the baby kale or spinach, give a good stir, greens with soften and wilt within a few minutes. Add as much dill as you like, and season well with salt & pepper. Soup with thicken upon standing, add more liquids as needed.
4. Serve in an individual bowl with your favorite crusty artisan bread for soaking up the wonderful juices.

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>(840g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>440</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 15g	<b>19%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 630mg	<b>27%</b>
<b>Total Carbohydrate</b> 62g	<b>23%</b>
Dietary Fiber 15g	<b>54%</b>
Total Sugars 15g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 19g	
Vitamin D 0mcg	0%
Calcium 137mg	10%
Iron 4mg	20%
Potassium 699mg	15%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Roasted Pepper Pasta Sauce

**Servings:** 4

**Preparation Time:** 10 mins

**Cook time:** 25-30 mins

*A simple, homemade roasted red pepper and tomato pasta sauce. Full of fresh ingredients, this is a great lunch to make the night before and pack for work!*



## Ingredients

- 4-5 large tomatoes
- 2 red bell peppers
- 1 red onion
- 1 clove garlic
- 1 tablespoon balsamic vinegar
- 1 cup dry wholewheat pasta

## Directions

1. Preheat the oven to 375 degrees F.
2. Roughly chop the tomatoes, bell peppers and red onion into 1-inch chunks and lay on a flat baking sheet lined with parchment paper. Roast for 20-25 minutes, until soft.
3. Put roasted vegetables into a blender with a garlic clove and balsamic vinegar. Blend until completely smooth.
4. Cook pasta according to package directions. Drain. Put pasta back into the pan and add the pasta sauce. Heat through and serve.



## Nutrition Facts

4 servings per container

**Serving size** 1/4 recipe (159g)

Amount per serving

**Calories** **45**

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 10mg 0%

**Total Carbohydrate** 9g 3%

Dietary Fiber 3g 11%

Total Sugars 6g

Includes 0g Added Sugars 0%

**Protein** 2g

Vitamin D 0mcg 0%

Calcium 18mg 2%

Iron 1mg 6%

Potassium 337mg 8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

(sauce only)

### TIPS

- ✚ Add fresh herbs to taste – basil or oregano work well.
- ✚ Sauce freezes well – simply defrost in the refrigerator.



# Super Green Pesto

**Servings:** 8

**Preparation Time:** 10 mins

**Cook time:** none

**Author:** *Minimalist Baker, modified by  
Velma Parker*

## Ingredients

- 4 cups mixed greens (see note below)
- 3 Tbsp walnuts, almond OR brazil nuts
- 3 large cloves garlic (peeled)
- 1-2 Tbsp lemon juice
- 3-4 Tbsp nutritional yeast
- ¼ tsp sea salt (to taste)
- Pinch cayenne pepper
- 2-3 Tbsp tahini
- 3-6 Tbsp water (plus more as needed)



## Directions

1. To a food processor or small blender, add the greens, nuts, garlic, lemon juice, nutritional yeast, salt, and pepper and blend/mix on high until a loose paste forms.
2. Add tahini a little at a time (streaming in while the machine is on if possible) and scrape down sides as needed. Then add 1 TBS water at a time until the desired consistency is reached - a thick but pourable sauce.
3. Taste and adjust flavor as needed, adding more nutritional yeast for cheesy flavor, salt for overall flavor, seeds for “nuttiness” or thickness, garlic for bite/zing, or lemon juice for acidity.

