



Quick and Easy Lunch and Dinner Ideas For Healthy Meals on the Run

Delicious, nutritious, quick and easy sugar-free, dairy-free, gluten-free, trans-fat free delights

by Dr. Ritamarie Loscalzo

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Cover photograph courtesy of Anna Tipps, www.purelydelicious.net and www.therawtable.com. Anna is the creator of the *Deliciously Raw* calendar and the quarterly magazine, *Purely Delicious*. Anna is an amazing chef, photographer, visionary; friend and Mom, whose artistic talents and beautiful presence are truly inspiring to me. Thank you, Anna.

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- Learn holiday survival techniques and watch demonstrations of delicious, easy to make holiday foods in my DVD Indulge without the Bulge: www.IndulgeWithoutBulge.com

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Introduction

What can you eat for lunch instead of burgers and sandwiches? You may typically think of lunch foods as those you can pick up and eat with your hands, like sandwiches, tacos, burritos, pizza, burgers, or even sushi.

So how do you eat health enhancing, vegetable based meals without all that bread? You may not be able to even conceive that as a possibility. The focus of this book is to help you learn about all the possibilities for nutritious, delicious quick and easy meals that you can eat on the run. Did you know that you can make sandwich-like, fresh, whole, living foods that you can assemble quickly and eat with your hands?

It's time to rethink lunch!

So what ARE the components of a typical sandwich or sandwich like meal? There are basically 4 parts to the typical sandwich or wrap:

1. **Wrapper** – bread, taco shell, burrito shell, or some sort of crust
2. **Filling** – meat, cheese, tuna, or some sort of spread
3. **Sauce or topping** – typically mayonnaise, mustard, ketchup
4. **Garnishes** – tomato, lettuce, sprouts, relish and the like

In this book, and the soon to be released video, I'll teach you to make a variety of lunch assemblies which incorporate all 4 of the above components, using foods that are consistent with a health enhancing, living foods vegan diet.

Wrapper Ideas:

- a. "bread" : dehydrated crackers, jicama slices, tomato slices, turnip or rutabaga slices, sweet potato or winter squash slices
- b. "roll-ups" : romaine lettuce leaves, collard greens, kale or chard leaves, cabbage, thinly sliced zucchini or summer squash, nori
- c. "boats" : hollowed out cucumbers, zucchini or winter squash, romaine hearts, celery, red, yellow, or orange bell peppers

Filling ideas: nut or seed pates, guacamole, nut or seed "cheeses", ground up nut or vegetable burgers (taco "meat")

Topping ideas: nut or seed based sour cream, sauces and creamy dips, avocado based dips and `sauces, grated or finely ground seeds

Garnish ideas: grated, pulse chopped, julienned or spiralized hard vegetables like carrots, celery, squash, beets, etc

Nut and Seed Pates - Recipe Introduction

I'll start by giving you the basic guidelines for creating nut and seed pates. You are encouraged to take the basic recipe and run with it, creating your own unique variations. Experiment. Don't be afraid to try something new. Some of my best recipes have been discovered that way.

For example, you can vary the flavor in your pates by the choice of nut or seed, vegetables, herbs or seasonings. An ethnic theme can be created by altering the herbs and seasonings used.

For example, Indian flavored pate can be made by adding any of the following: cumin, turmeric, ginger, coriander, garam masala and curry powder. Thai flavor can be achieved by adding lime juice, cilantro, ginger, galangal, lemon grass and coconut or even a pre-mixed Thai curry spice mix. (Note: If you're gluten or MSG sensitive, make sure you read the labels of your seasonings before you put them in your shopping basket and recipes.) By using garlic, basil, oregano, rosemary, thyme or a premixed Italian seasoning mix, you can create an Italian pate. Similarly, Mexican flavor may include chili powder, cilantro, jalapeño, cumin and oregano.

You get the idea. The variations are endless. You're only limited your imagination and creativity. Start out by using specific recipes to get the hang of making these items. Decide what you like and what you're not wild about. Then create your own. Several recipes are included in this book. You may discover a few favorites and stick to them. Or, you may be adventurous and experiment. Whatever you do, enjoy the process and the knowledge that you're treating your body to tasty nutritious foods.

Your cells will love you for it...and you'll love the results.

