

PANKO-CRUSTED FISH TACOS with red cabbage slaw

Ingredients

- **Panko-Crusted Fish "Tofu" Tacos**
- **Extra-firm tofu - 1 lb. *chopped into 2" long pieces***
- **Egg - 1 *whisked***
- **Paprika - 1 tsp + 1 tbs.**
- **Panko bread crumbs - 1 cup (*find in the ethnic aisle*)**
- **Cumin - 1/2 tbs.**
- **Cooking spray**
- **Avocados - 1 *sliced***
- **Limes - 1 *sliced***
- **Tortillas - 8**
- **Creme fraiche / sour cream - 1/4 cup**
- **Red Cabbage Slaw**
- **Red cabbage - 1/2 head *sliced thinly (video here)***
- **Carrots - 1 *grated***
- **White / red wine vinegar - 2 tbs.**
- **Cumin - 1/4 tsp.**
- **Honey - 1 tsp.**
- **Cooking oil - 4 tbs.**
- **amounts are for 4 servings**

Directions

Tofu - Slice into 2" long "sticks" that are about 1/2" thick

Cabbage / Carrots – Prep as directed

Slaw – Whisk together vinegar, cumin, honey, some salt, and oil. Toss with cabbage and carrots. Cover and refrigerate to let the flavors marinate

MAKE

Preheat oven to 400 degrees

Whisk egg with 1 tsp. paprika and a pinch of kosher salt. Pour over tofu and toss thoroughly

Combine panko, 1 tbs. paprika, 1/2 tbs. cumin, 1/2 tsp. kosher salt in a Ziploc bag that can hold the fish. Place tofu "sticks" in the bag and shake around until the panko is distributed. [Click here for a video demo.](#)

Spray a sheet pan with some cooking oil. Spread panko-crusted tofu out onto sheet pan in 1 even layer, and then spray with some more cooking oil.

Bake for 12 to 15 minutes, until panko is golden brown. Slice avocado and lime into segments while fish bakes

Warm tortillas according to package instructions. Fill warmed tortillas with your tofu, cabbage slaw, avocados, and cream. Enjoy with a fresh squeeze of lime juice.

Banana Oatmeal Chocolate Chip Pancake Extravaganza

Ingredients

- 2 cups **soymilk**
- 1 $\frac{1}{2}$ cups **quick cooking rolled oats**
- 1 $\frac{1}{2}$ **chopped large bananas** (*That was all we had in our kitchen—more might be better!*)
- 1 teaspoon **vanilla**
- **cinnamon—I just threw a bunch in!**
- 1 $\frac{1}{2}$ cups **oat flour**
- 4 tablespoons **brown sugar**
- 1 teaspoon **salt**
- 4 teaspoons **baking powder**
- 2 tablespoons **olive oil**
- 4 **egg whites**
- **chocolate chips—as many as you like or none at all!**

Directions

This is what you do—it is really quick and easy:

Heat the soymilk until hot, then stir in oats, bananas, vanilla, and cinnamon, and let stand for five minutes. Combine the remaining dry ingredients in a mixing bowl, and then add the hot mixture and the oil. Mix. Beat the egg yolks and then combine with the batter. It will be quite thick and chunky.

Drop a heap of batter on the pan and then spread it out to pancake-thickness. Drop chocolate chips onto the cake as desired. Cook til golden brown then flip! This recipe makes four big pancakes.

Vegan Maple Pecan Pie

Serving: 1

Ingredients

- $\frac{1}{2}$ cup **sugar**
- $\frac{1}{2}$ cup **brown sugar**
- $\frac{1}{2}$ cup **pure maple syrup**
- $\frac{1}{4}$ cup **non-hydrogenated margarine**
- 6 oz **extra firm silken tofu** (*1/2 of a tetra pack*)
- $\frac{1}{4}$ cup **cold unsweetened plain non-dairy milk**
- 2 tablespoons **cornstarch**
- $\frac{1}{2}$ teaspoon **salt**
- 1 teaspoon **vanilla extract**
- 2 cups **pecan halves**
- **Prepared Single Pastry Crust** *pressed into a tart pan or pie plate (no need to parbake)*

