

Chris Scarlett



Southwestern Bean Salad

This colorful, fiber-rich salad employs several traditional Southwestern flavors and seasonings – cumin, lime, chilies, and cilantro. Serve it as a side dish or add a heaping spoonful to each of the turkey fajitas.

- 1 tsp. ground cumin
- 2 Tbs. fresh lime juice
- 2 tsp. extra virgin olive oil
- 2 tsp. minced fresh jalapeno or other chili pepper
- 2 cans (15 oz. each) pinto, black or small white beans, rinsed and drained
- ½ cup diced red onion
- ½ cup shredded carrot
- ½ cup chopped fresh cilantro leaves

Heat cumin over low heat in small skillet just until warm, about 30 seconds. Stir in lime juice, olive oil and jalapeno until blended. Combine beans, red onion, carrot and cilantro in large bowl. Add cumin dressing and toss to blend.

Serves four, with 250 calories and 3 grams fat per serving.

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Za'atar-Roasted Carrots with Yogurt

Makes 8 servings. Prep 15 minutes
Roast at 425° for 30 minutes

- 2 lbs multicolored carrots (½ to ¾ inch thick), peeled and tops trimmed
 - 2 tbsp extra-virgin olive oil
 - 2½ tsp za'atar (Middle Eastern spice blend)
 - ¾ tsp salt
 - ¼ cup shelled pistachios, roughly chopped
 - 1 tsp lemon juice
 - 1 container (5.3 oz) labneh, plain skyr or Greek yogurt
- Heat oven to 425°. Toss carrots with oil, 2 tsp za'atar and ½ tsp salt. Roast 25 minutes, shaking pan halfway through. Add pistachios and roast 3 to 5 minutes, until nuts are lightly browned.
 - Carefully toss carrots and pistachios with lemon juice and ¼ tsp salt.
 - Mix labneh with ¼ tsp salt and spread in center of plate. Top with carrots and sprinkle with ½ tsp za'atar.

PER SERVING 120 Cal • 6 g Fat (1 g Sat) • 4 g Pro • 12 g Carb • 8 g Sugars • 3 g Fiber • 280 mg Sodium



Makes 5 servings
Preparation Time: 45 minutes
Cook Time: 15 minutes

INGREDIENTS:

- ½ cup raw cashews
- ½ cup red, yellow, or white onion, diced
- 2 cloves garlic, finely chopped
- 1 teaspoon fresh ginger, finely chopped
- 2 tablespoons tomato paste
- 1 teaspoon turmeric
- 1 teaspoon cumin
- 1 teaspoon coriander
- ¾ teaspoon garam masala
- ½ teaspoon salt (or to taste)
- ½ teaspoon freshly ground black pepper (or more to taste)
- ¾ teaspoon red pepper flakes or Kashmiri chili powder (or more to taste)
- ¼ teaspoon cardamom
- 1 (15-ounce) can fire-roasted or plain diced tomatoes
- ½ cup loosely packed cup fresh cilantro leaves and stems, chopped
- 5 cups steamed or cooked vegetables (red bell peppers, broccoli, cauliflower, peas, kale, etc.)
- 5 cups cooked brown basmati or long-grain rice

Vegetable Tikka Masala

Curry sauces are incredibly versatile in plant-based home cooking. You can use them in a bowl with grains and vegetables, on baked potatoes, and with burgers or patties, or even pasta. Tikka masala is a creamy tomato sauce often made with heavy cream or yogurt. Here I use cashews and blend them with water for a smooth vegan cream that thickens once it's stirred into the wonderfully spiced tomato base. You can make it as mild or as spicy as you like. I often serve vegetables with this sauce on top of brown rice.

From *The Plant-Based Anti-Inflammatory Cookbook*

By Linda Tyler

- 1 Soak the cashews in water for 2 hours or pour boiling water over them, cover, let them soak for about 20 minutes, then drain them. Put the cashews in a blender with ¾ cup water. Blend on high for 30 seconds or longer, until the cashews are dissolved. Set aside cashew milk for later.
- 2 Water sauté the onion, garlic, and ginger in a large saucepan or skillet until the onion is tender and transparent, 8 to 10 minutes. Add in the next nine ingredients (through cardamom) and cook, stirring constantly, for about 4 minutes, until the mixture is fragrant. Add in the diced tomatoes, increase the heat, bring the mixture to a boil, then reduce the heat. Simmer with the lid ajar, stirring occasionally, for about 10 minutes, adding a little water if it gets too dry.
- 3 Add the cashew milk and cilantro to the sauce and simmer for 5 minutes, stirring often, until thick. Add water, if needed, and adjust seasonings after tasting. Blend the sauce until smooth, if desired. I prefer to let it cool a bit and then blend it in my high-speed blender so that it is very smooth.
- 4 Prepare the steamed or cooked vegetables to your liking, and stir them together with the warm curry sauce and serve with brown rice. The sauce keeps in the refrigerator for about a week. The sauce freezes well.