The proportion of nuts and seeds to vegetables can be varied from recipe to recipe. You should adjust the quantity of nuts and seeds based on your caloric needs and the texture you're trying to achieve. If you are thin and active and need more calories, lean more towards using a greater portion of nuts and seeds. If you want to lose weight, lean towards more vegetables. Creamier results require a higher proportion of nuts. Almonds are denser and grittier than macadamia nuts and cashew nuts.

Nut and seed pates are very filling, satisfying and nutritious. They're rich in antioxidants, minerals and fatty acids. They can be eaten alone or put on top of a salad. They can serve as a dip or spread for crackers and raw vegetables. They are great fillings for wraps and veggie "boats". I like to make a few at the beginning of the week and eat them for quick lunch and dinner meals as well as for snacks. If you have a pate ready to go, you can make a simple meal by stuffing it inside a red bell pepper or lettuce leaf and topping with a few sprouts, or you can create a more elaborate dish that causes your friends and family to ooh and aah.

Preparing Nuts and Seeds for Recipes



Nuts and seeds are easier to digest and more nutritious if you activate them first. When you cover them in water and let them soak, the germination process begins. The enzyme inhibitors, which keep the nut or seed from sprouting are deactivated and the proteins and fats begin to break down into smaller molecules. The nuts and seeds are then easier to digest.

To Activate Nuts and Seeds: Place them in a glass jar or ceramic bowl and completely cover with enough water to allow for doubling in size. Soak on kitchen counter or in the refrigerator for 4 hours or up to 8 hours. Harder nuts like almonds and hazelnuts require longer soaking time while softer and more delicate nuts and seeds require less time. Rinse and drain.

You can use them immediately, or you can leave them in the strainer and allow them to begin to sprout. Sunflower seeds sprout in 4-6 hours. Almonds don't fully sprout, but develop a short tail. Macadamia nuts don't sprout at all. They turn mushy if left in water too long. It's less important to soak the nuts that don't have skins, like macadamia nuts and cashews. In fact, soaking either of these for too long causes them to get really mushy and lose their taste.

Activated nuts can be stored in the refrigerator for up to 4 days. After that, they begin to get moldy. If you have a dehydrator, you can dehydrate the activated nuts for a couple of days, then store in the freezer. This way, you can just use what you need without having to soak in advance.

Some people soak a pound or two of nuts for 4-8 hours then dehydrate so they always have a handy supply of activated nuts.

Basic Nut or Seed Pate Recipe Guidelines



The recipe below is a basic guideline for making nut and seed pate. Once you have made a few from the recipes, you can use this guideline to help create your own delicious treats.

Ingredients

1 - 2 cups nuts or seeds, either a combination or a single type.

Nuts and seeds are usually soaked 6 hours or overnight, and then rinsed with a few exceptions. To achieve a rich creamy consistency, as in walnut or pine nut pesto, the nuts may be used unsoaked. Sesame seeds and hemp seeds are usually not soaked, but may be if desired. Flax seeds generally don't make good pates because of their tendency to soak up water and create a sticky or gummy consistency

1 - 4 cups vegetables:

Carrots, celery, cabbage, tomatoes, onions are commonly used vegetables.

A few tablespoons to a cup or more of fresh herbs

A few teaspoons to a couple of tablespoons dried herbs and spices

Unrefined sea salt – 1 - 2 teaspoons or to taste

Good choices are Real salt, Celtic or Himalayan salt, Pink salt, Hawaiian sea salt or sea salt water

Cold processed unrefined oil: 1-2 tablespoons or up to 1/3 cup (optional)

Choice of oil depends on the taste desired. Olive oil, coconut oil, macadamia nut oil, pumpkin seed oil, and sesame oil are all good choices, as long as they are cold pressed and kept protected from high heat, light and air. A dark, glass bottle is best. Why? Polyunsaturated oils are very sensitive to heat, air and light and care must be taken both in processing and storing to protect them from oxidation. Oxidized fats are one of the leading dietary causes of disease. I usually do not use flax oil in pates because it is extremely sensitive to temperature and air exposure. I use flax oil when I am going to consume the food within a short time. This may be a good rule of thumb for you to follow in your eating plan as well.

Preparation Options

Depending on the texture desired, one of the following options can be used in combining the ingredients to make the end product:

1. Cut vegetables into one inch pieces. Place all ingredients into food processor and process to desired consistency. Season to taste.
2. Pulse chop vegetables to small pieces (minced). Pulse chop herbs to mince. Put nuts and /or seeds into food processor and process to desired consistency. Add vegetables and herbs and season to taste
3. Put all ingredients through a Champion or Green Star Juicer with the blank screen in place. Season to taste.