Directions

["First we're going to make a caramel. In a 2 quart sauce pan, mix together sugars and maple syrup. Heat over medium heat, stirring often with a whisk. Once small bubbles start rapidly forming, stir pretty constantly for about 10 minutes. The mixture should become thick and syrupy. It shouldn't be boiling too fiercely, if it starts climbing the walls of the pan in big bubbles then lower the heat a bit.\r", "Add the margarine, and stir to melt. Turn the heat off, transfer mixture to a mixing bowl. In the meantime, prepare the rest of the filling, working quickly so that the caramel doesn't completely set.\r", "Crumble the tofu into a blender or food processor, along with the milk, cornstarch and salt. Puree until completely smooth, scraping down the sides of the blender to make sure you get everything.\r", "Preheat oven to 350 F.\r", "With the caramel still warm in teh mixing bowl, add in the tofu mixture and the vanilla, and mix well. Fold in the pecans to incorporate.\r", "Transfer to prepared pie crust and bake for 40 minutes. The pie is going to be somewhat jiggly, but it should appear to be set.\r", "Let cool for a few hours, slice and serve! No cheating and pulling pecans off the pie."]

Arugula and Basil Pesto Risotto with Sauteed Mushrooms

Ingredients

- 4 cloves **garlic**
- 1 cup **basil**
- 2 cups **baby arugula**
- $\frac{1}{4}$ cup **olive oil**
- $\frac{1}{4}$ cup **walnuts**
- **salt and pepper to taste**
- 2 tbsp **olive oil**
- 2 tbsp **butter unsalted (vegan butter may be used)**
- 1 small **onion**
- 1 $\frac{1}{2}$ cup **arborio rice**
- 1 cup **dry white wine**
- 5 cups **chicken broth low sodium (vegetable broth may be used)**
- 1 tbsp **olive oil**
- 4 cups **chopped white mushrooms**
- $\frac{1}{2}$ tsp **red chili flakes**
- $\frac{1}{2}$ tsp **garlic powder**
- **salt and pepper to taste**

Directions

First make the pesto by combining all of the ingredients together in a food processor or blender. Puree until the pesto is smooth. Taste for seasoning and adjust with salt and pepper as needed.

In a big pot add the chicken broth and bring to a simmer.

In a large Dutch oven or pan, add the olive oil, and butter over medium heat. When the butter has melted and is hot add the onion and stir. Cook for about 5 minutes, stirring occasionally, until the onion is soft and translucent.

Add the risotto to the pan, stir so that the rice is coated in the oil mixture and cook for a couple minutes, until all the oil is absorbed by the rice.

Stir in the wine, making sure to scrape any bits from the bottom of the pan if necessary. Cook and stir until most of the wine is absorbed by the rice.

Stir in a ladle of broth at a time, cook until most of the broth is absorbed by the rice, and repeat by adding a ladle of broth at a time. The whole process should take about 20 minutes until you run out of broth and the rice should be cooked through.

After about 20 minutes of this continuous process, add the pesto to the pan, stir and season with salt and pepper as needed. Set aside.

Time to make the mushrooms. In a pan heat the olive oil over medium-high heat. Add mushrooms and all the seasoning. Saute for about 5 minutes or until mushrooms are nice and brown to your liking, stirring occasionally.

To serve spoon risotto into serving bowl or plates and top with sauteed mushrooms. Sprinkle with grated Parmesan cheese if desired.

Chocolate Chili

Ingredients

- 3 tablespoons **olive oil**
- 3 **carrots** *shredded*
- **Sea salt and freshly ground black pepper**
- 2 tablespoons **ancho chili powder**
- 1 tablespoons **ground coriander**
- 1 tablespoon **ground cumin**
- 1 tablespoon **sweet paprika**
- 1 tablespoon **dried oregano**
- $\frac{1}{4}$ teaspoon **ground cinnamon**
- 2 **onions** *diced*
- 10 **garlic cloves** *halved*
- 3 **canned chipotle peppers in adobo** *chopped*
- 1 **jalapeno** *seeded and chopped*
- 1 teaspoon **sugar**
- 2 tablespoons **tomato paste**
- 1 (28-ounce) can **whole tomatoes** *crushed by hand*
- $\frac{1}{2}$ cup **cornmeal**
- 2 pieces **unsweetened bakers chocolate** *shredded*
- 2 bunches **chopped chives** *for garnish*