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>(35g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>60</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 105mg	<b>5%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 1mg	6%
Potassium 146mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## TIPS

**Notes from Velma:** *I use whatever greens/leaves/herbs I gather from my garden or have on hand. I seldom have a lot of one thing, so I combine them. The ratio doesn't seem to be important. I have used as many as 15 different things. My family, friends & I have liked every batch I've made. I eat the pesto with rice, as a dip for raw veggie sticks, with crackers and as a spread for sandwiches. You can alter the consistency (by adding more or less water) based on what you will use the pesto for.*

*Some of the greens & herbs I've used (all fresh) are basil, kale, spinach, collards, parsley, oregano, thyme, tarragon, cilantro, chives, fennel fronds, borage, mint and leaves from radishes, daikon, sweet potatoes, green peas, beets & turnips. I go easy with plants that have strong flavors like mint, oregano, thyme, fennel, and any I think will overpower the others.*

*The recipe is super easy. I have better luck using a food processor than a blender when mixing it. Both the Vitamix and BlendTec, in my opinion, perform poorly blending the greens. The finished product keeps for over a week in the refrigerator.*

# Chickpea Salad Sandwich

**Servings:** 4 sandwiches

**Preparation Time:** 15 mins

**Cook time:** none

**Author:** *Shane Martin* <https://shaneandsimple.com/about/>

## Ingredients

### Chickpea salad

- 1 12-ounce can low-sodium or no salt added chickpeas
- 2 Tbsp tahini
- 1 Tbsp Dijon mustard
- 1 Tbsp maple syrup (optional)
- 1 stalk of celery cut in half lengthwise and finely chopped
- ¼ cup diced green onion
- ¼ cup sweet relish
- 2 tsp. dried dill
- Pinch of salt and pepper

### Sandwich

- 2 slices regular whole wheat bread per sandwich
- Slices of tomato
- Romaine or green leaf lettuce



## Directions

1. Rinse and drain chickpeas; place in a mixing bowl and mash with a fork or potato masher, leaving a few of the beans whole
2. Add the tahini, Dijon mustard, maple syrup green onion, celery, and sweet relish to the chickpeas and mix until everything is well combined.
3. Spoon about ½ cup of the chickpea salad onto one piece of bread
4. Add lettuce, tomato, and more Dijon (if you prefer) to the second slice.
5. Put them together and make a sandwich.

<b>Nutrition Facts</b>	
servings per container 4	
<b>Serving size</b>	<b>(153g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 390mg	<b>17%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 6g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 7g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 2mg	10%
Potassium 280mg	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

**Chickpea Salad only**






<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>(305g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>390</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 800mg	<b>35%</b>
<b>Total Carbohydrate</b> 69g	<b>25%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 14g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 17g	
Vitamin D 0mcg	0%
Calcium 160mg	10%
Iron 5mg	30%
Potassium 460mg	10%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

**Chickpea Salad Sandwich**



### TIPS

-  Leave out the maple syrup if you don't want your sandwich too sweet.
-  The salad will keep for 4-5 days in the fridge.
-  Feel free to add whatever toppings you wish. Avocado goes well with this salad.

# Eggless Raw Salad

**Servings:** 4

**Preparation Time:** 25 mins

**Cook time:** none

From: The Blue Zone Blog



## Ingredients

- 3 cups cauliflower
- ½ cup sunflower seeds, soaked for 4 hours, drained, then pulsed in food processor
- 1 cup celery, diced
- 1 cup carrots, shredded
- ½ cup scallions or 2 T diced red onion or shallot
- ½ cup nutritional yeast
- 2 tsp dried sage
- 1 T dried parsley
- ½ tsp garlic powder
- ¼ tsp turmeric
- 4 T tahini
- 4 T yellow mustard
- 2 T Dijon mustard
- 4 T relish
- 1 T chia seeds
- 1 tsp black salt (or sea salt)
- ½ - 1 tsp black pepper
- ½ cup water

## Directions:

1. Pulse the cauliflower in the processor and set aside in a large mixing bowl.
2. Pulse the sunflower seeds and add to the cauliflower.
3. Add the celery, carrots, scallions, nutritional yeast, and spices (not the salt or pepper).
4. In a small bowl add the tahini, mustard, relish, chia seeds, salt, and pepper, along with ½ cup of water. Whisk well and pour over the veggies.