Basic Creamy Dip Base

This should have the consistency of sour cream, yogurt or mayonnaise.



Ingredients

1 cup soaked nuts

Cashews and macadamia nuts make the creamiest dips and sauces. My favorite is ½ and ½ macadamia and cashew. Almonds have a nice flavor but are not quite as creamy. Mixing them half and half with cashews or macadamia nuts works well, but changes the color from white to purplish.

Juice of 1 lemon or lime, or to taste

¼ teaspoon sea salt, or to taste

1/3 – ½ cup water- depending on thickness desired

Preparation

Place nuts in blender with lemon or lime juice, 1/3 cup of water and salt. Blend until creamy. Add water slowly, if needed, to create the desired consistency. Vitamix and K-Tec blenders create the creamiest results, but most good blenders will do a good job if you process them long enough. If the blender starts to heat the ingredients too much, turn it off and let it rest for a little while before continuing.

Variations

- For a cheddar cheese like sauce, cut a red bell pepper into chunks and put in blender. Blend until it liquefies. Add the nuts, salt and lemon juice and omit the water. Add more nuts to thicken if the result is too thin. Add water if it's too thick.
- Peel and cut a cucumber and blend until liquefied. Add nuts, salt and lemon juice and omit or reduce the water.
- Increase or decrease the lemon or lime juice according to desired degree of sourness.
- Use orange juice instead of lemon juice for a sweeter taste.
- Finely chop an onion for a traditional onion dip flavor. Stir in the onions a small amount at a time to prevent the onions from overpowering the dip.
- Add herbs after making the sauce: garlic, chives, dill, and basil are just a few ideas. Garlic dill and garlic chive are amongst my favorites.
- Add a premixed ethnic spice mix such as Southwest, Italian, Mexican or Indian.
- Add a packaged dip mix. There are several pre-made dip mixes that are made from just spices and herbs. Read the labels carefully so as to avoid MSG, sugar and other undesirable ingredients. Allow your imagination and palate to guide you.
- Adjust the amount of liquids and solid according to desired consistency.

****Once you get the hang of this basic recipe you can whip out a dip, sauce or dressing in a matter of minutes. I taught it to my son when he was 11. He makes it as a dip and a cheese for a quick pizza.

Tacos

Ingredients



Shells: Romaine lettuce hearts

Meat: ground nut or veggie burgers. (Optional)

These can be purchased at the live food bar at the Whole Foods in downtown Austin, or made fresh at home if you have a dehydrator. My Dehydrator Treats e-book has many recipes. You can also find recipes online and in many living foods recipe books. If you don't have a dehydrator, many digital and convection ovens have a low temperature setting and a fan and can be used as a dehydrator.

Beans: (optional)

"Refried beans" (see recipe below)

Sprouted lentils

Sprouted garbanzo beans

Soaked almonds, pulse chopped in the food processor

Toppings:

Cashew and or macadamia sour cream, optionally with garlic and or chives

Guacamole

Salsa: Tomato (red) or tomatillo (green)

Garnishes:

Sprouts -- alfalfa, daikon, radish, broccoli, mixed

Micro greens

Shredded carrots

Shredded lettuce or cabbage

Assembly

Hold romaine heart in your hand or place on a plate, concave side up. Layer "meat", "beans", and garnishes. Top with salsa, guacamole, and sour cream. If you're serving a family or group, put each ingredient in a separate bowl and let everyone create their own.

Spring Rolls

Ingredients:

Wrapper: Cabbage, collard greens, kale or Swiss chard leaves

If you have time and want a really soft wrapper, cover the leaves with salt, about a 1/2 a teaspoon per bunch, and place in a bowl. Knead gently to work the salt into the vegetables. Place another bowl or a plate over them and put something heavy on the top plate...i.e. a jar of beans, a brick, or a bag of nuts. Let it sit for 10 minutes while you prepare the other ingredients.

Alternatively you can use a salad press

<http://www.goldminenaturalfoods.com/cookware/detail.aspx?ID=754>



or a sauerkraut crock.



<http://store.therawdiet.com/haeafecr.html>

Filling: Any combination of the following ingredients:

- Thinly sliced, chopped or julienned vegetables such as carrot, celery, cucumber, jicama
- Marinated mushrooms and/or marinated onions
- Parsley, basil, cilantro or other fresh herbs, finely chopped
- Any seasoned cream type sauce or pate

Assembly

Lay the leaf horizontally on the cutting board with the inside facing up. Cut off the thickest part of the stem. Layer the vegetables and fillings on the leaf. Roll the leaf around the filling, tucking in the edges as you go. Serve whole or slice in half. For an added touch for a company meal, spiralize a carrot, sweet potato or beet and “tie” a strand around the roll.