Directions

Directions In a large soup pot, heat the olive oil. Shred the carrots (1 zucchini optional as well). Saute; stir in the chili powder, coriander, cumin, paprika, oregano and cinnamon. Lower the temperature to "toast" the spices. In a food processor puree the onions, garlic, chipotle peppers, jalapeno, tomato paste and sugar and add it to the pot. Increase the heat to medium to steam vegetables a little and sweeten the peppers. Add enough water to cover by 1 inch, about 1 quart, and add tomatoes with their liquid. Bring to a boil and skim off any foam that rises to the surface. Reduce the heat and simmer. As it cooks down, add more water, if necessary. When done, stir in the cornmeal. Season with salt and pepper, to taste. Stir in the grated chocolate. Garnish with chives.

Glazed Lentil Walnut Apple Loaf

Ingredients

- 1 cup **uncooked green lentils**
- 1 cup **walnuts** *finely chopped and toasted*
- 3 tbsp **ground flax + 1/2 cup water**
- 3 **garlic cloves** *minced*
- 1.5 cups **diced sweet onion**
- 1 cup **diced celery**
- 1 cup **grated carrot**
- $\frac{1}{3}$ cup **peeled and grated sweet apple** *use a firm variety*
- $\frac{1}{3}$ cup **raisins**
- $\frac{1}{2}$ cup **oat flour**
- $\frac{3}{4}$ cup **breadcrumbs**
- 2 tsp **fresh thyme** *or 3/4 tsp dried thyme*
- **salt & pepper** *to taste (I use about 3/4 tsp sea salt + more Herbamare)*
- **red pepper flakes** *to taste*
- $\frac{1}{4}$ cup **ketchup**
- 1 tbsp **pure maple syrup**
- 2 tbsp **apple butter** *or unsweetened applesauce in a pinch*
- 2 tbsp **balsamic vinegar**

Directions

1. Preheat oven to 325F. Rinse and strain lentils. Place lentils into pot along with 3 cups of water (or veg broth). Bring to a boil and season with salt. Reduce heat to medium/low and simmer, uncovered, for at least 40-45 minutes. Stir frequently & add touch of water if needed. The goal is to over-cook the lentils slightly (see pictures in post). Mash lentils slightly with a spoon when ready.
2. Toast walnuts at 325F for about 8-10 minutes. Set aside. Increase oven temp to 350F.
3. Whisk ground flax with water in a small bowl and set aside.
4. Heat a teaspoon of olive oil in a skillet over medium heat. Sauté the garlic and onion for about 5 minutes. Season with salt. Now add in the diced celery, shredded carrot and apple, and raisins. Sauté for about 5 minutes more. Remove from heat.
5. In a large mixing bowl, mix all ingredients together. Adjust seasonings to taste.
6. Grease a loaf pan and line with parchment paper. Press mixture firmly into pan. Whisk glaze ingredients and then spread half on top of loaf. Reserve the rest for a dipping sauce.
7. Bake at 350F for 40-50 minutes, uncovered. Edges will be lightly brown. Cool in pan for at least 10 minutes before transferring to a cooling rack. I usually wait until loaf is cool before slicing.

Read more: <http://ohsheglows.com/2012/10/05/glazed-lentil-walnut-apple-loaf-revisited/#ixzz2qsOF0JmI>

Homemade Veggie Dogs

Ingredients

- $\frac{1}{2}$ medium **onion coarsely chopped**
- 3 cloves **garlic**
- $\frac{3}{4}$ cup **cooked pinto beans well-drained**
- $\frac{1}{2}$ cup **plus 2 tablespoons water**
- 2 tablespoons **coconut aminos or soy sauce**
- 1 tablespoon **tomato paste**
- 2 teaspoons **smoked paprika**
- 1 teaspoon **ground coriander**
- 1 teaspoon **ground mustard**
- $\frac{1}{2}$ teaspoon **black pepper or white**
- $\frac{1}{4}$ teaspoon **celery seed**
- $\frac{1}{4}$ teaspoon **mace**
- $\frac{1}{8}$ teaspoon **hickory smoked salt optional but good**
- 1 cup **vital wheat gluten**
- $\frac{1}{3}$ cup **oatmeal rolled or quick oats, uncooked**
- 2 tablespoons **nutritional yeast**
- 1 tablespoon **ground flax seeds**

Directions

Put the onion and garlic into a food processor and pulse to chop finely. Heat a small non-stick skillet. Add onion and garlic and cook until onion is softened, about 3 minutes. Transfer onion mixture back to food processor.