5. Taste and adjust seasonings. Allow mixture to chill for an hour before serving.

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>(242g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 16g	<b>21%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 940mg	<b>41%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	0%
Calcium 119mg	10%
Iron 3mg	15%
Potassium 472mg	10%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

## TIPS

- ✚ Black salt adds a sulfurous flavor which approximates the flavor of hardboiled eggs.
- ✚ Experiment with other herbs and use fresh herbs if you have them available.

# Caldo Verde: Portuguese Green Soup

**Serving:** 3

**Preparation Time:** 20

**Cook Time:** 30

**Author:** Adapted by Cody from <https://www.forksoverknives.com/recipes/vegan-soups-stews/caldo-verde-recipe/>

## Ingredients

- 4 cups water (or vegetable broth)
- ½ yellow onion, chopped
- 4 medium potatoes, preferably Yukon Gold
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 2 cloves garlic
- 1 teaspoon crushed red pepper (optional)
- 1 bunch kale, sliced
- 1 cup cooked, rinsed red beans



## Directions

1. Bring the water to a simmer
2. Add the onion, potatoes, salt, pepper, garlic, and crushed red pepper, if desired.
3. Simmer for 10 minutes, until the potatoes are soft
4. Blend the ingredients with an immersion blender (or in a standard blender and then return to the pot)
5. Return the soup to a simmer.
6. Add the kale to the simmering soup, cooking it for about 5 minutes.
7. Remove from the heat, then immediately stir in the red beans.

# Nutrition Facts

3 servings per container

**Serving size** (536g)

Amount per serving

**Calories** **260**

% Daily Value\*

**Total Fat** 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 240mg **10%**

**Total Carbohydrate** 50g **18%**

Dietary Fiber 12g **43%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

**Protein** 12g

Vitamin D 0mcg **0%**

Calcium 110mg **8%**

Iron 3mg **15%**

Potassium 712mg **15%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## TIPS

- ✚ Add 1 T Soyrizo/vegan chorizo substitute, broken into pieces, to each serving for additional flavor.



# White Bean and Spinach “Quesadillas”

**Serving:** 2

**Preparation Time:** 10 mins

**Cook Time:** 8-10 minutes

*From [www.meatlessmondays.com](http://www.meatlessmondays.com)*

## Ingredients

- 1 tablespoon water
- 3 garlic cloves, pressed or minced
- 10 ounces frozen spinach, thawed and squeezed dry
- Salt and ground black pepper
- 1 (15.5-ounce) can white beans, drained and rinsed
- 1 tablespoon lemon juice
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- 2 large flour tortillas



## Directions

1. Water sauté garlic in a saucepan over medium heat until fragrant, 30 seconds.
2. Add the spinach and season with salt and pepper to taste. Then add the beans, lemon juice, coriander, and cumin. Cook for about 5 minutes, stirring the ingredients to combine while mashing the beans. Once the spinach is cooked, set this mixture aside.
3. Place two large tortillas on a flat work surface. Divide the spinach mixture between the tortillas, spreading the mixture evenly on half of each tortilla. Then, fold each tortilla over and press the filled tortilla gently to enclose and spread the filling close to the edges.
4. Heat a large nonstick skillet over medium heat. Arrange the quesadillas in the hot skillet, either one at a time or simultaneously, depending on the size of your skillet. Flatten with a spatula and cook until browned on the bottom, about 3 minutes. Flip the quesadillas and cook until the other side is golden brown. Serve hot.

<b>Nutrition Facts</b>	
2 servings per container	
<b>Serving size</b>	<b>(475g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>520</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 1240mg	<b>54%</b>
<b>Total Carbohydrate</b> 92g	<b>33%</b>
Dietary Fiber 14g	<b>50%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 26g	
Vitamin D 0mcg	0%
Calcium 331mg	25%
Iron 6mg	35%
Potassium 1126mg	25%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**TIP**

 This recipe works well with frozen mustard greens instead of spinach.

