

Take the “More Veg Pledge!”



VEG PLEDGE RECIPE BOOKLET

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More Veg Pledge

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TOP 10 TIPS TO EAT MORE VEGGIES

Let's start with breakfast and work our way up to dessert! This is not an exhaustive list but made to get you thinking of some ideas as a start. Feel free to print it out and put it on the fridge!

1. **BREAKFAST**- Precut your veggies and put them in baggies or containers so that you can; throw them in the blender (put cut-up fruit and other blender ingredients together in the baggie to make it even easier) for a **Morning Smoothie**, add them to your juicer along with some lemon/ orange and an apple for a **Healthy Juice**, make an **On-the-go Veggie Omelet** by throwing in two scrambled eggs with the veggies in a bowl, microwaving for 1 1/2 min on High, stirring, and cooking for an additional 30 seconds. Make a bowl of **Miso Soup** with vegetables. Or make a batch of **Carrot-Zucchini Muffins**, halve the sugar, and double the veggies!
2. **LUNCH** - Load **Sandwiches** up with; avocado, spring mix, pickles, onion, tomatoes, fresh herbs, artichokes, roasted peppers, sliced cucumbers, bell pepper rings, sprouts, leftover roasted veggies, and hummus. Make a big **Buddha Bowl**. Have a **Salad** instead of fries or chips.
3. **SNACKS** - **Veggies and Dip**; choose hummus, guacamole, pico de gallo, or Greek yogurt dip. Whip up a batch of **Roasted Kale Chips** or **Spiced Chick Peas**.
4. **DINNER** - Keep it simple: make a big thing of **Roasted Root Vegetables**, blanch a huge pot of **Green Veggies**, grill a big plate of **Colorful Grilled Veggies** or **Kebabs**, or make a **Big Salad**. Try a Meatless Monday and go with an all veggie meal like **Veggie Chili**, **Veggie Soup**, **Lentil Stew**, **Chunky Garden Veg Marinara w Spaghetti Squash**, **Veggie Pizza**, **Beans Greens and Grains**, **Veggie Tacos**, or a fun **Stir Fry**!
5. **DESSERT** - All I have to say is **Pumpkin Pie/Sweet Potato Pie**, and **Carrot Cake**.
6. **FURTHER TIPS** - Try a different vegetable each time you are at the grocery store!
7. **GREENS** - Don't leave the store without them (and don't forget the snacking veggies)!
8. **GET A VEGGIE COOKBOOK** - Buy a vegetable cookbook (vegan and vegetarians really know how to make vegetables taste awesome!) and use it to start. Then, add grilled chicken/steak/fish as a side (3oz is a serving of meat), making it a truly plant-based meal whether or not you are a vegetarian or a meat eater.
9. **PLAN** - Make a healthy menu and grocery list and you're ahead of the game!
10. **JUST DO IT** - You may know these tips but are you doing them? Pick 1 or 2 tips/ideas that you can start adding in and eat those veggies. You can do it! Enjoy the booklet :)

Visit the website below for more info or to schedule a Sacred Self Care Session or Guidance call!

Love and Blessings,
Brandy Yavicoli
Wellness Coach

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More Veg Pledge Breakfast

Morning Smoothie

Recipe guidelines by SimpleGreenSmoothies.com

2 Cups Leafy Greens: spinach, kale, romaine, bok choy, swiss chard, collards, dandelion

2 Cups Liquid Base: water, coconut water, coconut milk, almond milk, fruit juice

3 Cups Ripe Fruit: banana, mango, berries, orange, avocado, peach, pear, apple, pineapple, grapes (use at least one frozen fruit to chill smoothie)

Boosters: chia seeds, coconut oil, almond butter, hemp seeds, hemp protein powder, flax seeds, cacao, cinnamon, acai powder, greens powder

1. Blend leafy greens and liquid bases together first.
2. Add fruits and blend again.
3. Add boosters of choice and blend until desired consistency.
4. If the smoothie is too bitter, sweeten with honey, maple syrup, or pitted dates.

Healthy Juice

Recipe from my mom!

4 Carrots

1 Green Apple

Top of your Thumb—worth of Fresh Ginger

1/4 Beet, fresh and raw

Handful Kale leaves

Put all the ingredients into your juicer. Enjoy!

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More Veg Pledge Breakfast

On-the-Go Omelet

Recipe adapted from The Fat Flush Cookbook, by Ann Louise Gittleman

2 Eggs, lightly beaten
1/2 Tomato, chopped
1 Scallion, chopped
2 Mushrooms, chopped
2 Broccoli florets or 1 Asparagus spear, cooked and chopped
1 tbsp. Parsley, fresh, chopped

Put everything into a microwave safe bowl, cook on High for 1 minute, stir, cook for an additional 30sec-1 min depending on your microwave. Substitute any veggies you have on hand.

Vegetable Tofu Scramble

Recipe adapted from How it All Vegan, by Tanya Barnard and Sarah Kramer

1/2 Medium Onion, chopped
4-5 Mushrooms, sliced
A Splash of Olive Oil
1 pkg Firm Tofu, crumbled
1-2 tsp Curry powder
Pepper (to taste)
Salsa (to taste)
2 Stalks Green Onions, chopped
Sliced Avocado

In a large saucepan, saute onions and mushrooms in the oil on medium-high heat until onions are translucent. Add crumbled tofu, curry, and pepper. Saute 10-12 minutes until moisture has evaporated. Add salsa and green onions and scramble on high heat for 2-4 minutes. Top with sliced avocado to serve. You can also add any other veggies you have around to the pan while cooking.