Add the pinto beans, water, coconut aminos or soy sauce, tomato paste, and all seasonings to the food processor. Blend until it's a thin paste.

Combine remaining ingredients (gluten, oatmeal, yeast, and flax) in a large mixing bowl. Add the contents of the food processor and stir until combined. If it seems that there's not enough moisture, add another tablespoon or two of water. Knead in the bowl for about two minutes until a heavy gluten "dough" is formed.

Set up a steamer in a pot of water and bring the water to a boil. Cut off 8 pieces of aluminum foil or parchment paper, each about 6 inches long. Divide the gluten into 8 equal pieces. Place a piece of foil or parchment on the counter. Roll a piece of gluten between the palms of your hands until it's about the size and shape of a hot dog. Place it on the foil/paper and roll up. Roll the tube back and forth, pressing lightly with your hands, to give it an even shape, and then twist the ends closed. Repeat with the remaining gluten to form 8 veggie hot dogs.

Place all the veggie dogs in the top of a steamer, cover, and steam for 45 minutes. Remove from heat and allow to cool slightly before unwrapping. Store the veggie dogs in a covered container in the refrigerator. Warm gently in a frying pan or microwave or on a grill before serving.

Mushrooms and Tofu in Paprika Cream over Noodles

Ingredients

- $\frac{1}{2}$ cup **Tofutti sour cream (or sour cream)**
- 1 carton **firm tofu** *drained*
- **salt and freshly ground black pepper**
- 1 tablespoon **vegetable oil**
- 1 tablespoon **Earth Balance (or vegan butter)**
- 1 **onion** *finely diced*
- 1 lb. **mushrooms** *sliced about 1/3 inch thick*
- $\frac{1}{2}$ **lemon** *juice of*
- 1 tablespoon **flour**
- 1 $\frac{1}{2}$ tablespoons **mild (sweet) paprika**
- $\frac{1}{3}$ cup **white wine** *or sherry*
- $\frac{2}{3}$ cup **water** *or vegetable stock*
- 2 tablespoons **chopped dill** *or tarragon*
- 8 ounces **short pasta** *like a farfalle*

Directions

Let the sour cream come up to room temperature.

Dice the tofu into 1/2-inch cubes. Set a nonstick skillet over medium-high heat and brush lightly with oil. Add the tofu and cook until golden on the bottom, about 3 minutes. Turn to brown the other sides. Sprinkle with salt and pepper, then remove to a dish.

Add the oil and Earth Balance to the pan. When it foams, add the onion and mushrooms, squeezing the lemon over the mushrooms so they keep their color. Cook until the mushrooms are browned and the onions are soft, about 8 minutes. Add the tofu and gently mix together.

Sprinkle over the flour and paprika, then season with 1/2 teaspoon salt and pepper. Turn the mixture to incorporate the flour, and add the wine, let it bubble up, then reduce until syrupy. Add the water, reduce the heat to medium-low and cook, covered, for 15 minutes. Check once or twice to ensure there's enough liquid to make a little sauce. If not add more water or stock as needed. Taste for salt. Cook the pasta until al dente, then drain and place on a warmed platter.

Rewarm the sauce, if necessary, then turn off the heat, add the fresh herbs and stir in the sour cream. Pour over the pasta and serve.

