

Bean, Corn and Tortilla Salad

Four servings • 15 minutes to prepare

Ingredients

1 can (15.5 ounces) pinto beans, drained and rinsed
1 package (10 ounces) frozen corn kernels (2 cups)
1/4 cup prepared medium tomato salsa, plus more for serving
1 bunch scallions, thinly sliced (1 cup)
1 ripe avocado, peeled, pitted, and cubed
3 plum tomatoes, thickly sliced
Coarse salt and ground pepper
1 bag (12 ounces) romaine hearts, cut into bite-size pieces
3 cups (3 ounces) broken tortilla chips

Instructions

1. In a medium microwave-safe bowl, combine beans, corn, and salsa. Microwave just until warmed through, 1 minute. Stir in scallions, avocado, and tomatoes; season with salt and pepper. Set bean mixture aside.
2. In a large bowl, toss lettuce and chips together. Divide evenly among plates; top with bean mixture. Serve immediately, topped with additional salsa, if desired.

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Warm and Nutty Cinnamon Quinoa

Four servings • 20 minutes

Ingredients

1 cup nondairy milk

1 cup water

1 cup quinoa, rinsed (any color)

2 cups fresh blackberries

1/2 tsp. ground cinnamon

1/3 cup chopped pecans, toasted*

4 tsp. agave nectar

Instructions

1. Combine nondairy milk, water and quinoa in a medium saucepan. Bring to a boil over high heat. Reduce heat to medium-low; cover and simmer 15 minutes or until most of the liquid is absorbed. Turn off heat; let stand covered 5 minutes. Stir in blackberries and cinnamon; transfer to bowls and top with pecans. Drizzle 1 teaspoon agave nectar over each serving.
2. *While the quinoa cooks, roast the pecans in a 350°F degree toaster oven for 5 to 6 minutes or in a dry skillet over medium heat for about 3 minutes.

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Rosemary White Bean Soup

Six to eight servings • One hour to prepare plus soaking the beans overnight

This is a simple and delicious soup that's great to make on a rainy day. It fills the whole house with the smell of fresh rosemary. It's also extraordinarily simple and quick, so long as you remember to soak the beans the night before.

Ingredients

1 pound dried white cannellini beans
4 cups sliced yellow onions (3 onions)
1/4 cup olive oil
2 garlic cloves, minced
1 large branch fresh rosemary (6 to 7 inches)
2 quarts vegetable stock
1 bay leaf
2 teaspoons kosher salt
1/2 teaspoon freshly ground black pepper

Instructions

1. In a medium bowl, cover the beans with water by at least 1-inch and leave them in the refrigerator for 6 hours or overnight. Drain.
2. In a large stockpot over low to medium heat, saute the onions with the olive oil until the onions are translucent, 10 to 15 minutes. Add the garlic and cook over low heat for 3 more minutes. Add the drained white beans, rosemary, vegetable stock, and bay leaf. Cover, bring to a boil, and simmer for 30 to 40 minutes, until the beans are very soft. Remove the rosemary branch and the bay leaf. Pass the soup through the coarsest blade of a food mill, or place in the bowl of a food processor fitted with a steel blade and pulse until coarsely pureed. Return the soup to the pot to reheat and add salt and pepper, to taste. Serve hot.

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Portobello and Zucchini Tacos

Four servings • 45 minutes to prepare

I like to serve these tacos alongside a green salad with tomatoes and avocado.

Ingredients

5 medium portobello mushrooms, stems and gills removed, sliced 1/2 inch thick

2 teaspoons dried oregano

2 tablespoons olive oil

Coarse salt and ground pepper

4 medium zucchini, cut into 2-by-1/2-inch sticks

1 medium red onion, halved and sliced 1/4-inch thick

12 (4 1/2-inch) corn tortillas

1/2 cup fresh salsa

1 ripe avocado, halved and sliced

Instructions

1. Preheat oven to 425° F. On a large rimmed baking sheet, toss mushrooms with 1 teaspoon oregano, 1 tablespoon oil, and 1/4 cup water; season with salt and pepper. On another rimmed baking sheet, toss zucchini and onion with remaining teaspoon oregano and tablespoon oil; season with salt and pepper.
2. Place both sheets in oven. Roast, tossing occasionally, until vegetables are browned and fork-tender, 25 to 30 minutes (zucchini may cook faster than mushrooms).
3. Meanwhile, in a small skillet over medium-high heat, warm tortillas according to package instructions (they should be lightly browned but still soft). Wrap loosely in a clean kitchen towel to keep warm.
4. To serve, fill each tortilla with mushrooms, vegetable mixture, avocado and salsa.