# Kale Chips

**Serving:** 1-2

**Preparation Time:** 10 mins

**Cook Time:** 25-30 mins

## Ingredients

- approximately ½ bunch kale leaves
- ½ TBS extra virgin olive oil
- 1 ½ TBS nutritional yeast
- 1 tsp garlic powder
- ¾ tsp chili powder
- ½ tsp onion powder
- ½ tsp smoked paprika
- ¼ tsp fine grain sea
- ⅛ teaspoon cayenne pepper (optional)



## Directions

1. Preheat the oven to 350°F. Line a large, rimmed baking sheet with parchment paper.
2. Remove leaves from the stems of the kale and roughly tear it up into large pieces. Compost the stems (or freeze for smoothies). Wash and spin the leaves until thoroughly dry.
3. Add kale leaves into a large bowl. Massage in the oil until all the nooks and crannies are coated in oil. Now sprinkle on the spices/seasonings and toss to combine.
4. Spread out the kale onto the prepared baking sheet into a single layer, being sure not to overcrowd the kale.
5. Bake for 10 minutes, rotate the pan, and bake for another 12-15 minutes more until the kale begins to firm up. The kale will look shrunken, but this is normal. I bake for 25 minutes total in the oven.
6. Cool the kale on the sheet for 3 minutes before digging in! This really makes all the difference! Enjoy immediately as they lose their crispiness with time.
7. Repeat this process for the other half of the bunch.

## Nutrition Facts

1 servings per container

Serving size (39g)

Amount per serving

**Calories 120**

% Daily Value\*

Total Fat 7g 9%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 670mg 29%

Total Carbohydrate 9g 3%

Dietary Fiber 3g 11%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0%

Calcium 44mg 4%

Iron 1mg 6%

Potassium 337mg 8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### TIP

- ✚ You can make these in a dehydrator if you have one. You can also experiment with the convection or dehydrator setting on your oven (if applicable).
- ✚ See *Orzo Salad with Kale Ribs* for a way to use up the kale stems left over from this recipe.
- ✚ I used a whole bunch and cooked it all at the same time at 375°F. It still came out crispy.

# Orzo Salad with Kale Ribs

**Serving:** 4

**Preparation Time:** 20 mins

**Cook Time:** 10 minutes

*(from Forks over Knives magazine)*

ZERO WASTE RECIPE

## Ingredients Makes 6 cups

- 1 cup dry whole wheat orzo
- Ribs from 1 bunch kale, cut into ¼ inch pieces (about 1 cup)
- 1 cup chopped orange bell pepper
- ½ cup quartered artichoke hearts
- 2 Tbsp. thinly sliced shallot
- 2 Tbsp. finely chopped sun-dried tomatoes (not oil-packed)
- 2 Tbsp. nutritional yeast
- 2 Tbsp. pine nuts
- 2 Tbsp. white wine vinegar
- 1 Tbsp. finely chopped fresh basil
- ½ tsp. garlic powder
- Salt and pepper to taste.



## Directions

1. Bring a pot of water to boiling. Add orzo and kale ribs and cook according to pasta package directions. Drain. Rinse under cold water; drain well.
2. Transfer orzo mixture to a large bowl.
3. Add the remaining ingredients. Mix well; taste and adjust seasoning.
4. Serve immediately or cover and chill 1 hour before serving.

# Nutrition Facts

4 servings per container

**Serving size** (95g)

Amount per serving

**Calories** **110**

% Daily Value\*

**Total Fat** 3g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 85mg **4%**

**Total Carbohydrate** 18g **7%**

Dietary Fiber 2g **7%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

**Protein** 5g

Vitamin D 0mcg **0%**



Calcium 15mg **2%**

Iron 1mg **6%**

Potassium 285mg **6%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## TIPS

-  Add salt and pepper to taste.
-  You can replace pine nuts with nuts of your choice.

