



Low-Fat Cooking

Saladmaster

PAN SEARED PORTOBELLOS

4 Large Portobello Mushrooms
¼ Cup Soy Sauce
2 Tbsp. Balsamic Vinegar
4 Cloves Garlic, Cone #1
Black Pepper to Taste

1. Place whole portobellos in bottom of cold skillet.
2. Pour balsamic vinegar, soy sauce, and agave on top. Sprinkle fresh garlic and black pepper on each piece.
3. Cover and cook over medium heat until vapo-valve clicks. Reduce heat to low and cook for 15 minutes or until fork tender!

EASY BEAN SALAD

1 ½ C. Each of Cooked Kidney, Pinto, Black Beans, and Black Beans
1 c. frozen corn, thawed
1 large bell pepper, Cone #3
½ Red Onion, Cone #2
3 Celery Stalks, Cone #4
½ Cup Low fat or fat free Italian dressing
½ T. Salt
1 T. Ground Pepper

1. Cut all ingredients into large bowl and mix. Serve at room temp or chilled.

VEGGIES IN A BLANKET

1 Cup Low fat Hummus or Bean Spread
8 Whole Wheat Tortillas
1 Carrots, Cone #1
1 C. Spinach
1 Bell Pepper, Sliced

1. Spread the hummus thinly on the tortillas. Add the carrots and spinach.
2. Roll up each tortilla and slice.

EASY VEGGIE STIR FRY

2 Carrots, Cone #5
1 Onion, Cone #2
1 Head Garlic, Cone #1
8 oz. Mushrooms, Cone #4
3 Cups Broccoli Florets
1 Red Bell Pepper, Cone #3
1 ½ Cups Chickpeas (cooked)
¼ Cup Water
¼ Cup Soy Sauce
¼ Cup Agave Nectar
1 Tablespoon Spicy Chili Paste
2 tsp cornstarch
3 cups Cooked Brown Rice

1. Place all vegetables and beans in EOC.
2. Place water, soy sauce, agave, chili paste, and cornstarch in bowl and mix. Pour over vegetables. Cover and cook at 350 until vapo-valve clicks, reduce heat to 190 and cook for 5 minutes.
3. Serve over brown rice!

LAZY LASAGNA

1 40 oz. jar Spaghetti Sauce
1 small Onion
1 Zucchini
1 Yellow Squash
2 Carrots
1 cup Mushrooms
1 Sweet Potato
3oz. Spinach
½ Head 2 Cauliflower
¼ c. Nutritional Yeast
½ box Lasagna noodles

Layer as follows in the 12" EOC

- Sauce
- Sweet Potato, cut on cone #1
- Zucchini, cut on cone #2
- Squash, cut on cone #2
- Noodles
- Sauce
- Carrots, cut on cone #1
- Onion, cut on cone, #2
- Mushrooms, cut on cone #4
- Spinach
- Lasagna Noodles
- Sauce
- Cauliflower, cut on cone #2
- Nutritional Yeast

Cover and cook at 350 degrees until vapo-
valve sounds. Reduce heat to 180 and cook
for 30 minutes.