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Mushrooms and Tofu in Paprika Cream over Noodles

Four servings • One hour to prepare

Most often I serve this over pasta, but it's also great with brown rice.

Ingredients

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

Instructions

1. Let the sour cream come up to room temperature.
2. 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.
3. 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.
4. 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.
5. 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.

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Mediterranean Chickpea Wrap

Four servings • 30 minutes to prepare

Ingredients

2 tablespoons olive oil
1 carrot, diced
1 onion, finely chopped
1/2 banana pepper, seeded and finely chopped
1 clove garlic, minced
1 teaspoon ground cumin
1/2 teaspoon red pepper flakes
1/8 teaspoon cayenne pepper
1 can (15 ounces) garbanzo beans, with liquid
1 white potato, peeled and diced
4 whole wheat tortillas, warmed

Instructions

1. In a large sauté pan, over medium heat warm the oil for about a minute. Add the carrot, onion, banana pepper, and garlic. Cook for 5-7 minutes, stirring frequently. When the vegetable have started to soften, add the cumin, red pepper, cayenne and sauté for 1 minute.
2. Add the garbanzo beans with their liquid and 1 cup water. Bring to a boil. Add the potato and simmer for 20 minutes or until the potatoes are soft.
3. Wrap in warm tortillas with fresh spinach and serve.

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Couscous Salad with Roasted Vegetables and Chickpeas

Four to six servings • 40 minutes to prepare

Ingredients

1 lb. carrots, sliced 3/4 inch thick on the diagonal
1 head cauliflower (3 lbs), cored and cut into florets
1 1/2 teaspoons ground cumin
3 tablespoons olive oil
Coarse salt and ground pepper
1 cup whole-wheat couscous
1 tablespoon lemon zest
1/2 cup fresh lemon juice (from 3 lemons)
1 can (15 ounces) chickpeas, rinsed and drained
6 scallions, thinly sliced
5 ounces baby arugula

Instructions

1. Preheat oven to 450° F. Place carrots and cauliflower on a rimmed baking sheet; toss with cumin and 2 tablespoons oil. Season with salt and pepper. Spread half the vegetables on a second baking sheet. Roast until browned and tender, 25 to 30 minutes, rotating sheets and tossing halfway through. Cool to room temperature.
2. Meanwhile, in a medium saucepan, bring 1 1/4 cups salted water to a boil. Stir in couscous; cover and remove from heat. Let stand until tender, 5 minutes. Fluff with a fork; set aside to cool, uncovered.
3. Make dressing: In a small bowl, whisk together lemon zest and juice and remaining tablespoon of oil; season with salt and pepper.
4. In a large bowl, combine roasted vegetables with couscous, chickpeas, and scallions. Place arugula on a serving platter, and drizzle with 1 tablespoon dressing. Add remaining dressing to couscous mixture, and toss; serve over arugula.

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Cinnamon Oatmeal

Two servings • 20 minutes to prepare

This is a basic recipe for oatmeal, and the cinnamon and vanilla add enough flavor to keep you from dousing it in sweeteners. Add nuts, fruit, or flax seed meal before serving. If you're short on time in the morning, hop in the shower after the oatmeal simmers and you've turned off the heat. It will be ready for you once you're squeaky clean!

Ingredients

1 teaspoon cinnamon

2 teaspoons vanilla extract

2 cups old-fashioned rolled oats

Instructions

1. In a medium saucepan, bring 2 cups water, cinnamon and vanilla to a boil. Reduce the heat and add the oatmeal.
2. Once it's simmering, turn off the heat, cover and let stand 15 minutes, until thick and creamy.

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