# Green Reset Smoothie

**Servings:** 2

**Preparation Time:** 10 mins

**Cook time:** None

**Author:** *Oh She Glows Every Day*



## Ingredients

- ¼ cup water
- ½ cup chopped cucumber
- 1 cup packed greens (kale or romaine or baby spinach or combo)
- 1 ½ cup packed spinach
- ¼ cup unpacked fresh mint leaves
- 1 ripe pear, chopped (¾ cup)
- 1 frozen banana, chopped
- ½ cup frozen pineapple chunks
- 1 ½ tsp fresh lime juice
- ice as desired

## Directions

Blend water and cucumber first, then add other ingredients

## TIPS

-  Use less mint for a milder flavor or omit completely

## Nutrition Facts

2 servings per container  
**Serving size** (288g)

**Amount per serving**  
**Calories** **130**

	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 30g	<b>11%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 15g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 77mg	<b>6%</b>
Iron 2mg	<b>10%</b>
Potassium 388mg	<b>8%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Green Julius Smoothie

**Servings:** 2 (about 4 cups)

**Preparation Time:** 10 mins

**Cook time:** None




## Ingredients

- 1 cup unsweetened almond milk
- 1 cup packed fresh baby spinach
- 1 cup packed fresh kale
- 1 medium banana
- Zest of one medium orange
- 2 medium navel oranges, (1 zested for ingredient above), peeled, and quartered
- 1 ½ cup of ice
- 1 tablespoon ground flaxseed, chia seed, or hemp seed (optional)
- Liquid stevia, to taste (optional)

## Directions

1. In a blender, combine the almond milk, spinach, kale, banana, orange zest, oranges, ice, and flaxseed
2. Blend the mixture until completely smooth, creamy, and well combined, 1 to 2 minutes
3. Add the liquid stevia, if using, and pulse to incorporate.

## TIPS

-  You can use other plant milks – oat, soy, or cashew.

## Nutrition Facts

2 servings per container	
<b>Serving size</b>	<b>(364g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
% Daily Value*	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 21g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 1mcg	6%
Calcium 357mg	25%
Iron 2mg	10%
Potassium 377mg	8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# Vegan BBQ

**Servings:** 3

**Preparation Time:** 1 hr.

**Cook time:** 20 mins

**Author:** <https://www.brandnewvegan.com/recipes/vegan-bbq-the-best-vegan-pulled-pork-yet>

## Ingredients

### BBQ

- 1 lb. King Trumpet Mushrooms (shredded)
- 1 batch creamy vegan coleslaw (see p.37 for recipe)

### Marinade

- ½ cup BBQ Sauce (any)
- ½ cup Apple Cider Vinegar
- ¼ cup Soy Sauce (low sodium)
- ¼ cup Worcestershire Sauce (vegan)
- ¼ cup Prepared Yellow Mustard
- 1 tsp Liquid Smoke

### Directions

1. Prepare coleslaw and set aside in the fridge.
2. Shred mushroom stems and caps into a bowl.
3. Mix all marinade ingredients to make the marinade, then pour over shredded mushrooms and mix. Allow the mushrooms to marinate at least 1 hour (but longer is better) - then strain.
4. Add strained mushrooms to a non-stick skillet and heat over med-high heat.
5. Add ½ cup of your favorite BBQ Sauce and cook until mushrooms caramelize and begin to brown.
6. Serve on bread or bun of choice with a good dollop of coleslaw on top. Yum!



# Nutrition Facts

3 servings per container

**Serving size** (304g)

Amount per serving

**Calories** **170**

% Daily Value\*

**Total Fat** 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 1500mg 65%

**Total Carbohydrate** 38g 14%

Dietary Fiber 2g 7%

Total Sugars 27g

Includes 24g Added Sugars 48%

**Protein** 6g

Vitamin D 0mcg 0%

Calcium 63mg 4%

Iron 2mg 10%

Potassium 939mg 20%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## TIPS

- King trumpet mushrooms may be expensive or difficult to find. This recipe works with other ‘meat’ replacements such as soy curls, jackfruit, or regular mushrooms.