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More Veg Pledge Breakfast

Carrot-Zucchini Muffins

Recipe adapted from CupcakesAndKalechips.com

1 cup white whole wheat flour
½ teaspoon ground cinnamon
¼ teaspoon salt
1 teaspoon baking soda
3 tablespoons butter, melted and cooled (or use almond oil or Earth Balance if vegan)
½ cup pure maple syrup (or honey)
1 large egg, beaten (or substitute ¼ cup applesauce if vegan)
1 teaspoon vanilla extract
1 cup finely grated zucchini
½ cup finely grated carrot
½ cup raisins

1. Preheat oven to 350°F and place rack in the center of the oven, and coat a mini muffin pan with nonstick cooking spray.
2. Combine the flour, cinnamon, salt, and baking soda in a mixing bowl and whisk until thoroughly combined. Set aside.
3. In a large mixing bowl, stir together the butter, maple syrup (or honey), egg, and vanilla extract.
4. Add the flour mixture to the wet ingredients and stir together until just barely combined.
5. Add the zucchini, carrot and raisins and stir gently until just distributed.
6. Fill each cup in the mini muffin pan approximately $\frac{3}{4}$ full (I use a small cookie scoop slightly overfilled).
7. Bake for 15-20 minutes or until a toothpick inserted in the center of a muffin comes out clean.

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More Veg Pledge Lunch

Veggie Sandwiches

Add veggies to any sandwich to make it more colorful and nutritious!

Bread: hearty whole grain bread, pitas, flatbread, wraps, or nan bread (can also use blanched collard greens or raw boston lettuce to wrap)

Sliced raw sandwich veggies: tomato, onion, avocado, bell pepper or banana pepper rings, cucumbers

Roasted/cooked/blanched veggies: artichoke hearts, asparagus, broccoli, leftover roasted veggies, grilled veggies, sautéed peppers/onions/mushrooms

Greens: fresh herbs, salad greens, spring mix, baby kale, etc.

Extras: sprouts, pickles, olives, cheese, pico de gallo

Spread: hummus, guacamole, tzatziki, mayonnaise or vegenaïse, dark mustard, oil and vinegar, your favorite dip/sauce/spread

Do it up!

Brandy's keep-it-simple favorite: Sprouted grain bread with Vegenaïse, heirloom tomato, vidalia onion, avocado, sprouts, spring mix with herbs, sea salt and pickles on the side :)

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More Veg Pledge Lunch

The Buddha Bowl

Recipe posted on MindBodyGreen.com by Betsi Iris Mufson

Create YOUR own Buddha Bowl:

1. Find a unique, large sized bowl which you can become accustomed to as a symbol of nourishment and gratitude, and perhaps a pair of chopsticks to complete the “mood.”
2. First, use an abundance of raw organic greens to fill the majority of the bowl. My favorites are kale, arugula and watercress, which are packed with vitamins, minerals, antioxidants and fiber.
3. Next, add in as many raw or steamed veggies as you like or have available. Mixing textures and variations in taste can be an enjoyable and relaxing creative process: crunchy, sweet, bitter, juicy ...
4. Now it's time for protein — I like to keep it light in the evening, so I add only 25% of a protein-grain combo, and usually choose beans like garbanzo, black or kidney, and grains such as quinoa or brown rice. Other delicious proteins could be walnuts, pumpkin seeds or ultra-nutritious chia seeds.

Dressing YOUR Buddha Bowl:

This final touch is the best part and can be as varied as a flower arrangement. Drizzle your favorite olive oil and vinegar, or splash tamari or Braggs and lemon juice, add finely chop garlic, scallions, mild or hot peppers, sprinkle sea salt, nutritional yeast, or cayenne ... discover what feels nourishing to your body, concentrate on tingling your taste buds! And of course, remember to enjoy with gratitude!

*Buddha Bowl's can be enjoyed as breakfast, lunch, or dinner. Batch cook the veggies, grains, and protein ahead of time to make this a quick and easy no-brainer!

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More Veg Pledge Lunch

Salads: Big Salad Ingredients List

Use your creative kitchen muscles with this one! For a little inspiration, try mixing and matching from this list:

- **Lettuces:** Spring Mix, Arugula, Romaine Hearts, Baby Spinach, Baby Kale, Boston Lettuce, Butter Lettuce, Field Greens, Watercress, Fresh Herbs, or a Good Ole Crisp Head of Regular Lettuce!
- **Veggies:** Grated Raw Beet, Carrot, Shaved Fennel, Baby Corn, Radishes, Peas, Asparagus, Artichoke, Broccoli, Cauliflower, Tri-Color Peppers, Banana Peppers, Celery, Red Onion, Tomato, Red Onion, Spring Onion, Mushrooms, Sprouts, Summer Squash, Diced Sweet Potato, Cucumber, Jicama, Water Chestnuts
- **Fruit:** Avocado, Olives, Dried or Fresh Cherries/Cranberries/Apricots, Raisins, Blueberries, Strawberries, Oranges, Papaya, Mango, Grapes, Pear, Apple, Pineapple
- **Seeds and Nuts:** Pecans, Walnuts, Cashews, Pine Nuts, Pumpkin Seeds, Sesame Seeds, Sunflower Seeds, Macadamia Nuts, Almonds, Pomegranate Seeds, Soy Nuts, Hazelnuts, Roasted Peanuts, Chia Seeds, Hemp Seeds
- **Protein:** Beans such as Chickpeas/Black Beans/Kidney Beans/Mung Beans/Lentils/Fava Beans/Adzuki, Edamame, Hard Boiled Eggs, Tempeh or Tofu, Smoked or Baked Salmon, Tuna, Grilled Chicken, Grilled Steak, Shrimp, Turkey Bacon
- **Cheese:** Goat Cheese, Blue Cheese, Feta, Parmesan, Gorgonzola, Sharp Cheddar, Colby Jack, Asiago, Fresh Mozzarella
- **Other:** Croutons, Tortilla Strips, Fried Wonton Crisps, Potato Sticks, Crunchy Chinese Noodles
- **Dressings:** Vinegars such as Balsamic/Apple Cider/Red Wine/Rice Wine, Olive Oil, Flax Oil, Grapeseed Oil, Spices, Fresh Garlic, Fresh Grated Ginger, Lemon/Lime Juice, Fresh Herbs, Greek Yogurt, Honey, Relishes, Compote, Salsa, Hummus, Guacamole, Pureed Fruit