MEDITERRANEAN FISH ON VEGGIES

L. HOFFMAN
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- 1 med. zucchini (12-16 oz.) - quartered, sliced
- 1 lg. onion - halve, slice pole to pole
- 1 pt. cherry tomatoes - halved or 15 oz. canned diced
- 2 garlic cloves - diced
- 1 small sweet potato - microwave 2-3 min, peel, slice, sear, cube
- 3 lg. Kale leaves - rinse, dice
- Other veggies optional - mushrooms, peppers, celery
- 15 oz. can chick peas - drain, rinse
- 1-2 T. tomato paste + 1/2-1 c. water
- 2 10-12 oz. fish fillets - Swai, Cod, Tilapia
- fresh herbs to serve
- 1-2 T. spices (select from favorite ethnic flavors - Italian, Mexican, Creole, Moroccan, etc)
- Salt and Pepper to taste

Saute zucchini pieces in 1-2 T. olive oil just until starting to brown. Add onions stirring until softened. Add tomatoes, garlic, and tomato paste with water. Cover simmering 5-10 minutes until mixture is tender. Add sweet potatoes and Kale. Season to taste with S & P and 1-2 T. herbs of choice. Top with fish. Cover simmering on low medium 8-10 minutes until fish is white flaking. Cut into pieces to serve. Top with fresh herbs.

The Quickest Black Bean Salad

ANN CRILE ESSELSTYN | PREVENT AND REVERSE HEART DISEASE

WE COULD EAT this for every meal in summer, even breakfast. It is the salad I make when I have to take a dish to an event because it is so quick to make, everyone comes back for seconds, and it is the best advertisement for delicious NO OIL eating. It is easy to expand by adding more tomatoes or frozen corn.

SERVES 4

Two 16-ounce cans black beans drained and rinsed WELL!

1 very large tomato, chopped

1 package frozen corn

½ Vidalia onion, chopped

1 can sliced water chestnuts, drained and rinsed

1 bunch cilantro, chopped

½ lime, juice and zest

3 tablespoons balsamic vinegar or more to taste

1. Add beans, tomatoes, corn, onion, and water chestnuts to a bowl (glass looks pretty) and mix. Rinsing the beans well keeps the salad from looking gray.
2. Add cilantro, lime, and balsamic vinegar and mix again. Serve alone or with cucumber open-faced sandwiches for a perfect meal.

Submitted by
Marty Oakley

Swedish Fish Soup

- ❖ 2 cups baby potatoes, chopped
- ❖ 3 large carrots diced
- ❖ 2 tbsp butter
- ❖ 1 medium yellow onion diced
- ❖ 3 garlic cloves, chopped finely
- ❖ 2 pinches of saffron
- ❖ 2 leeks, sliced thinly
- ❖ 1 tsp sugar
- ❖ 2 tsp chili powder
- ❖ 1 tbsp tomato paste
- ❖ 1 cup fish stock
- ❖ 1 can diced tomatoes
- ❖ 1 can coconut milk
- ❖ 1 cup water (1/2 cup–adding more if necessary)
- ❖ 2 tbsp fresh thyme, chopped (or dried)
- ❖ 2 tbsp fresh basil, chopped
- ❖ Salt and pepper to taste
- ❖ 8oz salmon, cut into 1 inch pieces
- ❖ 8oz meaty white fish, cut into 1-inch pieces

Boil carrots and potatoes for about 10 mins and then set aside. Melt butter and saute onions, garlic and saffron. Add leeks. Add sugar, chili and tomato paste. Add remaining vegetables, herbs, coconut milk, and water. Bring to a boil. Add fish about 5 minutes before serving. Serve with Sour Cream and Fresh Bread.