# Creamy Vegan Coleslaw

**Servings:** 5

**Preparation Time:** 1 hr. 10 mins

**Cook time:** None

**Author:** Chuck Underwood <https://www.brandnewvegan.com/recipes/creamy-vegan-coleslaw>

## Ingredients


- 1 bag Organic Coleslaw Mix (14 oz)
- ½ cup non-dairy yogurt
- 1 Tbs Apple Cider Vinegar
- 1 Tbs Dijon Mustard
- 1 Tbs Brown Sugar (or sweetener of choice)
- 1 ½ tsp lemon juice
- ½ tsp Kosher Salt
- ½ tsp Ground Black Pepper
- ¼ tsp Celery Seeds



## Directions

1. Add coleslaw mix to a large bowl.
2. Whisk remaining dressing ingredients until smooth and pour into coleslaw.
3. Mix well and rest 1 hr. before serving.

## TIPS

-  Omit sugar if you prefer your coleslaw less sweet.

## Nutrition Facts

5 servings per container	
<b>Serving size</b>	<b>(119g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>45</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 10g	<b>4%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 3g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 64mg	4%
Iron 1mg	6%
Potassium 12mg	0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Portobello Mushroom Sliders

**Servings:** 8 sliders

**Preparation Time:** 2 hrs. 10 mins

**Cook time:** 15 mins

**Author:** *The Edgy Veg* <https://www.theedgyveg.com/2016/06/13/meaty-portobello-burgers/>

## Ingredients

- 8 small portobello mushrooms, or large cremini mushrooms wiped clean, and stems removed
- 8 small slider buns

### *Marinade*

- 1 Tablespoon olive oil
- ½ cup balsamic vinegar
- 1 tbsp vegan Worcestershire sauce
- 2 garlic cloves minced, or ½ Tbsp garlic powder
- ½ tsp dried basil or 1 Tbsp of fresh, chopped
- ¼ tsp dried thyme
- ¼ tsp pepper



## Directions

1. Whisk olive oil, balsamic vinegar, garlic, basil, thyme, and pepper in a bowl until well combined
2. Pour mixture over mushroom caps in a plastic bag or bowl and let them marinate for 2-3 hours, or overnight, flipping mushrooms over halfway through.
3. Heat barbecue to medium-high heat and place mushrooms on grill, gill side up first.
4. Let cook for 5-10 minutes on each side. The timing really depends on the heat available in your barbecue
5. When cooked and embellished with grill marks, remove from heat, place on the bun and garnish with your favorite toppings!

# Nutrition Facts

8 servings per container

**Serving size** (191g)

Amount per serving

**Calories** **250**

% Daily Value\*

**Total Fat** 5g **6%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 430mg **19%**

**Total Carbohydrate** 47g **17%**

Dietary Fiber 1g **4%**

Total Sugars 11g

Includes 0g Added Sugars **0%**

**Protein** 12g

Vitamin D 0mcg **0%**

Calcium 96mg **8%**

Iron 3mg **15%**

Potassium 336mg **8%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## TIP

- ✚ Top with any of the following: kimchi, coleslaw, hummus, green salad, hot sauce.

# Broccoli Salad

**Serving:** 8

**Preparation Time:** 10 mins

**Cook Time:** none

## Ingredients

### Salad

- 2 cups raw broccoli florets
- 1 red onion, chopped
- 1 red apple, chopped

### Optional additions:

- 2 mandarin oranges, peeled and sections
- ½ cup dried cranberries
- ½ cup sliced seedless grapes
- ½ cup chopped nuts



### Dressing

- 1 cup fat-free plain yogurt
- ⅓ cup sugar or Splenda
- ⅓ cup flavored vinegar -- red wine, raspberry, or pomegranate

### Preparation

Mix dressing ingredients. Combine salad ingredients and toss with dressing.