Nori Rolls (Sushi)

Ingredients

Wrapper: Nori sheets

Filling: a nut or seed pate

Garnish: any combination of the following ingredients:
Cucumber, carrot, avocado sliced lengthwise into thin strips
Field greens or romaine lettuce leaves, sprouts



Assembly

Lay a sheet of Nori shiny side down on a bamboo sushi mat (available inexpensively at most Asian markets) or on a cutting board. There are a couple of options for assembly.

Option 1:

Place a thin layer of the pate on the nori sheet. Spread to within 1 inch of the edge at the bottom and 2 inches at the top and all the way to the edge at the sides. On top of the pate, layer a handful of field greens and the sliced vegetables and avocado. For additional flavor, I sometimes use a pinch of umeboshi plum paste and a few slices of pickled ginger or a small amount of miso (not 100% raw). Roll and cut as directed below.

Option 2:

Place a large lettuce leaf on the nori sheet. Place a strip of the pate over the lettuce leaf, making sure to go all the way to the side edges. Add desired toppings and roll and cut as directed below.






Option 3:

Place field greens and other vegetables on the nori leaf. Put a few dollops of the pate or a sauce over the vegetables. Season with salt or other herbs, and roll and cut as directed below.

To roll: Grip the edges of the nori sheet and the sushi mat together with your thumbs and forefingers and press the filling back towards you with your other fingers. Using the mat to help you, roll the front edge of the nori over the filling. Squeeze gently with the mat and continue rolling. Tap the roll gently and open the mat. Just before closing the roll, dip index finger in water and run along the far edge of the nori sheet. This will seal the seam of the roll.

To Cut: Wet a serrated edged knife and slice in half. Cut each half in thirds, rewetting the knife if necessary.

Equipment

	<p>Vitamix or other powerful blender http://store.therawdiet.com/blenders1.html http://healthnutalternatives.com/blenders.htm http://discountjuicers.com/blendercompare.html</p>
	<p>Food Processor There are many brands and sizes to choose from. I like my 14 cup Hamilton Beach Big Mouth. Other people like Kitchen Aid and Cuisinart. Available at Amazon.com, Target and other places that carry kitchen supplies</p>
	<p>Bowls and dishes, measuring cups and measuring spoons You probably have plenty already</p>
	<p>Knives and cutting boards Be sure you have a sharp knife. I like a big cutting board and also a handful of smaller ones. The dollar store is a great place to get the small ones.</p>
	<p>Spoons. Spatulas and serving utensils You probably have all you need. If not, make a trip to the dollar store and stock up</p>

These are nice to have to equip your Fresh 'n Fun Kitchen. They may not necessarily be used for the recipes in this book, but will be helpful to accumulate over time for more diverse food preparation properties.



Excalibur Dehydrator or one with a controlled temperature

<http://healthnutalternatives.com/dehydrator.html>

<http://store.therawdiet.com/fode.html>

<http://discountjuicers.com/dehydratorcompare.html>



Champion or Green Star Juicer

<http://discountjuicers.com/juicers.html>

<http://healthnutalternatives.com/juicers.htm>

<http://store.therawdiet.com/juicers1.html>



Salad Press

<http://www.goldminenaturalfoods.com/cookware/detail.aspx?ID=754>



Mandolin

<http://www.raw-gourmet.com/shop/mandoline-plus-p-202.html>










Garlic press- available at any kitchen store. My favorite is the OXO brand

<http://www.amazon.com/Oxo-Good-Grips-Garlic-Press/dp/B00004OCJX>



Spiralizer

http://www.amazon.com/s/ref=nb_ss_gw?url=search-alias%3Daps&field-keywords=spiral+slicer&x=0&y=0