Have fun creating your own fresh, tasty, creative salad combinations. By simply tossing together several of your favorite raw veggies, naked or with a light dressing, you have a perfect meal.



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Salads: Kale Salad

This is a quick, easy, and delicious salad.

Ingredients:

1 head kale, shredded (no stems)
2 tbsp olive oil
Course sea salt (to taste)
1 tbsp lemon juice (or a splash of apple cider vinegar)
½ tsp cayenne (if you like spices)

Optional: add a whole avocado, chopped tomato, chopped onion, pine nuts, garbanzo beans, blue cheese crumbles, orange slices, raisins or currants, spring onion, garlic, cherry tomatoes, apple or pear cubes, walnuts, sesame seeds, cilantro or parsley, shredded carrots, radishes, pumpkin seeds, sprouts, cucumbers, red bell peppers, kalamata olives, or whatever else you like :)

Preparation:

Massage Kale for 5-10 minutes with the oil and sea salt (with hands) to create a marinated/wilted effect on kale. This makes it much tastier and easier to digest. Massage in lemon juice or vinegar and spices. Toss in additional ingredients for a customized salad. Even better the next day!

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Salads: Greek Orzo Salad

This delicious and filling salad is super easy to make and full of flavor!

Ingredients:

1 1/2 cup uncooked Orzo, cook according to package directions
12 oz Marinated Artichoke Hearts in oil (or 1 14oz can in water, drained + 2tbsp olive oil + 1tsp Italian seasonings/dried herbs)
1 Tomato, chopped (or a handful of cherry/grape tomatoes, quartered)
1 Cucumber, chopped and seeded
1 Red Onion, finely chopped
1 cup Feta, crumbled
2 oz (or more) Kalamata Olives, pitted and halved
1/4 cup fresh Flat-leaf Italian Parsley, chopped
1 tbsp Lemon Juice
1/2 tsp dried Oregano
2 Cloves Garlic, chopped
1/2 Bell Pepper, chopped (red, orange, or yellow)
Sea Salt and Pepper to taste
Optional: blanched asparagus, cut into 1 inch pieces

Combine all ingredients, chill and serve.

Also good over a bed of greens with a side of warm pita bread!

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More Veg Pledge Snacks

Veggies and Dip

For this recipe, I offer two dip recipes to accompany your raw veggies:

Brandy's Awesome Guacamole

4 Ripe Avocados, coarsely chopped chunky style
4 Large Cloves of Garlic, minced
Juice of one big or two small Limes
A big handful of fresh Cilantro, coarsely chopped
¼ of a medium Red Onion, minced
A bunch of coarse Sea Salt to taste
Optional: small handful of dried Cranberries, some diced Jalapeno's, Pepper

Mix it all up and enjoy with Blue Tortilla Chips! If there is too much "stuff" in the guacamole for your liking, just add more avocado. Also, to turn this recipe into a homemade Pico De Gallo recipe, substitute fresh tomato for the avocado and drizzle with fresh olive oil.

Homemade Hummus

Blend the following in a food processor until desired consistency (mix and match the ingredients to find your favorite combo):

- 1 can chickpeas
- 3/4 cup tahini (sesame butter)
- 1/2 small chopped onion
- 2-3 cloves garlic
- 1tbsp soy sauce
- ¼ cup lemon juice
- ¼ cup apple cider vinegar
- a handful fresh parsley and/or cilantro
- 1 tsp cumin
- ¼ tsp cayenne pepper
- Sea salt to taste
- optional: (roasted red pepper, olives, artichoke hearts, roasted eggplant, pine nuts, paprika, etc.)

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More Veg Pledge Snacks

Roasted Kale Chips

Be careful not to set these on fire like Brandy does...

1. Preheat oven to 425
2. Using 1-2 bunches of Kale, remove the greens from the stalks leaving the greens in large pieces
3. Spray Kale pieces with olive oil (or put some olive oil in a bowl and lightly apply oil to Kale using fingers)
4. Lay Kale out on a baking sheet and sprinkle with sea salt and optional spices
5. Bake for 5 minutes or until Kale turns a bit brown keeping an eye on it as it can burn quickly
6. Turn the Kale over and bake the other side up until done

Spiced Chick Peas

While there are many recipes for roasted chickpea snacks, this one is from FoodandWine.com

Two 15-ounce cans of chickpeas—rinsed, drained and patted dry
2 tablespoons extra-virgin olive oil
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon chile powder
Kosher salt/coarse ground sea salt
Freshly ground black pepper

Preheat the oven to 400°. In a medium bowl, toss the chickpeas with the olive oil, cumin, coriander and chile powder and season with salt and pepper. Spread the chickpeas on a rimmed baking sheet and roast for 30 minutes, or until slightly crisp and golden brown. Serve warm or at room temperature.

