



Roasted Stuffed Bell Peppers

½ cup olive oil
4 tbsp. minced garlic
1 green, yellow and red pepper halved & seeded
1 onion, chopped
1 10-oz pkg frozen spinach, thawed
1 zucchini, diced
1 cup cilantro, finely chopped
4 tsp. chives, chopped
½ cup green onions, finely chopped
1 cup shredded mozzarella cheese
Sea Salt and ground black pepper to taste

Directions

Preheat oven to 400 degrees

In a pot bring 4 cups salted water to boil. Add 2 tbsps of Olive Oil & 1 tbsp of Garlic

Using cooking tongs, place 2 pepper halves at a time in boiling water & cook for 30 seconds. Remove & place cut down on clean paper towel to drain. Continue this process until all peppers are placed on paper towel. Drain water, transfer peppers to shallow baking dish and set aside.

In skillet, over high heat, heat 6 tbsps. Of Olive Oil and remaining garlic. Add onion, spinach and zucchini. Cook until slightly tender, stirring constantly.

Remove from heat and add cilantro, chives, green onions, ¾ cup cheese, salt and pepper.

Spoon mixture evenly into the pepper halves in the baking pan and place in the oven.

Bake for 10 minutes or until slightly brown. Sprinkle with remaining cheese and return to oven for a few more minutes or until cheese melts.



Stir-Fried Broccoli and Cabbage

½ cup olive oil
4 tbsp. minced garlic
½ cabbage, cored and shredded
Tbsp tamari sauce
1 head broccoli, cut into spears
Sea salt and ground black pepper to taste.

Directions

In large pot or wok, heat olive oil over high heat then add garlic and cabbage stirring constantly.

Add tamari sauce and broccoli; stir-fry until the broccoli turns a bright green and cabbage and broccoli are tender-crisp.

Remove from heat, sprinkle with salt and pepper, and serve.



Daniel's Vegetable Shepherd's Pie

3 yams or sweet potatoes
1 cup frozen peas & carrots
1-2 cups frozen green beans, cut
½ cup low fat milk
¼ cup tbsp. minced garlic
1 tsp. cumin
1 lb. ground tofu
2 tomatoes
Sea salt and ground black pepper to taste
2-4 cups cheddar cheese

Directions

Preheat oven to 375 degrees and Boil yams in 4-6 cups salted water for 30 minutes or until fork tender whichever comes first. Remove from heat, drain & set aside to cool.

In a separate pot boil 4 cups salted water. Add frozen peas, carrots and green beans to boiling water. Stir & remove from heat. Let the pot sit, covered, for 5-7 minutes. Then drain.

When yams are cool, peel & discard skin, mash yams. Add low fat milk and whisk or hand-held mixer to continue mashing,

In a pan over high heat, combine olive oil, garlic and cumin. Stir in tofu, tomatoes, peas, carrots and green beans until well mixed. Sprinkle with salt & pepper.

Spray a 2-quart casserole dish with olive oil cooking spray. Spread half of the mashed yams in an even layer across the bottom of the dish. Then spread a layer of half of the veggies and a layer of half of the cheese. Repeat the three layers, using up the remaining ingredients for each layer.

Bake until the cheesy top layer develops a light brown crust. Cool slightly before serving.



Apple-Cranberry-Mandarin Spinach Salad

1 bunch of fresh spinach
¼ cup dried cranberries
1 apple, cored and sliced diagonally
¼ cup walnuts, chopped
2 mandarin oranges, divided into segments or 1 naval orange, segmented.

Directions

Wash spinach in a large bowl of cold water.

Dry spinach very well. After dry, give it coarse chop & place in salad bowl.

Add cranberries, apples, walnuts and orange.

Mix all together and serve. Add salad dressing of your choice.



Cucumber and Dill Salad

2 tbsp. lemon juice
2-3 tsp minced garlic
Sea salt and ground black pepper to taste
2 tbsp fresh dill, finely chopped
1 large cucumber, thinly sliced

Directions

In a small bowl whisk ½ cup water with the lemon juice, garlic, salt, pepper and dill until well mixed.