	<p>Cuisinart Ice Cream Maker http://www.amazon.com/Cuisinart-ICE-20-Automatic-2-Quart-Ice-Cream/dp/B00000JGRT/ref=sr_1_1?ie=UTF8&s=home-garden&qid=1229030176&sr=1-1</p>
	<p>Ice cream maker with built in freezer http://www.amazon.com/s/ref=nb_ss_hg_8_6?url=search-alias%3Dgarden&field-keywords=lello+4070+gelato+junior&srefix=lello+</p>
	<p>Citrus Juicer Available at supermarkets, kitchen supply stores or online</p>
	<p>Electric Citrus Juicer http://www.amazon.com/Black-Decker-CJ525-CitrusMate-Citrus/dp/B00004SC51/ref=sr_1_1?ie=UTF8&s=home-garden&qid=1229030371&sr=1-1</p>
	<p>Chopper Grater My favorites are OXO and pampered Chef http://www.amazon.com/Oxo-Good-Grips-Mini-Chopper/dp/B0002YTFS2/ref=sr_1_4?ie=UTF8&s=home-garden&qid=1229030456&sr=1-4</p>
	<p>Microplaner My favorite is by pampered chef http://www.pamperedchef.com/our_products/catalog/product.jsp?productld=10996&categoryCode=CE</p>
	<p>Spring Form Pans http://www.amazon.com/s/ref=nb_ss_gw?url=search-alias%3Daps&field-keywords=springform+pans&x=0&y=0</p>

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Cashew Almond Cream or Cheese

Ingredients

1/2 cup cashews, soaked 6 hours or overnight
1/2 cup almonds, soaked 6 hours or overnight
1 large lemon, juiced
1/4 teaspoon sea salt
1/2 cup water

Directions

- Place cashews and almonds in blender with lemon juice, salt and water and blend well on high speed.
- Add additional water if needed to achieve desired consistency.
- Blend on high speed for several minutes.

Preparation Tips

The cashews and/or almonds may be used unsoaked for a slightly creamier texture. More water may be needed to achieve desired consistency

Sour Cream

Ingredients

1/2 cup cashews
1/2 cup macadamia nuts
1 large lemon, juiced
1/4 teaspoon sea salt
1/2 cup water

Directions

- Place cashews and macadamia nuts in blender with lemon juice, salt and water and blend well on high speed.
- Add additional water if needed to achieve desired consistency.
- Blend on high speed for several minutes.

Nut Cream

Ingredients

½ cup cashews, macadamia nuts or any other nut or combination of nuts
½ cup macadamia nuts
1 large lemon, juiced
¼ teaspoon sea salt
½ cup water

Directions

- Place cashews and macadamia nuts in blender with lemon juice, salt and water and blend well on high speed.
- Add additional water if needed to achieve desired consistency.
- Blend on high speed for several minutes.

Macadamia Onion Dip

Ingredients

2 cup macadamia nuts
1 - 1½ cups water
½ teaspoon of salt
½ cup onion, finely diced

Directions

- Place macadamia nuts and 1 cup water in blender.
- Blend at high speed until creamy.
- Add additional water if needed.
- Stir in onions and salt.

Preparation Tips

The nuts may be used soaked or unsoaked. They are more easily digested if they are soaked.

Creamy Cheddar Dip

Ingredients

1 large red bell pepper
1 cup nuts, soaked 6 hours or overnight (I like cashew, macadamia and brazil nuts, alone or in combination)
1 large lemon, juiced
1/4 teaspoon sea salt

Directions

- Cut the red bell pepper into small chunks and place in blender.
- Blend on high speed until the pepper has been liquefied.
- Place cashews in blender with the pepper and blend until creamy.
- Add lemon juice and salt to taste.
- If need be, adjust to desired consistency by adding water to thin or additional cashews to thicken

Preparation Tips

Any nut or seed or even avocado can be substituted for the cashew for variety.

Cucumber Dip

Ingredients

2 cucumbers, peeled and cut
1/2 cup cashews or other nut
1 teaspoon olive oil (optional)
2 tablespoons dill
1 teaspoon salt
1 clove garlic(optional)

Directions

- Blend all ingredients in food processor or blender until smooth and creamy.
- Adjust seasonings to taste.
- Add water to make it thinner if desired.

Spinach Dip

Ingredients

3 cups spinach
1 medium avocado
½ tablespoon lemon juice
½ teaspoon sea salt
garlic(optional) to taste

Directions

- Blend all ingredients in food processor or blender until smooth and creamy.
- Adjust seasonings to taste.
- Add water if you prefer it thinner.

Pumpkin Seed Pesto

Ingredients

1 large bunch basil
1 cup pumpkin seeds, soaked 6 hours or overnight
2 cloves garlic
1/2 teaspoon sea salt

Directions

- Put all ingredients in food processor and process until smooth, but with a bit of texture
- Adjust seasonings to taste.
- Add water to make it thinner if desired.