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More Veg Pledge Dinner

Roasted Root Vegetables

Recipe adapted from the Institute of Integrative Nutrition

Ingredients:

1 sweet potato
2 parsnips
2 carrots
2 turnips or 1 large rutabaga
1 daikon radish (or substitute/add in your favorites, like squash, beets, or red onion)
Olive oil
Salt and pepper
Herbs: rosemary, thyme or sage (fresh if possible) – or for a sweet kick sprinkle with cinnamon

Directions:

1. Preheat oven to 375 degrees.
2. Wash and chop all vegetables into large bite-sized pieces.
3. Place in a large baking dish with sides.
4. Drizzle with olive oil; mix well to coat each vegetable lightly with oil.
5. Sprinkle with salt, pepper and herbs.
6. Bake uncovered for 25-35 minutes until vegetables are tender and golden brown, checking every 10 minutes to stir and make sure veggies are not sticking.

Note: Any combination of vegetables will work. Roasting only one kind of vegetable also makes a nice side dish

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More Veg Pledge Dinner

Easy Green Veggies

1. In a super big pot fill half the pot with water and bring to boil.
2. Add in any combination of prepared/chopped green vegetables.
3. Hardy ones first: Brussels sprouts and cabbage go first and cook for **5 minutes** before the...
4. Medium veggies get added in to cook for **3 minutes**—snow peas, snap peas, peas, green beans, broccoli, and then the...
5. Greens and lighter veggies go in to cook for **2 minutes**—asparagus, kale, collard greens, beet greens, Swiss chard, etc.
6. Drain Veggies.
7. Try not to overcook—everything just needs to be bright green and starting to soften.

Drizzle with olive oil, sea salt, and a squeeze of lemon juice. Enjoy!

Colorful Grilled Veggies

1/4 cup olive oil

2 tablespoons honey

4 teaspoons balsamic vinegar

1 teaspoon dried oregano

1/2 teaspoon garlic powder

1/8 teaspoon pepper

Dash salt

1 pound fresh asparagus, trimmed

3 small carrots, cut in half lengthwise

1 large sweet red pepper, cut into 1-inch strips

1 medium yellow summer squash, cut into 1/2-inch slices

1 medium red onion, cut into wedges

Directions

-In a small bowl, whisk the first seven ingredients. Place 3 tablespoons marinade in a large resealable plastic bag. Add vegetables; seal bag and turn to coat. Marinate 1-1/2 hours at room temperature.

-Transfer vegetables to a grilling grid; place grid on grill rack. Grill vegetables, covered, over medium heat 8-12 minutes or until crisp-tender, turning occasionally.

-Place vegetables on a large serving plate. Drizzle with remaining marinade.

Note: If you do not have a grilling grid, use a disposable foil pan. Poke holes in the bottom of the pan with a meat fork to allow liquid to drain.

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Dinner

Creamy Cauliflower Soup

In 6 easy steps! Delicious recipe contributed by my friend, neighbor, and newsletter reader Traci Kelly.

1. Steam for 10-15 minutes or until soft:

- 1 head cauliflower, stem removed (so just the florets)
- 1 cup carrots, chopped
- Optional: Diced potato, broccoli, or celery

2. Sauté the following in 1-2tbsps olive oil or butter until brown and starting to caramelize:

- $\frac{1}{2}$ yellow or white onion, chopped
- 3-6 garlic cloves, chopped

3. Cool steamed vegetables slightly and puree in a food processor or blender until smooth.

4. Heat in medium saucepot over medium heat:

- 3-4 cups vegetable broth
- 1 cup of milk (Vegans: you know that you can sub pureed white beans or unsweetened non-dairy milk)

5. Add pureed veggies and sautéed onions/garlic. Simmer for 15 minutes.

6. Season to taste with:

- 1 tbsp curry powder
- Sea salt
- Freshly cracked pepper
- Optional: cayenne pepper

Serve with warm crusty bread!

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More Veg Pledge Dinner

Veggie Quinoa

Recipe from newsletter reader, Hanna Triplett (everyone in my family loves this Hanna!)

Mix together and simmer until done (about 15 min):

- 1 cup Quinoa, washed and drained
- 2 cups Vegetable Stock or Broth

Sauté together until soft:

- 2 tbsp Olive Oil
- 1/2 large Onion, chopped
- 1/2 Bell Pepper, any color, chopped
- 1 cup Mushrooms, sliced
- 1 Zucchini, chopped
- 2 ribs Celery, diced
- 2 Carrots, sliced
- 4 Garlic cloves, chopped

Add the following:

- Dried or fresh Thyme, Oregano/Marjoram, Coriander/Cilantro, Sea Salt, Pepper to taste.
- 1 can Peas, drained

Mix together with the Quinoa and enjoy a big bowl!

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More Veg Pledge Dinner

Kebabs

Recipe adapted from Epicurious.com

Ingredients:

For vinaigrette

1/2 cup white-wine vinegar
1 tablespoon balsamic vinegar
1 large garlic clove, minced
1 1/4 teaspoons maple syrup
1/2 teaspoon salt
1/4 teaspoon black pepper
1 cup olive oil

Make vinaigrette:

Whisk together all vinaigrette ingredients in a glass measure until combined.