Pour over the cucumbers in a salad bowl.

Cover and chill in the refrigerator overnight. Serve with dinner.



Spicy Grilled Vegetables

2 large zucchini, cut into medium size pieces
1 red bell pepper, cut into medium size pieces
1 yellow bell pepper, cut into medium size pieces
1 large spanish onion, cut into medium size pieces
1 large sweet onion, cut into medium size pieces
1 eggplant, cut into medium size pieces
½ cup of olive oil
Juice of ½ lemon
½ cup of cilantro, chopped
3-5 tbsp. minced garlic
1 tbsp. chili powder
½ tsp. oregano
½ tsp. thyme
½ tsp. cayenne pepper
1 tbsp Braggs liquid aminos
2 tbsp. tamari sauce
Sea Salt and ground black pepper to taste

Directions

Place first 6 ingredients listed above in a large bowl.

To prepare marinade in a separate bowl combine olive oil, lemon juice, cilantro garlic chili powder, oregano, thyme cayenne pepper, Braggs Liquid Aminos, tamari sauce, salt & pepper.

Add marinade to vegetables and mix thoroughly until the vegetables are evenly coated. Cover and marinate for 1 hour.

Spray a grill pan with cooking spray before heating.

Place the vegetables on the hot grill. Leftover marinade sauce can be applied to the vegetables with a brush while they are grilling. Continue to process until all the veggies are golden brown on both sides. Serve with a small salad



Zucchini with Sun-Dried Tomatoes

10 sun-dried tomatoes packed in oil
¼ cup olive oil
1 onion, chopped
1 tbsp garlic
2 lbs zucchini, cut into strips
Sea salt & ground black pepper to taste
3 tbsp parsley, chopped

Directions

Slice the sun-dried tomatoes into thin strips. Place the tomatoes in a bowl with ¼ cup of warm water. Let stand for approximately 15-20 minutes.

Heat olive oil in a large skillet. Add onion and cook until fork-tender then add the garlic and the zucchini strips. Cook for about 5 minutes.

Add tomatoes with water and season with salt and pepper to taste. Mix all ingredients together and simmer covered, for 5 minutes.

Remove from heat.

Garnish with parsley and serve hot or cold. If serving cold, place dish into refrigerator for 20 minutes and serve.



Veggie Burgers

1 can black beans, rinsed and drained
1 can tomatoes with zesty mild chilies, drained
1 garlic clove, minced or pressed, or 1 tsp garlic powder
1 tsp onion powder
2 green onions, chopped
1 cup parsley or cilantro
2 cups quick rolled oats
8 whole grain buns
Fresh vegetable toppings and healthy condiments

Directions

Preheat oven to 450°. Process the first seven ingredients using a blender or food processor.

Remove contents into a large bowl and stir in oats.

Form into patties, place on a sprayed baking sheet, and bake for 8 minutes.

Turn oven up to broil and cook for 2 more minutes, until tops are nicely browned. Toast buns and pile on your favorite toppings.

Variation: Sauté the burgers on medium heat in a sprayed nonstick skillet for 5 minutes on each side, until both sides are browned.



Veggie Tacos

1 tablespoon olive oil
1 medium zucchini, chopped
1 1/2 teaspoons chili powder
salt
black pepper
2 cups frozen corn, thawed
5-ounce package baby spinach
8 small whole wheat flour tortillas, warmed
3/4 cups salsa

Directions

Heat the oil in a nonstick skillet over medium-high heat.

Add the zucchini, chili powder, 1/2 teaspoon salt, and 1/4 teaspoon black pepper.

Sauté for about 3-4 minutes or until the zucchini is tender.

Add the corn and cook another 2 minutes.

Add the spinach and 1/4 teaspoon of salt and 1/4 teaspoon of black pepper.

Toss until the spinach is wilted.