Walnut Pesto

Ingredients

1 large bunch basil
1 cup nuts (All walnuts or 1/2 walnuts 1/2 pine or macadamia nuts)
2 cloves garlic
1/2 teaspoon sea salt

Directions

- Put all ingredients in food processor and process until smooth, but with a bit of texture
- Adjust seasonings to taste.
- Add water to make it thinner if desired.

Deep Green Pesto

Ingredients

3 cloves raw garlic, raw -
¼ cup pine nut
2 cups kale
1/3 pound spinach
1/8 cup olive oil
1 cup fresh basil or ¼ cup dried basil
1 cup kelp or other sea vegetable, soaked in water until soft
½ teaspoon unrefined sea salt (pink, Celtic or Himalayan)

Directions

- Soak kelp in water while preparing the remainder of the ingredients
- Put the remaining ingredients in the food processor (add in small batches if necessary depending on the capacity of the food processor.)
- Squeeze the liquid out of the kelp and add to processor.
- Process until smooth
- Adjust salt and basil to desired taste

Zucchini Hummus

Ingredients

2 zucchini, peeled if desired
4 tablespoons raw tahini (ground sesame paste)
4 tablespoons lemon juice
1 clove garlic
1/2 teaspoon cumin, ground
1/2 teaspoon paprika
1/2 teaspoon sea salt

Directions

- Blend all ingredients in food processor or blender until smooth and creamy.
- Adjust seasonings to taste.
- Add water to make it thinner if desired.

Variation

- Substitute broccoli or other green vegetable for all or part of the zucchini.
- Add sea vegetables, like kelp, dulse or powdered kombu for extra minerals.

Mock Salmon Sushi Filling

2 cups walnuts
2 stalks celery
1 large red bell pepper
2 carrots
1/2 teaspoon salt
2 teaspoons dulse

Directions

- Blend all ingredients in food processor or blender until smooth and creamy.
- Adjust seasonings to taste.
- Add water to make it thinner if desired.

Preparation Tips

This makes a delicious filling for nori rolls, lettuce leaves, scooped on top of a salad, or stuffed inside a pepper.

“Not” Tuna Salad

Ingredients

1/2 cup sunflower seeds, soaked 6 hours or overnight
1/2 cup almonds, soaked 6 hours or overnight
2 tablespoons water
2 stalks celery, minced
1 tablespoon onion, minced
¼ cup parsley, minced
1 teaspoon dried tarragon
1 tablespoon lemon juice
1 teaspoon powdered dulse
1/4 teaspoon Celtic, Himalayan, or pink salt
2-3 tablespoons nut cream with a little extra lemon juice.

Directions

- Place sunflower seeds, almonds and water in food processor and process into a paste.
- Transfer to a small mixing bowl and stir in remaining ingredients. Mix well.
- Adjust seasonings to taste.
- Spoon in the nut cream and stir well.

Cauliflower Nori Rolls

Ingredients

4 sheets raw nori
1/2 head cauliflower
1 avocado, thinly sliced
Any of the following vegetables, grated or sliced in long thin strips: carrots, cucumbers, celery sprouts

Directions

- In food processor, grind cauliflower until grainy.
- Place a thin layer of cauliflower on nori sheet. Spread to edges side to side and within 1-2 inches from top and bottom,
- Place avocado slices and veggies in center of cauliflower.
- Roll the nori sheet, pulling tight as you roll it up, and place a few drops of water along the seam to seal.
- Cut with a serrated knife. Dip the knife in water before cutting.

Creamy Cabbage Rolls

Ingredients



2-4 leaves cabbage
1 recipe cashew cream
1 cup cauliflower, finely diced
1 zucchini shredded
1 carrot shredded
1 onion sliced
1/2 cup lettuce, diced

Directions

- Lay cabbage leaves out flat.
- In each leaf, place a small amount of cauliflower, carrot, zucchini, onion, red bell pepper and lettuce
- Top with cashew cream.
- Roll up the leaves.

Carrot Pecan Burgers

Ingredients

2 large carrots
1/2 cup pecans
1/2 cup mushrooms
1/2 cup onions
1/4 cup cilantro
1/4 teaspoon coriander
1/4 teaspoon curry powder
1/4 teaspoon sea salt

Directions

- Dice carrots in food processor
- Add the remaining ingredients. Process until smooth.
- Remove from processor and form into burgers. Place on mesh dehydrator screen.
- Dehydrate at 105 degrees for 8-10 hours or until dried.