For vegetables

1/4 cup olive oil
1 1/2 teaspoons salt
3/4 teaspoon black pepper
2 small zucchinis, cut crosswise into 3/4-inch-thick slices
1/2-1 Pint cherry tomatoes
1 baby eggplant, cut crosswise into 3/4-inch-thick slices
10oz cremini mushrooms, trimmed
2 yellow bell peppers, cut into 1 1/2-inch pieces
1 large red onion, cut into 1 1/2-inch pieces
18 (12-inch) metal or wooden skewers (soaked in warm water 30 minutes if wooden)

Skewer and grill vegetables:

- Toss zucchini in a large bowl with 2 teaspoons oil, 1/4 teaspoon salt, and 3/4 teaspoon black pepper. Repeat with remaining vegetables, working with 1 type at a time and keeping each batch separate. (Vegetables can be threaded onto skewers 1 day ahead and chilled, covered.)
- Thread vegetables onto skewers, not mixing vegetables on any skewer.
- Prepare grill for cooking over medium-hot charcoal (moderate heat for gas).
- Grill kebabs in 2 batches on lightly oiled grill rack, covered only if using gas grill, turning over once, until vegetables are tender (vegetables, except tomatoes, should be lightly browned; tomatoes should be blistered and shriveled), 6 to 10 minutes (timing will vary among vegetables). If you aren't able to grill outdoors, you can broil vegetable skewers in 2 batches on oiled rack of a broiler pan 4 to 6 inches from preheated broiler, turning over once, until golden, about 6 minutes per batch.
- Drizzle with some of vinaigrette and serve remaining vinaigrette on the side.

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More Veg Pledge Dinner

Drunken Veggie Chili

Recipe adapted from the Marlboro Cookbook

1. Saute the following in the oil in a large pot for 8-10min:

3 tbsp **Olive Oil**
6 **Garlic Cloves**, chopped
1 **Vidalia Onion**, small, chopped
1 **Red Onion**, small, chopped

2. Add:

1 tsp **Sea Salt**
1/2 tsp of **Chipotle Chile Powder**
1/2 cup **Red Wine** (any)

3. Cook off the alcohol for 5-10 minutes then add:

3 Stalks **Celery**, sliced
3 **Bell Peppers**, tri-color, chopped
3 **Carrots**, sliced

4. Cook for 8-10 minutes and add:

4 Cans of **Beans**; 1 each of black beans, pinto beans, dark red kidney beans, garbanzo beans, liquid drained
1 Can of **Corn**, liquid drained
4 Vine-Ripened **Tomatoes**, chopped
8 **Scallions**, chopped
1/4 cup **Honey**
1 Bottle of **Beer** (use your favorite)
Handful of Fresh **Cilantro**, chopped
Seasonings; 2tbsp **Chili Powder**, 1tsp **Cumin**, Sea Salt and Pepper to taste (can also add some Cayenne Pepper)

5. Simmer 25-30 min and enjoy!

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More Veg Pledge Dinner

Simple Veggie Soup

Recipe by Brandy

Ingredients:

2 tbsp Olive Oil

1 Large Yellow or White Onion, roughly chopped

6 Cloves Garlic, chopped

1-2 Bell Peppers (any color—I like red, orange, and yellow), chopped

3-4 Carrots, sliced

1 Parsnip, sliced

3-4 Stalks of Celery, sliced

8 cups Filtered Water

1/2-1 lb fresh (not frozen) Brussel Sprouts, halved or quartered depending on size

1/2-1 head of Cauliflower, florets halved, and stem sliced/chopped

1/2-1 lb Green Beans, cut into 1-2 inch pieces

2 small Zucchini or Yellow Summer Squash (or one of each), sliced into half moons

1 bunch of Collard Greens (can sub kale or chard), chopped into bite-sized pieces

1/2-1 handful of each of these Fresh Herbs; dill, flat leaf Italian parsley (or curly), cilantro, thyme, rosemary, or any of your favorite herbs

Sea Salt and Pepper to taste

2 more tbsp Olive Oil

Optional: diced Potatoes, small Pasta such as Ditalini or Stars

-In a super large pot, heat the Olive Oil over medium heat and sauté the Onion until it starts to become translucent.

-Add Garlic and saute for a 30 seconds, then add Bell Peppers, Carrots, Parsnip, and Celery. Cook for 10 minutes.

-Add Water and bring to a boil.

-Add Brussel Sprouts and Cauliflower, boil 7 min (if you want to add potatoes, do it here)

-Add Green Beans, and Zucchini/Squash boil 3 min (if you want to add pasta, do it here)

-Add Collard Greens and Herbs, boil 3 more minutes.

-Add Salt and Pepper to taste and drizzle with remaining Olive Oil.

Note: You can use any vegetables you want so feel free to switch these out for your favorites! Also, if your pot isn't big enough for all these veggies, use less.

Eat and feel healthy! ;)

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More Veg Pledge Dinner

Butternut-Squash-White Bean Stew

Recipe ripped out of a mystery magazine a long time ago...an oldie but goodie

Ingredients:

2 tbsp Olive Oil
1 cup Onion, slivered
3/4 cup Celery, sliced
3 cups Mushrooms, halved (Baby Bella's work great)
4 cups Butternut Squash, peeled and cubed (a 2lb squash should do the trick)
1 14oz can Fire-Roasted Diced Tomatoes
1 Garlic Clove, pressed or minced (or more if this sounds like a comical amount of garlic to you)
2 cups Water
2 tbsp Tomato Paste
3/4 tsp dried Thyme
1/2 tsp coarse Sea Salt
1/8 tsp freshly ground Black Pepper
2 15oz cans White Beans, rinsed and drained (cannellini, navy, great northern, etc)
Handful chopped fresh Flat-leaf Italian Parsley

1. Heat oil in large pot over med-high heat. Add onion, celery, and mushrooms. Cook until vegetables start to brown, about 8 minutes.
2. Stir in squash, tomatoes, garlic, water, tomato paste, thyme, salt, and pepper. Mix well. Cover and bring to a simmer. Reduce heat and simmer until squash is tender, about 25min.
3. Uncover, stir in beans and simmer until stew consistency, about 10 min. Top with parsley.