# Nutrition Facts

8 servings per container

**Serving size** (105g)

Amount per serving

**Calories** **100**

% Daily Value\*

**Total Fat** 4g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 25mg **1%**

**Total Carbohydrate** 15g **5%**

Dietary Fiber 1g **4%**

Total Sugars 12g

Includes 6g Added Sugars **12%**

**Protein** 3g

Vitamin D 0mcg **0%**

Calcium 66mg **6%**

Iron 0mg **0%**

Potassium 176mg **4%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

(As made with ½ cup grapes and ½ cup walnuts)

## TIP

👉 Save the stems from the broccoli to make zero-waste Broccoli Stem Soup (see p.40)

# Broccoli Stem Soup

**Servings:** 4

**Preparation Time:** 15 mins

**Cook time:** 10 mins

**Author:** Susan Voisin <https://cleananddelicious.com/video-super-simple-broccoli-stem-soup/>

ZERO-WASTE RECIPE



## Ingredients

- ½ onion, sliced into half moons
- 2 cloves of garlic, chopped
- 4 cups broccoli stems (from one head of broccoli), sliced into thin coins
- Salt and pepper to taste
- 3 cups low-sodium vegetable broth

## Directions

1. Heat a medium pot and stir in onions, garlic, and broccoli stems. Add water or broth 1-2 tablespoons at a time to prevent sticking.
2. Season the veggies with some salt and pepper and allow to cook for about ten minutes.
3. Once the veggies have become tender add broth. You can add more or less broth depending on how thick you like your soup. Simmer 10 minutes.



4. Let the soup cool a bit and then blend, either carefully in a standard blender or with an immersion blender.
5. Add more broth if you want your soup thinner or a slice of bread if you want it creamier.
6. Taste your soup. Adjust your seasonings and enjoy!

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>(344g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>60</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 81mg	6%
Iron 1mg	6%
Potassium 485mg	10%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

# Irish White Bean and Cabbage Stew

**Servings:** 6

**Preparation Time:** 15 mins

**Cook time:** 1 hour

**Author:** Susan Voisin <https://blog.fatfreevegan.com/2009/03/irish-white-bean-and-cabbage-stew.html>

## Ingredients

- 1 large onion chopped
- 3 ribs celery chopped
- 2-3 cloves garlic minced
- 1/2 head cabbage chopped
- 4 carrots sliced
- 1 - 1 1/2 pounds potatoes, diced
- 1/3 cup pearly barley optional or substitute with gluten-free grain
- 1 bay leaf
- 1 teaspoon thyme
- 1/2 teaspoon caraway seeds
- 1/2 teaspoon rosemary crushed
- 1/2 teaspoon freshly ground black pepper
- 6-8 cups vegetable broth
- 3 cups cooked great northern beans (2 cans, drained)
- 1 14 1/2 -ounce can diced tomatoes
- 1 tablespoon chopped parsley
- salt to taste



## Instructions

**Crock Pot:** Place the vegetables, seasonings, and barley into a large slow cooker. Add enough vegetable broth to just cover the vegetables (start with 6 cups and add more as needed). Cover and cook on low heat for 7 hours. Add beans, tomatoes, parsley, and salt to taste. Check seasonings and add more herbs if necessary. Cover and cook for another hour.

**Stovetop:** Place vegetables, seasonings, barley, and broth into a large stockpot. Cover and simmer until vegetables are tender, about 45 minutes. Add remaining ingredients, check seasonings, add more herbs if desired. Simmer uncovered for at least 15 minutes before serving.

**Instant Pot:** Using an 8-quart Instant Pot, place vegetables, seasonings, barley, and 6 cups broth into the pot, seal the cooker, and set the timer to 12 minutes at high pressure. Once done, allow the pressure to come down naturally for 15 minutes, then quick release. Add the beans, tomatoes, parsley, salt to taste as well as extra seasonings (important as the Instant Pot leaches out flavor of herbs.) Simmer for 15-30 minutes using the Sauté setting on low.