Preparation Tips

- These may be eaten as is or crumbled as a ground meat substitute in "tacos".
- Using the basic proportions in this recipe, any combination of nuts, seeds and vegetables and seasonings make a good burger or chopped meat substitute. Experiment and come up with your own recipe.

Guacamole

Ingredients

3 medium avocados



1 lemon, juiced
1/2 teaspoon sea salt
dash cumin (optional)

Directions

- Put all ingredients in a bowl and mash with a potato masher until smooth.
- Adjust salt and lemon to preference

Variations:

- Add diced tomatoes, minced cilantro and onion and garlic.
- Add cayenne or minced jalapeno pepper for a spicy kick
- Process all ingredients in a food processor instead of hand mashing, if desired.

Salsa

Ingredients

2 tomatoes, diced
2 teaspoon cilantro, minced
1-2 teaspoon green onion, minced
1/2 cup lime juice
1 clove garlic, crushed
1/4 teaspoon jalapeño, minced (or a dash of cayenne)
1/8 teaspoon sea salt
1 cup diced pineapple (optional)
1 cup diced mango (optional)

Directions

- Stir all ingredients together in a bowl.
- Let the salsa sit for 10 minutes before serving to allow the flavors to mingle.
- Add pineapple and /or mango for a variation.

Alternate preparation using Food Processor

Using the food processor makes preparation quicker. The ingredients are not as uniformly cut, but it saves time and tastes great!

- Rather than cutting the ingredients by hand, put everything except the lime juice in the food processor and pulse chop until it reaches the desired consistency. Do not over process.
- Stir in the lime juice and let the salsa sit for 10 minutes before serving to allow the flavors to mingle.

Mock Refried Beans

Ingredients



2 cups sunflower seeds, soaked 6 hours or overnight
1 cup cauliflower florets
1 cup sundried tomatoes, soaked to soften
2 tablespoons Mexican seasoning or chili powder
1 teaspoon cayenne pepper
1 teaspoon sea salt

Directions

- Pulse chops the cauliflower and sunflower seeds in the food processor.
- Add the remaining ingredients and pulse chop until smooth and creamy.
- Adjust seasonings to taste.

Flax Crisps

Ingredients

1 cup golden flax seed
3 cups water
1 teaspoon sea salt
1 tomato
2-3 carrots
2-3 stalks of celery
1 clove garlic

Seasoning Options: to taste

Italian seasoning and basil
Chile powder, cayenne, lime juice, cilantro
Curry powder, cumin, turmeric

Directions

- Put flax seeds into a deep bowl and cover with water.
- Stir well to make sure there are no lumps
- Cover and let sit at room temperature or in the refrigerator overnight. The seeds will become a gelatinous mixture.
- Put flax mixture in blender with salt and pulse blend until smooth. A few unblended flax seeds usually remain, and that is fine. You may need to do this in small batches to prevent blender from overheating.
- Pour flax mixture into large bowl.
- Place vegetables in blender with a small amount of water...just enough to allow the blender to work. Blend to a thick liquid.
- Add vegetables to flax mixture.
- Taste and extra salt and seasonings if desired.
- Thin with water if needed.
- Pour thinly onto teflex sheets. For tortillas, use a measuring cup to pour equal sized circles. For crackers, fill the sheet.
- Dehydrate at 105 degrees F until they are dry enough to remove from teflex sheet and place directly on mesh sheet (about 4 hours).
- Using a pizza cutter, score crackers into desired shapes (strips, triangles, rectangles)
- Dehydrate further until crispy.

Veggie Crepes

Ingredients

4-5 cups mixed vegetables (include lots of greens)
1 medium tomato, quartered
½ small or medium onion
1-2 cloves garlic
¼ cup fresh basil
½ lemon or lime, juiced
½ teaspoon sea salt
½ - 1 cup water
¼ cup soaked nuts or seeds or 1/8 cup coconut cream concentrate (optional)

Directions

- Put vegetables in food processor and process until blended.
- Add tomato, onion, garlic and basil, salt and lemon or lime juice and process until smooth
- Rinse and drain the nuts or seeds, if using
- Add nuts or coconut cream, if using to the food processor and process until creamy. It should be relatively thin.
- Pour mixture into rounds onto teflex sheet.
- Leave to dehydrate at 105 degrees F until firm but pliable. After several hours, the teflex sheet would be easy to remove. Turn it over onto a mesh tray and gently peel off the teflex sheet. If it sticks or leaves chunks behind, dehydrate longer before attempting to do this.
- Store in airtight containers. (*Note: Glass are best, but ceramic and durable plastic can also be used in a pinch.*)