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More Veg Pledge Dinner

Chunky Garden Veg Marinara with Spaghetti Squash

Super healthy pasta alternative! Try it—you might like it!

Sauce Directions:

1. In a large pot, sauté a bunch of your favorite pasta-sauce-friendly vegetables cut-up into big bite-sized pieces for about 15 minutes or until cooked. Suggestions include: mushrooms, carrots, zucchini, yellow squash, eggplant, onions, garlic, bell peppers, broccoli.
2. Add a jar of your favorite marinara sauce and heat.
3. Add in fresh pasta-sauce-friendly herbs such as basil, oregano, parsley, thyme, marjoram, or rosemary.
4. Serve over cooked Spaghetti Squash and drizzle with olive oil and sprinkle with parmesan, romano, and/or asiago cheese.

Spaghetti Squash Directions:

1. Preheat oven to 375.
2. Cut squash lengthwise in half and scoop out the seeds.
3. Brush the squash with olive oil, sprinkle with salt and pepper, and put face-down on cookie sheet.
4. Cook for 45min-1hr or until squash is easily pierced with a fork.
5. Scrape out the squash lengthwise with a fork so that it comes out looking like strings.
6. Toss with olive oil, salt and pepper. Optional: chopped flat-leaf parsley, parmesan cheese, and a sprinkle of lemon juice.

Enjoy!

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More Veg Pledge Dinner

Veggie Pizza

Personalized!

Directions:

1. Grab a pre-cooked Pizza Crust or make your own if you are awesome like that.
2. Drizzle with olive oil.
3. Optional: spread fork-mashed cannellini beans directly on top of crust and sprinkle with sea salt and pepper.
4. Spoon on your favorite garden veggie marinara sauce.
5. Top with shredded mozzarella.
6. Add your favorite veggie-based pizza toppings: sliced tomatoes, chopped garlic, cooked mushrooms, blanched broccoli or asparagus, cooked spinach, olives, onions, colored bell peppers, etc. (make sure to give everyone in the family their own to make!)
7. Sprinkle with fresh or dried basil and/or Italian seasonings. Add parmesan/romano/ asiago cheeses. Sprinkle with sea salt and pepper and drizzle olive oil if desired.
8. Cook in preheated oven at 425 for 10-15min

Feel great eating your home-made pizza!

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More Veg Pledge Dinner

Beans, Greens, and Grains

Similar to the Buddha Bowl, this is so simple, nutritious, versatile, and filling that you can't go wrong.

Here are simple instructions to enjoy this combo for many meals to come:

Simultaneously do the following -

- In a medium pot cook a few cups of dried beans according to package directions (any beans will do—there are at least 10 different varieties available at your store and more at the health food store).
- In a medium pot cook a few cups of whole grains according to package directions (quinoa, bulgur, brown rice, wild rice, kasha/buckwheat groats, polenta, millet, teff, cous-cous, wild rice, etc.).
- In a super big pot fill half the pot with water and bring to boil. Add in any combination of green vegetables. Hardy ones first: Brussels sprouts and cabbage go first and cook for 5 minutes before the medium veggies go in to cook for 3 minutes—snow peas, snap peas, peas, green beans, broccoli, and then the greens and lighter veggies go in to cook for 2 minutes— asparagus, kale, collard greens, beet greens, Swiss chard, etc. Drain Veggies. Try not to overcook—everything just needs to be bright green and starting to soften.
- After everything is cooked add your favorite spices (curry, thyme, sage, saffron, coriander, lemon juice, vinegar, salsa, soy sauce (shoyu or tamari), sesame or sunflower seeds, even BBQ spices work!) and some olive oil or sesame oil and sea salt to everything and make a big bowl!

Container it up and eat throughout the week for a super-hearty nutrition booster! This combo is so versatile that it can be used in a wrap, as a taco filling, on a salad, as a side, as a main course with some roasted root veggies, with a cup of soup, or just by itself like I do!

Here are some ideas: Last week I had Red and Green Lentils with Brussels Sprouts, Kale, and Green Beans with Tri-colored Quinoa and Curry Spices. This week I had Fava Beans with Beet and Chard Greens, Fresh Italian Herbs and Garlic (Fava Beans don't need grains, a nice hearty piece of whole grain bread will do the trick). Next week I am looking forward to Anasazi Beans with Short Grain Brown Rice, Asparagus, and Broccoli with Lemon Juice, Coriander, and freshly cracked Pepper. I am also thinking of making some fresh Edamame with Napa Cabbage and Bok Choy on Soba (buckwheat) Noodles with soy sauce, sesame oil and a dab of siracha.

Enjoy this easy combo and let me know how it turns out!