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>(779g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>320</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 360mg	<b>16%</b>
<b>Total Carbohydrate</b> 69g	<b>25%</b>
Dietary Fiber 17g	<b>61%</b>
Total Sugars 13g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 16g	
Vitamin D 0mcg	0%
Calcium 179mg	15%
Iron 5mg	30%
Potassium 765mg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

# Vegan Irish Soda Bread

**Servings:** 12

**Preparation Time:** 10 mins

**Cook time:** 30 mins

**Author:** Dr. Julie Jack

<https://www.purelivingnutrition.com/vegan-irish-soda-bread/>

## Ingredients

- 1  $\frac{3}{4}$  cups unsweetened almond milk
- 2 teaspoons apple cider vinegar
- 2 cups whole wheat pastry flour
- $\frac{1}{3}$  cup raw sugar
- 1 teaspoon baking soda
- 1  $\frac{1}{4}$  teaspoons sea salt
- 1 cup regular or golden raisins



## Instructions

1. Mix together the almond milk and apple cider vinegar and set aside.
2. Mix together the dry ingredients, including the raisins.
3. Pour the milk mixture in with the dry ingredients and mix until the batter is a dough-like consistency, but not too wet or soggy. If the dough seems dry, add more water or almond milk, 1 tablespoon at a time.
4. Knead the dough for about 30 seconds. Avoid over kneading the dough, otherwise it will become too tough.
5. Then place the dough on a greased pan or on a silicone mat or parchment paper. Cut an "X" shape on top of the dough.
6. Bake the bread for approximately 30 minutes at 425 degrees F. Check the center of the bread with a toothpick to ensure that it has been cooked through. Enjoy!

## Nutrition Facts

12 servings per container

**Serving size** (76g)

Amount per serving

**Calories** **140**

% Daily Value\*

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 380mg **17%**

**Total Carbohydrate** 31g **11%**

Dietary Fiber 3g **11%**

Total Sugars 15g

Includes 5g Added Sugars **10%**

**Protein** 2g

Vitamin D 0mcg **0%**

Calcium 77mg **6%**

Iron 1mg **6%**

Potassium 116mg **2%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### TIP

- ✚ Substitute raisins with dried unsweetened cranberries, chopped dried apricots, or dried cherries.

# Wraps with Greens and Mushrooms

**Servings:** 2

**Preparation Time:** 10 mins

**Cook time:** 10 mins

*Author: Ann & Jane Esselstyn from how to Prevent Heart Disease Cookbook*

## Ingredients

- 8-10 ounces mushrooms, sliced
- 2 Tablespoons balsamic vinegar
- 2 wraps of your choice
- 4 Tablespoons or more hummus
- 2 green onions, chopped
- ½ cup fresh cilantro, parsley, basil, or mint
- 2 large handfuls greens of your choice (cooked and drained, or just use smaller amount raw)



## Directions

1. Lay mushrooms in single layer in large frying pan over medium heat. Cook for 5 minutes without turning.
2. Sprinkle with 1 Tablespoon of the balsamic vinegar. Flip and cook a few more minutes until liquid is absorbed. Remove from heat.
3. Heat wraps in a fry pan or microwave – makes them more pliable.
4. Spread hummus onto one side of the wrap. Top with green onions, herbs, mushrooms, and greens. Sprinkle with some of the balsamic.
5. Fold in the sides of the wraps and roll into sausage shape. Cut in half and place on baking sheet.
6. Bake at 450 F for about 10 minutes to heat through.

# Nutrition Facts

2 servings per container

**Serving size** (276g)

Amount per serving

**Calories** **310**

% Daily Value\*

**Total Fat** 8g **10%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 710mg **31%**

**Total Carbohydrate** 49g **18%**

Dietary Fiber 1g **4%**

Total Sugars 8g

Includes 0g Added Sugars **0%**

**Protein** 12g

Vitamin D 0mcg **0%**

Calcium 56mg **4%**

Iron 2mg **10%**

Potassium 781mg **15%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.