Spaghetti Squash Burrito Bowls

Ingredients

- 2 medium **sized spaghetti squash**
- 1 tablespoon **high heat oil** (*I use sunflower oil*)
- 1 (14.5 ounce) can **black beans** *drained and rinsed*
- 1 (16 ounce) jar **salsa** (*use your preferred level of spiciness*)
- 2 tablespoons **olive oil** (*or preferred cooking oil*)
- 1 large **bell pepper** *or two small, cored and sliced*
- 1 large **red onion** *sliced*
- 2 cups **corn kernels** *frozen and defrosted or fresh*
- 1 cup **fresh cilantro** *finely chopped*
- 2 **jalapenos** *cored and sliced (optional)*
- 6 **green onions** *sliced (optional)*
- 1 teaspoon **cumin**
- **salt & pepper**
- 1 cup **shredded cheddar/monterey jack cheese** (*optional, or use vegan alternative*)

Directions

Preheat the oven to 375°F and line a cookie sheet with foil OR fill a 9 x 13" glass baking dish with about an inch of water. If you're making the full recipe, you'll have four bowls total (or four halves of squash) so you'll probably need two separate cookie sheets or baking dishes (or one of each!).

Wash the spaghetti squash and then slice off the stem at the top. Cut each squash in half lengthwise and then use a spoon to scrap out the seeds and the darker yellow strands that the seeds are attached to.

Rub a little bit of high heat oil on the inner edges of the squash and then place each half face down on the baking sheet/dish. Roast in the oven for 30-45 minutes, depending on the size (longer for larger squash). You can test to see if it's done by scraping the inside with a fork. Strands should come loose as you scrape all the way down to the flesh.

While the squash is roasting, prepare the filling by warming one tablespoon oil in a large pan over medium heat. Sauté the onion for a few minutes and then add the peppers and jalapeno. Sprinkle with salt & pepper and cumin and cook to desired softness. I like mine with a little crunch so I only cooked them for about 6-7 minutes.

When the squash is done cooking, allow it to cool for a few minutes before handling. Turn the oven to broil and then transfer the squash to a surface where you can scrape the inside and begin stuffing.

Scrape about 3/4 of the inside out onto a dish and then layer the filling inside (black beans and corn, peppers and onion, salsa and cilantro). Top with the spaghetti squash and press down then add another layer of filling. Sprinkle green onion on top and then finish with shredded cheese.

Broil in the oven for about 5 minutes so that the cheese is bubble and golden brown then serve!

Vegan Mac and Cheese

Serving: 4

Ingredients

- 1 lb **vegan pasta** (*or regular if you prefer!*)
- 1 $\frac{1}{4}$ cup **water**
- 1 cup **non-dairy milk**
- $\frac{3}{4}$ cup **nutritional yeast**
- 3 Tbsp **cornstarch** *or potato starch*
- 1 Tbsp **lemon juice**
- 1 tsp **salt** (*or more to taste*)
- $\frac{1}{2}$ tsp **garlic puree**
- $\frac{1}{2}$ tsp **dry mustard**
- $\frac{1}{2}$ tsp **paprika**
- $\frac{1}{2}$ tsp **turmeric** (*curry powder*)
- 1 tbsp **tahini**

Directions

Cook your preferred pasta according to the directions on the bag or box. I used pasta shells for a fun change. It brought me back to the wonderful Velveeta pasta my mom used to make us as kids! While that is cooking, throw ALL ingredients (including 1 + $\frac{1}{4}$ cup water) into the food processor or blender and blend for 30-60 seconds. Once pasta is cooked and drained, add sauce into sauce pan with pasta shells and simmer over low-medium heat stirring frequently. The thickening process takes 5-10 minutes. Don't despair if you think the pasta is too watery- it REALLY thickens up nicely thanks to the cornstarch! Serves 8. You can get creative with this and mix in some vegetables or spinach too. We like to add peas! Source: Oh She Glows

Cranberry Walnut Chickpea Salad Sandwich

Ingredients

- 3 cups **2 cans (15oz) garbanzo beans** or cooked, (*chickpeas*) drained and rinsed
- 1 cup **celery** *diced*
- $\frac{1}{2}$ cup **organic dried cranberries** (*chopped fresh would be great too*)
- $\frac{1}{2}$ cup **walnuts** or pecans, *roughly chopped*
- $\frac{1}{2}$ cup **scallions** (*green onions*) *thinly sliced, white & green parts*
- **mineral salt & freshly ground pepper** *to taste (I used about 1/2 teaspoon each)*
- **Dressing**
- 6 tablespoons (**1/3 cup**) **tahini** or *vegan mayo*
- 4 tablespoons (**1/4 cup**) **champagne** *white wine or cider vinegar (I used Orange Muscat Champagne Vinegar)*
- 2 tablespoons **water** (*only needed if using tahini*)
- 2 teaspoons **pure maple syrup**