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More Veg Pledge

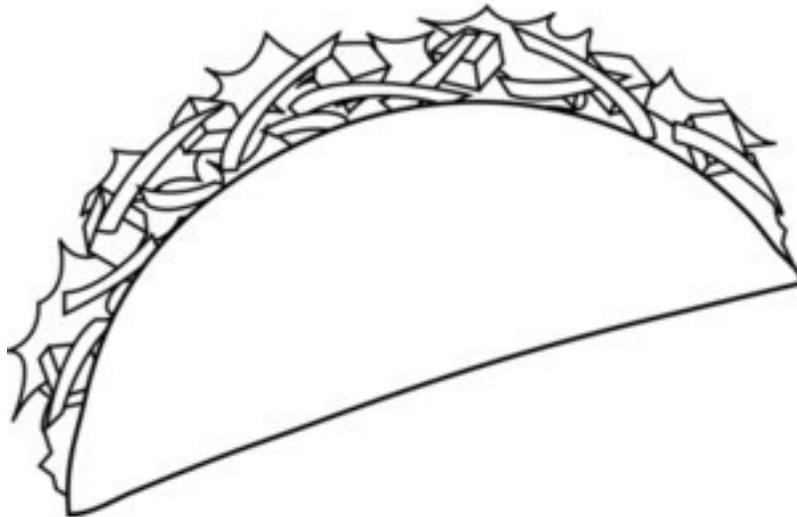
Dinner

Veggie Tacos

I <3 Taco Night!

1. Start by making the filling: Combine 1-2 cups cooked Brown Rice, 1 can of Black Beans (rinsed and drained, and 1 jar of your favorite Salsa. Heat until warm.
2. Then, prepare the Blue or Yellow Corn Tortillas or Taco Shells by heating up in the oven or on the stove for 30sec-5min according to package directions.
3. Set out a bunch of toppings such as; sliced Avocado, fresh chopped Cilantro, shredded Lettuce or chopped Mixed Greens, Guacamole, julienned Carrots or Jicama, chopped Hot or Sweet Peppers, Sour Cream or Greek Yogurt, Mexican Cheese Blend, Taco Sauce.

Assemble and have fun getting messy!



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More Veg Pledge

Dinner

Veggie Burritos

Courtesy of Lisa Schuster, my daughters Grandmother and a great cook!

Prepare:

1 cup cooked brown rice
4-6 Flour Tortillas (heat up before serving)

Sauté for 5-10 minutes until cooked:

1/2 cup canned or pre-cooked Black Beans, rinsed and drained
1 small Zucchini, diced
1 small Onion, diced
1/2 cup frozen Corn

Add and sauté for 5 more min:

1/2 cup your favorite Salsa
1 tbsp Balsamic Vinegar
2 tbsp fresh chopped Parsley
Salt and Pepper to taste

Add rice and stir. Add 1-2 scoops of veggie/rice mix to each tortilla.

Top with the following:

Sliced Avocado
Shredded Cheese
Sour Cream or Greek Yogurt

Fold it up and enjoy!

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More Veg Pledge Dinner

Stir Fry with Herb Sauce

Recipe from Bon Appetite. This recipe is a template, switch it up every time by using different veggies and grains!

Ingredients:

3 cups mixed tender herbs (such as basil, Thai basil, mint, cilantro, tarragon, and celery leaves), divided
1/2 cup thinly sliced scallions, divided
1 1/2" piece peeled ginger, sliced
1 garlic clove
7 tablespoons vegetable oil, divided
2 tablespoons unseasoned rice vinegar
2 tablespoons sesame seeds
Kosher salt and freshly ground black pepper
2 cups cooked, cooled whole grains such as wheat berries, farro, quinoa, or brown rice
4 cups chopped mixed vegetables

Preparation:

Herb Sauce - Combine 2 cups herbs, 1/4 cup scallions, ginger, and garlic in a mini-processor. Pulse to chop ingredients. Add 4 tablespoons oil, vinegar, and 1/4 cup water and process until a coarse purée forms. Transfer herb sauce to a bowl and stir in sesame seeds. Season to taste with salt and pepper. **DO AHEAD:** Herb sauce can be made 2 hours ahead. Cover and chill.

Grains - Heat 1 tablespoon oil in large heavy skillet over medium-high heat right before oil begins to smoke. Add remaining 1/4 cup scallions and grains. Stir-fry until grains are golden brown and slightly crunchy, about 3 minutes. Season with salt and pepper. Divide grains among bowls.

Veg - Return skillet to medium-high heat and add remaining 2 tablespoons oil. Add vegetables, season with salt and pepper, and stir-fry until brightly colored and crisp-tender, about 4 minutes. Add remaining 1 cup herbs and toss to combine. Divide vegetables over grains. Drizzle with herb sauce.

Note: replace herb sauce with your favorite bottled or homemade stir fry sauce, or just drizzle with sesame oil, soy sauce, fresh minced ginger, and sesame seeds (my fav!).

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More Veg Pledge Dessert

Easy Pumpkin Pie

Quick and easy for those times when you just need Pumpkin Pie already!!!

Mix together and pour into the pie crusts:

2 small Graham Cracker Pie Crust, ready made

2 cans Plain Pumpkin

1 can Condensed Milk

2 Eggs

3 tbsp Maple Syrup

1 tsp Salt

1 1/2 tsp Cinnamon

1 tsp Nutmeg (1/2 tsp if fresh ground)

1/2 tsp Ground Clove

1/2 tsp Ginger

Bake 350 Degrees for 30 min, both pies at the same time :)

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More Veg Pledge Dessert

Vegan Pumpkin Tart with Pecan Crust

Recipe from SparkPeople.com

Ingredients:

3/4 cup pecan halves
3/4 cup rolled oats
3/4 cup whole wheat pastry flour
1/2 teaspoon ground cinnamon
1 pinch salt
1/4 cup oil (or use applesauce instead)
3 tablespoons real maple syrup
1 cup soy or almond milk
1/4 cup arrowroot powder or cornstarch
1 (15 ounce) can pumpkin puree
1/2 cup real maple syrup
Spices: 1 tablespoon grated fresh ginger, 1 1/2 teaspoons ground cinnamon, 1/2 teaspoon salt, 1/4 teaspoon freshly grated nutmeg, 1/8 teaspoon ground cloves