Variations

- Any blended soup or marinara sauce can be dehydrated to make veggie crepes
- Spicy Indian crepes: add to mixture 1 teaspoon each of curry powder, cumin and turmeric and a pinch of cayenne

The following recipe is courtesy of Anna Tibbs, Living on Live Foods chef, instructor, and teacher, certified by Alissa Cohen. Anna is the publisher of Purely Delicious, a magazine that explores the wonders of the raw foods lifestyle. For more of Anna's recipes, visit her websites and subscribe to her quarterly magazine.

<http://www.purelydelicious.net>

<http://www.therawtable.com>

Mock Chicken Salad

Ingredients:

1/4 cup sunflower seeds
1 cup cashews
1 cucumber, peeled and seeded and cut into chunks
2 green onions, cut into smaller pieces
1 cup of pecans
1 celery stick, cut into chunks
1 teaspoon dried dill
1/4 teaspoon curry powder
juice of 1/2 a lemon

Directions

- Put all ingredients in a food processor.
- Pulse chop until everything is chopped medium to fine.
- Adjust seasonings to taste



Shopping List

The following chart lists all the ingredients used in all the recipes in this book, including optional ingredients. You can make copies and use it to organize your shopping. Decide which recipes to make and check off the ingredients on the chart. If you already have enough for the recipe, check the already have column. If you need to purchase more of the ingredient, tally the amount needed for all the recipes you plan to make in the quantity needed column. Finally, use the comments column for anything that may help you in shopping: where to buy it, substitutions, etc.

Food	Used in Recipes	Already Have	Quantity Needed	Comments
Raw Organic Nut and Seeds				
pumpkin seeds				
flax seed (golden and/or brown)				
sunflower seeds				
chia seed				
hemp seed				
sesame seed				
almonds				
macadamia nuts				
cashews				
pecans				
walnuts				
pine nuts				
brazil nuts				
Raw Organic Nut and Seed Butters and Oils				
cashew butter				
tahini(sesame seed butter)				
coconut butter (Artisana brand)				
flax oil				
olive oil				
Seasonings, Condiments, and sweeteners				
unrefined sea salt				
kelp powder				
black pepper				
cayenne				
cinnamon ground				
ginger				
cumin				
tarragon				
dill				
basil				
curry powder				
coriander				
fennel seed				
paprika				

Food	Used in Recipes	Already Have	Quantity Needed	Comments
Fresh or Frozen Fruits * (choose organic whenever possible especially with berries)				
pineapple				
strawberries				
lime				
lemon				
mango				
avocado				
Vegetables and fresh herbs* (choose organic whenever possible especially with berries)				
romaine				
spinach				
ginger				
red bell pepper				
mushrooms				
onion				
broccoli				
cilantro				
tomatoes				
sun dried tomatoes				
scallion				
cucumber				
jalapeno				
kale				
zucchini				
cauliflower				
celery				
parsley				
dill				
basil				
garlic				
carrot				

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About the Author, Dr. Ritamarie Loscalzo

Fresh, joyful, and vibrant, brimming with energy and wisdom to guide you gently back to health, Dr. Ritamarie Loscalzo combines experience, education, and practical advice to make healthful eating fun again.

Because most people bite off more than they can chew when they embark on a new health regimen, Dr. Ritamarie focuses on simple, effective ways to change one's diet to achieve optimal good health. She dishes out simple steps with a dash of fun to motivate people to achieve their health goals. As a health catalyst, Dr. Ritamarie provides the transformational spark to ignite the desire of change in her clients.



Dr. Ritamarie holds a Doctor of Chiropractic Degree, and is a Diplomat of the American Clinical Nutrition Board. She is a Certified Clinical Nutritionist, with a Master of Science in Human Nutrition. She attained certification as a living foods chef, instructor, coach and teacher. Her articles have appeared in Natural Awakenings, Purely Delicious, Journal of Nutritional Perspectives and many online publications. She is the founder of the International Association of OnLine Holistic Nutrition Providers ([AOLNP](http://AOLNP.com)) and the author of several books.

Learn about the amazing transformative powers of Green Foods by requesting your FREE e-Book on the Magic of Greens at www.GreenFoodMagic.com

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