Directions

Start by mixing your dressing. In a small bowl combine tahini/mayo, vinegar, water and maple syrup. Set aside so the flavors come together. This can be made a day or two ahead and stored in the refrigerator until ready to use. Add a tad more water, or vinegar if you're a vinegar lover, to thin out dressing as desired. If using vegan mayo, you may like to add 2 more tablespoons.

In a medium to large bowl, add your garbanzo beans and roughly mash with a strong fork or potato masher. Add in celery, cranberries, nuts, scallions, salt, pepper and dressing, mix well. Serve at room temp or let chill in the refrigerator for an hour before serving.

Serve on your favorite bread as a closed or open faced sandwich, or on a bed of leafy greens. You may even opt to simply enjoy the salad as is.

Serves 6 - 8.

Notes:

Add extra of anything you like, and vice versa, if you're not keen on an ingredient use less or omit! One particular ingredient may be the vinegar. I'm not much of a vinegar fan but I loved the orange muscat champagne vinegar and found I used quite a bit and loved it!

Change up the walnuts, using pecans, almonds, sunflower seeds, etc. If using sunflower seeds, use half the amount called for.

For the dressing, I have only made this using tahini since I do not use any kind of store bought vegan mayos. If using vegan mayo, adjust accordingly adding more mayo as needed, maybe $\frac{1}{2}$ cup instead of $\frac{1}{3}$. I do recommend trying this recipe with tahini...it is seriously so good that you would never know and it is much better/cleaner for you than the store bought mayos! Source:

<http://thesimpleveganista.blogspot.ca/2013/11/cranberry-walnut-chickpea-salad-sandwich.html>

Curried Lime Millet Salad

Ingredients

- 2 cups **cooked and cooled millet**
- $\frac{1}{2}$ cup **cooked chickpeas**
- 1 **red bell pepper** *diced*
- $\frac{1}{4}$ cup **golden raisins**
- $\frac{1}{4}$ **chopped fresh parsley**
- **sea salt and pepper**
- **Dressing:**
- 1 tablespoon **mellow** *light miso*
- 1 tablespoon **hot water**
- 1 tablespoon **rice vinegar**
- 1 tablespoon **maple syrup**
- $\frac{1}{2}$ **lime** *juice and zest from - (chop the zest fine)*
- $\frac{1}{4}$ **canola oil**
- $\frac{3}{4}$ teaspoon **curry powder**
- 1 teaspoon **fresh, grated ginger**
- 1 clove **garlic** *minced*

Directions

1. In a medium bowl, dissolve miso in hot water with a whisk.
2. Add the remaining dressing ingredients, whisk well. Set aside.
3. Meanwhile, combine the salad ingredients (millet - parsley) in a larger bowl.
4. Add dressing, gently toss to combine all ingredients

Tofu Scramble

Ingredients

- 1 lb. **block of firm tofu - crumbled fine** *using your hands*
- 1-2 tablespoons **olive oil**
- 1 **onion** *diced*
- 1 **red pepper** *diced*
- 1 handful **kale** *chopped fine*
- 2 tablespoons **nutritional yeast**
- 3 cloves **garlic** *chopped fine*
- 1 teaspoon **cumin**
- 1 teaspoon **Italian seasoning**
- $\frac{1}{2}$ teaspoon **paprika**
- $\frac{1}{2}$ teaspoon **turmeric**
- $\frac{1}{2}$ - $\frac{3}{4}$ teaspoon **sea salt**

Directions

1. Heat the olive oil in a skillet over medium heat. Add the onion and red pepper, saute for 5 minutes.
 2. Add the garlic and crumbled tofu, saute a few more minutes.
 3. Add the kale, nutritional yeast, cumin, Italian seasoning, paprika, turmeric, and sea salt. Saute another two minutes, until tofu is bright yellow and heated through.
- Add a big scoop of Salsa and roll it up in a wrap or stuff into a taco shell.