Directions

1. Preheat oven to 375 degrees F (190 degrees C). Spray a 9 inch pie plate. Spread nuts over a baking pan. Toast for 7-10 minutes on middle shelf, or until the smell of nuts fills the kitchen. Set aside 16 pecan halves for garnish.
2. Combine oats, flour, remaining pecans, 1/2 teaspoon cinnamon, and a pinch of salt in a food processor. Pulse until mixture becomes a coarse meal. Whisk together oil and 3 tablespoons maple syrup, and mix into dry ingredients to form a soft dough. Press mixture into pie plate. Crimp edges. Bake for 10 minutes, and set aside to cool.
4. Blend milk and arrowroot in the food processor until the arrowroot is completely dissolved and the mixture is smooth, about 15 seconds. Add pumpkin, 1/2 cup maple syrup, ginger, 1 1/2 teaspoons cinnamon, 1/2 teaspoon salt, nutmeg, and cloves; blend until smooth. Pour filling into crust, and smooth the top.
5. Bake for about 35 minutes, or until the crust is lightly browned and the outside inch of the filling is set. Don't worry if the center is still soft; it firms up as the pie cools. Transfer pie to a wire the rack. Gently press toasted pecan halves into hot filling in 2 circles. Cool to room temperature, and then chill until set, about 3 hours. Serve chilled or at room temperature.

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More Veg Pledge Dessert

Sweet Potato Pie

Recipe from AllRecipes.com

(1 pound) sweet potato
1/2 cup butter, softened
1 cup sugar (yep, you read that right!)
1/2 cup milk
2 eggs
1/2 teaspoon ground nutmeg
1/2 teaspoon ground cinnamon
1 teaspoon vanilla extract
1 (9 inch) unbaked pie crust

Directions

Boil sweet potato whole in skin for 40 to 50 minutes, or until done. Run cold water over the sweet potato, and remove the skin.

Break apart sweet potato in a bowl. Add butter, and mix well with mixer. Stir in sugar, milk, eggs, nutmeg, cinnamon and vanilla. Beat on medium speed until mixture is smooth. Pour filling into an unbaked pie crust.

Bake at 350 degrees F (175 degrees C) for 55 to 60 minutes, or until knife inserted in center comes out clean. Pie will puff up like a souffle, and then will sink down as it cools.

*Note: I haven't made this yet but it got 5 stars from almost all 1564 people who made it and reviewed it on the site and looks super delicious! Let me know if you make it!

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More Veg Pledge Dessert

Mr. Hare's Carrot Cake

Recipe from a children's book we read called "The Bake-Off" by Lorinda Bryan Cauley. It won the animal baking contest...

Cream

1 cup Oil (we used almond oil)

1 3/4 cup Honey (we used wildflower)

3 Eggs, extra large

Sift

2 1/2 cups Whole Wheat Flour

1/2 cup Wheat Germ

1 tbsp Baking Powder

1 tsp Cinnamon

1 tsp Nutmeg

1/2 tsp Salt

Add 2 cups grated Carrots to creamed mixture. Then add dry sifted mixture and mix well.

Add 1 cup chopped Walnuts and 1 cup Raisins.

Bake in a 10" tube pan, oiled and floured, at 350 for 1 hour or until done. (I didn't use a tube pan and I highly recommend it!)

Frosting

Blend (by hand or with mixer) an 8 oz package of softened cream cheese with 1/2 cup honey. (I doubled this for extra frosting)

Spread on top of cake and enjoy this delicious recipe from 1978—the year I was born!

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More Veg Pledge Dessert

Sweet Carrot Soufflé

Recipe from YogurtLove.com contributed by Yoga teacher and newsletter reader, Holly Owens. Thanks Holly the pictures of this online look amazing!

Ingredients:

2 pounds carrots, chopped
3 eggs
1/2 cup butter
1/2 cup honey
1 1/2 Tbs coconut flour
1 tsp baking powder
1 tsp vanilla extract
cinnamon (to taste)

- 1) Preheat oven to 350 degrees F.
- 2) Bring a large pot of salted water to a boil. Add carrots and cook until tender, about 20 minutes. Drain and rinse with cold water.
- 3) In a food processor, mix eggs. Then add carrots, melted butter, honey, coconut flour, baking powder, vanilla extract, and cinnamon. Mix well and transfer to a buttered 8x8 casserole dish.
- 4) Bake in preheated oven for 30 minutes.

Optional topping:

1 Tbs. butter
1/2 c. pecans, chopped
sprinkle of honey

Sauté chopped pecans in butter until beginning to brown. Add honey and stir to combine. Turn off heat and set aside.

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More Veg Pledge Recipe Booklet

Thank you and I hope you enjoyed the recipes and they have inspired you to add in more vegetables and healthy eating practices as part of your daily routine! Let me know which recipes you love by contacting me by one of the methods below - I can't wait to hear from you! Also, I love trying new recipes so if you have a favorite, please share!

When we cultivate healthy eating practices and make them ingrained habits in our daily lives, we build the foundation for long term health. As an added bonus, we experience less stress, a greater quality of life, and more joy and fulfillment!

In the spirit of that, I want to support your journey further!

For further support, consider working with me in one of my Sacred Guidance programs and sign up for a Complementary 15 minute Consultation to see if we would be a good fit. Sign up at the website or send me a private email:

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I am happy to have you as part of my community, together nurturing our Spirits through healthy eating and living practices!

In Health and Happiness,

Brandy Yavicoli

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