Fill each tortilla with the veggie mixture and salsa.

Serve.



Chalupas & Salsa

6 corn tortillas
1 can fat-free vegetarian refried beans
12 cherry tomatoes, cut in halves
1 jalapeno, diced
1 avocado, peeled, seeded and sliced
2 cups shredded romaine lettuce
½ bunch cilantro
Salsa

Directions

Preheat oven to broil. Place the tortillas on a sprayed baking sheet and broil for 2 minutes. Spread the tortillas and cook for 1 minute. Turn the tortillas thickly with beans. Place 4 tomato halves on each chalupa. Sprinkle jalapeno onto the chalupas. Broil for 5-7 minutes, or until the tomatoes begin to droop. Divide the avocado slices among the chalupas, and top with lettuce, salsa and cilantro. You may add cooked chicken before broiling.



Sliced Strawberries & Chocolate Sauce

1 teaspoon cornstarch
½ cup water
3 tbsp agave nectar or maple syrup
2 tbsp cocoa powder
1 tsp vanilla extract
2 cups strawberries, sliced

Directions

Mix the cornstarch with small amount of water until there are no lumps. Whisk in the remaining water, nectar or syrup, and cocoa. Cook in a heavy saucepan over low heat, stirring continuously until the sauce thickens. Drizzle the sauce over the strawberries.



Fruit & Citrus

Slice fresh fruit and place on a small dessert plate. Top with citrus juice or citrus zest, and finely chopped mint.

- Apple slices and lemon juice
- Mango slices and lime juice
- Kiwifruit slices and orange juice
- Banana slices and grapefruit juice
- Blueberries and lemon juice



Walnut Trail Mix

- 1 lb. organic raw walnuts
- 1 lb. dried cranberries
- 1 lb. raw pumpkins seeds
- 1 lb. organic raisins

Directions

Mix these all together in a plastic bag and dig in when you feel you need a snack.



Daniel's Waldorf Salad

- 6-8 lettuce leaves each from two kinds of lettuce (romaine, green or red leaf lettuce, Boston, etc)
- 2 stalks celery, thinly sliced
- 2 Gala apples, cored and diced
- ½ cup seedless grapes, halved
- 1 cup pineapple, chopped
- 2 tbsp lemon juice
- ½ cup carrots, julienned
- 3-4 tbsp Vegenaise (mayo substitute)
- 1 cup walnuts
- Sea salt and ground black pepper to taste

Directions

Wash lettuce leaves and put in salad spinner to remove excess water. Leave them whole or tear into large pieces and place in bowl.
Wash and thinly slice the celery, and place it in a separate bowl.
Add apples to the bowl with celery.
Add remaining ingredients to the bowl with the celery and mix well.
When you are ready to serve, scoop a large spoonful onto each lettuce leaf, or serve on chopped lettuce.



Basic Tacos

- 6 corn tortillas
- 1 can black beans, rinsed and drained
- ½ cup water
- 1 tsp. chili powder
- 1 avocado, sliced or Guacamole
- 1 cup shredded romaine lettuce
- Salsa to taste

Directions

Warm corn tortillas. Heat beans, water, and chili powder in a saucepan. Mash the beans with a potato masher. Spoon beans and avocado or guacamole into a warm tortilla. Sprinkle with lettuce, season with salsa, and roll into burritos.

Additional options for fillings:

- Sweet potato, cilantro and pan-fried mushrooms
- Pinto beans and Salsa
- Small portion of cooked fish or chicken with cilantro & black beans.