Clean & Fresh Quinoa Tabouli

Ingredients

- 1 cup **quinoa** *thoroughly rinsed and drained in fine mesh strainer*
- 1 $\frac{3}{4}$ cup **water**
- **sea salt** *optional*
- $\frac{1}{2}$ **cucumber** *sliced and diced (European style is nice)*
- $\frac{1}{4}$ cup **minced red onion**
- 3 **scallions** *chopped*
- $\frac{1}{4}$ cup **chopped fresh mint or parsley**
- **Dressing:**
- 2 **lemons** *juice of*
- $\frac{1}{4}$ cup **extra virgin olive oil**
- **sea salt**
- 1 **avocado** *chopped*

Directions

1. Bring rinsed and drained quinoa to a boil with water and salt.
2. Cover and reduce flame to lowest point. Cook for 20-25 minutes until water is absorbed.
3. Spread cooked quinoa on large platter to cool.
4. Meanwhile, make lemon vinaigrette by combining lemon juice, olive oil and salt to taste.
5. Combine all ingredients and refrigerate salad until chilled.

Variations:

Add cubed, cooked beets, blanched carrots, broccoli or cauliflower florets, halved cherry tomatoes, snap peas, corn

kernels sliced avocado, or any other colorful vegetable you feel is appropriate (beets will turn quinoa slightly pink).

Substitute apple cider vinegar for lemon juice and add dijon mustard for added zing.

Add freshly chopped basil or dill to the salad.

Farro Tabbouleh with Burrata and Hummus

Ingredients

- 1 cup **Farro**
- 1 bunch **asparagus** *ends trimmed*
- 1 $\frac{1}{2}$ cups **cherry tomatoes** *halved*
- 1 cup **fresh blueberries**
- 2 **Persian cucumbers** *sliced*
- 1 cup **fresh parsley** *chopped*
- $\frac{1}{2}$ cup **fresh basil** *chopped*
- $\frac{1}{4}$ cup **fresh mint** *chopped*
- $\frac{1}{4}$ cup **fresh lemon juice**
- $\frac{1}{4}$ cup **roasted pistachios** *shelled and roughly chopped*
- $\frac{1}{4}$ cup **toasted sunflower seeds**
- $\frac{1}{4}$ cup **olive oil** *plus more for drizzling*
- 1 **garlic clove** *minced or grated*
- **flakey sea salt and pepper**
- 2 cups **plain hummus**
- 8 ounces **burrata cheese** *(omit to make this meal vegan)*

Directions

Cook the farro according to package directions. Drain and add to a large bowl. 2. Meanwhile, heat your grill, grill pan, or skillet to high. 3. Drizzle the asparagus with 1 tablespoon olive oil and season with salt and pepper. Grill for 5-8 minutes, turning once or twice, until the asparagus is lightly charred and tender. Remove from the grill. Cut into 1 inch pieces. 4. To the cooked farro, add the grilled asparagus, tomatoes, blueberries, cucumbers, parsley, basil, mint pistachios, sunflower seeds, lemon juice, remaining olive oil, garlic, and a pinch each of salt and pepper. Toss well to combine. Taste, and season with salt and pepper. 2. Spread the hummus in an even layer in a bowl or serving platter. Top with the farro mix. Break the burrata over the farro and drizzle with olive oil and a sprinkle of salt. Serve with pita chips. Enjoy!

Millet Porridge

3 cups water

1 cup millet

Simmer for about 20 minutes, then 10 min with lid on, resting on stove with heat turned off.

Add any of the following while simmering:

Ginger (ground or crystalized)

Apples (chopped)

Fennel seeds

Once cooked add:

coconut milk (1 can, adjust to taste)

Tahini (to taste - start with 1 Tbsp)

Spice with cinnamon, turmeric, pinch of cayenne

Add dates or prunes or maple syrup as desired

Add chopped fruit, seeds, nuts etc. Can also add grains from night before like brown rice if you have some leftover.