Chile-Chicken Posole

1 pound skinless. Boneless chicken breasts, diced

1 tsp dried thyme

Salt and freshly ground pepper

2 tablespoons vegetable oil

1 large white onion, diced

2 cloves garlic, minced

3 6-ounce cans while green chiles, drained

1 cup fresh cilantro

4 cups low-fat, low-sodium chicken broth

2 15-ounce cans hominy, drained

Sliced avocado and radishes and/or baked corn chips, for garnish (optional)

Directions

Season the chicken with $\frac{1}{2}$ tsp thyme, and salt and pepper to taste; set aside. Heat the vegetable oil in a large saucepan over medium heat. Add the onion, jalapeno and garlic and cook until soft, about 4 minutes. Transfer to a blender, then add the green chilies, cilantro and the remaining $\frac{1}{2}$ tsp thyme and puree until smooth. Return to the saucepan and cook over medium heat, stirring, until the sauce thickens and turns deep green, about 5 minutes.

Add the broth, hominy and chicken to the saucepan. Cover and simmer until the chicken is tender, about 10 minutes. Garnish with avocado, radishes and/or corn chips, if desired.



Mashed Calabaza

2 lbs Calabaza squash, halved

$\frac{1}{4}$ cup olive oil

2 tbsp. cinnamon

$\frac{1}{4}$ tsp nutmeg

Sea Salt and ground black pepper to taste

Directions

Scoop out any seeds and boil calabaza in 4-6 cups salted water for about 30 minutes or until fork-tender. Drain and let cool.

Peel rind from the calabaza and discard. Place calabaza "meat" in a large bowl. Add olive oil, cinnamon and nutmeg. Beat with a handheld mixer at low speed until smooth and fluffy.

Season with salt and pepper and service.



Mashed Sweet Potatoes

4-6 sweet potatoes

$\frac{1}{4}$ cup olive oil

2 tbsp. cinnamon

$\frac{1}{4}$ tsp. nutmeg

Sea salt and ground black pepper to taste

Directions

Boil sweet potatoes in 4-6 cups salted water for about 30 minutes. Test the tenderness of the potatoes with a fork when tender, drain and let cool.

Peel potatoes and place in a large bowl.

Add olive oil, cinnamon, and nutmeg. Beat with a handheld mixer at low speed until smooth and fluffy.

Season with salt and pepper and serve.



Nachos

8-10 corn tortillas, cut in 1-inch squares and toasted, or 1 bag fat-free baked corn chips
2 cans black beans, rinsed and drained
2 large tomatoes, diced
1 bell pepper, seeded and diced
4 green onions, sliced into rounds
Salsa
Guacamole
2 cups shredded romaine lettuce

Directions

Preheat oven to broil. Spread tortilla squares or chips across a sprayed baking sheet. Spoon the beans over the chips. Add the tomatoes, bell pepper, and green onions. Bake until the chips are slightly browned on the edges, 7-10 minutes. Using a spatula, push the nachos onto a large serving plate. Top with salsa, guacamole, and romaine lettuce.

Variations: Use warm refried beans in place of black beans.



Jammin' Burritos

1 large onion
2 cloves garlic
2 zucchini, chopped
2 yellow squash, chopped
1 red bell pepper, seeded and chopped
3 cups shredded Napa cabbage
2 cans black beans, rinsed and drained
2 cans fat-free vegetarian refried beans
1 cup cooked brown rice
2 tsp. cumin (comino)
1/8 tsp. cayenne pepper
6 large whole grain tortillas
Salsa
Guacamole

Directions

Preheat oven to 350°. Sauté the onion and garlic in a large sprayed skillet on high heat for 3 minutes. Add the zucchini, yellow squash, red bell pepper, and cabbage to the skillet. Cook 4-5 minutes until the vegetables are al dente (soft but firm) and the cabbage is wilting. Add black beans, refried beans and rice to the skillet. Stir the ingredients together on low heat until the mixture is thick and mortar-like. Season with the cumin and cayenne pepper.

Slap a large spoonful of veggie mix onto the center of the tortilla wrap and spread it from top to bottom along the center line. Fold the sides over using a bit of the veggie mix as adhesive for the top flap. Rest the burritos next to each other and place them seam side down on a sprayed baking sheet. Bake for 20 minutes or until the wraps are crisp. Serve with salsa and guacamole on top.



More to Come...

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